



COLD WEATHER GUIDELINES

For winter play, cold becomes a factor. Field conditions may be affected by freezing rain, sleet and snow. The ground may become frozen and be unsafe for play. Temperature means either ambient (still air) or wind chill index.

Note: Guidelines may be adjusted by the FSA Board as conditions dictate. Always check the hotline or website for final determinations.

General Guidelines and Recommendations:

Allowable Additional Clothing:

1. Layered beneath uniform (for example)
- long sleeves, long, pants, additional socks
2. Gloves or mittens
3. Stocking caps without straps
4. Sweat pants or shirts with no hoods
In the case of extremely cold weather, may be worn underneath the uniform, provided the entire team uses the same color sweats
5. Jackets with no hoods
may be worn under the uniform so that referees can see the player's number in the event of a card being issued.

Clothing NOT Allowed:

1. Hooded sweatshirts
- hoods and strings present possibility of being grabbed
2. Ear muffs (headbands OK)
plastic or metal part crossing top of head presents potential hazard
3. Scarves

SPECIFIC COLD WEATHER GUIDELINES

40 DEGREES AND LOWER: FSA CAN RECOMMEND GAMES BE SHORTENED 5 MIN A HALF

35 DEGREES AND LOWER: FSA CAN RECOMMEND GAMES BE CANCELLED

Players on sidelines should remain dressed (if in warm-ups) until they enter the game. Players coming off should towel off (if sweaty) and get dressed quickly. No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended. Keep hydrated-avoid caffeine and pop. Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery. Keep an eye on the goalie—usually the player who gets coldest first, is not running or moving like a field player. Safety and health of the players come first.

PLAY HARD. PLAY FAIR. HAVE FUN.

