



2026

Girls Softball Handbook

*Subject to changes

Rules Resources

[Softball Rules Interpretations - 2026](#)

[Major Softball Rule Differences – NFHS, NCAA and USA Softball](#)

[Softball Rules Poster - 2026](#)

[Softball Points of Emphasis - 2026](#)

[Softball Comments on the Rules - 2026](#)

Table of Contents

Rules Resources	1
2026 SOFTBALL CALENDAR	3
Girls Softball CHAIR	3
PLAYER MOVEMENT IN MMHSAA	3
ROSTER SIZE	3
SCRIMMAGE	4
Softball Rules Changes - 2026	4
ATHLETIC EVENTS	5
THUNDER AND LIGHTNING POLICY	6
CLARIFICATIONS	6
PRIOR TO CONTEST	6
DURING THE CONTEST	6
MMHSAA AED Policy	6
MMHSAA JEWELRY RULE New (August 2022)	7
MMHSAA 2026 VARSITY SOFTBALL	7
Suspended Game Rule	8
Tie Breakers	9
PLAYOFF NOTES	9
GAME BALLS	10
POSTPONEMENT	10
INTERSTATE GAMES	10
INTERNATIONAL GAMES	10
SPORTSMANSHIP POLICY	11
OFFICIALS	11
VIOLATIONS	12
PENALTIES	12
SPECTATORS/PARENTS	13
SPORTSMANSHIP	13
Sportsmanship Pledge	14
SENIOR ALL-STAR AND OUTSIDE AGENCY CONTESTS	14
Appendix	15
Heat Index Procedures	16
Wind Chill Procedures	17

2026 SOFTBALL CALENDAR

The approved softball season is March 11 to June 1, 2026.

First Practice	March 9
First Scrimmage/Contest.....	After 6 team/individual practices
Playoff semifinals.....	May 22, 2026
Playoff's finals: Best of 3	May 26,27 2026
States.....	May 31, June 1 2026 in NYC

Girls Softball CHAIR

Chairperson: Doug Webster Email: dwebster@mtmercy.org

PLAYER MOVEMENT IN MMHSAA

Players may be moved between JV and varsity rosters until the following dates:

- Spring - Friday, April 24, 2026

After the above dates, rosters are frozen and additions to the varsity roster at this point will become a permanent member of the varsity. It is recommended that each team submit a final varsity roster by each of these dates.

Following the varsity roster date listed above, a JV member may move up to varsity temporarily under the following circumstances:

- a) A varsity squad has fewer than the designated number required for that sport due to reasons of ineligibility, illness, or injury - with the approval of the Executive Committee
- b) The sport chairperson of each division and the team you are playing are notified prior to the player participating
- c) The JV player moves down when the original player comes back.

Once the above dates have passed, no varsity player may move down to JV.

- a) NOTE: seniors may not play on a JV team without permission of the Athletic Council for that division; the only exception is bowling.

ROSTER SIZE

All rosters are unlimited in size for the MMHSAA. Please note that should your team qualify for the CHSAA State or NYS Federation Tournament, your roster size may be limited by state regulations.

All rosters are due via your school's league issued google roster form prior to the first league contest. Failure to do so will result in forfeiture of the contest. Rosters are sent to all athletic directors and the chairperson.

SCRIMMAGE

A softball scrimmage must include free substitutions, and lineup cards will not be exchanged. Scrimmages must also include **one or more** of the following:

1. Play six outs per half inning (example - three outs clear the field/three more outs)
2. Batting order must be altered or modified to include more batters than rules permit
3. Start with a runner(s) on base with a predetermined situation for at least two full innings.

REPORTING RESULTS

All coaches are required to report their scores and statistics in a manner that is approved by the league. Scores will be reported using the [MMHSAA Scores reporting form](#). Scores must be reported by **the home team immediately** following the game. All coaches must report their scores for non-league and tournament games regardless of location.

Athletic directors will be notified of delinquent statistical reporting. Failure to report scores and/or statistics will result in the following:

- First offense – warning to the athletic director and to the coach
- Second offense - \$100 fine and 24-hour notice to bring your stats up to date
- Third offense - \$250 fine and suspension of coach

We will also be using MaxPreps to track league records and statistics.

[MaxPreps Support](#) <http://www.maxpreps.com/mobile/home.aspx>

Softball Rules Changes - 2026

1. **1-9-6:** No player shall transmit or record audio or video from the playing surface. New language further clarifies the use of electronic devices and what is not permitted.
Rationale: This change clearly defines the types of electronic devices prohibited by the rule.
2. **Rule 8:** Rule 8 has been reformatted for clarity. Changes have separated longer articles, and organized exceptions, penalties, and effects into outline format for improved comprehension.
Rationale: Added article references to PENALTIES and EFFECTS, and Section 4 was

separated into two sections addressing runners entitled to advance with and without liability to be put out to delineate differences.

3. **10-4-2:** Umpires have the option of wearing heather gray, charcoal gray, or navy blue slacks. Effective January 1, 2027, heather gray slacks will no longer be permitted as part of the umpire's uniform.

Rationale: Manufacturers have discontinued producing heather gray umpire pants. This change will assist umpires in the purchase of pants that are currently being manufactured.

4.

2026 SOFTBALL EDITORIAL CHANGES

1-6, 2-25-3, 3-2-3a & b, 4-3-2, 7-1-1, 7-2-2, 8-2-4 EXCEPTION, 8-2-12 PENALTY 2, 8-5-2 PENALTIES 1 & 2, 8-7-14 PENALTY 2, 8-7-16 PENALTY 2, 8-9-15c, 8-9-15 PENALTIES

5. **2026 SOFTBALL POINTS OF EMPHASIS**

6.
 1. Obstruction
 2. Maintaining an Unobstructed View

ATHLETIC EVENTS

SCHOOL'S RESPONSIBILITIES

1. Athletic Directors (or their designees) of participating schools are responsible for assigning adequate faculty supervision for all their students. The financial responsibility of these assignments lies with the participating schools.
2. Athletic Directors (or their designees) shall instruct their faculty supervisors and students that the following items are NOT ALLOWED at any game:
 - i. Sirens, noisemakers, whistles, megaphones, or any other distracting device.
 - ii. Confetti, streamers, etc.
3. NOTE: THESE REGULATIONS WILL BE STRICTLY ENFORCED! Violators will be asked to leave with the home school being responsible for that person.

COACH'S RESPONSIBILITIES

4. The coach is the official representative and leader of each team.
5. It is not his/her responsibility to demonstrate against officials or to intimidate them. This is a rule infraction in lacrosse, and, as the team leader, the coach should set a good example for spectators by acting with good sportsmanship at all times.
6. Recommendations for all coaches are listed below, and it is the intent of the Executive Committee that they be honored:
 - i. Dress — Each coach is encouraged to dress appropriately.
 - ii. Appearance — Each coach shall be neat, clean, and well groomed.

- iii. Speech — Each coach shall address everyone, including officials, with respect, courtesy, and understanding.
- iv. Decisions — Coaches will not attempt to influence the decisions of officials.
- v. Acting — Each coach must be careful of his/her gestures and mannerisms so as not to incite the crowd.
- vi. Sportsmanship — Coaches and players are requested to meet on the field directly after the game to exchange congratulations. This creates a good image.
- vii. The coaches must be on hand to supervise players.
- viii. Valuables — Each coach is to make definite arrangements for care of team valuables during a contest. Valuables are not to be left unprotected.
- ix. 5. Postponement — Games will be postponed only if the participating school is officially closed due to weather or illness.

THUNDER AND LIGHTNING POLICY

“Thunder and lightning necessitates that all contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion: thunder is thunder, lightning is lightning. If lightning and/or thunder is observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to report to a shelter, a building normally occupied by the public, or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g., bus, van, car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The officials/coaches shall wait 30 minutes from the time the last boom is heard and/or the last strike is seen before starting or resuming play.

CLARIFICATIONS

PRIOR TO CONTEST

If thunder/lightning is observed at the site of an outdoor contest by the officials/coaches 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and the responsible school authorities shall not permit the contest to begin. Before the contest can begin, a 30-minute period void of any strike or boom must be observed.

DURING THE CONTEST

If thunder/lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which no boom or strike has been observed. The rules of the particular sport shall determine whether the contest is official or must be resumed at a later date.

MMHSAA AED Policy

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law's requirements as a "best practice" and therefore strongly encourages them to do so. For events that the MMHSAA hosts, schools will be asked to provide AED equipment as well as people who know how to operate the equipment. For competitions hosted by member schools, it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED's.

MMHSAA JEWELRY RULE **New (August 2022)**

Students will now be permitted to wear jewelry in cross country, track & field, swimming & diving, tennis, softball, baseball and volleyball (stud earrings). As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization.

Rationale: The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country. (Dec. 2010)

MMHSAA 2026 VARSITY SOFTBALL

1. All weekday games are scheduled for a 4:30 start unless teams have agreed to start at a different time. There will be 12 league games, with teams playing each other twice.
2. Playoff Info: Top four teams make the playoffs
3. PLAYOFF SEEDING: Seeding will be determined by winning percentage
4. Finals will be a best 2 out of 3 at Nardin.

Note: There is a 10-run Mercy Rule after five innings. If a team is leading by 10 or more runs after five innings (if away team) or 4 ½ (if home team), the game is complete. The 10-run Mercy Rule is in effect for all playoff games.

5. State Playoff date: May 23 (Rain date of May 24)
6. The home team provides three game balls to start, one of which goes to the visitors for their starting pitcher to warm up with. The home team is responsible for paying umpires (vouchers).
7. Each school manager is responsible for entering their players' individual statistics into MaxPreps. Minimum statistics required for MaxPreps

Hitting

#	Athlete Name	GP	Avg	PA	AB	R	H	RBI	2B	3B	HR	BB	K	HBP	SB	SBA
Fielding																
#	Athlete Name	GP	FP	TC	PO	A	E									
Pitching																
#	Athlete Name	IP	H	R	ER	BB	K	2B	3B	HR	BF	AB	ERA	W	L	SV

NOTE: Only statistics entered into MaxPreps will be used for determining league records, All-Catholic and league nominations to All-WNY

Suspended Game Rule

There will be no non-preferred list of officials (extenuating circumstances will be determined by the League office) and we will not use a preferred list for post-season.

An official game is 5 innings or 4 and one-half if the home team is ahead. If a winner can be determined and no more baseball can be played that day, the game is over and a winner is declared. The game does not have to go 7 innings. **If a game is stopped before it becomes an official game, the game is a suspended game.** All regular season and playoff games, once the first pitch has been thrown, will be considered a suspended game if it does not meet the criteria for an official game.

All suspended games shall be restarted from the point at which you left off- every pitch counts at the next available date- including a Saturday. If you cannot get your field ready- be prepared to travel to a field that is ready for play.

The score, inning, count of batter etc. should all be recorded in the scorebook, at the time the is stopped.

If the game is stopped after having gone long enough to be an official game, however a winner cannot be determined due to a tied score, this game becomes a tied/suspended game at that point and the score, inning, count of batter etc., should all be recorded in the scorebook

Examples:

If a game is stopped after having gone long enough to become an official game and

- The visitors score a run or runs in the top half of the next inning. Then the game reverts to the last completed inning and either a winner is declared, or we have a tied/suspended game. Or,
- The visitors score a run or run in the top half of the next inning and the home team does not complete their at bat, the game reverts back to the last completed inning and either a winner is declared, or we have a tied/suspended game. Or
- If reverting back to the last complete inning does not resolve the game, the game will resume from the point of the last pitch:

- a. If we have a tied/suspended game, we pick up from that point (Visitors runs in the top half of the inning and home team runs in the bottom half count). This game will be picked up at that point. Score, inning, count of batter etc., should all be recorded in the scorebook. Or
- d. If the home team ties the game in the bottom half of the inning but doesn't complete the inning. If we cannot play anymore, we have a tied/suspended game at point. This game will be picked up at that point. Score, inning, count of batter, etc., should all be recorded in the scorebook. Or,
- e. If the home team takes the lead in the bottom half of the 5th or 6th inning, and then the game is called. At that point, the home team is declared the winner.

Tie Breakers

Tie breakers DO eliminate a team from playoffs. The top 4 teams qualify for the playoffs. A school may choose not to have their team participate and must notify the Executive Director before May 20, 2026. The seeding will be done according to the teams' standing in league games.

In the event of a tie in the standings, both teams will be awarded the position. The following tie breakers will be used for seeding purposes only and include all 14 league games:

- Tie Breakers
- Head to head
- wins over a common opponent in our league
 - Tied teams start with the top of the regular season standings, and work their way down the standings until there is a difference in record against a team. Once there is a difference, the team with the better record becomes the higher seed.
- Run differential between the teams that are tied.
- Run differential for all league games.
- If the above tie-breakers fail to break the tie, it will be broken by the flip of a coin by the league designee.
- In the event of a 3-way (or more) tie, the above procedure will be applied using only the games played between the tied teams
 - Once a tie is broken by the above system, remaining tied teams will be broken by starting again at step 1.

PLAYOFF NOTES

1. Ties are to be treated as a suspended game. All playoff games that are suspended will be resumed, from the point of suspension, the next day.
2. The game chairperson, umpires, and coaches are the "on the spot" protest committee.
3. No game dates may be changed without the chairperson's approval. Banquets, proms, and concerts are not to interfere with the playoffs. There will be absolutely no exceptions!
4. Game time is 4:30 p.m. for all preliminary rounds through the semi-finals.

5. Once playoffs begin, qualifying schools may play/practice seven days in succession.

GAME BALLS

It is the responsibility of each team to provide at least three game balls. Two balls shall be given to the umpires by each team prior to the game, and the third ball should be held in reserve. For finals, bring at least six game balls.

POSTPONEMENT

1. All playoff baseball games must go to seven innings, unless the Game Ending Rule is used.
2. Games will be postponed only if the participating school is officially closed due to weather or illness. In the event of rain, the chairperson in conjunction with the Executive Director will decide if a game should be played. If the game is canceled, the chairperson will call the coaches and umpires who are to work the game to set up the proper rain date.
3. If a game is tied or suspended, MMHSAA playoff games will be picked up from that point the next day or the next available date.
4. A game date may be changed if all of the following four conditions are met:
 1. Both school administrators and coaches are agreeable to such a change.
 2. The game will not cause other games to be moved back or enable a team to gain an unfair advantage.
 3. The Executive Director is agreeable to the change, providing the same site is available for the changed date and it will not hinder the total all-around playoff structure or other schools involved.
 4. The date is changed with adequate time to notify the newspapers, umpires, etc.
5. All coaches should be cognizant of the fact that rain dates constitute official playing dates. Playing times may be altered provided both teams are in agreement. The chairperson should be notified; the chairperson, in turn, will contact the game officials and media. All details should be worked out with the chairperson and the executive director 48 hours in advance.

INTERSTATE GAMES

1. The host school of the interstate event is responsible for applying to the host state association for sanctioning.
2. A MMHSAA member school wishing to participate in the event must verify with MMHSAA, at least 30 days prior to the event, that the event has been properly sanctioned.
3. Refer to the [NYSPHSAA Handbook](#), page 98, or the state website www.nysphsaa.org for additional information and forms required. <http://www.nysphsaa.org/ADs-Coaches/Sanctioning>

INTERNATIONAL GAMES

National Federation sanctions are necessary for international competition. Forms for requesting this sanction are available from NYSPHSAA, Inc., and must be filed 60 days prior to the event. Refer to the [NYSPHSAA Handbook](#), page 98, for additional information.

SPORTSMANSHIP POLICY

RESPONSIBILITY OF ATHLETIC DIRECTOR/COACH

The development of good sportsmanship depends largely on the goals and philosophy of the sports program and that of the school administration. Coaches are in a position to greatly influence the attitudes and values of the athletes. If the coach follows the rules of the sport and stresses fair play and honesty, the athletes are more likely to develop these values. It is essential that all coaches adhere to the Monsignor Martin Sportsmanship Policy.

1. Any coach excluded by a certified official from an inter school competition for unsportsmanlike conduct is ineligible to coach any inter school competition in that sport until after the next previously-scheduled contest at the same level (e.g., junior varsity, varsity, etc.) has been completed. The coach may not be present at the game site. NOTE: Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, or in the stands or site area before, during, or after the game/meet.
2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to do so to another person (e.g., official, another coach, player, or fan) shall be expelled immediately and banned from further participation in all sports for one year from the date of the offense.

PLAYERS

Participation in athletics is an integral part of a student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, league, team, student body, community, and student himself. In his play and in his conduct, he represents all these groups. Therefore, he has a responsibility to uphold the ideals of good manners and sportsmanship. His experiences while participating in athletics contribute to his knowledge, skill, and emotional patterns.

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or a flagrant foul shall not participate in that sport in the next previously-scheduled contest with a member school or in NYSCHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
2. Any member of a squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Members of the squad include players, managers, scorekeepers, timers, and statisticians.

OFFICIALS

Unprofessional conduct on the part of the official, including but not limited to, taunting, baiting, or use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport official's chapter to investigate the incident and to report their action to the section in a timely manner.

VIOLATIONS

Unsportsmanlike conduct includes but is not limited to

1. Offensive language and/or gestures by the player, coach, or spectators
 2. Intentional injury to another player
 3. Flagrant misconduct, such as fighting
 4. Destruction of another school's property by spray painting, egg tossing, or general trashing of the grounds
- These infractions do not include "technical violations" related to a specific sport that result in disqualification.

PENALTIES

Any one of the following penalties may be imposed against an offending player, coach, team, or school. The Penalty will depend on the severity of the infraction.

- LEVEL I - Reprimand and Probation
 - A letter will be sent from the grievance committee to the principal, athletic director, and coach (if applicable) and will include a description of the infraction.
 - A response from the offending school is to be sent to the grievance committee within three school days and must include the action that will be taken against the offender. With the written reprimand, a probationary status will be imposed on the team or individual for the remainder of the season. Probation does not limit eligibility for competition.
- LEVEL II - Suspension and Forfeiture
 - Forfeiture - will be imposed for team infractions. Forfeiture of a specific contest does not limit eligibility from further competition.
 - Suspension - involves an individual player or coach being suspended from competition for a minimum of one game. After the suspension has been served, the player or coach is eligible to return to competition.
- LEVEL III - Disqualification
 - Disqualification of a player or coach from competition is the final step taken after other options have been exhausted. The player or coach will be disqualified for the remainder of the season. Any person removed from a contest for unsportsmanlike reasons will be subject to a committee review of the incident.
 - If any school's team members are found guilty of destroying another school's property, that team will be disqualified for the remainder of the season, or, if after the season, will be disqualified from postseason play for the following school year. In addition, no player from the offending school will be eligible for league awards. If damage has been done to a school by non-athletes, a letter will be sent to the school involved with a request for a response within three days.

NOTIFICATION

The coach of each team will notify their respective school's athletic director. The two athletic directors will then investigate the situation, discuss it with each other, and notify the Executive Director. The director will then take it to the sportsmanship committee, if necessary. The policy must be enforced whether it is a league or non-league contest.

SPECTATORS/PARENTS

Spectators and parents are guests at our athletic competitions; as such, they have a responsibility to abide by our school and league philosophy. Therefore, it is expected that good sportsmanship will prevail for the duration of the contest.

SUMMARY

The Monsignor Martin High School Athletic Association believes that good sportsmanship is essential for all participating teams. The league encourages positive displays of sportsmanship and pledges to lead by example, in teaching and playing, in the hopes of shaping the future of our league.

SPORTSMANSHIP

1. We believe that interscholastic athletics is an important part of education and supports the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute useful and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests, as part of an overall school program, are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and genuine readiness to participate in a sportsmanlike manner.

5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

Sportsmanship Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association requires that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements or actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately.

Spectators are reminded that "being in attendance today nor the fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

- a. berates officials;
- b. question the coach;
- c. make negative comments toward either team;
- d. display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship."

This announcement stands as the official warning of our ZERO TOLERANCE POLICY. Any violation of this policy will result in an ejection from the game. Let today's contest reflect mutual respect between all participants and spectators.

SENIOR ALL-STAR AND OUTSIDE AGENCY CONTESTS

1. All Senior All-Star and Outside Agency contests MUST be approved by the MMHSAA. In addition, Senior All-Star contests must be approved by the NYSCHSAA or the NYSPHSAA.
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the MMHSAA or the Section VI Athletic Council for that sport. The calendar of approved seasons dates for all sports is posted on the section website*.
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests. A contestant may participate in any approved senior all-star athlete contest in the same sport during the school year. NOTE: A Senior All-Star contest by NYSCHSAA standards is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open tryouts are held, the contest is NOT a NYSCHSAA All-Star contest.

Appendix

Heat Index Procedures

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked one hour before the contest/practice
- by a certified athletic trainer, athletic director, or school designee when the air temperature
- is 80 degrees (Fahrenheit) or higher.
- Download the WeatherBug app to your phone or log into www.weatherbug.com
- Enter the zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer,
- athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.
- **Please refer to the following chart to take the appropriate actions:**

	Feels Like Temp (HeatIndex) under 79degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution:Feels Like Temp(Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks.Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch:Feels Like Temp(Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is lower. Consider Reducing the amount of time for the practice session.1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hrrecovery time).
	Heat Index Warning:Feels Like Temp(Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is much lower.Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time.) Lightweight and loose-fitting clothes should be worn. For Practices only: Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert:Feels Like Temp(Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should be held only if air conditioned. Approved May 1, 2010; Updated, July 27, 2017

Wind Chill Procedures

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a
- certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.
- Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (windchill) above 40 degrees	Full activity. No restrictions
RECOMMENDED	Wind Chill Caution: Feels Like Temp (wind chill) 3 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 1 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held. Approved May 1, 2010; Updated July 27, 2017

Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.