

Cooling/Drink Breaks

ASC/ACSL

Cooling Break Policy

ASC Matches cooling breaks will be instituted solely by the Tournament Director/site coordinator following current directives for player safety. In instances where a Tournament Director/site coordinator is not present the ACSL match policy shall apply.

ACSL matches cooling breaks shall be given at the discretion of the referee, based on pre-match conditions, in consultation with coaches from both teams. The intent to offer cooling breaks must be communicated prior to the start of the match. So long as both head coaches agree, the referee shall accommodate.

Match Procedures

Cooling Breaks are to be held at any natural stoppage of play, closest to/following the midpoint of each ½ as possible.

Additionally, the referee can, at any time so long as the ball is out of play, implement a discretionary “drink break” during cases in which player safety is determined to be at risk.

Players shall remain on the field of play
Coaches and other bench personnel shall not enter the field of play.

Substitutions may be made, with permission of the referee, by either team @ the conclusion of the break as long as the player is @ the ½ line and prepared to enter the match when the break concludes.

Cooling Breaks will be limited to 2-2:30 min

Drink breaks shall be limited to 1 minute

The time allotted for either shall be added at the end of each half of play..

It is each team’s responsibility to ensure they are prepared for the upcoming break and be prepared to resume play when directed. Failure to resume play as directed may result in a Caution issued to the coach.