



## Extreme Heat Policy

The referee reserves the right to implement hydration breaks during matches when weather conditions are extremely hot or humid. Soccer Cape Breton permits hydration breaks when the match official identifies a need and both teams agree. The following procedures outline how hydration breaks will be considered and implemented.

### Pre-Game Decision Process

- The referee should confirm the option to implement hydration breaks with a member of each team's technical staff prior to kickoff.
- Any questions regarding hydration breaks should be directed to the match officials before the game begins.
- The implementation and management of hydration breaks will be determined and controlled solely by the referee.

### Hydration Break Implementation

- Bring the involved parties together to discuss the situation. In some cases, a sincere apology and open discussion may resolve the issue.
- Each hydration break will last up to three (3) minutes.
- Breaks will occur at approximately the midpoint of each half.
- The ball must be out of play before a hydration break can begin.
- The referee will signal the start of the break and notify both teams and all match officials.
- The game clock will continue to run, and all time used for the break will be added as stoppage time at the end of the half.

During hydration breaks:

- Both teams will go to their respective team bench areas.
- Players must remain on the field of play.
- Coaches must remain within their technical areas.
- Bench personnel may not enter the field of play, except for designated medical personnel if required.



# HYDRATION BREAKS & EXTREME HEAT CHART

**BELOW 24 C** N/A

**25 C TO 29 C** DRINK BREAKS SHOULD BE CONSIDERED

**30 C TO 34 C** DRINK BREAKS OR COOLINGS BREAKS MID WAY THROUGH EACH HALF

**35 C TO 39 C** COOLING BREAKS

**40 C +** ALL ACTIVITY CANCELLED