



# GHSA

## *"Items of Interest"*

April 2012

### **Look to the GHSA Web Site for Answers Later This Spring**

The spring meeting of the GHSA Executive Committee was a time for many far-reaching decisions to be made affecting a variety of aspects of high school athletics in Georgia. Any time this many changes are made, there is a period of adjustment and many questions raised. The GHSA web site will feature several lists of "Frequently Asked Questions" throughout the spring. In this article, I want to highlight some of the changes that were made, and you can go to the GHSA web site to get more information.

**Standardized Heat Policy:** The three-year study on heat illness and football preseason practices produced a tremendous amount of data that applied to all GHSA sports. The "Institutional Heat Policy" (By-law 2.67) is a statewide mandate that applies to all sports in all seasons of the year. Additionally, there are new guidelines to regulate pre-season practice in football. Both of these policy changes reflect the best practices as put forth by several national organizations such as the American College of Sports Medicine and the National Athletic Trainers Association.

**Emergency Action Plan:** Many schools already have such a plan to handle natural emergencies, severe illness/injury, terroristic activity, etc. Those schools that do not have an "after 3:00" plan need to formulate such plan for both game venues and practice venues in all sports. There will be several "model plans" on the GHSA web site over the next few weeks. This is an important issue to safeguard the wellbeing of our students, coaches, and spectators.

**Eligibility Rules:** Several new rules were implemented as well as several clarifications of existing rules supplied. One of the biggest issues involves students being released after a minimum academic day to go to personal athletic practices. Since the State Board of Education standards prevent schools from conducting practices and regular season games during the school day, it was felt that these students had an unfair advantage over other students. Students are certainly free to continue this practice plan, but they will not be eligible to compete on a GHSA team in that sport.

**Reclassification:** Beginning with the 2012-13 school year, there will be six classifications in the GHSA. This expansion has produced some difficulty in those sports that have a centralized championship event. A number of changes will be made in calendar dates and format changes in several rounds of the playoffs. Be certain to look at the GHSA web site for more information on these changes.

**Class A Playoff Structures:** The decision to have separate championships for public schools and private schools in Class A resulted in many challenges. In a certain sports, the number of Class A schools participating made separate championship impractical. In other sports, the number of Class A school participating was such that separate championships will be held, but the schools will be placed in areas rather than regions for regular season competition. In Football, Softball, Basketball, and Baseball, there will be separate championships on a region basis. Teams will qualify for post-season play and will be seeded according to power ranking systems that have been developed. These power ranking systems will be found on the GHSA web site within the next few weeks.

But before we can implement all these new rules and procedures, we have lots of spring activities to complete. Best of luck in all those activities!



– Ralph Swearngin, Executive Director

**GEORGIA HIGH SCHOOL ASSOCIATION** Newsletter

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**GHSA Licensed Products**

This month's featured licensees are: **Gelzeez** (gelzeez.com), a one-of-a-kind rubberized sleeve and USB Drive for fundraising; **Jostens**, official championship jewelry (jostens.com); **Musco Sports Lighting**, the leader in developing sports-lighting technology solutions (musco.com); **FieldTurf**, official artificial turf (fieldturf.com); and **TeamIP**, official merchandiser and online store (teamip.com). View a complete list of GHSA licensees at [www.ghsa.net/licensing](http://www.ghsa.net/licensing). Become a Fan of the GHSA on Facebook ([Facebook.com/OfficialGHSA](https://www.facebook.com/OfficialGHSA)) and Twitter ([Twitter.com/OfficialGHSA](https://twitter.com/OfficialGHSA)).

**Soccer Tournament Meetings!**

Listed below are the dates, times and sites for the annual post-season meetings for Soccer officials and coaches. A reminder that these meetings are **MANDATORY** and failure to attend will result in penalties to the guilty individuals or schools.

**OFFICIALS**

Sat., April 14	Peachtree Ridge High School	10 a.m.
Sun., April 15	Westside-Macon High School	1 p.m.
Sat., April 21	Peachtree Ridge High School	10 a.m.
Sun., April 22	Westside-Macon High School	1 p.m.
Sun., April 22	Concord Bap. Church, Chatt., TN	2 p.m.

**COACHES**

Sat., April 28	Marist School	10 a.m.
Sun. April 29	Westside-Macon High School	1 p.m.

**GHSA Official picked for Olympics**

The 2012 London Olympics will have a Georgia connection. Stacey Davis, an assistant wrestling coach at Holy Innocents' School, has been chosen as one of only two U.S. wrestling officials to officiate at the Games. Davis, the 2011 USA Wrestling Official of the Year, is a GHSA state tourney official and the booking secretary for the Georgia Wrestling Officials Association.

**STATE CHAMPIONS****BASKETBALL - Boys**

Congratulations to the following State Champions:

AAAAA	Milton High School
AAAA	Miller Grove High School
AAA	Columbia High School
AA	Laney High School
A	Whitefield Academy

**BASKETBALL - Girls**

Congratulations to the following State Champions:

AAAAA	McEachern High School
AAAA	Miller Grove High School
AAA	Columbia High School
AA	Lovett School
A	Wesleyan School

**LITERARY**

Congratulations to the following State Champions:

AAAAA	Kennesaw Mountain High School
AAAA	Marist School
AAA	Westover High School
AA	Buford High School
A	Lakeview Academy

Winning a State Championship is an outstanding achievement for the GHSA schools, athletes and coaches, and a distinction that should create a great deal of pride in the community.

**GHSA Network Spring Schedule**

The GHSA Network, produced by PlayOn Sports, will carry live and on demand coverage of spring state championships on GHSA.tv. The GHSA Gymnastic State Championships on April 27th will air live on GHSA.tv, followed by action in track & field, soccer, lacrosse and baseball. Broadcast details will be provided for each event.



# Basketball State Champions - 2012



**Class AAAAA Boys Champion: Milton**



**Class AAAA Boys Champion: Miller Grove**



**Class AAA Boys Champion: Columbia**



Photographs in this newsletter of the state championship teams were provided by **Georgia Photographics** and **Athletic Image**. More images may be found and purchased at [GHSAAphotos.com](http://GHSAAphotos.com).



**Class AA Boys Champion: Laney**



**Class A Boys Champion: Whitefield Academy**

## Basketball State Champions - 2012



**Class AAAAA Girls Champion: McEachern**



**Class AAA Girls Champion: Miller Grove**



**Class AAA Girls Champion: Columbia**



**Class AA Girls Champion: Lovett**



**Class A Girls Champion: Wesleyan**



**Wheelchair Champion: Gwinnett Heat**

# STATE EXECUTIVE COMMITTEE

## March 19, 2012

### MINUTES

The semiannual meeting of the Executive Committee of the Georgia High School Association was called to order at 9:00 a.m. on March 19, 2012, at the Marriott City Center, Macon, Georgia, by Dr. Gary Holmes, President. Following is a **condensed** version of the minutes of that meeting. A complete version may be found on the GHSA web site ([www.ghsa.net](http://www.ghsa.net)).

### COMMITTEE REPORTS

**BOARD OF TRUSTEES:** Report presented by Wayne Tootle  
The Committee recommended:

Approving the following Class A Championships Formats:

(A) The following sports will NOT have separate championships for public and private schools due to the limited number of school competing: Volleyball, Wrestling, Swimming & Diving, Soccer, Lacrosse, Riflery, Gymnastics

(B) The following sports will have separate championships for public and private schools and will use a power ranking system to qualify for the playoffs: Football, Softball, Basketball, Baseball

(C) The following sports will have separate championships for public and private schools, but will be organized in an area format rather than a region format. Each area will organize and finance its competitions: Cross Country, Track & Field, Golf, Tennis, One Act Play, Literary (see Literary Committee for Areas). (Note: See Cheerleading Committee report for Cheerleading format.)

#### PRIVATE SCHOOL AREAS

Area #1: Region 3, 4, and 7  
Area #2: Region 8  
Area #3: Region 5  
Area #4: Region 6

#### PUBLIC SCHOOL AREAS

Area #1: Regions 2A and 4  
Area #2: Regions 2B and 3  
Area #3: Region 1  
Area #4: Region 5, 6, 7 and 8

#### **Motion Passed (voice vote)**

**Revise By-Law 2.67 - "Practice Policy and Heat and Humidity"** as follows:

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

#### **GUIDELINES FOR HYDRATION AND REST BREAKS**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight
4. When the WBGT reading is over 86:
  - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process
  - b. cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

**PENALTIES:** Schools violating heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.

#### **Motion Passed (voice vote)**

**Revise By-Law 1.43 (Line 2):** Add the word "voluntary summer workouts" to "try-outs, practices, or games" in regard to the requirement to have an up-to-date physical form on file at the schools.

#### **Motion Passed (voice vote)**

**Revise By-Law 2.21:** (Make the existing material sub-section "A" and add sub-section "B"): Each school shall have a written Emergency Action Plan for athletic practices and games. This plan must include responses to natural disasters, serious illnesses and injuries, and terroristic events and must have the involvement of local law enforcement agencies, rescue agencies, and medical doctors and hospitals. (Note: Model Emergency Action Plans will be available on the GHSA web site.)

#### **Motion Passed (voice vote)**

## STATE EXECUTIVE COMMITTEE MEETING MINUTES, *Continued*

### **BASEBALL COMMITTEE:**

Report presented by Mike Parris

The Committee recommended:

Class A Playoffs:

Rounds 1 and 2 will be played at the same time as other classifications; Semifinals - May 13 (DH); May 14 (if game);

Championships - May 18 (DH); May 20 (if game)

**Motion Passed (voice vote)**

### **BASKETBALL COMMITTEE:**

Report presented by Christian Suttle

The Committee recommended:

Third round playoff games will be held at the site of the higher seeded team.

- a. If the teams have the same seed, the site will be determined by a coin toss.
- b. Girls' teams will play on the first playing date, and the boys' teams will play on the second playing date.
- c. Financial procedures will be the same as the procedures used in the first two rounds.

**Motion Passed (voice vote)**

Semifinal games will be held separate from championship games.

- a. Semifinal games will be scheduled at seven centralized sites by classification.
- b. Championship games will be scheduled at a single site with four games on Thursday, four games on Friday, and six games on Saturday.
- c. Games days and times for the championship games will be determined by the Executive Director.

**Motion Passed (voice vote)**

### **CHEERLEADING COMMITTEE:**

Report presented by Nathan Turner

The Committee recommended:

Class A Postseason Plan:

All Class A schools will be allowed to enter the Sectional Tournaments held at a central site. Public and private schools will compete separately with 8 public teams and 8 private teams advancing to State Championships.

**Motion Passed (voice vote)**

### **FOOTBALL COMMITTEE:**

Report presented by Earl Etheridge

The Committee recommended:

FOOTBALL SECTION - Page 65 - D

Football Preseason Practice Regulations:

1. Football practice may begin five consecutive weekdays prior to August 1.  
In the first five days of practice for any student, the practice shall not last longer than 2 hours, and the student shall wear no protective gear except for helmet and mouthpiece. Note: The time for a session shall be measured from the time the players report to the field until they leave the field.
2. Beginning August 1, any student may practice in full pads and may practice two times in a single calendar day under the following stipulations:
  - a. A student must have participated in five conditioning practices wearing no protective gear other than helmet and mouthpiece before being allowed to practice in full pads
  - b. If multiple workouts are held in a single day:
    - (1) No single session may last longer than 3 hours
    - (2) The total amount of time in the two practices shall not exceed 5 hours
    - (3) There must be at least a 3-hour time of rest between sessions
    - (4) There may not be consecutive days of two-a-day practices. All double-session days must be followed by a single-session day or a day off
  - c. These procedures are derived from recommendations created by the Inter-Association Task Force for Preseason Secondary School Athletics Participants in the research paper "Preseason Heat-Acclimatization Guidelines for Secondary School Athletics."

**Motion Passed (voice vote)**

PLAYOFFS/CHAMPONSHIPS:

1. Class A schools will have a bye week the first round of the playoffs
2. All seven championship games will be played in the Georgia Dome: 3 on Friday; 4 on Saturday

**Motion passed (voice vote)**

## STATE EXECUTIVE COMMITTEE MEETING MINUTES, *Continued*

### **GOLF COMMITTEE:**

Report presented by Evan Horton

The Committee recommended:

Institute a Sectional Tournament before the State Tournament with the top four teams from each region participating as long as the teams meet a required team scoring standard.

**Motion Passed (voice vote)**

For girls' golf, scores will be determined as follows:

- a. Classes AAA through AAAAAA: by the lowest three golfers
- b. Classes A and AA: by the lowest two golfers

**Motion Passed (voice vote)**

### **LITERARY COMMITTEE:**

Report presented by Glenn White

The Committee recommended:

Class A Proposal: Class A schools for One Act Play will be divided into 4 areas of public schools and 4 areas of private schools with the winning team from each Area competition advancing to the State competition. Class A schools for Literary will be divided into 4 areas of public schools with one winner from each event advancing to State and 2 areas of private schools with two winners from each event advancing to State. The private schools areas are: Area #1: Regions 3, 4, and 7; Area #2: Region 5, 6 and 8

**Motion Passed (voice vote)**

### **SOCCER COMMITTEE:**

Report presented by Dave Hunter

The Committee recommended:

Move championship matches to a central site using the Silverback Stadium and the Kennesaw State University Soccer Stadium.

**Motion Passed (voice vote)**

### **SOFTBALL COMMITTEE:**

Report presented by Gary Long

The Committee recommended:

The number of games allowed (not including regional and state tournament) is twenty-eight (28) regular season games either in head-to-head competition or in invitational tournaments that have been approved by the GHSA. The maximum number of games that may be played in a Region Tournament shall be limited to 8 games.

**Motion Passed (voice vote)**

### **TENNIS COMMITTEE:**

Report presented by Dave Hunter

The Committee recommended:

Class A Championships: Divide the public schools and private schools into four (4) areas. Each Area will determine the four teams that will advance to the State Tournament. Class A Area Championships will have the same time period as the first round of the other classifications. In all playoffs, the highest seed will host in the first round through semifinals. Finals will be at a central site.

**Motion Passed (voice vote)**

### **VOLLEYBALL COMMITTEE:**

Report presented by Gary Long

The Committee recommended:

There will be six classifications in Volleyball with six championships:

AAAAAA, AAAAA, and AAAAA (8 areas each) will have 32 team brackets

AAA, AA and A (6 areas each) will have 24 team brackets

**Motion Passed (voice vote)**

### CHAMPIONSHIP SCHEDULE:

Saturday, November 3 - Classes A, AA, AAA, AAAA Monday, November 5 - Classes AAAAA and AAAAAA

**Motion Passed (voice vote)**

### **NEW BUSINESS**

Motion by Dave Hunter, seconded by Wayne Tootle, to re-elect Gary Holmes, President, and Walter Wade, Vice-President.

**Motion Passed (voice vote)**

Motion was made, seconded, and unanimously passed to adjourn.

## GHSA - April Calendar - 2012

### April

- 1 Deadline to submit notification of entry in Gymnastics, Lacrosse, Riflery, Soccer, Volleyball & Wrestling for 2012-13
- 6 Good Friday - GHSA Office Closed
- 14 State Riflery Championship
- 20-21 Complete Area Gymnastics
- 21 Complete Region Tennis
- 21 Complete Region Track
- 23 Report Region Track results to GHSA Office by 9 a.m.
- 23 Report Region Tennis results to GHSA Office by 9 a.m.
- 25 Complete Area/Region Soccer
- 26 Report Area/Region Soccer winners to GHSA Office by 9 a.m.
- 27 State Gymnastics Meet
- 27 Complete First Round State Tennis and Region Golf
- 28 Sectional Track Meets
- 28 Complete Region Baseball
- 30 Report First Round State Tennis winners to GHSA Office by 9 a.m.
- 30 Report Region Golf results to GHSA Office and to State Sites
- 30 Report Region Baseball results to GHSA Office by 9 a.m.
- 30 Report Sectional Track results to GHSA Office by 9 a.m.

## GHSA Sponsors













