



2025
Girls Lacrosse Handbook

*Subject to changes

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MONSIGNOR MARTIN GIRLS LACROSSE 2025

Purpose

This handbook sets forth the policies and practices for Girls Lacrosse in the MMHSAA. The intention is to update all coaches and athletic directors on the procedures set forth by the state. These policies apply to all participating schools. All the rules are consistent with and derived from the US Lacrosse rule book, except those modified by NYSCHSAA and noted in the handbook.

GIRLS LACROSSE PARTICIPANTS

VARSITY

Mount Mercy Academy
Nardin Academy
Sacred Heart Academy
Mount St. Mary Academy
Buffalo Seminary
St. Mary's of Lancaster
Nichols

JV

Sacred Heart Academy
Mount St. Mary Academy

Schedule

First Practice.....March 17
First Scrimmage after 6 team / 6 individual practices
Rosters entered into MaxPreps and emailed to MMHSAA.....by first game
League Game Cut Off Date May 10

Important Dates

MMHSAA Semi-finals: May 12
MMHSAA Championship: May 14
CHSAA State Championship: May 17,18

Definition of a Scrimmage

A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) GAME RULES MUST BE ALTERED – SEE SPORT SPECIFIC REQUIREMENTS NYSPHSAA Handbook, (c) no official score is kept, (d) time(s) are defined in the Sport Standards section of the NYSPHSAA Handbook, (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for instruction regarding the rules and proper application of rules. For LACROSSE:

A lacrosse scrimmage must have modified time periods and include one or more of the following: 1) Alternate possessions.

- 2) Start the scrimmage with either a Draw (girls) or a Face-Off (boys)
- 3) Include the following game situations:
 - a) Face-Off/Draws - Boys/Girls
 - b) Clears and Rides - Boys/Girls
 - c) Extra Man and Man-Down – Boys/Girls
 - d) Fast Breaks - Boys/Girls

NOTE: Scrimmages are allowed only 90 minutes of real time.

Girls Lacrosse Rules Changes - 2025

4-1-2: Establishes that the clock will stop on the official's whistle after each goal and when there is a foul called in the critical scoring area during the last minute of each quarter.

Rationale: Provides consistency in clock management at the end of each quarter and eliminates the potential for time to expire before a free position can be administered when there is a foul in the CSA at the end of each quarter.

5-2 PENALTIES 1 & 2: Moves the free position from the center line to the spot of the ball when one player draws illegally and maintains that a re-draw will occur at the center line when both players draw illegally.

Rationale: Improves the flow of the game by eliminating the need to bring the ball back to the center for a re-draw when a player draws illegally.

9-1 PENALTIES for Violation of 9-1a, b and e-r: 4a, b; 13 Definition of Terms: Eliminates the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allows the player who is fouled to shoot from a free position on the 12-meter fan.

Rationale: Simplifies the penalty application for minor fouls in the critical scoring area while maintaining a balance of offense and defense.

10-1p, 13 Definition of Terms: Establishes player body and crosse positioning for a legal pick.

Rationale: Clarifies the body and crosse positioning a player must have when setting a safe and legal pick.

10-1r(1): Expands the definition of a major foul for Illegal Stick Contact to include contact with the opponent's crosse when a player's crosse is held in a horizontal position.

Rationale: Clarifies that it is illegal for a player to make contact with an opponent's crosse or body when the player's crosse is in a horizontal position.

10-1v(2): Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

Rationale: Clarifies a player's hand is part of their body and should be protected against rough and dangerous checking.

2025 Girls Lacrosse Editorial Changes

2-2-4; 2-5-2e; 2-7-5a; 2-7-7 NOTE; 2-9-4; 3-5-3g (NEW); 3-6-1; 4-3-3b, c; 4-7-1; 4-7-5a; 5-3; 5-4-4; 8-1-1 NOTE (NEW); 9-1m(6); 10-1 PENALTIES 6; 10-1 PENALTIES 13 (NEW); 12 NOTES 1 & 2 (NEW); 12-8 TEAM CARD PENALTIES

2025 Girls Lacrosse Points of Emphasis

1. Use of the Green Card / Delay of Game
2. Managing Safe Play in the 8-Meter Arc
3. Offensive Fouls Inside the Critical Scoring Area

All rules and regulations from the NYSCHSAA Constitution, eligibility standards, sports standards, and league rules must be followed. Violations of these may result in the following:

1. Forfeiture of games
2. Probation for the school year
3. Elimination of your school from the league for the school year

The rules committee will make the final decision with the league director and officially notify the offending school.

LEAGUE PLAY

Each participating team will play league opponents twice (home and away) during the regular season. Non-league games will count in regular overall season records. League records will be used to determine league standing.

PLAYOFFS

The top four teams from league play will make the Monsignor Martin Playoffs for Girls Lacrosse. Matchups and dates are listed below. The home team must wear white jerseys and provide a

scorekeeper/timekeeper for the playoffs. If you are hosting a playoff game, you must also provide a trainer for the event. The state championship will be held in New York

OFFICIATING

NUMBER OF OFFICIALS

Two-man official system for all league games

Three-man official system for all play-off games

ASSIGNMENT OF OFFICIALS

Officials shall be assigned via the MMHSAA Executive Director. Assigning agents shall distribute a complete list of assigned officials to all schools involved prior to the beginning of the season per the Arbiter.

DETERMINATION OF A CHAMPION

LEAGUE STANDINGS AND PLAYOFF SEEDING

MMHSAA uses a point system during the regular season to determine league standings:

1. Win – 3 points
2. Tie – 1 point
3. Loss – 0 points

In the event of a tie in the standings, both teams will be awarded the position. The following tie breakers will be used for seeding purposes only and include all league games:

- Head-to-head
- wins over a common opponent in our league
- o Tied teams start with the top of the regular season standings, and work their way down the standings until there is a difference in record against a team.
- o Once there is a difference, the team with the better record becomes the higher seed.
- Goal differential between the teams that are tied
- If the above tiebreakers fail to break the tie, it will be broken by the flip of a coin by the league designee.
- In the event of a 3-way (or more) tie, the above procedure will be applied using only the games played between the tied teams
- Once a tie is broken by the above system, remaining tied teams will be broken by starting again at step 1.

COMPLETION OF SCHEDULE

Each school in this association has assisted in the development of the schedule and has formally approved the final schedules; therefore, all schools must, unless there is some dire emergency, keep their commitments of the entire schedule or forfeit all remaining games.

PLAQUES

MMHSAA shall supply plaques or trophies for league champions as determined by the outcome of the league standings. Plaques will be presented to the winner of the MMHSAA Championship game. There are no JV awards.

REPORTING RESULTS

All coaches are required to report their scores and statistics in a manner that is approved by the league. Scores will be reported using the [MMHSAA Scores reporting form](#). Scores must be reported by the home team immediately following the game. All coaches must report their scores for non-league and tournament games regardless of location.

Athletic directors will be notified of delinquent statistical reporting. Failure to report scores and/or statistics will result in the following:

- First offense – warning to the athletic director and to the coach
- Second offense - \$100 fine and 24-hour notice to bring your stats up to date
- Third offense - \$250 fine and suspension of coach

We will also be using MaxPreps to track league records and statistics.

<http://support.maxpreps.com/hc/en-us> <http://www.maxpreps.com/mobile/home.aspx>

It is a requirement of the MMHSAA that all statistics be entered into MaxPreps. The following stats are required:

GP= games played, G = goals, A = assists, PTS = points, GB = ground balls, INT = interceptions, TA = Take aways, DW = Draws won (face offs), DA = Draws attempted
SOG = Shots on goal, SVS = saves

ADDITIONAL INFORMATION

All home teams must provide a table at the center of the field. You must have an official timer (this is not to be done by referees). You must also have a horn to blow in the subs. If the home team cannot provide this, the game will be forfeited.

ROSTER INFORMATION

PLAYER MOVEMENT IN MMHSAA

Players may be moved between JV and varsity rosters until the following dates:

- Spring - third Friday in April 26, 2025

After the above dates, rosters are frozen and additions to the varsity roster at this point will become a permanent member of the varsity. It is recommended that each team submit a final varsity roster by each of these dates.

Following the varsity roster date listed above, a JV member may move up to varsity temporarily under the following circumstances:

- a) If a varsity squad has fewer than the designated number required for that sport due to reasons of ineligibility, illness, or injury, with the approval of the Executive Committee.
- b) The sport chairperson of each division and the team you are playing are notified prior to the player participating.
- c) The JV player moves down when the original player comes back.

Once the above dates have passed, no varsity player may move down to JV

- a) NOTE: seniors may not play on a JV team without permission of the Athletic Council for that division; the only exception is bowling.

ROSTER SIZE

All rosters are unlimited in size for the MMHSAA. Please note that should your team qualify for the CHSAA State or NYS Federation Tournament, your roster size may be limited by state regulations.

SPORTSMANSHIP POLICY

RESPONSIBILITY OF ATHLETIC DIRECTOR/COACH

The development of good sportsmanship depends largely on the goals and philosophy of the sports program and that of the school administration. Coaches are in a position to greatly influence the attitudes and values of the athletes. If the coach follows the rules of the sport and stresses fair play and honesty, the athletes are more likely to develop these values. It is essential that all coaches adhere to the Monsignor Martin Sportsmanship Policy.

1. Any coach excluded by a certified official from an inter school competition for unsportsmanlike conduct is ineligible to coach any inter school competition in that sport until after the next previously-scheduled contest at the same level (e.g., junior varsity, varsity, etc.) has been completed. The coach may not be present at the game site. NOTE: Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, or in the stands or site area before, during, or after the game/meet.

2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to do so to another person (e.g., official, another coach, player, or fan) shall be expelled immediately and banned from further participation in all sports for one year from the date of the offense.

PLAYERS

Participation in athletics is an integral part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, the league, the team, the student body, the community, and the student himself/herself. In his/her play and his/her conduct, he/she is representing all of these groups. Therefore, he/she has a responsibility to

uphold the ideals of good manners and sportsmanship. The experiences he/she receives from participating in athletics contribute to the knowledge, skill, and emotional patterns that he/she possesses.

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next-previously scheduled contest with a member school or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.

2. Any member of a squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Members of the squad include players, managers, scorekeepers, timers, and statisticians.

OFFICIALS

Unprofessional conduct on the part of the official including, but not limited to, taunting, baiting, or use of profanity shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport officials chapter to investigate the incident and to report their action to the section in a timely manner.

VIOLATION Unsportsmanlike conduct includes, but is not limited to

1. Offensive language/gesture by the player, coach, or spectators
2. Intentional injury to another player
3. Flagrant misconduct, such as fighting
4. Destruction of another school's property by spray painting, egg tossing, or general trashing of the grounds

These infractions do not include technical violations related to a specific sport that result in disqualification.

PENALTIES

Any one of the following penalties may be imposed against an offending player, coach, team, or school. The penalty will be dependent on the severity of the infraction.

LEVEL I - Reprimand and Probation

A letter will be sent from the grievance committee to the principal, athletic director, and coach (if applicable) and will include a description of the infraction.

A response from the offending school is to be sent to the grievance committee within three school days and must include the action that will be taken against the offender. Along with the written reprimand, a probationary status will be imposed on the team or individual for the remainder of the season. Probation does not limit eligibility for competition.

LEVEL II - Suspension and Forfeiture

1. Forfeiture - will be imposed for team infractions. Forfeiture of a specific contest does not limit eligibility from further competition.

2. Suspension - involves an individual player or coach being suspended from competition for a minimum of one game. After the suspension has been served, the player or coach is eligible to return to competition.

LEVEL III - Disqualification

Disqualification of a player or coach from competition is the final step taken after other options have been exhausted. The player or coach will be disqualified for the remainder of the season. Any person removed from a contest for unsportsmanlike reasons will be subject to a committee review of the incident.

If any school's team members are found guilty of destroying another school's property, that team will be disqualified for the remainder of the season, or, if after the season, will be disqualified from the post-season play for the following school year. In addition, no player from the offending school will be eligible for league awards. If damage has been done to a school by non-athletes, a letter will be sent to the school involved with a request for a response within three days.

NOTIFICATION

The coach of each team will notify their athletic director. The two athletic directors will then investigate the situation, discuss it with each other, and notify the Executive Director. The director will then take it to the sportsmanship committee if necessary. The policy must be enforced whether it is a league or non-league contest.

RIGHT TO APPEAL

A right to be heard must be claimed to the office of the Executive Director in writing within 24 hours of the incident occurring (next working day).

A student has a right to make an appeal of all decisions; this must be to the Executive Director in writing within 24 hours of the decision being announced (next working day).

SPECTATORS/PARENTS

Spectators and parents are all guests at our athletic competitions and as such have a responsibility to abide by our school and league philosophy. Therefore, it is expected that good sportsmanship will prevail for the duration of the contest.

SUMMARY

Because the Monsignor Martin HSAA believes that good sportsmanship is essential for all participating, the league pledges to encourage positive displays of sportsmanship by teaching and playing through example in the hopes of shaping the future of our league.

INTERNATIONAL GAMES

National Federation sanctions are necessary for international competition. Forms for requesting this sanction are available from the Executive Director of MMHSAA, and they must be filed 60 days prior to the event.

PROFESSIONAL TRYOUTS

No tryouts for professional teams are approved except during the summer vacation. A student who participates in such a tryout is ineligible to represent the school.

ATHLETIC EVENTS

SCHOOL'S RESPONSIBILITIES

1. Athletic Directors (or their designees) of participating schools are responsible for assigning adequate faculty supervision for all their students. The financial responsibility of these assignments lies with the participating schools.
2. Athletic Directors (or their designees) shall instruct their faculty supervisors and students that the following items are NOT ALLOWED at any game:
 - a. Sirens, noisemakers, whistles, megaphones, or any other distracting device.
 - b. Confetti, streamers, etc.

NOTE: THESE REGULATIONS WILL BE STRICTLY ENFORCED! Violators will be asked to leave with the home school being responsible for that person.

COACH'S RESPONSIBILITIES

1. The coach is the official representative and leader of each team.
2. It is not his/her responsibility to demonstrate against officials or to intimidate them. This is a rule infraction in lacrosse, and, as the team leader, the coach should set a good example for spectators by acting with good sportsmanship at all times.
3. Recommendations for all coaches are listed below, and it is the intent of the Executive Committee that they be honored:
 - a. Dress — Each coach is encouraged to dress appropriately.
 - b. Appearance — Each coach shall be neat, clean, and well groomed.
 - c. Speech — Each coach shall address everyone, including officials, with respect, courtesy, and understanding.
 - d. Decisions — Coaches will not attempt to influence the decisions of officials.
 - e. Acting — Each coach must be careful of his/her gestures and mannerisms so as not to incite the crowd.
 - f. Sportsmanship — Coaches and players are requested to meet on the field directly after the game to exchange congratulations. This creates a good image.
 - g. The coaches must be on hand to supervise players.
4. Valuables — Each coach is to make definite arrangements for care of team valuables during a contest. Valuables are not to be left unprotected.
5. Postponement — Games will be postponed only if the participating school is officially closed due to weather or illness.

MMHSAA THUNDER AND LIGHTNING POLICY

Thunder and lightning necessitates that all contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion: thunder is thunder, and lightning is lightning. If lightning and/or thunder are observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to report to a shelter, a building normally occupied by the public, or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g., bus, van, car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The officials/coaches shall wait 30 minutes from the time the last boom is heard and/or the last strike is seen before starting or resuming play.

CLARIFICATIONS

PRIOR TO CONTEST

If thunder/lightning is observed at the site of an outdoor contest by the officials/coaches 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and responsible school authorities shall not permit the contest to begin. Before the contest can begin, a 30-minute period void of any strike or boom must be observed.

DURING THE CONTEST

If the officials observe thunder/lightning at the site of an outdoor contest during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which no boom or strike has been observed. The rules of the particular sport shall determine whether the contest is official or must be resumed at a later date.

MMHSAA JEWELRY RULE

No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the MMHSAA/NYSCHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible.

SPORTSMANSHIP

1. We believe that interscholastic athletics is an important part of education and supports the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute useful and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests, as part of an overall school program, are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

Sportsmanship Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association requires that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements or actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately.

Spectators are reminded that "being in attendance today nor the fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

- a. berates officials;
- b. question the coach;
- c. make negative comments toward either team;
- d. display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship."

This announcement stands as the official warning of our ZERO TOLERANCE POLICY. Any violation of this policy will result in an ejection from the game. Let today's contest reflect mutual respect between all participants and spectators.

TIMEKEEPERS

It is recommended that an adult be used as the timekeeper for all contests.

SENIOR ALL-STAR AND OUTSIDE AGENCY CONTESTS

1. All Senior All-Star and Outside Agency contests MUST be approved by MMHSAA. In addition, Senior All-Star contests must be approved by the NYSCHSAA or the NYSPHSAA.
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the MMHSAA or the Section VI Athletic Council for that sport. The calendar of approved seasons dates for all sports is posted on the section website*.
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests. A contestant may participate in any approved senior all-star athlete contest in the same sport during the school year. NOTE: A Senior All-Star contest by NYSCHSAA standards is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open tryouts are held, the contest is NOT a NYSCHSAA All-Star contest.

MMHSAA AED Policy

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law's requirements as a "best practice" and therefore strongly encourages them to do so. For events that the MMHSAA hosts, schools will be asked to provide AED equipment as well as people who know how to operate the equipment. For competitions hosted by member schools, it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED's.

Jewelry Rule **New (August 2022)**

Students will now be permitted to wear jewelry in cross country, track & field, swimming & diving, tennis, softball, baseball and volleyball (stud earrings). As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Rationale: The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on game administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped. Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country. (Dec. 2010)

Heat Index Procedures

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked one hour before the contest/practice
- by a certified athletic trainer, athletic director, or school designee when the air temperature
- is 80 degrees (Fahrenheit) or higher.
- Download the WeatherBug app to your phone or log into www.weatherbug.com
- Enter the zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer,
- athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.
- **Please refer to the following chart to take the appropriate actions:**

	Feels Like Temp (HeatIndex) under 79degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution:Feels Like Temp(Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks.Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch:Feels Like Temp(Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is lower. Consider Reducing the amount of time for the practice session.1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hrrecovery time).
	Heat Index Warning:Feels Like Temp(Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is much lower.Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time.) Lightweight and loose-fitting clothes should be worn. For Practices only: Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert:Feels Like Temp(Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should be held only if air conditioned. Approved May 1, 2010; Updated, July 27, 2017

Wind Chill Procedures

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a
- certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or schooldesignee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.
- Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (windchill) above 40 degrees	Full activity. No restrictions
RECOMMENDED	Wind Chill Caution: Feels Like Temp (wind chill) 3 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 1 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held. Approved May 1, 2010; Updated July 27, 2017

Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

