TRYOUT RESOURCES

Tryout for Enrolled SSU Student

- **When a tryout can occur**
  Per CARA regulations of 17.1.6. In general, throughout the regular academic year; from the first day of fall classes through one week before spring finals.

- **Where a tryout can occur**
  On campus or at a normal practice site.

- **Length of tryout**
  Activities shall be limited to 14-consecutive calendar days from the first date the student engages in CARA. During the 14-day window, an enrolled student shall not exceed the daily or weekly hour limitations of 17.1.6.

- **Type of activity permitted during tryout**
  - As permitted by 17.1.6.1 and 17.1.6.2
    - Conditioning (without sport specific equipment)
    - Weights
    - Individual Skill Instruction (17.1.6.2.2) or Team Activities (practice or scrimmage)

- **Number of tryouts**
  Each student may participate in one tryout per sport per academic year.

- **Medical documentation required**
  There are four pieces of medical related documentation required:
  (1) Proof of Insurance: Copy of insurance card or provider and policy number
  (2) Participation Waiver
  (3) Sickle Cell Test or SST Waiver
  (4) Medical Examination
    - Generally, the exam must be within 6 months prior to the tryout
    - Must include systems evaluation, including, but not limited to, general medical, musculoskeletal, vitals, cardiac, etc. It is highly recommended that the student use the SSM Tryout Medical History and Physical Template.
    - Must be performed by a licensed and approved physician, i.e., either an MD (doctor of medicine) or DO (doctor of Osteopathy). A Nurse Practitioner or Physician's Assistant that is supervised by either an MD or DO would also suffice

- **Additional requirements**
  - Enrolled full-time at SSU
  - In good academic standing

- **How to request a tryout**
TRYOUT RESOURCES

The Coach completes a Tryout Request for Enrolled SSU Student form. Attach all four pieces of medical documentation. If the student is using an outside Medical Examination form, submit to Compliance Office at least five (5) business days prior to tryout. If the student is using our SSM Tryout Medical History and Physical Template, submit to Compliance Office at least three (3) business days prior to tryout. The Compliance Office will run their checks. The Head Athletic Trainer will run their checks. A copy of the form will be returned to the Coaches’ box having been either approved or denied.
TRYOUT RESOURCES

Tryout for Prospective High School Student

- **When a tryout can occur**
  Beginning June 15 immediately preceding the PSA’s junior year in HS, the PSA can tryout if they are outside the HS traditional season in the sport. The traditional season begins with the first official team practice and concludes with the team's final competition in that sport. This applies even to PSAs not playing on their HS team.

- **Where a tryout can occur**
  On campus or at a normal practice site.

- **Length of tryout**
  Activities shall be limited to 1 calendar day and for no more than 2 hours.

- **Type of activity permitted during tryout**
  - As permitted by 17.1.6.1 and 17.1.6.2
    - Conditioning (without sport specific equipment)
    - Weights
    - Individual Skill Instruction (17.1.6.2.2) or Team Activities (practice or scrimmage)

- **Number of tryouts**
  Each PSA may participate in only one tryout per sport. Note, this is more restrictive than the one tryout per sport per academic year limitations for Enrolled Students.

- **Medical documentation required**
  There are four pieces of medical related documentation required:
  (1) **Proof of Insurance**
      Copy of insurance card or provider and policy number
  (2) **Participation Waiver**
  (3) **Sickle Cell Test or SST Waiver**
  (4) **Medical Examination**
      - Generally, the exam must be within 6 months prior to the tryout; or
      - If the tryout is outside the 6 month window from the exam, the exam may still be permissible if:
        A. The HS has accepted the exam for their traditional season and we have received written confirmation from the HS verifying such;
        B. The exam is within 6 months prior to the start of the HS traditional season;
        C. The tryout is occurring in either:
           a. The summer before the HS academic year in which the exam was accepted for;
           b. The HS academic year in which the exam was accepted for; or
TRYOUT RESOURCES

c. The summer after the HS academic year in which the exam was accepted for. Once the next HS academic year begins, the previous exam can no longer be used.

D. Above verification should come from either the Athletic Director or Head Athletic Trainer at the HS. The preferred formatting of this verification is as follows:

The physical for STUDENT NAME, dated DATE, was:

(1) Accepted by HS NAME for his/her participation in our
TERM, YEAR, SPORT traditional season;

(2) Occurred within six months prior to the start of this traditional season; and

(3) The student remains currently cleared medically for athletic participation.

- Must include systems evaluation, including, but not limited to, general medical, musculoskeletal, vitals, cardiac, etc. It is highly recommended that the student use the SSM Tryout Medical History and Physical Template.

- Must be performed by a licensed and approved physician, i.e., either an MD (doctor of medicine) or DO (doctor of Osteopathy). A Nurse Practitioner or Physician’s Assistant that is supervised by either an MD or DO would also suffice

• How to request a tryout

The Coach completes a Tryout Request for Prospective Student form. Attach all four pieces of medical documentation. If the prospect is using an outside Medical Examination form, submit to Compliance Office at least five (5) business days prior to tryout. If the prospect is using our SSM Tryout Medical History and Physical Template, submit to Compliance Office at least three (3) business days prior to tryout. The Compliance Office will run their checks. The Head Athletic Trainer will run their checks. A copy of the form will be returned to the Coaches’ box having been either approved or denied.

Note: Prospective Students are advised to wait for approval of a tryout before booking travel (flights, accommodations, additional campus visits, etc.)
TRYOUT RESOURCES

Tryout for Prospective 2-4 Transfer Student

• **When a tryout can occur**

  A prospective 2-4 transfer student may tryout after the conclusion of their institution’s traditional season or after they have exhausted their 2-year eligibility. Once the traditional season is over, the PSA may tryout anytime until the start of the institution’s next academic year or next traditional season, whichever is earlier. Example: A winter sport PSA may not tryout in the fall and a spring sport PSA may not tryout in the fall or winter. This applies even to PSAs not playing on their institution’s team.

• **Where a tryout can occur**

  On campus or at a normal practice site.

• **Length of tryout**

  Activities shall be limited to 1 calendar day and for no more than 2 hours.

• **Type of activity permitted during tryout**

  o As permitted by 17.1.6.1 and 17.1.6.2
    - Conditioning (without sport specific equipment)
    - Weights
    - Individual Skill Instruction (17.1.6.2.2) or Team Activities (practice or scrimmage)

• **Number of tryouts**

  Each PSA may participate in only one tryout per sport. Note, this is more restrictive than the one tryout per sport per academic year limitations for Enrolled Students.

• **Medical documentation required**

  There are four pieces of medical related documentation required:
  
  (1) Proof of Insurance: Copy of insurance card or provider and policy number
  (2) Participation Waiver
  (3) Sickle Cell Test or SST Waiver
  (4) Medical Examination

  - Generally, the exam must be within 6 months prior to the tryout; or
  - If the tryout is outside the 6 month window from the exam, the exam may still be permissible if:
    A. The 2-year college has accepted the exam for their traditional season and we have received written confirmation from the 2-year college verifying such;
    B. The exam is within 6 months prior to the start of the 2-year college traditional season;
    C. The tryout is occurring in either:
TRYOUT RESOURCES

a. The summer before the 2-year college academic year in which the exam was accepted for;
b. The 2-year college academic year in which the exam was accepted for; or
c. The summer after the 2-year college academic year in which the exam was accepted for. Once the next 2-year college academic year begins, the previous exam can no longer be used.

D. Above verification should come from either the Athletic Director or Head Athletic Trainer at the 2-year college. The preferred formatting of this verification is as follows:

The physical for STUDENT NAME, dated DATE, was:
(1) Accepted by 2-YEAR COLLEGE NAME for his/her participation in our
TERM, YEAR, SPORT traditional season;
(2) Occurred within six months prior to the start of this traditional season; and
(3) The student remains currently cleared medically for athletic participation.

- Must include systems evaluation, including, but not limited to, general medical, musculoskeletal, vitals, cardiac, etc. It is highly recommended that the student use the SSM Tryout Medical History and Physical Template.
- Must be performed by a licensed and approved physician, i.e., either an MD (doctor of medicine) or DO (doctor of Osteopathy). A Nurse Practitioner or Physician’s Assistant that is supervised by either an MD or DO would also suffice

• How to request a tryout
The Coach completes a Tryout Request for Prospective Student form. Attach all four pieces of medical documentation. If the prospect is using an outside Medical Examination form, submit to Compliance Office at least five (5) business days prior to tryout. If the prospect is using our SSM Tryout Medical History and Physical Template, submit to Compliance Office at least three (3) business days prior to tryout. The Compliance Office will run their checks. The Head Athletic Trainer will run their checks. A copy of the form will be returned to the Coaches’ box having been either approved or denied.

Note: Prospective Students are advised to wait for approval of a tryout before booking travel (flights, accommodations, additional campus visits, etc.)
TRYOUT RESOURCES

Tryout for Prospective 4-4 Transfer Student

- **When a tryout can occur**
  A prospective 4-4 transfer student may tryout after the conclusion of their institution’s traditional season. Once the traditional season is over, the PSA may tryout anytime until the start of the institution’s next academic year or next traditional season, whichever is earlier.
  Example: A winter sport PSA may not tryout in the fall and a spring sport PSA may not tryout in the fall or winter. This applies even to PSAs not playing on their institution’s team.

- **Where a tryout can occur**
  On campus or at a normal practice site.

- **Length of tryout**
  Activities shall be limited to 1 calendar day and for no more than 2 hours.

- **Type of activity permitted during tryout**
  - As permitted by 17.1.6.1 and 17.1.6.2
    - Conditioning (without sport specific equipment)
    - Weights
    - Individual Skill Instruction (17.1.6.2.2) or Team Activities (practice or scrimmage)

- **Number of tryouts**
  Each PSA may participate in only one tryout per sport. Note, this is more restrictive than the one tryout per sport per academic year limitations for Enrolled Students.

- **Medical documentation required**
  There are four pieces of medical related documentation required:
  1. Proof of Insurance: Copy of insurance card or provider and policy number
  2. Participation Waiver
  3. Sickle Cell Test or SST Waiver
  4. Medical Examination
    - Generally, the exam must be within 6 months prior to the tryout; or
    - If the tryout is outside the 6 month window from the exam, the exam may still be permissible if:
      A. The 4-year institution has accepted the exam for their traditional season and we have received written confirmation from the 4-year institution verifying such;
      B. The exam is within 6 months prior to the start of the 4-year institution traditional season;
      C. The tryout is occurring in either:
TRYOUT RESOURCES

a. The summer before the 4-year institution academic year in which the exam was accepted for;
b. The 4-year institution academic year in which the exam was accepted for; or
c. The summer after the 4-year institution academic year in which the exam was accepted for. Once the next 4-year institution academic year begins, the previous exam can no longer be used.

D. Above verification should come from either the Athletic Director or Head Athletic Trainer at the 4-year institution. The preferred formatting of this verification is as follows:
The physical for **STUDENT NAME**, dated **DATE**, was:

1. Accepted by **4-YEAR INSTITUTION NAME** for his/her participation in our **TERM, YEAR, SPORT** traditional season;
2. Occurred within six months prior to the start of this traditional season; and
3. The student remains currently cleared medically for athletic participation.

- Must include systems evaluation, including, but not limited to, general medical, musculoskeletal, vitals, cardiac, etc. It is highly recommended that the student use the **SSM Tryout Medical History and Physical Template**.
- Must be performed by a licensed and approved physician, i.e., either an MD (doctor of medicine) or DO (doctor of Osteopathy). A Nurse Practitioner or Physician’s Assistant that is supervised by either an MD or DO would also suffice

- **Additional requirements**
The Compliance Office must have a current permission to speak on file before any contact is made with the PSA.

- **How to request a tryout**
The Coach completes a **Tryout Request for Prospective Student form**. Attach all four pieces of medical documentation. If the prospect is using an outside Medical Examination form, submit to Compliance Office at least five (5) business days prior to tryout. If the prospect is using our **SSM Tryout Medical History and Physical Template**, submit to Compliance Office at least three (3) business days prior to tryout. The Compliance Office will run their checks. The Head Athletic Trainer will run their checks. A copy of the form will be returned to the Coaches’ box having been either approved or denied.

Note: Prospective Students are advised to wait for approval of a tryout before booking travel (flights, accommodations, additional campus visits, etc.)