

## FYSA Revised Water Break Policy

Revision to 402.4

In any FYSA sanctioned match a break will be given at the midpoint of each half of regulation time and at the end of each overtime period (if played) for player hydration. This break will be given at a normal stoppage of play and it is mandatory.

- a. This policy is mandatory for all matches U-12 and below
- b. This policy is mandatory for all matches U-13 and above subject to the following conditions.
  1. The heat index is above 85 degrees at game time. (see chart below)
  2. If requested by either coach prior to the match. (This should be determined during a pre-match conference with the referee)
  3. The referee at any time may declare a break for the safety and welfare of the players without conference or agreement of the coaches.

**RELATIVE HUMIDITY**

**AIR TEMPERATURE (F)**

	70	75	80	85	90	95	100	105	110	115	120
30	67	73	78	84	90	96	104	113	123	135	148
35	67	73	79	85	91	98	107	118	130	143	
40	68	74	79	86	93	101	110	123	137	151	
45	68	74	80	87	95	104	115	129	143		
50	69	75	81	88	96	107	120	135	150		
55	69	75	81	89	98	110	126	142			
60	70	76	82	90	100	114	132	149			
65	70	76	83	91	102	119	138				
70	70	77	85	93	106	124	144				
75	70	77	86	95	109	130					
80	71	78	86	97	113	136					
85	71	78	87	99	117						
90	71	79	88	102	122						
95	71	79	89	105							
100	72	80	91	108							

Violation may result in charges under FYSA's Code of Ethics

Suggestion for implementation

1. For ages U-10 and below the game to be played in quarters with a short break between the 1st and 3<sup>rd</sup> quarter with a longer half time. This quarter's break should be 2-3 minutes at most for players to hydrate.
2. For matches U-13 and above, the decision in regards to a water break should be made before the match

- a. The stoppage should be at a normal stoppage as close to the midpoint as possible.
- b. Players should remain on the field, bench players and/or coaches should be able to provide fluids to the field players
- c. This is not a coaching opportunity. Coaches may be warned if observed coaching.
- d. Normal substitution , based on the reason for the stoppage will apply
- e. The referee should treat this stoppage just like any other normal stoppage of play as it relates to game time and extend time for the stoppage.
- f. This stoppage should be no longer than a 2-3 minute interruption of play.

This policy and procedures for implementation have been reviewed by FSYA Director of coaching based on research and information provided by USSF and other.