



UHSAA Tryout Checklist Form

For Prospective Student-Athletes, Parents/Guardians & Coaches

To be completed by prospective student-athletes and parents/guardians prior to trying out for a high school team at any level (i.e. varsity, JV, soph, freshman).

Completed forms shall be reviewed by the head coach and athletic director to determine eligibility before being placed securely on file at the school.

Before completing this form, please carefully read the following information regarding eligibility:

Initial eligibility is established by attending a high school OR being selected as a member of a high school team. Once a student has established their initial 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 "Change of Residence" or "Hardship Waiver" application has been approved by the UHSAA and the school notified (approximately 4-6 week process).

Student's Name

Grade

Date of Birth

Name of the Sport

High School Sponsoring this Sport

School Where You Are Currently Enrolled

List all schools attended (i.e. junior high or high school, public, private, charter, alternative, home, virtual):

9th Grade

10th Grade

11th Grade

12th Grade

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? Print the name(s) of any other high school(s) you attended in the last 12 months: _____
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 you answered YES, list the name(s) of any other high school(s) where you were selected as a member of a team in the past 12 months: _____
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 ___

Attention Coach & Athletic Director: Follow-up is required on any question marked "Yes" by the prospective player.

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). **On game day, ineligible players are NOT allowed to be in uniform, warm-up, be introduced or compete for your school.**

PART 2-RULES: The following section must be completed by the prospective student-athlete.

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 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 establish my initial eligibility by attending a high school OR by trying out for and being selected for membership on a high school team (Art. 1, Sect. 1).
- According to the "Transfer Rule," if I transfer from one high school to another I am **ineligible** to participate in UHSAA athletic activities for **twelve months** from the first day of attendance at the new school (Article 1, Section 9).

- 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.
- 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 will conduct myself in a manner that promotes good sportsmanship. I will respect the game and all participants.
- 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.
- I certify that I have not been recruited to attend this school for purposes of athletics.

PART 3-SPORTSMANSHIP PLEDGE: Read through the UHSAA Sportsmanship Pledge and Sign Below

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 or students, schools and communities!

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. 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.***

Signature of Student-Athlete

Signature of Parent or Guardian

Signature of Coach

Date