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To: Superintendents of Schools  
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Directors of Physical Education  
Directors of Athletics  
Director of School Health Services/School Medical Directors  
School Counselors  
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From: Kathleen R. DeCataldo, Assistant Commissioner, Office of Student Support Services   
Shannon Logan, Director, Office of Standards and Instruction 

Date: November 30, 2022

**Subject: Updated Information Regarding Mixed Competition in Athletics**

It has come to the attention of the Department that the 2015 Mixed Competition in Athletics Guidelines contained inaccurate representations of requirements for eligibility for Mixed Competition. Therefore, the Department has rescinded the 2015 Guidance and removed it from the website. It is the Department's expectation that all students have the same requirements when trying out for or participating in an interschool athletic team. Public schools may not permit students to be excluded from participating on a sports team on the basis of gender or sex.

The following are the requirements for any student to try out for an interscholastic athletic team:

- Signed parent/guardian consent
- A current health examination ([New York State School Health Examination Form](#))
- A completed and signed [Interval Health History Form \(nysed.gov\)](#) if the health examination was not completed within 30 days of the start of the season;<sup>1</sup> and
- Clearance from the director of school health services (a.k.a. medical director) for the student to participate in athletics.

This information should be available to the school well before athletic tryouts. As such, the review panel required by 8 NYCRR 135.4 (c) (2) must make its determination as noted in the following paragraph, prior to tryouts so that student athletes do not miss practices or games.

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<sup>1</sup> See the [SCHOOL HEALTH EXAMINATION GUIDELINES \(nysed.gov\)](#) for more details on health requirements for students and athletics

For students who wish to participate in baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power volleyball (where the height of the net is set at less than eight feet), and wrestling; in addition to the district medical director, the student's PE teacher and the school principal must confirm the student meets the same school policy prerequisites required for all students' participation in interscholastic sports.

**Note:** Tanner staging, a medical evaluation of secondary sex characteristics used to assess developmental stage, should no longer be conducted on students wishing to participate in mixed competition. Tanner staging is recommended, but not required, only as part of the Athletic Placement Process for students in grades 7 or 8 desiring to play at the high school level, or for high school students desiring to play at the modified level.