

Hydration Breaks Policy

The match referee reserves the right to implement hydration breaks during matches so that players may hydrate during extremely hot or humid weather conditions.

The HSL permits hydration breaks to be implemented when the match official identifies a need and the teams agree. The following shall be the process used to determine whether hydration breaks should be implemented by the match referee.

Pre-game Decision Making Process

- The option to employ a hydration break should be confirmed by the referee to a member of each team's technical staff prior to kickoff
- Any onsite questions should be directed to the game day officials prior to the match
- Implementation and control of the breaks will be managed solely by the referee
- Each break will last up to three (3) minutes in length and is to be held at approximately the half way point of each period

Hydration Break Process

- The ball must be out of play for the break to commence
- The Referee will signal for the start of the break and inform both teams and all match officials
- The clock will continue to run and all time allotted for the break will be added to stoppage time
- Both teams will go to their respective team bench areas
 - Players must remain on the field of play
 - Coaches cannot leave their respective technical areas
 - Bench personnel cannot enter the field of play (excluding Medical Personnel)