



## ECNL Heat Policy

Over the course of the season, various clubs and competitions may be impacted by extreme heat conditions. These conditions will vary in timing, location, and severity, and may have impacts that vary based upon deviation from normal temperatures and other factors.

The ECNL's highest priority is the health and well-being of its athletes. As such, the league recommends that all ECNL clubs are familiar with the [United States Soccer Federation's Heat Guidelines](#) for evaluating danger levels and appropriate responses to those levels.

We strongly recommend that every club develop and implement their own heat policy that is appropriate for its specific location in consultation with local healthcare providers. While the ECNL does not directly oversee league or conference games held at a club's home venue throughout the year, the league strongly recommends that each club adopt a policy similar to the U.S. Soccer guidelines addressing these issues for your respective venues.

We encourage each club to consider the well-being of all participants during competition under extreme heat conditions, including referees and match officials, and we encourage all clubs to consult with on-site medical advisors to make appropriate decisions such as modifying match start times and implementing match play hydration breaks.

With respect to ECNL National Events, the ECNL has adopted the following measures.

When the **Heat Alert Level is above Orange (Moderate Conditions)** the ECNL will consider:

- Having unlimited substitutions; and
- Having 2 or more evenly spaced hydration breaks per half of 4 minutes or more.

In addition, in these conditions the league may consider shortening game times or making other scheduling adjustments. The league will consult with medical experts on final decisions in these situations.

Additionally, in these conditions the ECNL will provide access to a shaded area for officials for rest during stoppages and between matches.