

Please see below for the heat index guidelines teams/officials should abide by along with procedures for cancellations.

Heat Index	Clock Impact	Precaution
Up to 89°	No game changes recommended.	Observe players for signs of heat reactions. Coaches should substitute more frequently and observe players on the sideline. Players should be encouraged to remove helmets and drink extra water.
90° - 99°	Mandatory one-minute water breaks per quarter. Each quarter should be shortened by one minute. Game clock and any penalty clocks should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should remove helmets during water breaks. In addition players should pour water on their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water.



Heat Index	Clock Impact	Precaution
100° - 105°	Mandatory two-minute water breaks per quarter. Each quarter should be shortened by two minutes. Game clock and any penalty clocks should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should remove helmets during water breaks. In addition players should pour water on their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water. In addition, players and their parents should be reminded that players need to consume additional water after the game.