



# UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION

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## UHSAA Tryout Checklist Form

For Prospective Student-Athletes, Parents/Guardians & Coaches

**The following form shall be completed by prospective student-athletes before they tryout or become a member of a high school team. The completed form shall be carefully reviewed by the head coach and athletic director before being placed securely on file at the school. The information provided is necessary in determining the eligibility status of the prospective student-athlete. Initial eligibility is established by attending a high school OR being selected as a member of a high school team. A student does not establish eligibility by simply trying out for a team, they must be enrolled at a high school or be selected as a member of a high school team. If a student who has not established their eligibility tries out for a high school team and gets cut, they have not established their eligibility but they have used their sport season which means they are NOT eligible to tryout in the same sport at a different school during that same school year. According to the UHSAA Transfer Rule: Once a student has established their eligibility by attending a high school or being selected as a member of a high school team, they are not eligible to participate at another high school for twelve months from the first day of attendance at the new school or until a "Waiver of Ineligibility" has been approved by the UHSAA and the school has been notified.**

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
School at which the Student is Enrolled

\_\_\_\_\_  
Name of the Sport

\_\_\_\_\_  
The High School Sponsoring this Sport's Team

### **PART 1-ELIGIBILITY: The prospective athlete must answer the following questions. Check Yes or No:**

- Yes \_\_\_ No \_\_\_ Are you enrolled at or do you attend another school, different than the one sponsoring this sport's team?  
If you answered YES, print the name of the school where you are enrolled: \_\_\_\_\_
- Yes \_\_\_ No \_\_\_ Have you attended another high school in the last 12 months? List the school: \_\_\_\_\_  
If you answered YES, did the UHSAA approve your "Waiver of Ineligibility" application? Yes \_\_\_ No \_\_\_
- Yes \_\_\_ No \_\_\_ Have you been a member of a high school team at another high school in the last 12 months?  
If so, list the other high schools where you have been a member of a team: \_\_\_\_\_  
If you answered YES, did the UHSAA approve your "Waiver of Ineligibility" application? Yes \_\_\_ No \_\_\_
- Yes \_\_\_ No \_\_\_ Are you a Foreign Exchange Student (J-1 Visa) or an International Student (F-1 Visa)?  
If you answered YES, did the UHSAA approve your participation (Form 4A or 4B)? Yes \_\_\_ No \_\_\_

**Note to Coach & Athletic Director: If a prospective athlete is NOT ENROLLED AT YOUR SCHOOL, verify which of the following applies: 1) Do they attend a junior high or middle school? 2) Were they approved by the UHSAA for participation under the Co-Op Rule? 3) Do they attend an alternative, charter or private school or are they home schooled or a full-time online student AND if so, do their parents or legal guardians reside in the boundaries of this school? The charter, home or private school student may only participate in extracurricular activities at the school within whose boundaries the student's parent(s) or legal guardian(s) resides or at the public school from which the student withdrew for the purpose of home schooling or attending a charter or private school (Handbook Article 1 Section 14).**

**PART 2-RULES: As a participant, I will adhere to all UHSAA Rules and By-Laws outlined in the UHSAA Handbook, some of which are included in the commitment statements listed below. After reading through each statement below, CHECK THE BOX as an indication of your understanding and commitment to adhere to the rule as stated.**


- I will conduct myself in a manner that promotes good sportsmanship. I will respect the game and all participants.
- I establish my initial eligibility by attending, trying out or participating with any member high school (Art. 1, Sect. 1).
- I shall lose my eligibility to participate in UHSAA athletic activities for twelve months if I transfer from one high school to another after establishing eligibility (Article 1, Section 9).
- I may participate in only one season per sport in any school year. A tryout is considered participation in a sport and an unsuccessful tryout concludes my eligibility for that season. If I do not make this team, I cannot tryout at another school for this same sport during this school year (Article 1, Section 3).
- I cannot participate in more than four seasons in any one sport (Article 1, Section 3).
- I must obtain a physical examination prior to competing in any athletic contest (Article 1, Section 13).
- I must meet the scholastic eligibility rules of the UHSAA which include a minimum 2.0 GPA on a 4.0 scale or its equivalent and no more than one failure in the preceding grading period (Article 1, Section 8).
- I will not compete with any non-high school team in this same sport after the competition start date for this sport (Article 1, Section 12). For competition start dates see the UHSAA calendar at [www.uhsaa.org](http://www.uhsaa.org).

- I will not promote, distribute or use illegal substances as defined in Utah Code and the UHSAA alcohol, drugs and tobacco policy (Article 10).
- I cannot participate on a college team or a team that includes professional athletes (Article 1, Section 5 & 6).
- I will not compete for money or accept any cash awards in any organized athletic activity (Article 1, Section 6).
- I could lose eligibility for one full year if involved with recruiting. Recruiting of student-athletes by a member school, coach, coaching staff, boosters or anyone else is considered a serious violation of UHSAA rules regarding the imposition of undue influence for the purposes of athletics. In the case of a student who, upon first entry, attempts to establish eligibility at a high school outside the boundary of their residence, the following may be considered as evidence of recruiting and if proven, the athlete could lose eligibility for one full year and may result in serious sanctions against the school (Article 1, Section 9 & 10):
  - Students have attended a sports related camp with coaches associated with a UHSAA member school outside the school boundaries of their residence or
  - Students have participated with a “club”, “super-league”, “all-star”, or “select” team or other similar organization with players, coaches, or anyone associated with a UHSAA member school outside the school boundaries of their residence or
  - Students or their parents/guardian have contacted or been contacted by a coach, booster or other(s) associated with a UHSAA member school outside the school boundaries of their residence.

**PART 3-PLEDGE: Read through the UHSAA Sportsmanship Pledge.**

## UHSAA SPORTSMANSHIP PLEDGE

I accept the responsibilities that come with the privilege of participating and make a pledge to exhibit appropriate sporting behavior and be a positive role model for my team, school and community.



**I PLEDGE TO:**

1. Play with honesty and integrity, adhering to the rules of the sport and the UHSAA rules, regulations and By-Laws.
2. Demonstrate respect for the game and all those that participate. (i.e. teammates, opponents, coaches, officials, spectators and fans).
3. Display self-control and appropriate behavior when participating and by cheering FOR my team and NOT against the opponent. “Do Rowdy Right!”

## “Raise the Bar” - Sportsmanship Matters!

**Raise-the-Bar is the UHSAA Statewide Sportsmanship Program for all member schools. Together we can make a positive difference in the lives of our students, schools and communities!**

**PART 4-Signatures: Read through the commitment statement then sign your name.**

### SIGNATURES REQUIRED BY PROSPECTIVE ATHLETE, PARENT AND COACH

*We hereby certify that we understand the UHSAA By-Laws outlined on this form and agree to abide by these and all others outlined in the UHSAA Handbook located under the “Publications” tab at [www.uhsaa.org](http://www.uhsaa.org). We certify that the student-athlete is eligible to participate in UHSAA activities according to the UHSAA eligibility rules and By-Laws. We also agree to abide by the **SPORTSMANSHIP PLEDGE** stated above. We pledge to **RESPECT THE GAME AND ALL THOSE PARTICIPATING.***

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*Signature of Student-Athlete*

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*Signature of Parent or Guardian*

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*Signature of Coach*

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*Date*