



MONTANA HIGH SCHOOL ASSOCIATION

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May 2026

TO: MHS 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 guidance regarding MHS pre-participation physical examination (PPE) requirements for student-athletes. As a reminder, MHS member schools approved a policy change beginning with the 2025-26 school year that requires physical examinations every two years rather than annually. The following information outlines the requirements and timelines associated with the policy.

Updated Physical Exam Requirements:

- Beginning with the 2025-2026 school year, physical exams will be required every two years instead of annually.
- A physical examination completed on or after **May 1** is valid for the remainder of the current school year and the **following two school years**.
- A physical examination completed before **May 1** is 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 a physical was completed during 8th grade.**
- During the “off year,” when a student-athlete is not required to complete a full physical examination, the student must submit a completed **Interim Medical Form** to the school prior to their first practice.
- School districts may adopt more restrictive local requirements, including requiring annual physical examinations, if they choose.

The MHS Sports Medicine Advisory Committee has developed standardized forms that must be used for both the physical examination requirement and the interim-year medical update requirement. These forms are available on the MHS website and can also be accessed using the links below:

[MHS Pre-Participation Physical Form](#)

[Interim Medical Form](#)

Please review the applicable handbook language and local procedures to ensure compliance with the updated requirements. If you have questions or need clarification, please contact the MHS office.