



Tournament Hydration Break Procedures

The following steps will be implemented for hydration breaks...

- During any natural stoppage point nearest the midway point of each half teams will have a 1 minute 30 second hydration break. Any dead ball moment as determined by the match official, will be where play holds.
- Players are not permitted to exit the field of play to retrieve water/drink. Coaches and players on the bench should hand water over the touchline.
- The stoppage will not count against the overall game clock. Officials will stop the clock but also, they will encourage teams to quickly grab a drink. This is not a coaching moment and while coaches can talk as players are drinking, they should be dissuaded from anything long.
- At 1 minute into the hydration break, officials will blow the whistle to alert teams that play is to resume in roughly 30 seconds.
- At 1:30, if necessary, officials will warn coaches and players the clock is now starting. At 2 minutes in from the initial break the game clock will be resumed, regardless of whether teams are on the field or not.
- Officials will be encouraged to review the procedure with coaches prior to kick-off so that they don't have to explain things in-game, but ultimately it is the coach's responsibility to understand these procedures.
- Please note that hydration breaks must happen in both halves, not just one, to be equitable.