



One Goal Sports Heat Index Guidelines

One Goal Sports will follow these guidelines regarding the heat index (not actual temperature):

95-99 degrees: shorten game by 2 minutes per quarter and have 5-minute break in-between quarters

100-103 degrees: shorten game by 3 minutes per quarter and have 6-minute break in-between quarters

104 degrees and above: cancellation of games

The heat index will be checked at the start of each game and at half time. How the heat index will be measured will be on the WKRN News 2 Stormtracker Weather app (set for Murfreesboro, TN) and the Heat Index Calculation and Chart sheet that is in the game day folder at all game day sites.

Practices will be at the discretion of the coaches and/or parents regarding the heat index. Water breaks should be given at 10-15 minute intervals of practice time. If at any point the heat index reaches 104 degrees before or during practice, practice is cancelled.