



MEDICAL CERTIFICATE 2023-2024

OF NO CONTRAINDICATION TO THE PRACTICE OF SPORT IN COMPETITION

The medical certificate mentioned in articles L.231-2 and L.231-2-1 of the sports code makes it possible to establish the absence of contra-indication to the practice of sport mentioned, if it is necessary, the discipline or disciplines whose practice is contra-indicated. It can, at the demand of the licensee, concern one discipline or a group of disciplines.

I, the undersigned Doctor of medicine,

After having examined on this day

Mr or Ms

Born the / /

Certify that their current state of health does not present a contra-indication to the practice of sport in competition, during the events organised by the FF Sport U, **except in those crossed out below.**

Sports with specific medical requirements

(medical certificate obligatory every year) *

- Combat boxing, full contact (English, King Boxing K1 rules, French Boxing)
- Karting
- Rugby (XV, X, 7, XIII)
- Sport shooting
- Pentathlon

Team sports with no specific medical requirements **

- American Football
- Basketball – 3v3
- Baseball
- Cheerleading
- Football – Futsal
- Handball – Beach Handball
- Hockey
- Ultimate Frisbee – Beach Ultimate Frisbee
- Volleyball – Beach Volleyball
- Water-polo

Individual sports with no specific medical requirements **

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| <ul style="list-style-type: none">- Archery- Badminton- Basque pelota- Boules- Bowling- Boxing- Bridge- Canoeing – Kayaking- Chess- Climbing- Cycling – Mountain Biking- Dance (all types)- Equestrian- Fencing- Figure Skating – Speed Skating- Fin swimming- Fitness- French Boxing | <ul style="list-style-type: none">- Golf- Gymnastics: Artistic, Rhythmic, Team, Trampoline, Parkour- Judo – Ju-Jitsu – Ne-Waza- Karate- Kick Boxing – Light contact Muay-Thai- Lifesaving- Orienteering- Powerlifting- Roller Hockey- Rowing (long distance, in the sea, indoor)- Sailing – Kite Surfing- Sambo – Beach- Wrestling- Skateboarding | <ul style="list-style-type: none">- Skiing – Snowboarding (all forms)- Squash- Surfing – Stand Up Paddleboarding- Swimming – Synchronised – Open Water- Table Tennis- Taekwondo- Tennis – Paddle – Beach Tennis- Track and field – off-road races- Triathlon and Combined Disciplines (Bike & Run, Duathlon, Swim & Run)- Weightlifting - Bodybuilding |
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Others (to be specified by the doctor) :

Date:

Signature and Stamp:

(*) Sports with, according to the Code du Sport, 'specific medical requirements': disciplines for which the issuance or renewal of the license is subject to the production of a medical certificate **dated within one year.**

(**) For all the other disciplines ('with no specific medical requirements'), the issuance of a sports license is subject to the completion of a questionnaire on the state of health of the athlete. When a response to the health questionnaire leads to a medical examination, obtaining or renewing a license requires the production of a medical certificate attesting to the absence of contra-indication to the practice of sport dated **within 6 months.**