



NTPSA YOUTH LEAGUE COLD WEATHER GUIDELINES

The cold weather months present a challenge that requires constant monitoring of conditions as they can change quickly. However, as we know what's predicated isn't always what occurs.

To that end the NTPSA league staff will make a call of "play/no play" each playing day when there is significant weather in the area no later than 7:00am of the day in question for Saturday/Sunday games and by 5:00pm of the day in question for weekday games.

To make this decision we be utilizing USSF and US Club cold weather recommendations along with local weather forecasts to make this decision.

The emphasis will be on player and spectator safety.

RECOMMENDED CLOTHING CONSIDERATIONS DURING COLD WEATHER PLAY

46° AND HIGHER

There will be no change to allowable clothing.

45° AND LOWER (Allowable Additional Clothing)

- Layered beneath uniform (for example)
 - long sleeves, long Pants, additional socks
- 2. Gloves or mittens
- 3. Stocking caps without straps or buckles
- 4. Jackets may be worn under the uniform so that referees get the player's number in the event of a card being issued.

CLOTHING NOT ALLOWED

- Hooded sweatshirts.
- Ear muffs (headbands OK) plastic or metal part crossing top of head presents potential hazard
- Scarves

PLAYERS ON SIDELINES SHOULD REMAIN DRESSED IN THEIR WARM WEATHER CLOTHING UNTIL THEY ENTER THE GAME.

- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. Heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and soft-drinks.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goal keeper —usually the player who gets coldest first, as not running or moving like a field player.
- Safety and health of the players come first