



## North Central Soccer Alliance

### Water Break Policy

For the safety of the players of the North Central Soccer Alliance, all associations will abide with the following standard for water breaks.

1. The associations shall have automatic water breaks, one in each half of the game, whenever the temperature is 90 degrees or above.
2. Water breaks will also be granted if one of the teams' coaches requests a water break prior to the start of the game.
3. Both coaches do not need to agree to the water break. Water breaks can also be granted at the discretion of the center referee.
4. Players may leave the field during the water break.
5. Substitutions are allowed at a water break with the coach advising the Assistant Referee of the sub.
6. However, the coach must notify the Center Referee that a goalkeeper is being substituted.
7. The center referee will not stop time for the breaks.