

**TSSAA Heat Policy - Modifications for Golf Competitions and Practice
95°-104°**

Players should have immediate access to water regardless of their location on the course. Water bottles should be kept with players at all times. Pace of play should be so that players are resting at least one minute for every three minutes that they are walking. The time taken between shots and the transition time on the tee-box between holes can be considered resting time.

**TSSAA Heat Policy - Modifications for Soccer Competition when the
Heat Index is 95°-104°**

The referee shall stop the game for a heat time-out lasting no less than five minutes during the first and second half. The time-out will be called at the first logical time to stop play after the 20 minute mark of each half.

**TSSAA Heat Policy - Modifications for Football Competition when the
Heat Index is 95°-104°**

Officials shall stop the game for a heat time-out at the first dead ball after the halfway point of each quarter. If either team has possession of the ball inside the other team's twenty yard line, officials may delay this time out until either the offensive team scores or the ball is turned over.

**TSSAA Heat Policy - Modifications for Cross Country Competition
when the Heat Index is 95°-104°**

Athletes should have access to unlimited water before and after competition. Athletes should be monitored closely for signs of heat illness following the conclusion of the competition. Athletes should be encouraged to re-hydrate and seek shade as soon as the competition is complete.

TSSAA Heat Policy - Modifications for Track and Field Competition when the Heat Index is 95°-104°

Athletes should have access to unlimited water before, during and after competition. Athletes should be monitored closely for signs of heat illness during the competition. No mandatory stoppage of play required unless the heat index exceeds 104°. Athletes should re-hydrate and seek shade at each available opportunity during the competition.

TSSAA Heat Policy - Modifications for Baseball Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition in the dugout area. No mandatory stoppage of play required unless the heat index exceeds 104°.

TSSAA Heat Policy - Modifications for Softball Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition in the dugout area. No mandatory stoppage of play required unless the heat index exceeds 104°.

TSSAA Heat Policy - Modifications for Tennis Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition. No mandatory stoppage of play required unless the heat index exceeds 104°. Regular periods of rest between games and/or sets should be long enough to maintain a ratio of 1 minute of rest for every 3 minutes played.