STEP 1: A Tryout Approval Form must be completed for any student interested in trying out for an SJSU athletics team prior to the student engaging in any practice-related activities. If approved to tryout, the student may not engage in intercollegiate competition until a Change of Status Form is completed, academic eligibility is determined and the student’s name appears on an Eligibility Certification Roster.

STEP 2: The Student Information section of the Tryout Approval Form must be completed by the student trying out, and provided to the coach in charge of tryouts.

STEP 3: The student must then go to sjsuspartans.com/Inside Athletics/Sports Medicine, print and complete the Tryout Form (includes a Pre-participation Physical Evaluation (PPE), Waiver of Liability and proof of sickle cell testing), which the student must bring to a member of the Athletic Training Staff after they’ve received a physical from their personal physician or the SJSU Student Health Center.

STEP 4: The Coach Request & Approval section of the Tryout Approval Form must be completed by a coaching staff member and submitted to the Compliance Office by a coach, NOT the tryout student!

STEP 5: Upon approval (verification of 12 unit enrollment), the Compliance Office Approval section of the Tryout Approval Form will be completed by the Compliance Office and provided to Athletic Training for medical approval.

STEP 6: The Medical Approval section of the Tryout Approval Form must be signed by an Athletic Trainer, and returned to the Compliance Office. Athletic Training will not medically clear a student for tryout without the Tryout Approval Form signed by the Compliance Office and the appropriate PPE, Waiver of Liability and proof of sickle cell testing mentioned in Step 3 above.

STEP 7: Final Tryout Approval will be provided by the Compliance Office via e-mail to the coaching staff and appropriate administrative staff once all steps have been completed! Students may NOT participate in practice activities until this final e-mail approval is received.  

- A tryout may not last longer than 14 days! As soon as you know that the student will make the team and be added to the Roster, submit a Change of Status Form. The added student will have to undergo a physical examination completed by a San Jose State University Team Physician, complete NCAA paperwork in the Compliance Office and be certified for NCAA eligibility before being officially added to the Roster, so do not wait until the last day of the tryout period to add a student to your Roster and expect the student to continue practicing beyond the 14-day tryout period.

- 45-day temporary certification period begins on the day of the tryout and does not stop, even if there is a period of time between the tryout and when they are officially added to the Roster; the first day of the tryout becomes the “first participation” and triggers the temporary certification timeline.  

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