



HISD RankOne Information for Physical Examinations 2025-2026

Harlandale ISD Athletic Department will collect the following documents online: UIL Forms Signature Page, Athletic Department Medical Procedures and HISD Emergency Card. The Medical History Form and Physical Examination Form will be a paper copy.

PLEASE READ INSTRUCTIONS ON EACH PAGE. Required documents must be completed and submitted as follows:

For the 2025-26 school year, any participant in athletics entering grade levels 7th, 9th and 11th, and those who have not previously completed a preparticipation physical examination (PPE), and been cleared for participation, will be required to complete the medical history form as noted in the UIL rules, as well as a PPE prior to participation in any UIL practices, games, performances, or matches.

As required under the current rule, all students participating in UIL athletic activities will be required to complete the UIL Medical History Form. Any “yes” answer to questions 1-6 on the paper form will require a student to receive further medical evaluation, which may include a physical exam, and receive written clearance from a physician, physician assistant, chiropractor, or nurse practitioner before any participation in UIL practices, games, performances, or matches is allowed. Only those students with “yes” answers to those questions are required to receive written clearance through further medical evaluation before participating in sports for HISD.

Forms that need to be filled out Online:

*UIL Forms Signature Page

*Athletic Department Medical Procedures

*HISD Emergency Card

INSTRUCTIONS FOR REQUIRED ONLINE PARTICIPATION FORMS:

- To access the required athletic participation forms, place your cursor over the attached link [2025-2026 HISD RANKONE](#) Accuracy is important- all information is used in case of emergency.
- Parent/Guardian **AND** student signatures are required..form is not accepted without them.
- PLEASE HAVE STUDENT'S ID NUMBER- DO NOT USE ATHLETES NICKNAMES ON FORMS
- Click on the form name and fill out the information requested.
- To sign the document, click inside the signature box and hold your mouse button down, this will allow you to create an electronic signature.
 - If you make a mistake and need to start over, click on the refresh icon next to the signature box.
- Once you complete each form, you will have the opportunity to print the document.
- You will receive a confirmation email once you have completed all the documents

Forms that need to be printed out :

- [PreParticipation Physical Evaluation](#) (Must be completed by a DR. on the UIL form)
- [PreParticipation Physical Evaluation- Spanish](#) (Must be completed by a DR. on the UIL form)
- [Asthma Medicine Plan](#) (If it applies to you) - must be completed by a Dr. and turned in
- **Paper forms must be turned in ONLY to the campus Athletic Trainer or Middle School Coordinator. (DO NOT TURN THEM IN TO THE FRONT OFFICE)**

INSTRUCTIONS FOR FORMS THAT NEED TO BE PRINTED - THESE FORMS ARE NOT ACCEPTED ONLINE

- Print the asthma form if it applies to the athlete.
- The physical examination must be performed and signed on or after April 1, 2025 by a medical doctor in order to be valid for participation in practices or games.
- Students are required to use the **Pre-participation Physical Examination Form provided by UIL. NO OTHER Physical Examination Form can be accepted.**
- **Paper forms must be turned in ONLY to the campus Athletic Trainer or Middle School Coordinator.**

PARENT INSTRUCTIONS FOR FILLING OUT ELECTRONIC PARTICIPATION FORMS

ALL ATHLETES ARE REQUIRED TO COMPLETE THE FOLLOWING FORMS PRIOR TO PARTICIPATING IN ANY HISD SPONSORED ATHLETIC ACTIVITY:

Documents to be completed *online*:

*UIL Forms Signature Page *Athletic Department Medical Procedures *HISD Emergency Card

Documents to be completed *on paper* that can be printed online or picked up in Athletic Training Room

- Pre-Participation Physical Evaluation – Medical History (ONLY UIL Form accepted)
- Asthma... (If it applies to your athlete)

Step 1 Visit www.rankonesport.com or click on the following link [2025-2026 HISD RANKONE](#)

Step 2 Click on “Parents/Students Fill Out Electronic Forms” at the top of the page.

Step 3 Select your state (TX), then select your school district (Harlandale ISD)

Step 4 Read through the Welcome information

Step 5 Click on “Start Online Forms”

If you have not created an account with RankOne, we encourage you to do so because most forms for athletics will be online annually. Having an account will allow you to access forms, and track your student(s) eligibility. If you have more than one athlete, each of them can be added to one registered account.

After creating your account, you will be prompted to confirm your account through a confirmation email.

Before completing the forms online remember the following:

- You will need a Student's ID number.
- Use students' complete names as shown on the student's school record (No Nicknames.)
- Both Parents and Student signatures are required.
- Forms should be completed accurately and entirely as they are used in cases of emergency.

1st: Complete the UIL Forms Signature Page

- Click the check boxes confirming you've read and understand the information presented.
- Enter current information in all fields.
- Student and Parent signatures required
- Click submit

2nd: Complete the HISD Emergency Card

- Enter current information in all fields.
- Parent signature required
- Click submit

3rd: Complete the Athletic Department Medical Procedures

- Read and acknowledge all statements
- Student and Parent signature required
- Click submit.