

Lightning & Thunder

- If lightning is within 5 miles, with or without hearing thunder, game/practice should be suspended and shelter sought.
- A rough guideline is to measure the time between the lightning flash and hearing the thunder. If it is 30 seconds or less, seek shelter.
- A simple rule: If you can see it or hear it, clear it! CCFA recommends seeking immediate shelter in cars or in a designated severe weather shelter.
- Avoid contact with metal or other conducting materials to the outside surfaces.
- Do not stay in open, unprotected areas.
- Games/practices should not be started for at least 30 minutes after the last lightning strike is seen or roll of thunder is heard.

Hot Weather

- Heat Index up to 89°: Normal Play
- Heat index of 90° - 99°: Mandatory 2 minute water breaks per half with running time. Each half shortened by 5 minutes.
- Heat index of 100° - 105°: Mandatory 2 minute water breaks per half with running time. Each half shortened by 10 minutes.
- Heat index over 105°: Suspend Play

Cold Weather

- 46° or warmer: Normal Play
- 41° - 45°: Additional clothing allowed layered beneath uniform
- 36° - 40°: Each half shortened by five minutes.
- 35° or colder: Suspend Play