

## *Massachusetts Youth Soccer Weather Advisory Recommendations*

<https://mayouthsoccer.org/safe-soccer/>

*Weather link is at bottom of page*

### **MYSA Heat Advisory Recommendations**

*Temperature measurement based on Heat index, not ambient temperature*

<b>Heat Index</b>	<b>Recommendations</b>
Up to 84°F	Normal play
85°-89°F	Mandatory 2 minute water breaks per half with running time
90°-99°F	Mandatory 2 minute water breaks per half with running time Halves shortened by 5 minutes.
100°-104°F	Mandatory 2 minute water breaks per half with running time Halves shortened by 10 minutes.
105°	Suspend play

### **MYSA Cold Advisory Recommendations**

*Temperature measurement based on Cold index, not ambient temperature*

<b>Cold index</b>	<b>Recommendations</b>
41° and higher	No change
40-36°F	Shorten halves by 5 minutes
35°F and below	Suspend play