

American Board of Family Medicine



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Important Dates

October 16, 2026	Registration Opens
February 26, 2027	Last day for those with an exam requirement in 2027 to submit registration for the 5-Year Cycle without incurring a late fee (\$50)
March 9, 2027	Last day to complete Registration Process (with \$50 non-refundable late fee assessed) for Quarter 1 participation
March 23, 2027	Last day to clear pending registration requirements for Quarter 1 participation
March 31, 2027	Deadline to complete Quarter 1 questions
June 8, 2027	Last day to complete Registration Process (with \$50 non-refundable late fee assessed) for Quarter 2 participation
June 22, 2027	Last day to clear pending registration requirements for Quarter 2 participation
June 30, 2027	Deadline to complete Quarter 2 questions
September 7, 2027	Last day to complete Registration Process (with \$50 non-refundable late fee assessed) for Quarter 3 participation
September 21, 2027	Last day to clear pending registration requirements for Quarter 3 participation
September 30, 2027	Deadline to complete Quarter 3 questions
December 7, 2027	Last day to complete Registration Process (with \$50 non-refundable late fee assessed) for Quarter 4 participation
December 21, 2027	Last day to clear pending registration requirements for Quarter 4 participation
December 31, 2027	Deadline to complete Quarter 4 questions

Introduction

Starting in 2027, the American Board of Family Medicine began transitioning all Diplomates (ABFM Board Certified Family Physicians) holding a Sports Medicine Certificate of Added Qualification (CAQ) to a continuous 5-Year Cycle to maintain board certification in the year their exam is due. The 5-Year Cycle offers flexibility and convenience to customize how you meet your certification requirements, including the option to choose longitudinal assessment or the traditional one-day exam to satisfy your exam requirement.

This booklet offers comprehensive details about the 5-Year Cycle, covering how to fulfill each specific requirement. While it's recommended to read through the entire booklet, please ensure that you review the Agreement section before finalizing your registration.

You can avoid a late registration fee (\$50) by starting the registration process and advancing beyond the fee payment page prior to February 26th. This step is required to maintain certification in Sports Medicine regardless of whether the decision is to participate in longitudinal assessment or complete the one-day exam in year 4. Registration is the first step to beginning any of the 5-Year Cycle requirements and we encourage all Diplomates to complete as early as possible to maximize the amount of time to complete the longitudinal assessment questions available on January 7 of the first year.

If you have questions at any point during the Registration Process, do not hesitate to contact us at (877) 223-7437 or help@theabfm.org. We also offer Live Chat inside the MyABFM Portfolio. Our Support Center is available to assist Monday – Friday, 8am – 9pm and Saturdays, 9am – 5pm (Eastern Time).

5-Year Cycle Overview

Continuous Sports Medicine Certification consists of four requirements that must be completed every five (5) years. The 5-Year Cycle is based on four (4) years of requirements and a fifth year off for those who complete on schedule. The fifth year will also be the last opportunity for physicians to catch up on any incomplete requirements to avoid losing certification.

The requirements to complete a 5-Year Cycle are:

- **Certification Exam:** Answer 17 quarterly exam questions (longitudinal assessment) or opt to take the one-day exam.
- **Family Medicine Certification:** Continuously maintain your family medicine certification and all associated requirements.
- **Professionalism and Licensure:** Continuously hold a medical license(s) which meets the requirements outlined in the Guidelines for Professionalism, Licensure, and Personal Conduct (Guidelines).
- **Annual CAQ Certification Fee:** Submit the annual CAQ certification fee.

Sports Medicine 5-Year Cycle

Year 1	Year 2	Year 3	Year 4	Year 5
Longitudinal Assessment Complete up to 17 exam questions per quarter (68/year).			Additional Longitudinal Assessment Time (if needed) or One-Day Exam* (if you choose)	Year Off (no requirements) or Time to Catch Up (if needed)
Family Medicine Certification Continuously maintain your family medicine certification and all associated requirements.				
Professionalism and Licensure Continuously hold a medical license(s) which meets the requirements outlined in the Guidelines for Professionalism, Licensure, and Personal Conduct (Guidelines).				
Annual CAQ Certification Fee Submit the annual CAQ certification fee.				

**If longitudinal assessment minimum passing standard not met or opt for traditional one-day exam.*

A fifth year off is provided to those who complete the 5-Year Cycle on time.

While marked as time to catch up, the fifth year should only be used to recover from unforeseen life events or circumstances that jeopardize a physician's ability to maintain certification and should not be expected to span the entire year. Additional grace periods and extensions to complete requirements will not be provided beyond the 5-Year Cycle.

Longitudinal Assessment

The choice between longitudinal assessment or the traditional one-day exam offers flexibility in how Diplomates measure their clinical knowledge and skills. Either option satisfies the Cognitive Expertise component required to maintain board certification, but it's important to note when each option is available during your 5-Year Cycle.

Your annual certification fee includes the cost of two (2) exam attempts (excluding any applicable late fees).

Please note that every Diplomate will be enrolled in longitudinal assessment after completing the Registration Process, utilizing one of your free exam attempts. If you prefer to use both exam attempts on the traditional one-day exam option, you may voluntarily withdraw from the longitudinal assessment. Doing so prior to the sixth quarter will avoid utilizing one of your free exam attempts, leaving 2 free exam attempts to apply towards the one-day exam.

Professionalism and Licensure

To obtain and maintain certification, you must be in continuous compliance with the ABFM Guidelines for Professionalism, Licensure, and Personal Conduct ("[Guidelines](#)"), which includes holding a medical license which is currently active, valid and full in the United States, its territories, or Canada (referred to as an "Unlimited License"). Those physicians who have self-designated as clinically inactive may be able to meet the license requirement by holding a qualified clinically inactive medical license as defined by the [Guidelines](#).

All license information must be submitted and maintained through your MyABFM Portfolio on the ABFM website. When adding a new license record or updating an existing license record with renewal details, physicians are required to attest that the license information being submitted is accurate and meets the [Guidelines](#). While ABFM receives monthly reports from the Federation of State Medical Boards (FSMB) regarding medical licensure for family physicians, there may be circumstances in which you will want to manually enter/update your medical

license information or will need to report incorrect data. It is up to you to assure your medical license record on file meets the [Guidelines](#) and remains up to date.

Institutional, temporary, and training medical licenses are not acceptable and should not be entered in your MyABFM Portfolio. You are required to have an approved medical license on file that meets ABFM Guidelines to obtain and maintain your Family Medicine Certification.

If you enter an institutional, temporary, or training medical license, or enter an inaccurate date of initial licensure or renewal, to complete the requirements for certification and ABFM determines that the information does not match the records from the licensing state or if the license does not meet the [Guidelines](#), the certification will be invalidated. You will be notified subsequent to this action. Falsification of any information entered in the application and/or the MyABFM Portfolio is a serious violation of ABFM policies and can result in withdrawal of certification for an extended period of time.

If the medical license information on file is not accurate or does not meet the [Guidelines](#), you must contact the ABFM Professionalism Department by reporting incorrect data through your MyABFM Portfolio or by email at license@theabfm.org.

It is the responsibility of the physician to inform ABFM in writing immediately following any action by a licensing authority. Should you be uncertain about whether or not you are meeting the [Guidelines](#) or if you need to report an action, please contact professionalism@theabfm.org.

Any physician sitting for either of the Sports Medicine examination options who does not meet the ABFM [Guidelines](#) will have their examination invalidated and the examination fee will be forfeited. Eligibility for examination will not be reinstated until the physician is in full compliance with the [Guidelines](#). If any action by a licensing authority is taken after this registration is completed, but prior to the examination, it is still the responsibility of the physician to report the action to ABFM prior to examination. If you are appealing a decision relative to your eligibility or certification status to the Professionalism Committee, you may be permitted to continue longitudinal assessment participation or sit for the one-day exam with the understanding that if the appeal is unsuccessful, your examination will be invalidated and the examination fee will be forfeited.

Fee Schedule

The annual CAQ certification process fee is due each year of the 5-Year Cycle on January 1. Annual payments must be made by July 1, or you will be unable to participate in longitudinal assessment.

Your certification process fees grant you up to 2 Sports Medicine examination attempts. Participation in longitudinal assessment commits 1 of those 2 opportunities. If a secure examination becomes necessary in the future, the second examination attempt would be available at no cost. If further attempts were necessary after using the 2 attempts included in the certification process fees, a fee of 50% of the full examination fee would be required for each attempt.

Payment details specific to your fees can be accessed inside your registration or in your MyABFM Portfolio.

Note: To avoid a non-refundable late registration fee (\$50), be sure to begin the Registration Process and proceed beyond the fee payment page before February 26, 2027.

A 50% Senior Discount will be automatically applied to certification fees, including the examination fee, for physicians that are 70 years of age or older at any time during the year of the examination. To receive the discount, you must have an initial certification and at least one continuous certification in family medicine with ABFM. The discount does not apply to late fees.

Period of Certification

Physicians who successfully complete the 5-Year Cycle will be recognized as participating on a continuous basis in the Sports Medicine Certification program and issued a certificate without an end date (if one has not been previously issued). Please note that if a wall certificate with no end date has been previously issued, no additional wall certificate will be issued upon completing subsequent cycles.

Continued certification is contingent upon meeting the current and continuous cycle requirements for Sports Medicine Certification. Diplomates who meet the ongoing requirements for Sports Medicine Certification will

continue to be recognized on the ABFM website as board certified. Please review the requirements of the Sports Medicine Certification program in your [MyABFM Portfolio](#).

Sports Medicine Certification requirements are expected to alter over time and continued certification will be dependent upon adherence to the then-current policies and procedures. It will be the Diplomate's obligation to become and remain familiar with the Sports Medicine Certification program rules.

Failure to Meet 5-Year Cycle Requirements

Should you not complete the requirements for Sports Medicine Certification during the established time frame (5-Year Cycle), you will lose certification status on the following January 1. If your certification in Sports Medicine is (or becomes) lapsed, completion of the one-day exam including application and full examination fee will be required to regain your certification.

Regaining Sports Medicine Certification

Physicians who experience a lapse in certification must complete the the one-day exam including application and full examination fee to regain certification status. Physicians in this scenario must complete all outstanding Sports Medicine Certification requirements (may include unmet Family Medicine certification requirements, fees, and medical licensure) from the 5-Year Cycle preceding loss of certification to be permitted to sit for the examination.

In addition to completion of any past due cycle requirements, the following items must be completed to regain certification:

- Submission of application and accompanying full examination fee for the one-day exam (\$1,300)
- Successful completion of the one-day exam. Longitudinal assessment is not an available option for physicians who are regaining Sports Medicine certification.

Registration

Registration is the first requirement to beginning any 5-Year Cycle. The purpose of this section is to provide essential information about the Registration Process and the requirements you must complete to get started on cycle requirements.

It is the sole responsibility of an ABFM Diplomate to be aware of and comply with registration deadlines. In fairness to all physicians, ABFM adheres firmly to the published deadlines for registration and late registration submissions. You are encouraged to apply early in the registration period to avoid late fees or problems. Issues arising from difficulties logging in to the MyABFM portfolio (e.g., forgotten ID/Password, computer technical difficulties, or operator error) must be resolved and all components of the Registration Process completed prior to 11:59 P.M. Eastern Time on the deadline date. ABFM staff and Support Center make every effort to assist with these issues promptly; however, physicians are responsible for contacting ABFM for assistance well in advance of the deadline.

Password

The password provided to you for accessing your MyABFM Portfolio is confidential. There is a link in your MyABFM Portfolio that allows you to change the password at any time. Anyone with access to a physician's ID and password has access to all secure information pertaining to that physician on our website. ABFM staff do not have access to physician passwords. "Forgot Username" and "Forgot Password" buttons are available on the physician login page (<https://portfolio.theabfm.org/ui/login>) should you need assistance with your login credentials.

Personal Information

You should confirm or update all personal information in your MyABFM Portfolio on the My Profile page. Fields that are not editable include name, ABFM ID number, degree, birthdate, and last four digits of the social security number. If any of this information is incorrect, the physician must contact the ABFM Support Center to have it corrected.

ABFM requires physicians who have had a legal name change to submit a government issued signed photo ID (e.g., driver's license, passport, etc.) along with court approved documentation of the name change (e.g., marriage license, divorce decree, name change order, etc.) to change our records. Please contact the ABFM Support Center for assistance with any name issues.

You also should verify, update, or enter your primary postal mailing address. This address will be used for important certification information should you be at risk of losing certification. It is also the address in which you will receive your wall certificate if a wall certificate with no end date has not already been previously issued. Address information may be updated through your MyABFM Portfolio at any time on the My Profile page in the "Account Information" section.

General Data Protection Regulation (GDPR)

At the time of this publication (2026), European Union (EU) residents are not eligible to register for the Sports Medicine 5-Year Cycle. For further clarification, contact us at (877) 223-7437.

Contact Information

ABFM will correspond with you through email. You should ensure that ABFM has a current email address on file. Email information may be updated through your MyABFM Portfolio at any time on the My Profile page in the "Account Information" section.

During the Registration Process, you are required to reply to an email confirmation, which verifies that the email address on file is accurate, and you are able to receive emails from ABFM. Many email services do not notify senders that an email is received or rejected; as such, we may be unaware our communications are not reaching intended recipients. Once the email confirmation is complete, you must return to Registration and complete all remaining steps.

All physicians are required to have a confirmed email address during the Registration Process.

Demographics

For more than 20 years ABFM has collected data on practice organization and scope of practice from physicians during the examination registration process. The information you provide enables ABFM to understand how medicine is changing, such as scope of practice, geographical distribution, evolving business models, size of practice, and whether your Electronic Medical Records (EMR) are serving your needs. For years this data has guided the ABFM Board of Directors as they make decisions about how to help physicians around the country improve the quality of care they provide to their patients. The accuracy of the information you provide is critical to how well ABFM can make certification more meaningful and useful to you.

We recognize that questions about gender, race and ethnicity can be particularly sensitive. ABFM collects this information to permit the detection of potentially biased questions so that the questions can be reviewed by an external panel including sports physicians with regard to the nature of the differential functioning. This information helps ABFM study and improve the certification process to better serve physicians and the public. It is important to ABFM to verify that longitudinal assessment is measuring the construct of the sports medicine knowledge and clinical decision-making regardless of physician characteristics such as gender, race and ethnicity. ABFM respects the privacy of all Diplomates and has strict confidentiality policies.

Agreement Page of Registration

The Agreement page of Registration asks you to attest to having read the Registration Information Booklet, including the full Agreement located at the end of the Registration Booklet, and to agree to be bound by the conditions therein. You are also confirming that all the information provided during the Registration Process is complete and true. Your full name and ABFM ID number will be presented to identify that you are the person signing the agreement. You are asked to electronically sign the agreement by clicking “Yes, I Agree” and by providing your date of birth and last four digits of your social security number.

Approval of Registration and Getting Started

Once all components of the Registration are completed and all pending requirements cleared, ABFM considers you to be approved to participate in the 5-Year Cycle. If Registration is approved prior to the start of the first calendar quarter, you will need to wait until January 7 to begin answering longitudinal assessment questions. If Registration is approved after January 7, you may begin participation immediately. You will receive automated reminders at customizable intervals throughout the 5-Year Cycle to encourage engagement and cycle completion.

Examination Information

ABFM Sports Medicine Blueprint

A key component of ABFM Board Certification is independent assessment of the knowledge necessary for a board-certified sports physician. Accordingly, the assessments must reflect the diversity of practice and clinical expertise necessary to reflect scope of practice in sports medicine. The [Blueprint](#) is critical to constructing these assessments. The [Blueprint](#) is used to construct the Sports Medicine Certification Examination (one-day exam) and the Sports Medicine Certification Longitudinal Assessment (longitudinal assessment).

ABFM launched a new blueprint for both exam options starting in 2026. Changes to the blueprint were needed to ensure ABFM examinations are assessing the relevant core competencies required for contemporary sports medicine practice and providing you with meaningful feedback to drive learning.

The new blueprint consists of five (5) content domains and their corresponding percentages:

Content Area	Percent
Foundations of Practice	5%
Preventive Aspects of Sports Medicine	10%
Care of Emergency Conditions	20%
Diagnosis, Management, and Epidemiology of Sports- and Exercise-Related Musculoskeletal Conditions	35%
Diagnosis, Management, and Epidemiology of Sports- and Exercise-Related Medical Conditions	30%

Content Area Subcategories

Foundations of Practice (5%)

- Basic science of sport and exercise
- Ethics and professionalism
- Event administration
- Research principles
- Role of the team physician
- Musculoskeletal rehabilitation
- Principles of diagnostic musculoskeletal imaging

Preventive Aspects of Sports Medicine (10%)

- Chronic disease prevention and health promotion
- Exercise prescription as part of routine care
- Injury prevention
- Nutrition
- Sports Preparticipation Physical Evaluation (PPE)

Care of Emergency Conditions (20%)

- Advanced life support
- Chest, abdomen, and pelvis
- Environmental
- Exercise-associated collapse
- HEENT
- Mental health
- Metabolic
- Neurologic
- Orthopedic
- Spine
- Other

Diagnosis, Management, and Epidemiology of Sports- and Exercise-Related Musculoskeletal Conditions (35%)

- Cervical spine and neck

- Chest and abdomen
- Elbow and forearm
- Hand and wrist
- Knee
- Leg, ankle, and foot
- Pelvis, hip, and thigh
- Shoulder
- Thoracolumbar
- Muscle-related conditions
- Pain management
- Pediatric conditions
- Procedures

Diagnosis, Management, and Epidemiology of Sports- and Exercise-Related Medical Conditions (30%)

- Allergy and immunology
- Cardiovascular
- Concussion
- Dermatologic
- Endocrine
- Gastrointestinal
- Genitourinary and renal
- Gynecology and obstetrics
- HEENT
- Hematologic
- Infectious
- Neurologic
- Pharmacology
- Procedures
- Psychiatric
- Pulmonary and chest
- Rheumatologic

Please be assured that the examination will continue to be a broad-based assessment of sports medicine. The question format has not changed and continues to be clinical scenarios with single best answer multiple choice questions. We continue to score the examination in the same manner and anticipate no change in the pass rate. The main difference you'll notice is in the structure of post-examination feedback within your detailed score report. We sought to design a [blueprint](#) that would provide more meaningful feedback to examinees and help to identify knowledge gaps for targeted learning. Know that your training and exam preparation will still be valid and effective as you prepare for either exam option described below.

Sports Medicine Certification Longitudinal Assessment (Longitudinal Assessment)

The longitudinal assessment allows participating Diplomates to learn as they go. Longitudinal assessment is the foundation of the 5-Year Cycle as it is more aligned with adult learning principles, promotes more enduring learning, retention and transfer of knowledge.

Participation Requirements

All participants must abide by the policies contained in the Agreement portion of this booklet. These policies provide guidelines for behaviors related to the longitudinal assessment. Participants may not photograph, copy, print, screenshot, or otherwise reproduce the content presented in the assessment. Any attempts to do so will result in further investigation and may result in withdrawal from longitudinal assessment, sanctioning, or loss of certification.

Minimum Participation

It is suggested that you register as early as possible to receive the maximum amount of time in longitudinal assessment. All participants must answer a minimum of 187 total questions by the conclusion of the maximum fourth year of the 5-Year Cycle to complete the assessment. Those who do not do this will be removed from longitudinal assessment after the quarter in which it becomes impossible to reach 187 answered questions. The one-day examination would then become the only option available to the Diplomate to satisfy the exam requirement of the 5-Year Cycle.

Format and Structure of Longitudinal Assessment:

Longitudinal assessment delivers 17 quarterly questions over three (3) to four (4) years until you complete 204 questions. The 17 quarterly questions can be answered all at one time, or you may space out completing questions during the quarter.

To add to its flexibility, the longitudinal assessment is structured with consideration to the many schedule demands ABFM Diplomates face. Therefore, participants have the opportunity to defer up to 68 questions throughout the assessment. It is important to note that only a maximum of 17 questions will be presented in each quarter, so deferring questions will ultimately result in you completing your assessment sometime in year 4. You cannot answer more than 17 questions in a quarter to make up for previously deferred questions.

Example 1: A participant was unable to answer 10 of the 68 available questions during year 1. Those 10 questions would now appear in year four.

Year 1	Year 2	Year 3	Year 4
58 questions answered	Up to 68 questions	Up to 68 questions	10 - 68 questions
2027	2028	2029	2030

Example 2: A participant answers all 17 questions each quarter in years one through three. Their assessment is complete at the end of year 3 and a score report will be provided in Q1 of year 4.

Year 1	Year 2	Year 3	Year 4
68 questions answered	68 questions answered	68 questions answered	Not needed
2027	2028	2029	2030

After opening the question, you will have five (5) minutes to review, select and submit an answer. 5 minutes per question allows time to carefully read and answer the question, including the time to use reference materials as needed.

If you choose not to participate in the longitudinal assessment you have the option to withdraw and instead sit for the one-day exam.

Withdrawal from Longitudinal Assessment Participation

If you withdraw or are removed from the longitudinal assessment you are required to take and pass the Sports Medicine Certification Examination (one-day exam) in the fourth or fifth year of your current 5-Year Cycle to maintain your CAQ certification. During year 1, you will have the ability to withdraw your participation. After year 1, you would need to submit a written request to help@theabfm.org should you wish to withdraw.

Withdrawals/removals that occur ***prior to the end of the sixth quarter*** of participation ***do not use up*** an examination attempt. Since two (2) examination attempts are available under the certification process fees, in most cases, 2 examination attempts at no additional cost will still be available to use for the one-day exam.

Withdrawals/removals that occur ***after the end of the sixth quarter*** of participation ***will use up*** an examination attempt. Since 2 examination attempts are available under the certification process fees, in most cases, 1 examination attempt at no additional cost will still be available to use for the one-day exam. If both available examination attempts included in the process fees have already been used, a reduced examination fee of \$650 (or 50% of the current full examination fee) would be required to register for a one-day exam attempt.

Special Testing Accommodations

ABFM provides reasonable accommodations in accordance with the Americans with Disabilities Act (ADA) and the ADA Amendments Act of 2013 (ADAAA) for individuals with documented disabilities who demonstrate a need for accommodation. In accordance with these Acts, ABFM does not discriminate against individuals with disabilities in providing access to the longitudinal assessment. Participants must indicate through the Registration Process if special testing accommodations under the ADA are needed. Special testing accommodations will only be considered with appropriate documentation.

No physician shall be offered an accommodation that compromises ABFM's ability to accurately test the skills and knowledge it purports to measure, and no auxiliary aid or service will be provided that will fundamentally alter the assessment or will result in an undue burden to ABFM. ABFM is only responsible for providing additional time accommodations per question during the longitudinal assessment. Since the longitudinal assessment is offered in an environment and on a device of the participant's choosing, any participant who requires any auxiliary aid or service, outside of additional time per question, may procure them at their convenience for use during the assessment. For further information regarding special testing accommodations, please refer to the [ADA Policy and Procedures](#) available on ABFM's website.

All required documentation to be approved for accommodations must be received by the final Registration deadline for staff to review and set the appropriate accommodations by the final deadline for clearing pending Registration requirements. After that date, requests that are incomplete for any reason, including those with insufficient information, will not be processed and the participant will be allowed to begin longitudinal assessment under normal conditions or withdraw their application.

Once you begin participation in longitudinal assessment, if ADA accommodations become necessary, you may submit a request to our Accommodations Coordinator at accommodations@theabfm.org for approval.

Facts About Longitudinal Assessment

Longitudinal assessment is a 204-question cognitive assessment delivered via computer or device over a maximum 4-year period. As a participant, you will receive a maximum of 17 timed (5 minutes), single best answer multiple-choice questions covering the breadth of family medicine each calendar quarter. All participants are required to answer a minimum of 187 total questions during the available 4 years to complete the assessment.

Longitudinal assessment replaces the traditional proctored, computer-based, one-day exam for eligible physicians.

Minimum Answered Questions

You must answer a minimum of 187 total questions by the conclusion of the maximum 4 years to complete the assessment. Those who do not do this will be removed from longitudinal assessment after the quarter in which it becomes impossible to reach 187 answered questions. The one-day exam would need to be completed in the fourth or fifth year of your current 5-Year Cycle to continue Sports Medicine Board Certification.

Deferred Questions

Deferred questions are questions that were available to be answered in a given quarter, but never opened. While these questions do move forward to be presented in future quarters, please note the following:

- If questions are deferred, you will still only be presented with a maximum of **17 questions in each quarter**. You cannot answer more than 17 questions in a quarter to make up for previously deferred questions. Deferring questions will ultimately result in you extending your total time to complete longitudinal assessment into year four.

- If more than **68** questions are deferred, it will not be possible to answer the full 204 questions in the assessment. Any shortfall from the 204 answered questions will be counted as incorrect and negatively impact exam performance.
- If more than **85** questions are deferred, it will not be possible to reach the total answered question minimum of 187 and you will be removed from longitudinal assessment following the quarter in which you exceed 85 deferred questions.

Minimum Passing Standard

If your performance on the assessment indicates that the minimum passing standard was met after completion of the assessment, then the examination requirement will be fulfilled, and Sports Medicine certification will continue. If the minimum passing standard is not met, you will be required to sit for the one-day exam by the end of your fourth or fifth year of the current 5-Year Cycle to maintain Sports Medicine board certification.

Getting Started. Once all components of the Registration Process are completed and all pending requirements are cleared, ABFM considers you to be approved to participate in longitudinal assessment. If Registration is approved prior to the start of the first calendar quarter, you will need to wait until January 7 to begin answering questions. If Registration is approved during the first quarter, you may begin answering questions immediately after completing the Registration Process. You will receive automated reminders at customizable intervals throughout the cycle. There will also be opportunities to provide feedback about your experience along the way.

Answering Questions. A maximum of 17 single best answer multiple-choice questions will be available to answer at the beginning of each quarter through a delivery platform which will be accessible inside your MyABFM Portfolio. You will have 5 minutes to answer each question. The 17-question set can be answered all at one time during the quarter or can be spread over multiple sessions within the quarter. You may only answer 17 questions in each quarter.

Questions that are viewed and answered will be counted correct or incorrect. Questions that are viewed but not answered will be counted incorrect. Questions that are not viewed during a quarter will be considered deferred and moved to the next quarter.

Immediate Feedback. Once an answer is submitted for a question, you will receive an immediate response indicating whether the answer is correct or incorrect and the percentage of respondents who selected each option. A rationale explaining why the answer is correct or incorrect will also be provided. You will have an opportunity to provide confidence and relevance ratings for each item answered and provide comments about the question that only ABFM will see. We will use your feedback to evaluate items. While a 5-minute timer will run until each question is answered, once an answer has been submitted there will be unlimited time to review the rationale, references, and provide comments. However, after navigating away from an item, you will not be able view the item, rationale, or references again.

Performance Feedback. In year 2, and once you have answered at least 51 questions, an estimated scaled score will be provided based upon your responses through the end of the most recent completed quarter. This estimated score will be updated at the close of each subsequent quarter. These quarterly performance summaries are provided so you can continually assess your performance and identify focused areas for future study.

Suggestions for Participation. Longitudinal assessment is an equivalent assessment to the one-day exam. We strongly encourage you to approach the longitudinal assessment with the same level of focus and determination that you would give to the one-day exam. While we realize that sometimes factors beyond your control have the potential to disturb your assessment, here are a few key checkpoints that will help to minimize problems:

- **Device:** When answering questions, we suggest using a reliable laptop, desktop computer, or tablet that you are familiar with. While the questions will display on smart phones and other devices with internet browsing capability, your best option will be a laptop, desktop computer, or tablet.
- **Software:** The question delivery platform will be viewable online, so you will be using an internet browsing program (Edge, Chrome, Firefox, Safari, etc.) to access the assessment. Be sure to have the most updated version of your web browser.

- **Internet Connection:** Be sure that you have a secure, stable, and reliable connection to the internet before you begin a question. A wired connection at your home or office will provide the best connectivity. A wi-fi connected computer or tablet with strong signal is your second-best option. We advise against the use of cellular networks as they can be less reliable.
- **Environment:** Create an environment conducive to taking an examination when answering questions. Remember that you will have a limited window of time to answer each question, so you want to eliminate as many potential distractions as possible. A few factors to consider: people, pets, electronic devices, telephones, time sensitive tasks, extreme weather conditions (power/internet outages), and your own health/safety. If you have printed or electronic resources you plan to use, make them accessible to yourself before you begin answering questions.
- **Support:** If you encounter issues at any time while participating in this assessment, contact us right away at 877-223-7437 or help@theabfm.org. There is also a LiveChat option on the ABFM website. Our Support Center is available Monday - Friday, 8:00am – 9:00pm and Saturday, 9:00am – 5:00pm (Eastern Time).

Assessment Administration Protocols and Procedures

You may use printed or electronic resources (internet, resource materials, etc.) as you would in your normal day-to-day practice when answering questions. However, sharing question content in any form is strictly prohibited.

Sole Participation

The participant in longitudinal assessment is the sole individual permitted to complete the Registration Process and participate in the assessment. Allowing another individual to participate on your behalf is strictly prohibited.

Behavior

All participants must abide by the policies contained in the Agreement portion of this booklet. These policies provide guidelines for behaviors related to the longitudinal assessment.

Content Security

You are prohibited from photographing, copying, printing, capturing screenshots, or otherwise reproducing assessment content in any way. Any attempts to do so will result in further investigation and may result in withdrawal from longitudinal assessment, sanctioning, or loss of certification.

It is never acceptable to enter an ABFM examination or assessment question image or verbatim text into any online tool or software, including artificial intelligence (AI) programs.

It is acceptable to research clinical activities or scenarios presented as portions of an examination or assessment question in online tools and software.

You are prohibited from communicating with others about the content of longitudinal assessment. Content includes questions, answer choices, rationales and references. Prohibited communication includes, but is not limited to:

- Seeking or receiving assistance in answering questions
- Providing assistance to other participants in answering questions
- Reconstructing content (in whole or in part)
- Discussing content with other individuals or groups
- Sharing electronic reproductions of content of any kind in any medium
- Sharing written reproductions of content of any kind in any medium

Guideline for Technical Issues

If participation in the assessment is interrupted due to external causes or technological problems not controlled by the participant, ABFM should be contacted immediately for assistance at 877-223-7437 or help@theabfm.org.

There is also a LiveChat option on the ABFM website. Our Support Center is available Monday - Friday, 8:00am – 9:00pm and Saturday, 9:00am – 5:00pm (Eastern Time).

Post Assessment Issues

Statistical Analysis of Performance. Statistical evidence of suspicious results includes, but is not limited to, a grossly significant statistical improvement from one assessment to another, a response pattern of incorrect answers significantly similar to another participant, a response pattern indicating improper assistance, or such evidence that would strongly suggest that the content of the assessment has been exposed prior to or during the assessment. ABFM has the option to nullify results without refund if these kinds of results are detected using procedures generally accepted among the psychometric community for detecting such results. A cutoff of sixty (60) days following results has been established by ABFM for follow-up with the participant review of statistical data, and examination of response data.

Consequences of Violations

Following the observation of and the action taken for an irregularity, ABFM staff will review and analyze all information at their disposal to confirm the occurrence of a violation. Exam results information will not be released while an irregularity is under investigation. If ABFM determines in its sole discretion that a violation of testing policy has occurred, the participant will be notified. The participant will be advised that the sanction for such a violation is ineligibility for up to six (6) continuous years from the date of the violation, or a punishment determined by any future policy applicable at the time of infraction. The participant will be informed that they may request reconsideration of the action by the Professionalism Committee of the ABFM.

Effective January 1, 2027, the American Board of Family Medicine (ABFM) will assess a non-refundable administrative processing fee of six-hundred dollars (\$600) for any initial appeal of a pending ABFM Licensure, Professionalism, and Personal Conduct violation.

Assessment Results

Immediate Feedback. Once an answer is submitted for a question, you will receive an immediate response indicating whether the answer is correct or incorrect and the percentage of respondents who selected each option. A rationale explaining why the answer is correct or incorrect will also be provided. You will have an opportunity to provide your confidence and relevance rating for each item answered and provide comments about the question that only ABFM will see. We will use your feedback to evaluate items.

Annual/Quarterly Feedback. If a minimum of 51 questions have been completed at the end of year one, an estimated score will be provided at the start of the following quarter so that you can monitor your progress towards achieving the minimum passing standard and determine whether you need to alter your continuing education plan. This estimated score will be updated at the close of each subsequent quarter. Participants will also be able to view the percentage of questions they answered correctly in each blueprint content category. Item testing points will also be assigned to each item, so even though Diplomates cannot view the actual item, some description of the content will be available.

Final Score. A final score and detailed score report will be provided following the quarter in which the assessment is completed. If 204 questions have not been answered after 4 years, the shortfall will be counted as incorrect.

To be considered successful in longitudinal assessment, you must answer a minimum of 187 questions and your final performance score must meet the minimum passing standard after completing the assessment.

If you are successful in longitudinal assessment, you will have satisfied your examination requirement for your current 5-Year Cycle.

Re-Examination

Those participants whose performance falls below the minimum passing standard after completing longitudinal assessment will be required to successfully complete the one-day exam at a secure proctored test center before the end of their fourth or fifth year of their current 5-Year Cycle to maintain Sports Medicine certification.

Attempts at the one-day exam following an unsuccessful longitudinal assessment result will require completion of the one-day exam application. If a second examination attempt provided under the certification process fees

is available, the one-day exam attempt will require no additional examination fee. If the second exam attempt was previously used, then a reduced fee of 50% of the current full examination fee will be required.

Certification Points

Candidates who are successful on a CAQ examination and subsequently gain/maintain CAQ certification will be awarded 10 certification points. These points will be applied toward the minimum certification point requirement in the current stage/cycle for continuing Family Medicine certification. It is important to note that the 10 certification points will not fulfill the minimum Self-Assessment activity requirement.

Sports Medicine Certification Exam (one-day exam)

While we recommend all Diplomates attempt longitudinal assessment, we realize some prefer the option of the traditional one-day exam. The one-day exam is a comprehensive assessment designed to measure a physician's knowledge and skills in the field of sports medicine. This examination option is available to Diplomates starting the fourth year of their 5-Year Cycle.

Key features of the one-day exam:

Comprehensive coverage: The one-day exam covers the same [blueprint](#) of sports medicine domains and subcategories.

Multiple-choice format: The one-day exam consists of 200 multiple-choice questions, divided into two (2) 120-minute sections.

Regular administration: The one-day exam is offered twice a year, in July and November.

Proctored testing: The one-day exam is administered at proctored test centers around the United States.

Physicians who choose this option, or those who were unsuccessful in longitudinal assessment will receive communications about the availability of the exam application.

The One-Day Sports Medicine Certification Exam Application is separate from the Registration Process and those intending to take the one-day exam at a testing center will need to complete the Exam Application. An application is required for every examination attempt.

Applying for the One-Day Exam in Year 4 or 5

Notification of one-day Exam Application windows will be posted on the ABFM website, inside your MyABFM Portfolio, and via email communications.

You can avoid a late registration fee by starting the one-day Exam Application and advancing beyond the fee payment page prior to the initial application filing deadline. This can be done even if you still have activity requirements left to complete.

We use the application process to review your requirements to take the one-day exam as well as provide you with all the necessary information for taking the one-day exam. Parts of the application that are incomplete or need to be reviewed by ABFM will be marked as *pending requirements* in the application process until completed.

Any pending requirements must be completed by the published deadline. All application requirements must be completed prior to selecting a testing appointment. Selecting your testing appointment by the priority-seating deadline will help you to secure a preferable date/location. After the priority-seating deadline, other types of examinees (such as GRE, CPA, etc.) can schedule appointments in our testing window.

We will notify you via email of application approval or of any pending requirements as you progress through the exam application. Although reminders of pending requirements or any missing materials will be sent by email, you may review your exam application at any time for status updates in your MyABFM Portfolio. ABFM keeps the applications open as long as possible, but there is a final deadline by which all applications must be completed.

Any application that remains incomplete after the final deadline to clear pending requirements will automatically be withdrawn.

Revocation

Each Sports Medicine certificate issued by the Board of Directors of the American Board of Family Medicine shall be subject to revocation in any of the following circumstances:

General

The issuance of such certificate or its receipt by the person so certified shall have been contrary to, or in violation of, any provision of the Articles of Incorporation of American Board of Family Medicine, Inc., or of the Bylaws of American Board of Family Medicine, Inc., as amended.

The person so certified shall not have been eligible to receive such certificate, irrespective of whether or not the facts constituting such ineligibility were known to, or could have been ascertained by, the Directors of ABFM or its representatives.

The person so certified shall have made a misstatement of fact in the application for such certificate or in any other statement or representation to ABFM or its representatives.

The person so certified shall at any time have neglected to maintain the degree of competency in the field of sports medicine established by ABFM.

The person so certified has fraudulently altered, copied, or changed a certificate of the American Board of Family Medicine, or has fraudulently presented, or allowed to be presented on behalf of the individual, an altered, copied, or changed certificate of ABFM, or has otherwise misrepresented the person's certification status. In such cases, and in cases where the offending party is not currently certified, ABFM reserves the right to revoke, suspend, and/or prohibit participation in the Sports Medicine Certification process and subsequent certification of the offending party for a period of up to six (6) years from the date of discovery of the offense. In the event the individual timely appeals the suspension, revocation, or other action to the ABFM Professionalism Committee, the period not to exceed 6 years shall be tolled until the action of ABFM is determined to be final.

Professionalism, Licensure, and Personal Conduct

A Diplomate or physician of the American Board of Family Medicine shall be required to be in continuous compliance with the ABFM Guidelines for Professionalism, Licensure, and Personal Conduct (the "[Guidelines](#)"). Failure to comply with the [Guidelines](#) will result in loss of Diplomate status and/or loss of the ability to make application for the Sports Medicine Certification Longitudinal Assessment (longitudinal assessment) or other examinations offered by ABFM.

In the event a Diplomate is no longer in compliance with the [Guidelines](#), the physician must inform ABFM in writing and immediately cease self-identifying in any way directly or indirectly as a Diplomate of the American Board of Family Medicine. Participants in the longitudinal assessment and Diplomates of ABFM should be aware that ABFM receives periodic reports from the Federation of State Medical Boards (FSMB) regarding disciplinary actions by states against medical licenses. Should a physician be uncertain about whether or not they are in compliance with the [Guidelines](#), a written inquiry should be made to ABFM immediately by emailing professionalism@theabfm.org.

Any physician who is not in compliance with the [Guidelines](#), and is participating in an assessment, will have their assessment invalidated and the fee will be forfeited. Eligibility for examination will not be reinstated until the physician is in full compliance with the [Guidelines](#). If any action by a licensing authority is taken after this application is filed, but prior to or during an assessment, it is still the responsibility of the physician to report the action to ABFM. If a physician is appealing a decision relative to their certification status to the ABFM Professionalism Committee, they may be permitted to participate in an assessment with the understanding that if the appeal is unsuccessful, their assessment will be invalidated and the fee will be forfeited.

Authority

The Board of Directors of the American Board of Family Medicine shall have sole power and authority to determine whether or not the evidence or information before it is sufficient to constitute grounds for revocation of any certificate issued by ABFM. The Board of Directors may, however, at its discretion, require any person so certified to appear before the Board of Directors, upon not less than thirty (30) days written notice by registered mail, and to show cause, at the time and place specified in such notice, why the certificate should not be revoked. The failure of any person so notified to appear as required in such notice shall, at the discretion of the Board of Directors, constitute cause for revocation of the certificate. The decision of the Board of Directors in all such matters shall be final.

Agreement

The American Board of Family Medicine strongly supports its Diplomates' interests in maintaining the value of ABFM Board Certification through a variety of security measures, and especially through reliance on Diplomates' sense of Professionalism and Integrity. The following agreement outlines the conditions regarding the 5-Year Cycle and administration of the Sports Medicine Certification Longitudinal Assessment (longitudinal assessment). You will need to verify inside the Registration Process that you have read and understand this Agreement. Your registration for the 5-Year Cycle will not be processed without this acknowledgment.

I certify that all the information in my Registration is complete and correct to the best of my knowledge and belief. In order to be granted continued certification, I understand I must continuously abide by the ABFM Guidelines for Professionalism, Licensure and Personal Conduct (the "[Guidelines](#)") in all respects which includes, but is not limited to, obtaining and maintaining medical licensure which meets the requirements of the [Guidelines](#) and meeting the expectations for professionalism and personal conduct set by ABFM. Furthermore, I understand that the assessment for which I am applying is voluntary on my part and I voluntarily accept and agree without reservation to the conditions set forth in the Registration Process and this Registration Information Booklet. I understand that in completing this Registration Process I am voluntarily requesting that ABFM review and assess my professional standing and that the decision of ABFM in making such review and assessment shall be final.

I understand that in the event I am successful in longitudinal assessment and am in compliance with ABFM [Guidelines](#), my Diplomate status will remain in effect as long as I meet all of the current and future Sports Medicine Certification requirements by the established deadlines and remain in continual compliance with the [Guidelines](#). Furthermore, should I withdraw from longitudinal assessment for any reason after paying the required fee, the policy set forth in the current Registration Information Booklet for longitudinal assessment shall apply.

If my Registration to participate in the 5-Year Cycle is approved, I understand and agree to the following conditions:

1. I understand that Sports Medicine Certification requirements are expected to alter over time and continued certification will be dependent upon adherence to the then-current policies and procedures. It will be my obligation to become and remain familiar with the Sports Medicine Certification program rules.
2. All the longitudinal assessment questions and all other assessment content and materials are the sole property of ABFM subject to copyright and intellectual property protections afforded by law. Questions or other materials will not be available for review by participants before taking the longitudinal assessment and they will not be available for review by the participants after taking the longitudinal assessment.
3. I understand that I will be presented with a maximum of 17 questions in each quarter, regardless of previously deferred questions. Completing up to 17 questions per quarter is a part of the longitudinal assessment of knowledge.
4. I understand that I am expected to complete a total of 204 questions by the fourth year of the 5-Year Cycle. Should I neglect to reach 204 answered questions within the parameters of the longitudinal assessment, I understand that any questions not attempted will be counted as incorrect.
5. I understand that I am required to answer 187 questions for my longitudinal assessment to be scored. If I am unable to answer the minimum number of required questions the one-day examination will be my only option for continuing or regaining certification.
6. I understand that while actively viewing longitudinal assessment questions and related information, I am permitted to use written (printed or electronic) resources as I would in my normal day-to-day practice.
7. I understand that I am expected to do my own work on the longitudinal assessment and maintain the confidentiality and security of the longitudinal assessment content.

Agreement

8. I understand that I am prohibited from seeking or receiving assistance from other people in responding to longitudinal assessment questions.
9. I understand that I am prohibited from helping other participants in responding to longitudinal assessment questions.
10. I understand that I may not discuss the longitudinal assessment questions, rationales or answers with anyone.
11. I agree that ABFM may, at its discretion, remove me from Longitudinal Assessment or nullify my Longitudinal Assessment result without refund if patterns of participation indicate the Longitudinal Assessment can no longer generate a reliable result. If this occurs, the one-day examination will be my only remaining option for continuing or regaining certification.
12. I agree that I will not photograph, copy, print, screenshot, or otherwise reproduce questions presented on the longitudinal assessment and will not provide others the means or opportunity to do so, either. I understand that attempts to do so will result serious consequences, including but not limited to my removal and in further investigation may result in withdrawal from longitudinal assessment, sanctioning, or loss of certification.
13. I agree that I will not enter verbatim longitudinal assessment content into artificial intelligence (AI) services (e.g., ChatGPT, Grok, Gemini, etc.). AI tools may be used for physician created topic-specific searches of the medical literature and other online references only.
14. With respect to all content related to longitudinal assessment, including questions, answer choices, rationale and references, I understand that I am prohibited from reconstructing content (in whole or in part), discussing content with other individuals or groups, sharing electronic reproductions of content of any kind in any medium, or sharing written reproductions of content of any kind in any medium.
15. I agree to report to ABFM any instances I discover or learn about in which Longitudinal Assessment questions and answers are shared in any form, and that failure to report such examples will be reviewed as a violation of the [Guidelines](#) and this Agreement.
16. I understand that failure to follow the instructions provided during the Longitudinal Assessment or breach of this Agreement may, in ABFM's sole discretion, result in consequences up to and including my removal from the longitudinal assessment, invalidation of my longitudinal assessment scores, imposition of sanctions, and loss of my certification.
17. ABFM is authorized by me to take all action they deem necessary and proper to administer the assessment securely, fairly and efficiently.
18. In addition, should I do anything prohibited by ABFM, or should I be in violation of ABFM policy set forth within this Agreement and Registration Information Booklet, my assessment scores will be invalidated and the exam fee will be forfeited.
19. ABFM reserves the right to refuse participation to any physician after assessment has begun.
20. I understand that violation of this Agreement will be addressed under the Guidelines which could result in loss of ABFM Board Certification.

I further understand and agree that ABFM may withhold or rescind approval of this Registration, and in the event I continue certification as a Diplomate of ABFM, such certification may be revoked and my name deleted from the roll of ABFM Diplomates by order of the Board should it determine, in its absolute discretion, that:

1. Any of the information in this Registration is false or contains material misrepresentations or omissions;
2. I am not in compliance with the [Guidelines](#);
3. I fail to satisfy the criteria for certification.

Agreement

I agree that ABFM may, at its discretion, release information contained in this Registration, my assessment results and/or my assessment scores to researchers selected by ABFM to study the testing and evaluation programs of ABFM under appropriate conditions of confidentiality established by ABFM. Aside from research purposes, I understand that my individual and identifiable assessment results and scores will be considered by ABFM to be confidential, and, unless authorized by me, will not be released to others except pursuant to legal process.

I agree to release and to hold ABFM, its physicians, examiners, employees, officers, directors, and agents free from any complaints, claims or demands for damage or otherwise by reason of any act of omission or commission that they, or any of them, may take in connection with this Registration, assessment administration, the grade or grades given with respect to my assessment, the failure of ABFM to issue me such certificate, the subsequent revocation of any certificate issued to me by ABFM, or my continued eligibility for ABFM Board Certification. I agree that ABFM retains the right to deny, revoke, withdraw or suspend certification because of my failure to gain or remain eligible under periodically established ABFM policies.

I shall indemnify and hold harmless ABFM, its physicians, examiners, employees, officers, directors, and agents from any claims or liabilities, including reasonable attorneys' fees and costs arising from my breach of this Agreement.

I hereby understand and agree that in the event I am certified in Sports Medicine as a Diplomate of the American Board of Family Medicine, that certification shall continue only for so long as I continue to meet all the current and future ABFM Board Certification requirements and continue to be in compliance with the Guidelines for Professionalism, Licensure, and Personal Conduct ("[Guidelines](#)"). I further understand and agree that in the event I am no longer in compliance with the [Guidelines](#) for any reason or any term, I shall advise ABFM in writing at professionalism@theabfm.org and immediately cease identifying myself in any way directly or indirectly as a Diplomate of the American Board of Family Medicine.

I understand and agree that the decision as to whether my assessment qualifies me for a certificate or whether I continue to meet the conditions of eligibility for ABFM Board Certification rests solely and exclusively with ABFM and that its decision is final.

Arbitration of Disputes

I agree that any case, controversy or dispute which may arise between myself and ABFM in connection with the Registration Process, Exam Application, assessment and/or my continued eligibility for ABFM Board Certification shall be settled and resolved by binding arbitration under the then prevailing rules of the American Arbitration Association ("AAA"). The arbitration dispute must be filed in Lexington, Kentucky. The decision of the arbitrators shall be final and binding, and judgment may be entered on the award of the arbitrators and enforced in any court of competent jurisdiction. Notwithstanding the foregoing, ABFM may seek injunctive relief in any court of competent jurisdiction as ABFM determines, in its sole and absolute discretion, to be necessary or appropriate to protect the integrity and/or content of any assessment.

Governing Law

I agree that any case, controversy, or dispute which may arise between myself and ABFM in connection with the Registration Process, the Exam Application, the assessment, or my continued eligibility for ABFM Board Certification shall be governed in all respects by the laws of the Commonwealth of Kentucky, without regard to the choice of law rules of such jurisdiction. I hereby submit and irrevocably consent to the exclusive jurisdiction and venue of the state and federal courts located in Lexington, Kentucky for purposes of any legal action that may arise in connection with the application process, the assessment, and/or my continued eligibility for ABFM Board Certification.

By my acknowledgment on the Registration Form, I intend to be legally bound by the foregoing.