



Water Break Policy

Purpose

The purpose of the Greater Lewisville Area Soccer Association (GLASA) is to foster and advance soccer programs that promote the ideals of Good Sportsmanship, Honesty, Loyalty, and Courage through athletic competition. The Water Break Policy (WBP) is intended to provide for the health, safety and welfare of the youth in our program. This is not a policy on substitutions, nor is it a policy on coaching during stoppage of play.

Policy

A water break for player hydration will be given at the midpoint of each half in any GLASA sponsored match played at any GLASA complex. The water break will adhere to the following:

- The water break will be given at a normal stoppage of play.
- Water breaks will be mandatory when the heat index is at 95 degrees or higher.
- The water break will be no longer than three (3) minutes and no shorter than one (1) minute.
- Game time will **NOT** be extended to accommodate the water breaks.
- Players must remain on the field of play.
- Teams may freely substitute field players during official water breaks upon notifying the referee.
- A goalkeeper maybe substituted as long as the substitute keeper is ready when the teams are summoned to resume play by the referee.
- Teams must return to their positions on the field when summoned by the referee.
- Referees will be notified to implement the WBP when they check in at their complex.

Heat Index less than 95 Degrees

When the heat index is less than 95 degrees, water breaks are to be given under the following conditions:

- If requested by either coach prior to the match (determined during pre-match conference)
- The referee may declare a water break at any time for the safety and welfare of the players without conference or agreement of the coaches.

Normal Stoppage of Play

The official water break will be given at a normal stoppage of play. Normal stoppages of play are: goal kicks, throw-ins and injury. Free kicks and corner kicks are set plays and not considered as normal stoppages of play.

Notification of WBP

- The General Manager (GM) or their designate, will determine when WBP is in effect.
- The GM will notify the Director of Referees.
- The Director of Referees will notify working referees.
- Referees will notify the coaches.

GLASA Water Break Policy is effective September 1, 2008.