

Extreme Temperature Guidelines

Decisions should be made midday on days when Environment Canada (EC) predictions of high temperatures and humidex values are available. Use estimates of temperature and humidex as predicted by Environment Canada (EC) up to 7 hours before game kick-off times.

The SOSA League mandates water breaks at approximately the quarters of game time (halfway through each half) when the temperature exceeds 28 degrees Celsius or humidex of 30 degrees Celsius.

Breaks will be at approximately the quarters of game time, preferably at natural stoppages in play. The match official will allow unlimited substitutions at that time. Breaks should be a minimum of 2 minutes and a maximum of 3 minutes.

The SOSA League mandates cancelling matches where the temperature at the start of play is predicted to be over 37 degrees Celsius or humidex of 39 degrees Celsius at kick-off time.

When comparing kick-off times to the hourly predictions by Environment Canada, if the exact kick-off time is not stated, then the average of the two closest predictions for that time should be used. For example, for a 6:30 kick-off, take the average of the 6:00 prediction and the 7:00 prediction.

Environment Canada notes the health risks associated with heat illness are greater for older adults, infants and young children, and other vulnerable groups. It warns hot, humid air can also worsen air quality.

League Administrators have the right to cancel or postpone games.

For games that are played in hot weather:

During very hot weather when games are not cancelled, Match Officials will confer with Coaches and Team Officials before the start of the game in regards to providing water breaks, or consider shortening the time played if both coaches agree to do so.

Please use common sense when making decisions.