

# 2021 GHSA Football Contact Camp Waiver Information

2021 Padded Team Contact Summer Camps must be in compliance with all requirements and director must submit documents demonstrating compliance.

- A minimum of four (4) teams must be present at all times. If a team withdraws or doesn't attend, shoulder pads are not allowed. Shoulder Pad usage with only one team is an illegal practice.
- List all school teams attending the camp. Submit name of each Head Coach and his cell phone number.
- Changes to camp roster (List of teams) MUST be reported to Kevin Giddens @ the GHSA. kevin@ghsa.net 706-647-7473, x 25 or cell # 229-529-4410.
- Submit number of days each school team will be attending this camp.
- **Schools will be limited to attending no more than two (2) padded Team Contact Camps per summer. One camp must be in June for two days during a three consecutive day period, and one camp in July for two days during a three consecutive day period (no more than four (4) camp days total).**
  - All Football players must have five (5) days acclimatization prior to their first camp of the summer.
- If a camp is held before the Second Dead Week, all football players must have an additional two (2) days acclimatization before attending any camp after the Second Dead Week.
- Teams not attending a camp prior to the Second Dead Week must meet the five (5) day acclimatization requirement before attending their initial camp.
- Team camps during the Dead Weeks are strictly prohibited.
- No camps are allowed after July 23.
- **Girdle pads, knee pads, thigh pads may not be worn by football players.**
- If compression shorts are worn, no pads may be made into the garments, or stuck beneath the garment.
- "Thud" contact is allowed. No "Full Live Action" is allowed.
- No player may be intentionally taken to the ground. A quick whistle is demanded.
- "Thud" contact is not allowed for more than two (2) consecutive days; no more than 45 minutes per day and no more than 135 minutes per week for an individual player.

▪ “Control, Bag, and Air” are not limited. See GHSA definitions for these activities (Page 70, Section 5, Football, D-3 a).

▪ **School teams attending out of state and college camps MUST comply with all GHSA contact regulations.**

▪ All GHSA Heat and Humidity Policies and severe weather policies must be followed. (By- Law 2.67).

▪ Trainers must take Wet Bulb Globe Temperature readings at required intervals.

▪ The school/organization seeking a waiver must provide the following:

- A schedule of camp activities with a specific description of the nature of the drills and the time of day/duration of the drills; show times of “Thud” activity.
- A specific accounting of medical staff supervising these activities.
- A list of coaches supervising the activities at the camp.
- Documentation regarding insurance coverage on the participants.

▪ The Application Form must be sent to Kevin Giddens at [kevin@ghsa.net](mailto:kevin@ghsa.net) in the GHSA Office, and if approved by GHSA Executive Director Robin Hines, a written response will be sent to applicant.

- All Camp Applications must be in the GHSA Office by May 1, 2021.