

*Please note these are based on heat index numbers not actual temperatures.

Heat Index*	Recommended Guidelines
Up to 89°	Normal Play
90° – 99°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 5 minutes.
100° – 105°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 10 minutes.
105°+	Suspend play.