



**2019 NCAA Men's and Women's Soccer Official Rules Interpretations,
Clarifications and Situations**

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<u>Rule</u>	<u>Date</u>	<u>Frequently Asked Questions – Hydration Breaks</u>
5.6.1 and 3.5	7/17/2019	<p>HYDRATION BREAKS</p> <p>Rule 5.6.1 – Effective with the 2019 season, when the WetBulb Globe Temperature (WBGT) is equal to or greater than 86 degrees Fahrenheit, hydration breaks of no less than two minutes around the 25-30-minute marks during the first half, and 70-75-minute marks during the second half are required. The WBGT measurements should be taken by appropriate host personnel before the game and again throughout the game. Appropriate host personnel will instruct the officials if the threshold for mandatory hydration breaks is met. The referee is responsible for informing the head coaches and implementing the hydration breaks. Additional hydration breaks are permissible at the discretion of the referee.</p> <p>A.R. 1. Does the referee have discretion to refuse to call a hydration break? RULING: No. If the designated personnel advise the referee that the WBGT measurement has met the threshold, the hydration break is mandatory.</p> <p>A.R. 2. Can the referee call for more than one hydration break in each half? RULING: Yes, if the referee determines that weather conditions warrant another break.</p> <p>A.R. 3. Are substitutions permitted during a hydration break? RULING: Yes. Rule 3.5 will be amended to add: "During a hydration break in accordance with R. 5.6.1."</p> <p>A.R. 4. Is coaching permitted during a hydration break? RULING: Yes.</p> <p>Rule 3.5.10 – Substitutes may enter the game under the following conditions: <u>During a hydration break in accordance with Rule 5.6.1.</u></p>
5.6.1	8/21/2019	<p>Below is guidance provided by the NCAA Sport Science Institute staff on the WBGT measurement and hydration breaks:</p> <ol style="list-style-type: none"> WBGT measurements should be conducted prior to the game, by appropriate host personnel (e.g. athletic trainer, event manager, etc.). Appropriate host personnel should take measurements throughout the game if changing environmental conditions warrant. Measurements should be taken with a validated wet bulb globe temperature device that measures ambient temperature, relative humidity, wind, and solar radiation from the sun following the manufacturer's guidelines. Apps associated with measurements taken outside the field of play may not provide accurate measurements of local game time environmental conditions. Variety of devices to choose from with wide range of costs.

		<ol style="list-style-type: none"> 4. WBGT measurements should be taken on the field of play to ensure accurate measurements of game time conditions. 5. Weather station data may not accurately reflect venue conditions depending on the proximity of the weather station to the venue. 6. Heat Index readings should not be substituted for WBGT measurements. 7. The on-site host personnel should use their discretion and institutional policy to determine when/if additional WBGT readings should be taken. If the threshold is met at the beginning of the competition, institutions should follow the guidelines listed in Rule 5.6.1 If the threshold is not met prior to the start of the game, it would be appropriate for the host site and game officials to have a plan in place should environmental conditions change in a way that warrant a hydration break. If conditions change and the threshold is met, institutions should follow the guidelines as listed in Rule 5.6.1.
5.6.1	8/27/2019 8/23/2019	<p>If a WBGT device is not available on-site, the game still may begin and the referee shall file a report with the host conference. In this situation, the host institution could estimate the WBGT by using temperature and relative humidity, although this method increases the probability of error, or err on the side of caution and apply the hydration break rule in both halves of the contest. <u>However, a WBGT device must be available on-site for subsequent contests.</u></p>