

GEORGIA HIGH SCHOOL ASSOCIATION

Board of Trustee Meeting

AGENDA

Georgia High School Association – Thomaston, Georgia

September 16, 2026 10AM

Call To Order	Jim Finch, President
Pledge of Allegiance	Curt Miller, Vice President
Invocation	Carror Wright, Associate Director
Roll Call.....	Marvin James, Director of Media Relations
Adoption of Agenda	Board of Trustees

APPOINTMENTS:

10:00 am: Reginald Mitchell, Athletic Director, Valdosta High School

I. Sportsmanship - Discussion regarding our continued efforts to promote and improve sportsmanship throughout the state in partnership with 2 Words Character Development. – GHSA office

II. Private School State Playoff - Update on the recent meeting with representatives from several private schools regarding the private school state playoff structure and related concerns. – GHSA office

III. Region Tournaments and Minimum Games Played - Discussion regarding whether and how region tournament contests should count toward the minimum number of games required. – GHSA office

IV. PSR Entering Scores – Discussion on schools entering scores within a certain time. – GHSA office

V. PSR Volleyball – Discussion Volleyball Tournaments / Play dates – GHSA office

VI. Knee Pads and Mouthpieces - Update and discussion regarding knee pad and mouthpiece requirements. – GHSA office

VII. Heat practice and Games – Heat policies – GHSA office

VIII. Dead week July 2027 – Discussion

IX. Discussion and Action Item - GHSA Citation Award. Discussion and vote to select the recipient of the GHSA Citation Award to be presented at the October 2026 Executive Committee Meeting.

X. Adjourn

2.67 Practice Policy for Heat and Humidity:

- a. Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) 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 levels that will result in practice being terminated.
- b. Football Only: Acclimatization and Re-Acclimatization (prior to October 1st)
 1. Acclimatization
 - a. Football practice may begin five consecutive weekdays prior to the start date for football.
 1. In the first five days of practice for any student, the practice may not last longer than two (2) hours, and the student may wear no other protective football equipment except helmet and mouthpieces. NOTE:
 - a. The time for a session shall be measured from the time the players report to the practice or workout area until they leave that area.
 - b. During acclimatization practices, teams may hold a walk-through as long as there is at least a three-hour break between the two activities.
 2. Re-Acclimatization – Required for any athlete who misses five (5) consecutive days of practice/games for any reason.
 - a. Day 1: 1.5 hours conditioning - helmets only
 - b. Day 2: 2 hours practice - helmets only
 - c. Day 3: 2.5 hours practice with helmets and shoulder pads
 - d. Day 4: 2.5 hours practice with full pads
 - e. Day 5: 2.5 hours practice with full pads or play a game
- c. A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice (prior to October 1) to ensure that the written policy is being followed properly. WBGT readings should be taken at a minimum of every 30 minutes, beginning 30 minutes prior to the start of practice. All WBGT monitors shall be calibrated, at a minimum, every two (2) years or earlier if recommended by the manufacturer.

WBGT

ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

- | | |
|-------------|--|
| Under 82.0 | Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each during the workout. |
| 82.0 - 86.9 | Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide separate rest breaks each hour with a minimum duration of 4 minutes each. |
| 87.0 - 89.9 | Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and mouthpiece during practice, and all protective equipment must be removed during conditioning activities. When WBGT rises to this level during practice, players may continue to work out wearing football uniforms, changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each. |
| 90.0 - 92.0 | Maximum practice time is 1 hour. For Football: no protective equipment may be worn during conditioning activities and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice. |
| Over 92.0 | No outdoor workouts including walk throughs. If practice has not started, delay the start until the cooler WBGT level is reached. |
-
- d. Practices are defined as: the period of time that a participant engages in a coach-supervised, school approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason (lightning, etc), the “clock” on that practice will stop and will begin again when the practice resumes.
 - e. Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in “voluntary workouts.” Conditioning activities are not permitted to be used as punishment.
 - f. A walk-through is a part of the practice time regulation, and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills, or running activities may be held. Note: A maximum of two (2) practice sessions may be held in the same day. When multiple sessions are held, the maximum practice time is extended to five (5) hours. Sessions must be separated by a three (3) hour rest break in a cool environment and this rest break cannot include weightlifting or conditioning. When a double session practice day occurs, the following practice day must be a single session day. (Football contact guidelines must be followed).
 - g. Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.
 - h. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the “cool zone” to aid the cooling process AND cold immersion

tubs must be available for the benefit of any player showing early signs of heat illness. In the event of a serious EHI, the principle of “Cool First, Transport Second” should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).

Football Games

1. *Any football contest MUST have an on-site WBGT monitor and take measurements 15 minutes prior to the start of the contest and again during halftime. The following requirements for hydration breaks must be followed:*
 - a. *Kick-off WBGT equal or above 87.0 F – referees will take a mandatory hydration break at or near the 6-minute mark of each quarter lasting three (3) minutes (change of possession or touchdown and PAT). All participants must remove their helmets and no coaches are permitted on the field at this time. It is recommended that players who are actively engaged in the competition and come to the sideline remove their helmets and hydrate until such time that they re-enter the field of play.*
 - b. *Kick-off WBGT equal or above 90.0 F – referees will take a mandatory hydration break at or near the 4-minute and 8-minute mark of each quarter lasting 3 minutes (change of possession or PAT). All participants must remove their helmets and no coaches are permitted on the field at this time. It is recommended that players who are actively engaged in the competition and come to the sideline remove their helmets and hydrate until such time that they re-enter the field of play.*