

Heat Monitoring Standards and Potential Competition Adjustments

USA Ultimate Wet Bulb Globe Temperature (WBGT) Guidelines

WBGT - F	Heat Precaution Level	Activity and Rest-Break Guidelines
<82.0	Level 0	Normal activity
82.0-86.9	Level 1	1. One official hydration break per half.
		a) First-half break occurs when first team reaches 4.
		b) Second-half break occurs when first team reaches 12 or when soft cap is applied, whichever comes first.
		c) Break extends the time between points by 3 minutes before the next pull (i.e. total of 4 minutes 30 seconds).
87.0-89.9	Level 2	1. One official hydration break per half.
		a) First-half break occurs when first team reaches 4.
		b) Second-half break occurs when first team reaches 12 or when soft cap is applied, whichever comes first.
		c) Break extends the time between points by 4 minutes before the next pull (i.e. total of 5 minutes 30 seconds).
		2. Time between each point is extended by 1 minute (i.e. adds 60 seconds to existing 90 second period).
		3. Maximum game length is 90 minutes. Rounds scheduled for longer will be shortened to 90 minute hard cap.
		Soft cap will be adjusted to 20 minutes before hard cap.
		4. Minimum time between rounds is 30 minutes. Schedules with less time will be adjusted and communicated.
>=90.0	Level 3	Play cancelled. Games rescheduled for cooler conditions (i.e. <90.0 WBGT).

We understand that there may be some competition impacts of making in-game or game by game adjustments, and will manage those as fairly as possible, as we do with other weather impacts. However, our top priority will remain the safety of athletes and other participants.