



# DIAA HEAT RESTRICTIONS COMPETITION & PRACTICE

DIAA heat restriction policy is minimally as follows:

1. Go to [www.weather.com](http://www.weather.com)
2. Enter your zip code
3. Add the numbers of temperature and relative humidity (+/- 10 depending on level of acclimatization)
4. If practice/competition is not on a natural grass or dirt base, add 5 points
5. If the sum of 3 & 4 is:

Greater or equal to 150 (+/- 10 depending on level of acclimatization) or preferable WBGT 82 - 86.6

Practice Limitations:

- *Water breaks:* At least once every 15 minutes, minimum 5 minutes in length in the shade
- *Length of continuous play:* 15 minute segments with at least 5 minute break before restarting play
- *Length of total play\*:* 2 hours
- *Equipment:* helmets/shoulder pads only

Greater or equal to 160 WBGT = 86.7 -92

Practice Limitations: (+/- 5 depending on level of acclimatization)  

- *Water breaks:* at least once every 15 minutes, minimum 5 minutes in length in the shade
- *Length of continuous play:* 15 minute segments with at least 3 minute break before returning to play
- *Length of total play\*:* 1.5 hours
- *Equipment:* helmets only

Competition Limitations

- *Water breaks:* At least half way between every half, lasting min. 5 minutes in length, in the shade
- *Length of play:* may be shortened at the officials' discretion for health and safety

Great or equal to 170, or any temperature above 95 degrees Fahrenheit regardless of the relative humidity, or WBGT 92.1+

Practice must be suspended.

Competition Limitations

- *Water breaks:* at least half way between each half, lasting minimum 5 minutes, in shade.
- *Length of continuous play\*:* running clock
- *Length of total play\*:* may be shortened or suspended at official's discretion

\* Length of continuous or total play means time within the restricted heat period. Total length of competition on any day where heat restrictions occur is maximally 3 hrs. If by rules a full competition has been achieved at the end of allowed time, the competition shall be considered complete. All breaks should occur in shaded area. Cold water immersion tubs should be present to immerse before hospital transport. EAP for heat illness and other emergencies must be performed annually by each sport in each home venue.

The difference in limitations between practice and competition is due to more frequent breaks and more acclimatized participants that competition generally allows.