



AYSO Region 1103

HEAT GUIDELINES

AYSO Region 1103 has implemented the following guidelines to deal with extreme heat at all youth soccer games and practices. It is designed to provide participants with a standard for safe play in situations of extreme heat. The two values that AYSO 1103 will take into account when modifying or canceling games/practices are air temperature and relative humidity. The combination of these two elements (and many more) reflects the wet bulb globe temperature (WBGT). We will rely on the WBGT reading that is provided at [weatherbug.com \(https://www.weatherbug.com/life/outdoor-sports/\)](https://www.weatherbug.com/life/outdoor-sports/) You can click on that link and then type in your zip code to find your local reading. It can also be found on the Weather bug app which we use for lightning and storm tracking. We have also included approximate heat index values in case you have trouble finding the WBGT.

AYSO Region 1103 has defined four zones. These zones are based on recommended guidelines published by the Iowa High School Athletic Association and US Soccer for participation in sports activities during periods of extreme heat.

Green Zone - WBGT below 79 (heat index below 82)

In this range, the participant is in very little danger from heat and no special measures will be taken by AYSO Region 1103.

Yellow Zone - WBGT between 79 - 84 (heat index between 82 - 90)

In this range, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices.

Orange Zone - WBGT between 84 - 88 (heat index between 90 - 97)

In this range, AYSO Region 1103 will implement the following for games: all measures taken in the Yellow Zone along with modifying the length of games according to the schedule below.

- 6U - Each quarter will be shortened from 5 minutes to 3 minutes.
- 8U - Each quarter will be shortened from 10 minutes to 7.5 minutes.
- 10U - Each quarter will be shortened from 12.5 minutes to 10 minutes.
- 12U - Each quarter will be shortened from 15 minutes to 12.5 minutes
- 14U - Each quarter will be shortened from 17.5 minutes to 15 minutes.

If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated.

Red Zone - WBGT above 88 (heat index above 97)

In this range, AYSO Region 1103 will cancel all games until the WBGT returns to below 88.

If it is a practice day, coaches are instructed to cancel practice until the WBGT drops below 88.