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2026 NATIONAL HIGH SCHOOL SPORTS MEDICINE COMPETITION

ABOUT THE AMERICAN ACADEMIC COMPETITION INSTITUTE

In an effort to reduce the high costs of a national championship, in 2012 The American Academic Competition Institute, created a unique online event to challenge the minds of high school students.

Event Date:

Written Exam

- May 8-18 Testing times - 7:00 am to 6:00 pm (PST)
- May 19, 2026, Testing times - 7:00 am to 12:30 pm (PST)

Practical exams will be administered May 20th – May 30th

- The school's program director will submit a request for time of exam on those dates.

Our Mission Statement:

To celebrate the high school student's knowledge of Sports Medicine/Athletic Training through a mentally challenging event.

Our Motto:

The Celebration of Knowledge

Students Compete as part of their school team, as well as on an individual basis (or both). Teams consist of 8 to 15 students from a single school. Each team's top eight highest individual scores will be utilized to create a "Team Average" for the school. Both Teams and Individual Competitors are separated into one of three divisions based on the number of registered students attending their school:



Cramer Sports Medicine (Large) Schools Division:

Includes schools with enrollments of more than 1,999

Mueller Medium (Medium) Schools Division:

Includes schools with enrollments of 1000- 1,999

Henry Schein Small Schools Division:

Includes schools with enrollments of more than 1- 999

- In the event of an enrollment discrepancy, the school in question must present a certified document with the school enrollment from the school administration/registrar at least 48 hours prior to the competition.

Team Eligibility:

All schools that have competed and been ranked in the top 10 of any division (or overall) of a state/regional sports medicine competition/challenge in the past 12 months prior to the AACI Competition date are eligible to compete.

Individual Student Eligibility:

Students who compete as members of their school's team are also eligible to compete for individual awards. Individual students at schools that do not qualify for a team entry are eligible to compete for individual awards if the student competed in a state or regional competition/challenge in the 12 months prior to the AACI competition date and placed in the top 25th percentile at the event.

Testing: The AACI National Competition consists of a 300-question online exam administered over a **2-hour** time block. See the study guide for further information.

1. Written Exam

- a. Schools in session (not remote) must be proctored by two adults, one can be the program teacher.
 1. Proctored schools will have up to 2 hours to complete the exam.
- b. All tests will be sent through an algorithm to check for potential discrepancies (cheating)
- c. Online Testing can be completed on dates listed above
 1. Teachers must request time and date for exam to be available to your school/students.



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d. Topic information

1. First Aid & CPR (new BLS standards)
2. Emergency Procedures
3. Medical Terminology, Body Planes, Directions, Appropriate Terms etc.
4. Legal Issues – Terminology (i.e. malfeasance, negligence etc.)
5. Physiology
6. Rehabilitation- including but not limited to; Therapeutic exercises & Modalities
7. Anatomy/Evaluation Techniques for the following locations:
- 8. Upper Extremity**
- 9. Shoulder & Shoulder Girdle (Anterior and Posterior)**
- 10. Upper & Lower arm (excluding the hand)**
- 11. Structures proximal to the carpals**
 1. Soap Notes & HIPS format will primarily be used during the appropriate questions.
 2. Anatomic Questions, Special Test Questions, MMT, A/P/R- ROM questions will consist of more major structures or structures that are more commonly seen injured in sports, **including nerves, myotomes, dermatomes, etc.**

2. Video Practical:

- a. A live video practical will be administered to the top 10 students in each division via Video Conference.
- b. Practical Exams will be completed via FaceTime/Skype/ Zoom etc. As done with nationals
 1. Judges will be Athletic Trainers
 2. The test will be administered via a judge remotely via an online streaming video source (again FaceTime, Skype, Zoom, Etc.)
 3. As the teacher, you would be given a list of supplies to have ready.
 1. The list will be sent out later.
 2. If your student is at home, he/she will be given a list of supplies readily available at home as well.
 4. Practical's will begin after all Exams are completed.
 5. Practical's will end on May 29, 2026

Team Awards: The top team average in each division will be named National Champion and will receive that Division's National Championship Trophy. Second through Fifth place teams will also receive awards and recognition.

Individual Awards: The students with the 25 highest scores in each division will be named **AACI High School All-Americans** in their respective divisions. The top ten students in each division will be administered a verbal practical via an Internet based video conference tool. The practical will be judged by a qualified representative of AACI. The point total of the practical plus the students written exam average will be combined to give the student their final standing in the division.

Awards announced:

The awards will be broadcast on YouTube Live, Monday, June 1, 2026. Time is TBA

Scholarships: The students from each division with the 3 highest overall averages after combining written exam and video practical will receive a college scholarship awarded by their division sponsor.

Fees:

- Team entry fee (8 to 15 student participants) \$750.00
- Student Entry fee (Not eligible for team awards) \$95.00 per student

Registration Deadline: 3:00pm PST May 12th, 2026

For more information visit us at www.aacitest.org

Contact competition coordinator – Eli Hallak M.Ed., ATc, EMT

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