



MONTANA HIGH SCHOOL ASSOCIATION

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April 15, 2025

TO: MHSA ADMINISTRATORS AND ACTIVITIES DIRECTORS

FROM: GRETA BUEHLER, ASSISTANT DIRECTOR & SPORTS MEDICINE LIAISON

RE: GUIDANCE ON TWO-YEAR PRE-PARTICIPATION PHYSICAL EXAMS (PPE)

This memo provides important guidance on the recently approved changes to the pre-participation physical exam (PPE) requirements for student-athletes, which will be implemented in the 2025-2026 school year. As you are aware, the MHSA member schools have approved a policy that requires PPEs every two years rather than annually. This policy takes effect in **2025-2026**, so **all student-athletes (grades 9-12)** will need a physical examination before participating, but will not need another physical until the 2027-2028 school year. Below are the key details and requirements for this policy.

Updated Physical Exam Requirements:

- Starting with the 2025-2026 school year, physical exams will be required every two years, rather than every year.
- A physical examination completed on or after **May 1** will be valid for the remainder of the current school year and the **next two school years**.
- A physical examination completed before **May 1** will be valid for the remainder of the current school year and the **following school year only**.
- **All incoming 9th-grade students must have a physical examination, regardless of whether they had one in 8th grade.**
- In the off years, when a student is not required to complete a full physical exam, they must submit an **interim history form** to the school prior to their first practice.
- Local school districts can approve more strict PPE requirements (annual physicals) if they choose.

The MHSA Sports Medicine Advisory Committee has developed a standardized form that must be used for the physical exam. You can access this form through the MHSA website or by using the link below.

[MHSA Pre-Participation Physical Form](#)

Please be sure to review the full policy and handbook language, and contact the MHSA office if you have any questions or require clarification.