



UIL REQUIREMENTS

Athletics, Band, Cheerleading, Colorguard, & Dance

All required documentation must be completed according to the program deadline.

All 7-12 grade student physicals should be dated no earlier than **May 1, 2025**.

All students in grades 7-12 who will participate in UIL **band, athletics, cheerleading, colorguard, & dance** for the 2025-2026 school year are required to have certain information on file with the school in order to be eligible for participation.

All required documentation must be completed in Rank One according to the program deadlines. For instructions on how to access Rank One and to complete the required information for your student, visit www.melissaisd.org/uil.

Questions regarding required documentation can be directed to head trainer, Allie Berman, at allieberman@melissaisd.org.

JULY
1

High School
Band, Cheerleading & Colorguard

AUGUST
1

High School
Cross Country, Football & Volleyball

AUGUST
19

High School
Dance & All Other Programs

AUGUST
19

All Middle School Programs

UIL requirements include an annual physical. The pre-participation physical examination (PPE) form must be printed and completed by a physician, pediatrician, physician's assistant, chiropractor, or nurse practitioner.



CLINICS OFFERING PHYSICALS

Clinics for student physicals are not offered at Melissa ISD; however, a number of Melissa-area clinics offer this service for families. Upload completed physicals directly to Rank One.

- **QuestCare**
- **CommunityMed**
- **Texas Health Resources**

WWW.MELISSAISD.ORG/UII