



STYSA Inclement Weather Guidelines

Monitoring weather conditions is the responsibility of game officials, coaches, tournament directors and club administrators. Everyone should be aware of the potential dangers posed by different weather conditions and work together to keep the players and other participants as safe as possible.

Hot Weather

Heat becomes a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. Temperatures as low as 65 degrees, with a relative humidity of 100%, can be serious. Monitor the weather, temperature, and heat index frequently. The following adjustments are recommended during hot weather:

Heat Index	Recommended Adjustments
Up to 89°	No adjustments
90° - 99°	One two-minute water break per half with running time
100° - 105°	Two two-minute water breaks per half with running time
105°+	Suspend Play

Special Guideline for TOPSoccer

If the heat index exceeds 95 degrees, it is recommended that the practice or game be suspended immediately.

Cold Weather

Like heat, cold weather can become a player safety factor. Field conditions will be affected by freezing rain, sleet and snow. The ground may become frozen and unsafe for play. Monitor the weather and temperature frequently. The following adjustments are recommended during cold weather:

Temperature*	Recommended Adjustments
46° and higher	No adjustments
36° - 45°	Allow additional clothing as detailed below
30° - 35°	Shorten games by 5 minutes per half Allow additional clothing as detailed below
29° and lower	Suspend games

* Temperature means the wind chill index or the ambient temperature if no wind is present (you should use the lower of the two temperatures for this purpose).

Additional Clothing

Players should be allowed to dress in appropriate clothing to accommodate colder temperatures.

Allowable Additional Clothing	Clothing Not Allowed
<ul style="list-style-type: none">• Long sleeve shirt, sweatshirt, jacket (<i>must be worn under jersey so referee can see number</i>)• Long pants, tights, leggings, sweatpants• Gloves or mittens• Stocking caps without straps• Headbands, ear warmers• Additional socks (under uniform socks)	<p>The following items present a safety hazard and should not be allowed to be worn during games:</p> <ul style="list-style-type: none">• Hooded sweatshirts and hooded jackets• Ear muffs• Scarves