

Water Break Policy

Both team's coaches and referees should work together BEFORE KICKOFF on whether a water break is necessary during the game due to hot weather. Both coaches and referee must agree to have the water break. CYSA expects coaches and referees to take the players' safety into consideration first and foremost. If a coach or a referee feels that this is not happening, they should immediately reach out to CYSA staff, Standby referee, field marshal or CYSA Board Member. Once agreed upon, one water break will be taken halfway through each half and the game clock WILL RUN during the water break which can last at the referee's discretion, between 1-2 minutes in duration. Players may exit the field for water during the designated breaks and substitutions may be made during this time. Aside from the designated water breaks, and as needed, players ARE allowed to come to the sideline, BUT MAY NOT EXIT THE FIELD, and get a drink handed to them by their coach or teammates. Play will not stop for a player getting a drink on their own outside of designated water breaks.