



August 17, 2017

Dear Physician,

As of 8/15 NY State has implanted a new program in order to allow students to play up a level for sports. The full document can be found at

<http://www.p12.nysed.gov/ciai/pe/documents/Athletic%20Placement%20ProcessRevisedAUG2015.pdf>.

Under the new guidelines students are supposed to fall under certain maturity standards based on sport in order to prevent growth plate injuries. The following is from the new guidelines:

"The medical director will clear the student to continue the APP if:

1. The student is at an appropriate physical maturity level by Tanner Scale for the desired level and sport; and
2. The student is physically comparable with the average age and sex of the students against whom the student will compete."

"Since all growth plates might not be fully matured by the time that a student reaches Tanner 5, care must be exercised in determining the physical maturity of athletes. It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to safeguard the student. "

Our policy is to follow the NY State recommendations.

Your patient does not meet the standards put out by NY State.

In order to play

**Sport:** \_\_\_\_\_ **Level:** \_\_\_\_\_ **Tanner Score of** \_\_\_\_\_

is recommended. Please fill out the attached form if you feel that your patient should still move up a level for sports.

Sincerely,

C. Jay Ellie, Jr. MD  
School Medical Director

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## Primary Care Physician Authorization Form

**(Must be filled out by MD/physician)**

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I understand the recommendation and guidelines put out by NY State for maturity level in the Athletic Placement Process. Even though my patient does not meet the recommended guidelines, after thorough evaluation and consideration, I believe that he/she is physically able to move up a level in sports play and that it is safe and in his/her best interest to do so. I hereby give my permission for my patient to be advanced.

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Student Name

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Sport and Level

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Physician Name

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Physician Signature

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Date