

DIAA Water Break Stoppage Policy for Game Competition

In continuous play sports such as soccer, field hockey, and girls' lacrosse, when the Wet Bulb Globe Temperature [WBGT] reaches 89.6 degrees, or the combination of temperature and humidity equals 160* when added together, a water break shall be given, at the midway point of each half {20 minutes for soccer, 15 minutes for field hockey and 12.5 minutes for Girls' Lacrosse}. These breaks shall be a minimum of a 3 minutes and a maximum of 5 minutes. Referees will retain the right to enact the policy as they feel conditions may warrant.

***when play is on artificial turf add 5 points to the combination of temperature and humidity. So if the temperature is 90 and the humidity is 70% and you are playing on Turf (+5) the combination of the numbers is now 165.**

Stoppages shall be called using the following procedure:

- The Policy will be announced in the Pre-Game Meeting to Coaches so they know to expect the stoppage.
- The stoppage will be called as close to the midway point in time as possible.
- The ball must be in the attacking team's defensive half.
- The team in possession must not be in an attack/scoring situation.
- After a goal would be the optimum time.

Strongly Suggested stoppage points are as follows:

Soccer

- After a goal
- A throw in from the attacking team's defensive half
- Before a goal kick

Field Hockey

- After a goal
- Penalty Corner
- 16yard hit coming out of the circle
- Free hit by Defense in their half of the field

Girls' Lacrosse

- After a goal
- 8 meter free possession
- A throw by the defense in their half of the field
- Free position by the defense in their half of the field