



# UHSAA Tryout Checklist Form

For Prospective Student-Athletes, Parents/Guardians & Coaches

**NOTE TO COACH & ATHLETIC DIRECTOR:** Before a prospective team member may tryout or be a member of any given team, the following form MUST be filled out, signed, reviewed and placed securely on file at the school. Prospective student-athletes must complete a new form prior to trying out for each sport. Participants must adhere to all UHSAA Eligibility Rules and By-Laws outlined in the UHSAA Handbook. The UHSAA Handbook is posted online at [uhsaa.org](http://uhsaa.org), click on the Publications tab.

\_\_\_\_\_  
*Student's Name* \_\_\_\_\_  
*Grade* \_\_\_\_\_  
*Date of Birth*

\_\_\_\_\_  
*Sport* \_\_\_\_\_  
*High School Sponsoring the Sport* \_\_\_\_\_  
*School You Attend*

If you have attended any other high school(s) in the last 12 months, or tried out for, or participated on a team at another high school, list the high school(s) and team(s) \_\_\_\_\_

**PART 1-ELIGIBILITY: Check all the boxes that apply to the prospective student-athlete.**

- I have NOT attended another high school NOR tried out for or participated on a team at another high school in the past twelve months.
- I HAVE attended another high school OR tried out for or participated on a team at another high school in the past twelve months. If so, answer the following question by circling YES or NO.  
     YES   NO   Did the UHSAA approve your Hardship or Change of Residence Application?
- I am a Foreign Exchange student (J-1 Visa). If so, answer the following question by circling YES or NO.  
     YES   NO   Did the UHSAA approve your Foreign Exchange Student Eligibility Application (Form 4A)?
- I am an International Student (F-1 Visa). If so, answer the following question by circling YES or NO.  
     YES   NO   Did the UHSAA approve your International Student Transfer Application (Form 4B)?
- I am attending a different school than the high school sponsoring this team. If so, answer the following five questions by circling YES or NO.  
     YES   NO   I am a ninth grader attending a junior high school or middle school.  
     YES   NO   This sport is not offered at the high school where I attend.  
     YES   NO   Do your parent(s) or legal guardian(s) reside in the boundaries of this public school  
     YES   NO   Is the sponsoring school the one from which you withdrew to attend home-school, a charter school, a private school or an alternative school?  
     YES   NO   Did the UHSAA approve your participation at this school under the Co-Op Rule?

**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.**

**CHECK EACH BOX BELOW as an indication of your understanding and commitment.**


- 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 or 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*