

# Game & Practice Restrictions Due to Heat

Code	Heat Index (temperature & humidity)	Restrictions & Accommodations
<b>Red</b>	<b>Above 104°F</b> (recheck every 30 minutes)	<ul style="list-style-type: none"> <li>• Stop all outside activity in practice and/or play.</li> <li>• Stop all inside activity if air conditioning is unavailable.</li> </ul>
<b>Orange</b>	<b>100°–104°F</b> (recheck every 30 minutes)	<p><b>All of restrictions listed below, plus:</b></p> <ul style="list-style-type: none"> <li>• Alter uniform by removing items—if possible and permissible by rules.</li> <li>• Allow athletes to change into dry t-shirts and shorts at defined intervals.</li> <li>• Reduce time of outside activity.</li> <li>• Reduce time of indoor activity, if air conditioning is unavailable.</li> </ul>
<b>Yellow</b>	<b>95°–99°F</b> (recheck every 30 minutes)	<p><b>All of restrictions listed below, plus:</b></p> <ul style="list-style-type: none"> <li>• Provide <b>mandatory</b> 10-minute water breaks every 30 minutes to allow hydration as a group.</li> <li>• Reduce the time of the outside activity.</li> <li>• Consider postponing practice until later in the day.</li> <li>• Remove helmets and other equipment when athlete is not directly involved in the competition, drill, or practice and it is not otherwise required by rule.</li> </ul>
<b>Green</b>	<b>Under 95°F</b> (recheck every 30 minutes)	<ul style="list-style-type: none"> <li>• Have water available for athletes to take in as much as they desire.</li> <li>• Provide <b>optional</b> 10-minute water breaks every 30 minutes to allow hydration as a group.</li> <li>• Provide towels with ice to cool athletes as needed.</li> <li>• Watch/monitor athletes for necessary action.</li> </ul>