# WBGT Guidelines for Competitions

| FOOTBALL | |
|---|---|
| 15 Minutes prior to start and again at Halftime | |
| 87.0+ | 3 min hydration break at or near 6 min mark of each qtr |
| | Remove helmets, no coaches on field |
| 90.0+ | 3 min hydration break at or near 4 and 8 min marks of each qtr |
| | Remove helmets, no coaches on field |

| SOFTBALL | |
|---|---|
| 15 Minutes prior to start | |
| 86.0+ | Immersion cooling present |
| 88.0+ | 3 min hydration break at beginning and midpoint of inning 3 and continuing until end |

| CROSS COUNTRY | |
|---|---|
| 15 Minutes before contest | |
| 86.0+ | Immersion cooling present at finish line |
| 88.0+ | Minimum of 2 hydration stations along course and at the finish line |

| BASEBALL | |
|---|---|
| 15 Minutes prior to start | |
| 86.0+ | Immersion cooling present |
| 88.0+ | 3 Min hydration break break at beginning and midpoint of inning 3 and continuing until end |

| LACROSSE | |
|---|---|
| 15 Minutes prior to start | |
| **BOYS** | |
| 86.0+ | Immersion cooling present |
| 88.0+ | 3 Min hydration break at or near midpoint of each period |
| | Teams to bench area or break, no coaches on field |
| **GIRLS** | |
| 86.0+ | Immersion cooling present |
| 88.0+ | 3 Min hydration break at or near midpoint of each half |
| | Teams to bench area or break, no coaches on field |

| SOCCER | |
|---|---|
| 15 Minutes prior to start | |
| 86.0+ | Immersion cooling present |
| 88.0+ | 3 Min hydration break at or near midpoint of each half |
| | Teams to bench area or break, no coaches on field |