



We build strong kids, strong families, strong communities.

Outdoor Sports Cold Weather Guidelines

46° and higher - No Change / Games played as scheduled

45° and lower – Additional Clothing Beneath Uniform Suggested

(Long Sleeves / Long Pants / Additional Socks / Gloves/Stocking Caps)

40° and lower – Shorten Games

(6U & Below – Four, 6 minute Quarters, with a 1 minute Half Time)

(8U & Above – Two, 15 Minute Halves, with a 1 minute Half Time)

35° and lower – Suspend Games

Temperature means either ambient (still air) or wind chill index.

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations.

Cold Weather Tips

- Safety and health of the players come first.
- Jackets may be worn, but the jersey must be on the outside
- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, due to less running or moving.
- Referees and coaches should discuss weather and fields pre-game.