

Weather Cancellations

We cancel games due to: (1) lightning, driving rain, or other conditions making play dangerous or impractical; or (2) ground so wet that play will damage the fields. We don't cancel merely because it's raining or snowing. We may cancel games on some fields and not others; cancellation may occur at any time.

Severe Storms

Severe storms can produce high winds, heavy rain, hail, lightning, thunder and/or tornados. If a severe storm approaches the playing area, the safety of the players is the number one priority of coaches and referees, and may require that the game be suspended while shelter is sought. In the event the game is suspended, ALL participants MUST clear the field immediately and move into their cars or other permanent shelter.

High winds can create problems by dust and debris being in the air or blowing over objects. Heavy rain can create hazardous field conditions or lead to flash flooding. Hail can cause injury. Lightning and thunder is discussed separately below. Tornados are obvious dangers of any severe storm. Use common sense and seek shelter as appropriate.

Lightning Policy

In SAY the safety of players and participants is of utmost importance. Soccer fields can be a dangerous place during severe weather. • You are in danger if you can see lightning. • You are in danger from lightning if you can hear thunder. • Lightning often travels sideways as far as 10 miles and can strike away from any rainfall even when skies are blue.

In event of a storm, games and/or practices must be stopped and suspended until the danger has passed using the following minimum criteria: (1) The sighting of a lightning flash or the hearing of the sound of thunder shall be reason enough to immediately stop and suspend a game and/or a practice session; • Do not wait until it rains • Do not try to reach the end of a period or the end of a game. (2) Coaches shall take their players to a safe location upon suspension of a game and/or a practice session; (3) Following suspension of a game, the referees shall promptly leave the field to a safe location; (4) Play and/or practice shall not be resumed prior to 30-minutes after the last sighting of lightning or the last sound of thunder heard.

Hot Weather

Heat is 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.

**Heat
Index**

Recommendations

Up to 89° Normal Play

90° - 99° Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes.

100° - Mandatory two-minute water breaks per half with running time. Each half
105° shortened by ten minutes.

105°+ Suspend Play

Cold Weather

Players should be allowed to dress in appropriate clothing. Field conditions will be affected by freezing rain, sleet and snow. The ground may become frozen and be unsafe for play. Temperature means either ambient (still air) or wind chill index.

Cold Index	Recommendations
46° and higher	No Change
45° and lower	Allowable Additional Clothing: <ol style="list-style-type: none">Layered beneath uniform (for example)<ul style="list-style-type: none">- long sleeves- long Pants- additional socksGloves or mittensStocking caps without strapsSweat pants or shirts [MYSA Rule 7.4.1.e] <i>In the case of extremely cold weather, may be worn underneath the uniform, provided the entire team uses the same color sweats</i>Jackets <i>may be worn under the uniform so that referees can see the player's number in the event of a card being issued.</i> Clothing <u>NOT</u> Allowed: <ol style="list-style-type: none">Hooded sweatshirts<ul style="list-style-type: none">- hoods and strings present possibility of being grabbedEar muffs (headbands OK) <i>plastic or metal part crossing top of head presents potential hazard</i>Scarves <i>Isadora Duncan Syndrome</i>
40° and lower	<ol style="list-style-type: none">Shorten games5 min/half
35° and lower	<ol style="list-style-type: none">Suspend games