



AYSO Region 1103 WEATHER GUIDELINES

AYSO Region 1103 has implemented the following guidelines to deal with extreme weather at all youth soccer games and practices. It is designed to provide coaches and participants with a standard for safe play in situations of extreme weather.

Game Cancellations:

If severe weather or extreme field conditions necessitate the relocation, rescheduling, or cancellation of games, this information will be communicated via the Sports Connect Text Message Service. Instructions to subscribe to texts was sent via email. Notifications will also be posted on the AYSO1103 Facebook page. It is up to coaches to contact their individual players and team volunteers. In general, the decision to cancel or relocate games prior to game day shall be made by either the Safety Director or the Regional Commissioner. Every effort will be made to re-schedule these games. Should this not be possible, however, registration refunds – in part or in full – will not be offered. A Coach is not authorized to cancel or reschedule an individual game without the approval of the Coach Administrator and the Referee Administrator.

Make – up Game Schedule:

Region 1103 will schedule 7 weeks of play for the fall regular season and 7 weeks of play for the spring regular season schedule. We will play only 12 weeks total for each membership year. The additional scheduled weeks will be for re-scheduling full day game cancellations from earlier in the season. The location of these games may be adjusted, but the game times and match-ups should be identical to the cancelled day. If more than 2 game days are cancelled, or more than one in the spring season, then the cancelled games will not be rescheduled.

Game Day Cancellations:

Games may be cancelled on game day – even if already in progress – in the event of severe weather. It is the responsibility of the referee (or the coaches in a referee's absence) to make this call. Games will not be “delayed” on game day. If play is suspended, the scheduled game end times will stand. If your game would be finishing within the thirty minute delay, then the game is essentially over. The resumption of play will be indicated via text message.

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Practice Cancellations:

Team practice cancellations are at the discretion of the head coach. The restrictions regarding lightening and severe weather will apply. Often coaches will err on the safe side with respect to temperature or precipitation. Practices may or may not be rescheduled, based on the coach's and the players' availability. Often due to scheduling, a decision is made early in the day concerning practice cancellation. If the decision to cancel is made, this decision is final. It is up to the coach to communicate any cancellation or rescheduling information to their players.

Alternate Practice Locations:

Teams are only allowed to practice or hold any AYSO functions at facilities that have been specifically inspected and insured by the region's Safety Director. In general, these are the standard practice and game locations that are listed on the regional website. Contact the [Safety Director](#) for an updated listing. If you wish to hold a practice at a non sanctioned location, you should contact both the [Regional Commissioner](#) and the Safety Director to request an inspection and certification. If a location becomes unsafe (perhaps due to excess water on the fields) it is the coach's responsibility to identify this situation and make the Safety Director aware of it as soon as possible.

Indoor Practice Locations:

On some occasions practices may be held at indoor gym locations in the region, due to early season weather restrictions or inclement weather. These gymnasiums, whether public or private, must still be inspected, insured, and certified by the Safety Director prior to any AYSO use in the same fashion as the outdoor locations. Additional scheduling requests may need to be made to secure their use as well.

Soccer is played in a wide range of weather conditions, including rain, wind, and snow flurries. AYSO Region 1103 Weather Guidelines prioritize safety. It is the responsibility of guardians to ensure that players arrive prepared for weather, to include sunscreen and water for heat or dressing in layers for cold. It is up to the discretion of the coach to restrict player participation if there are concerns for health and/or safety.

HEAT GUIDELINES

The two values that AYSO 1103 will consider 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 on weatherbug.com. Using weatherbug.com or the weatherbug app, type in your zip code to find your local reading. If unable to find the WBGT, we have also included approximate heat index values.

AYSO Region 1103 recognizes 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.

COLD GUIDELINES

The two values that AYSO 1103 will consider when modifying or canceling games/practices are **temperature in degrees Fahrenheit** and **wind speed**. Using these two values, we use the chart below to find the Wind Chill Temperature Index (WCT).

		WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT													
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	
WIND SPEED	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	

AYSO 1103 recognizes five 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 cold.

ALERT LEVEL	WCT (F)	EVENT CONDITIONS	RECOMMENDED ACTION
BLACK	< 0	Extreme Conditions*	Cancel or attempt to move activities indoors. Frostbite could occur
RED	1-15	High Risk for Cold Related Illness*	Consider modifying activity to limit exposure and allow for more frequent chances to rewarm
ORANGE	16-24	Moderate Risk for Cold Related Illness*	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming
YELLOW	25-30	Less than Ideal Conditions*	Be aware of the potential for cold injury and notify appropriate personnel of the potential
GREEN	>30	Good Conditions	Normal activities

*In wet environments with colder conditions, the following situations are accelerated. Use additional caution to recognize potential cold injuries.

THUNDER AND LIGHTENING GUIDELINES

Games and practices must be immediately suspended upon presence of lightening in a 10-mile radius of the location. Upon seeing lightening or hearing thunder, players, spectators, and volunteers should seek immediate shelter.

Games should not resume until 30 minutes have passed from the most recent occurrence of either thunder or lightning. Each additional occurrence of thunder or lightning during the period of delay will result in a reset of the 30-minute period. AYSO Region 1103 uses weatherbug.com or the weatherbug app to monitor proximity of thunder and lightning.