

HYDRATION BREAKS & EXTREME HEAT CHART



The match referee reserves the right to implement hydration breaks during matches so that players may hydrate during extremely hot or humid weather conditions. The NSSL permits hydration breaks to be implemented when the match official identifies a need, and the teams agree. The following shall be the process used to determine whether hydration breaks should be implemented by the match referee.

Pre-game Decision Making Process:

- The option to employ a hydration break should be confirmed by the referee with a member of each team's technical staff prior to kickoff
- Any onsite questions should be directed to the game day officials prior to the match
- Implementation and control of the breaks will be managed solely by the referee

Implementation:

- Each break will last up to three (3) minutes in length and is to be held at approximately the halfway point of each period
- The ball must be out of play for the break to commence
- The Referee will signal for the start of the break and inform both teams and all match officials
- The clock will continue to run, and all time allotted for the break will be added to stoppage time. ***This may need to be adjusted due to the required 15-minute break between games due to COVID-19***
- Both teams will go to their respective team bench areas
 - Players must remain on the field of play
 - Coaches cannot leave their respective technical areas
 - Bench personnel cannot enter the field of play (excluding Medical Personnel)

EXTREME HEAT EVENTS ACTIVITY CHART

HUMIDEX VALUE	DISCOMFORT AT REST	RISK OF OVERHEATING DURING EXERCISE	ACTIVITY MODIFICATIONS
BELOW 24 C	None	Low	N/A
25 C TO 29 C	None	Low to Moderate	Drink breaks should be considered
30 C TO 34 C	Some	Moderate – Athlete should be monitored	Drink breaks or cooling breaks midway through each half
35 C TO 39 C	High	High – Athletes should be monitored closely	Cooling breaks midway through each half AND consider reduced game length or cancellation
40 C +	EXTREME	EXTREME	ALL ACTIVITY CANCELLED