

## **Presidio Soccer League and SDDA Water Break Guidelines and Policy**

Presidio Soccer League want to make sure everybody understands the guidelines of when and how the rules on water breaks are allowed. This issue is one of safety for the players. We understand that this is competitive soccer but we also understand that these players are kids and their safety is paramount and more important than winning any game.

First in order to have a water break the temperature must be hot enough to have the need for water breaks. At times Presidio Soccer League will mandate water breaks, which are not optional. We also understand that water breaks are not needed in every part of the county, so common sense must be used in the determination to have or not have water breaks.

These guidelines are very simple but only when weather and location is taken into account and we have not instituted mandatory water breaks. So here are the guidelines:

- Either coach may request a water break **prior** to the start of the game and the referee shall grant a 1 minute water break per half somewhere close to the middle of each half,
- The referee has the discretion to call for a water break when they deem necessary,
- Player's shall not leave the field of play during water breaks,
- No coaching shall occur during the water breaks.

These guidelines are for the safety of the players and referees. These are not to be abused or used to delay the game. Common sense dictates that these guidelines are not for gaining an advantage but for safety concerns. Abuse of the rule will not be tolerated.