

What should your licensed medical provider know about the CrossFit Games Medical Eligibility Form?

The pre-participation evaluation and the Medical Eligibility Form must be completed by a licensed physician, such as an MD or Doctor of Osteopathic Medicine (DO), as permitted by applicable laws.

Although your provider is likely familiar with best practices for preparticipation evaluations, the following resources may be helpful to share with them:

- *American Heart Association: "14 Element Recommendations for Pre-participation Cardiovascular Screening of Competitive Athletes," found [here](#) on Table 1.*
- *Preparticipation Physical Evaluation Monograph, 5th Edition. Example Medical History and Physical Exam Forms , found [here](#).*
 - *Note: Although the precise forms may differ at the collegiate and elite levels, the underlying process is widely recognized among physicians, publicly available, and relevant for understanding preparticipation evaluations.*

In addition, please be sure you and your provider are aware of the following:

- State (and country) laws vary, and not all providers are licensed to complete this form — confirm with your provider that they are licensed to complete it before scheduling your evaluation.
- Chiropractors are not permitted to serve as the licensed provider.

Is it too early to complete a pre-participation evaluation and have my Medical Eligibility Form completed by my physician?

The Medical Eligibility Form will be valid for one year from the date it was completed and signed by your physician and must be valid through the last day of the 2026 CrossFit Games. As such, it is not too early to meet with your physician. In fact, it is strongly encouraged that you complete a pre-participation evaluation annually, prior to the start of your season.

What happens if my physician discloses a banned substance on the Medical Eligibility Form?

If the Games physician reviewing your form identifies a medication that appears on the Prohibited List, they will notify you that a Therapeutic Use Exemption (TUE) is required and direct you to contact drugtesting@crossfit.com to begin the TUE process if you have not already done so. Please note that not all prohibited substances qualify for a TUE.

To protect the integrity of the competition, the Games Medical Director may also inform Drake Sladky, CrossFit's Drug Testing Program Manager, of any such disclosure. Unlike all other medical information—which remains confidential—any disclosure of, or physician-identified use of,

a banned substance may be reported. Members of the Games Medical Staff may have an affirmative obligation to disclose known or suspected use of prohibited substances.

We encourage you to proactively review the [World Anti-Doping Code Prohibited List 2026](#) with your physician. You are also welcome to contact Drake directly at drake.sladky@crossfit.com or (605) 517-2227 with any questions regarding prohibited substances or the TUE process.

*Please note that it remains **the athlete's responsibility** to understand which substances are prohibited and to obtain a TUE when required. This responsibility does **not** fall on the Games physician reviewing your form or any other member of the Games Medical Staff.*

What is sickle-cell trait, and why does the Medical Eligibility Form question whether I have a sickle-cell trait?

Sickle-cell trait is a genetic condition in which a person inherits one copy of an abnormal gene for hemoglobin, the protein in red blood cells that carries oxygen. Sickle-cell trait itself is not a serious condition, and exercising with sickle cell trait is generally safe and, with proper awareness and education, poses no barriers to outstanding athletic performance. However, there is concern within the medical community that this trait can affect some athletes during periods of intense exercise or when the body is pushed to extreme conditions, which the CrossFit Games require.

Who will have access to the information on my Medical Eligibility Form?

CrossFit upholds the highest of standards in protecting sensitive data. Only those individuals on the Games Medical Staff who have a need to know and CrossFit's Head of Safety will have access to your Medical Eligibility Form.

Why do I need to sign in with a Google account to upload a file?

For security reasons, our form requires you to sign in with a Google account before uploading a file. This requirement is enforced by Google Forms when file uploads are enabled. It ensures all uploaded files are securely stored in our organization's Google Drive and that access is limited to authorized users. Because uploaded files may contain sensitive or medical information, this authentication step helps protect privacy and maintain compliance with data protection standards. It prevents anonymous uploads, limits unauthorized access, and ensures files remain traceable and secure within our Google Workspace environment.

What is a Google account?

A Google account is used to access Google services, including Google Drive. Google account usernames are email addresses, and are often associated with [gmail.com](#).

What is the link to upload my Medical Eligibility Form?

Please use [this link](https://forms.gle/xWLcaeJVp9yxZvut8) (<https://forms.gle/xWLcaeJVp9yxZvut8>) to upload your Medical Eligibility Form.

What if I don't have a Google account?

If you don't have a Google account, consider quickly creating one by following the steps listed in [this guide](#). If you cannot or would not like to create a Google account, please reach out for support via medicalform.support@crossfit.com.