

# 2023 GHSA Football Contact Camp Waiver Information

2023 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 21, 2023.
- **Equipment allowed during the summer ONLY when there is competition between schools is limited to helmets and mouthpieces, shoulder pads, thigh pads and girdle pads (no football pants nor knee pads).**
- "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 Packet (listed above) 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, 2023.