

2023 Term 3 IGSA Sport Football Rules & Guidelines

Player registrations

1. Players must be enrolled in years 7 - 12 at the school they represent and be registered with the IGSA Sport office by the Monday prior to the start of the competition.
2. Players are considered registered after they play their second game (and signed on as required).
3. Players may play in a higher grade than the one in which they are registered. Once they have played 3 games in the higher grade they are then registered in the higher grade.
4. Team registrations have some flexibility in the first 2 weeks of the competition to ensure that girls are in the correct grade.
5. Where schools have teams in the same grade they must nominate the higher or lower team and rules relating to playing up or down will apply.
6. A player unavailable for a round game, semi or final may be replaced by a floater or a player from another team (in accordance with the playing up rules). However, you cannot exceed the number of players originally registered for that team. This does not permit girls to play in two semis or finals although they can play a maximum of two round games each week.
7. Byes & matches washed out will count towards games played.
8. A player must have signed on for 3 round games in any team for this sport, in accordance with the playing up rules to be eligible for semis and finals. Details of player eligibility will be forwarded to school staff in advance of the final round. If this is not received before the final round, school staff should contact the IGSA Sport office.
9. A player, who has signed on for 3 games but not played in the semi-final, is still eligible for the final.
10. A player may only play for 1 team in the semi-finals and finals.
11. Where play offs exist, semis and finals rules do NOT apply to these games.
12. Injured or ill players who have not signed on for 3 games are not eligible for semis or finals.
13. A team playing an illegal player may be required to forfeit the match.
14. The minimum and maximum number of registrations per team for each sport is:

Sport	Minimum	Maximum
Badminton	3	6
Tennis	4	6
Basketball	5	12
Football	11	16
Hockey	11	16
Netball	7	12
Touch	6	14
Water Polo	7	13

With an allowance for 2 extra players maximum. Permission is required from the IGSA Sport staff to register more than the maximum. Please note - you may only field the maximum number of registrations in each round match, semi or final. Failure to do so may incur a forfeit result.

15. Each school may use up to **5** floating registrations during the season. Where a girl is used for one match only, no fee will be charged.

Legal Playing Up Rules

Some examples of legal and illegal plays-

- ✓ girl plays 2 matches in one day – LEGAL.
- ✗ girl from J01 plays in grade S13 - ILLEGAL & FORFEIT.
- ✗ girl plays less than 3 round matches OR plays 3 but fails to sign on, NOT ELIGIBLE FOR SEMIS OR FINALS.
- ✓ girl in S13 plays down in S14 in Week 2 LEGAL provided she then remains in S14 for remainder of season OR if she plays up she is automatically re registered in the higher Grade.
- ✓ girl from J01 plays up - Week 1 – S01, Week 3 – S03, Week 5 – S02 AUTOMATICALLY RE-REGISTERED IN S03 - the lowest she may now play.
- ✓ a school has 2 teams in grade J01 Team 11 & 12 - Players in both teams may not move between teams, regardless of which team is numbered lower.

Legal grades for playing in round matches, semi-finals & finals

Where necessary, players may play in another team that is in a higher grade than the team they were originally registered in. Exceptions include:

Senior Grades

S01 Can only play in this grade (schools with multiple teams in S01 may not move players between teams).

All other senior grades can only play in a grade higher than their own team.

Junior Grades

J01 Can only play in S01 –S04 (schools with multiple teams in J01 may not move players between J01 teams).

J02 Can only play in S01 – S06 and J01.

J03 Can only play in S01 – S12 & J01 – J02.

J04 Can only play in S01 – S12 & J01 – J03.

Year 7 players playing in J01 – J02 may play down into Y701 grade.

Year 7 players playing in J03 – J20 may play down into any year 7 grade.

Please note that a year 7 player in a junior grade may only play down twice per term.

Year 7 Grades

Y701 Can only play in S01 – S04 & J01 – J04.

Y702 Can only play in S01 – S06, J01 – J12 & Y701.

Discipline - For Breaches of Code of Behaviour

Please read the Code of Conduct available on the IGSA Sport website. A summary is contained in the Conveners handbook. Please make sure all players, coaches and umpires are aware of the Code of Conduct. An IGSA Sport Incident Report must be completed for any breaches of this code.

IGSA Sport Summary Code of Conduct For Inter-School Sport

Why: The Summary Code of Conduct is designed to provide a brief outline of the rules, guidelines and principles governing inter-school sport. It is a quick reference document only and does not replace the IGSA Sport Code of Conduct. In the event of a perceived conflict between the two, the latter will prevail.

Who: The Summary Code of Conduct applies to anyone participating in IGSA Sport including students, staff, coaches, umpires, officials, parents, spectators and volunteers.

What: The Summary Code of Conduct covers four areas: principles, expectations, authority and rules.

Principles:

- Participation in inter-school sport is important for all girls: it fosters social, emotional, personal and physical development.
- Winning is less important than co-operation, team spirit and good sportsmanship.

Expectations:

- All participants, regardless of their role, will be expected to treat others with respect, courtesy and encouragement. Disparaging comments will not be tolerated nor will aggressive, abusive or offensive language or behaviour.
- Should disputes arise, resolve them in a calm and constructive manner.
- There will be no argument with or criticism of, the referee. If you disagree with a decision, refer to the IGSA Complaints Policy available on the website.
- Harassment will not be tolerated in any form.

Authority:

- The match officials have complete control of the match. In matters regarding play and the rules of the match, their decision is final.
- The venue convener has responsibility for all other aspects of the match such as safety at the venue.
- The referee and venue convener will work together to achieve a fair outcome. They may also consult staff members present.
- In the event of misconduct, the match officials may caution, suspend or send off the offender. In extreme circumstances they may stop play or terminate the match.

Rules:

- Unacceptable conduct is outlined in the Code of Conduct and includes any behaviour that might reasonably be expected to damage the self esteem of another or the reputation of an individual, school or the independent school sector generally. This includes derogatory remarks, dangerous behaviour, property damage, inciting violence, verbal or physical abuse or harassment.
- Players engaging in unacceptable conduct may be cautioned, suspended or sent off. Anyone else engaging in unacceptable conduct will be cautioned and if this fails, asked to leave.

Protests

A coach or team captain is entitled to lodge a protest should she/he be dissatisfied with any aspect of the game. The following procedure will apply:

The coach or team captain must lodge the protest in writing with the Convener at the venue as soon as possible or notify the IGSA Sport staff by 12 noon on the Monday following the game.

The opposing team must be notified of the intent to protest and the reason for it. The protest will be addressed as soon as possible by the IGSA Sport staff.

Forfeits

A team which finds it necessary to forfeit a match and is aware prior to Friday afternoon must notify: -

- A) their opponents
- B) the IGSA Sport office

Teams more than 5 minutes late or less than the specified minimum number of players will forfeit their match. However, opponents may choose to play the match for points or play a “friendly” match, provided this decision is made prior to the start of the match. This decision cannot be reversed once play has started. If a decision to play for points is made, the forfeit no longer applies. No extra time will apply in such a case.

In the case of a team failing to have the necessary equipment available, the non-offending team may choose to lend their gear and play for points or request a forfeit. This decision must be made prior to the start of the match.

Venue Closure (i.e. Wet Weather, Extreme Heat)

The Convener must make a decision concerning commencement of play and any stoppages or cancellation due to inclement weather. Any such decisions should be made after consultation with coaches, managers and any school staff present. Where it is necessary to call off matches, the Convener is requested to notify the IGSA Sport staff so a message may be put on the IGSA Sport venue closure pages for players and parents to check.

The open or closed status of a venue can be checked by accessing the:

IGSA Sport mobile app: <https://igsasport.spawtz.com/Leagues/VenueStatus>

Point Scores & What Happens with Matches Cancelled Due to Venue Closure

In the case of venue being closed during a game, any game that has completed one half will be considered played, and the score taken from when the game was stopped.

Games that do not play, or are cancelled before reaching half time are considered cancelled.

The total point score at the end of the season for each team (before semis and finals if they exist), will be divided by the number of games played. This result is then used to determine which teams play in semis and/or finals.

There are no points awarded for games cancelled due to the venue being closed.

Point score

Win:	5 Points
Draw:	3 Points
Loss:	1 Point
Forfeit:	-1 Point
Forfeit Score For / Against:	2 – 0
Washed out matches	0 points

For and Against: We will continue the ‘Capped Points’ system to encourage coaches to adopt the ‘mercy rule’ and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the ‘capped score’ will only be in place when the IGSA Sport office records the official score. The points differential will be capped at **5 goals**.

Result sheets

All girls are to sign the sheets at the Convener's table **before** play. The sheets should not leave this area. At the completion of the match, team captains and umpires must report to the Convener to complete details of the match on the sheets.

The result sheets are to be sent in to the IGSA Sport Office each round.

No girl is to sign for another.

If possible, each team must make sure they have a **scorer to sit with the opposition scorer.**

Team Captains must sign the result sheet at the conclusion of the match to verify the score. Once both captains have signed the result sheet, no changes to the score will be made. If the result is in doubt, the convener is responsible for determining the final score.

Referees

Referees to wear appropriate uniform which is NOT affiliated with any school.

Girls should be reminded that the referee is in full control of the match.

Do not argue with the referee at any time. This also applies to coaches and spectators, who are reminded that they are expected to behave in a manner which at all times reflects the ethos of the members' school of IGSA. **Spectators are not to approach referees concerning any decision.**

Where referees are not available at a venue, teams are responsible for starting their own matches and **sharing the refereeing of that match.** Extra time will not be allowed.

All teams will go on and off with the siren or bell, however the referee has full control of the match and her / his call will indicate the start and finish of a match.

Payment Information - Conveners

IGSA Sport will determine the payment for Conveners based on prior IGSA Sport convening experience.

Completed Terms of Service		1 – 3	4 – 6	7 – 19	20+
Sport	Max No of game slots	Payment per game slot			
Softball	3	\$30	\$32	\$35	\$42
Tennis	2	\$50	\$54	\$60	\$72
Basketball	4	\$25	\$27	\$30	\$36
Football	4	\$25	\$27	\$30	\$36
Hockey	4	\$25	\$27	\$30	\$36
Netball	4	\$25	\$27	\$30	\$36
Touch	4	\$25	\$27	\$30	\$36
Water polo	5	\$20	\$22	\$24	\$28
Set Up / Pack Away Fee for all sports		\$30	\$30	\$30	\$30

- The number of game slots and fields / courts / pools used at a venue may vary each week. Conveners are only required if games are scheduled at their venue.
- It is recommended that conveners allow enough time prior to the first game to set up and after the last game to pack away the venue.
- IGSA Sport will pay up to the maximum number of game slots at the venue plus a set up / pack away fee based on the draw and games completed or partially completed.
- Conveners may, where required, umpire in addition to convening providing that convening at all times takes priority over umpiring. In this case, no more than \$25 per game may be claimed for umpiring.
- Special exceptions can be approved by the IGSA Sport Staff and in consultation with the IGSA Accountant where possible.

Venue Closure Payments

	Convener
Closure during day of play.	Set up / pack away fee plus completed and / or partially completed game slots

Payment Information - Umpires & Referees

	\$18	\$25	\$30	\$32	\$35
Softball		Unqualified but competent	Level 1	Level 2 - 4	Level 5 - 6
Tennis		NA	NA	NA	NA
Basketball	Bench Duty (only where approved by IGSA Sport)	Unqualified but competent	Y3, Y4 or 1C	1B or new Y5	1A or above
Football	\$20 Assistant Ref	Unqualified but competent	\$30 Level 4	\$35 Level 3	\$45 Level 2/1
Hockey		Unqualified but competent	Community or Junior	Level 1 or NSW C	Level 2 or NSW B and above
Netball		Unqualified but competent	Nat C or District / Assoc. Badge	Nat B	Nat A
Touch		Unqualified but competent	Level 1 -2	Level 3 – 4	Level 5 -6
Water polo	Bench Duty (only where approved by IGSA Sport)	Unqualified but competent	Level 1 / NSW C or Junior Badge	Level 2 / NSW B Level	Level 3 / NSW A or Senior Badge

IGSA Sport will determine payment per game based on the umpire / referee's level of qualifications. The number of completed terms of umpiring the same IGSA Sport will also be taken into consideration in determining the pay rate.

IGSA Sport will pay;

- A maximum of 2 umpires / referees for all completed or partially completed games including forfeits occurring on the day.
- For football, 1 referee and 2 assistant referees.
- If there is only one umpire during the match, payment stays the same
- For basketball and water polo, a maximum of 2 referees & 1 bench duty per game where considered necessary. Note – bench duty will only be paid at multiple court / pool venues and must be separately identified on the convener's sheet and umpires' cards.
 - 1 court / pool venue – maximum 0 bench duty payment
 - 2 court / pool venue – maximum 2 bench duty payments
 - 3 court / pool venue – maximum 3 bench duty payments
- Special exceptions may be approved by the IGSA Sport Staff.

Venue Closure Payments

	Umpire / Referee
Closure during day of play.	Games cancelled before completion are paid as completed. No payment for games cancelled following venue closure

IGSA Sport Term 2 2023 Football Match Rules

Playing Dates

Round 1	22 July 2023
Round 2	29 July 2023
Round 3	5 August 2023
Round 4	12 August 2023
Round 5	19 August 2023
Round 6	26 August 2023
Round 7	2 September 2023
Semi-finals	9 September 2023
Grand Finals	16 September 2023

Safety

1. All jewellery must be removed before taking the field. No jewellery, no screw-in studs, no long or sharp fingernails are allowed. No taping of jewellery allowed. Nails must be checked before the start of every game. Nails cannot be taped.
2. No casts and/or splints: A girl wearing a cast or splint because of an injury may not participate.
3. Players are permitted to wear sports goggles, sports glasses or sports sunglasses as long as, in the opinion of the referee, they pose no danger to the player or other players. The Optometrists Association of Australia has stated that children involved in sport, requiring assisted vision, should wear protective eyewear such as sports goggles or sports glasses with soft or flexible frames fitted with a plastic or polycarbonate lens. IGSA Sport recommends players carry a letter from their optometrist confirming glasses are suitable for playing sport.
4. Properly fitted mouthguards are strongly recommended
5. Shin pads must be worn by all players
6. Football boots or similar (turf / grass shoes) are to be worn. No sand shoes.

Uniforms

Players must play in their nominated school sports uniform or football uniform.

Grades S01 & J01 must wear unduplicated numbered playing shirts. Goal keepers in all grades must wear a different shirt to the field players – if this is not possible then a bib must be worn to differentiate the goalkeeper.

Any strapping tape on socks should be the same colour as the playing socks.

Ground Rules

1. **Match Times** - All matches will be held at 8.00 am, 9.00 am, 10.00 am & 11.00 am.
I.e. 55 minute games - 25 minutes each way, 5 minutes half time. There is no injury time.
2. **Number of Players** - A team must have at least **7** players available throughout the game or a forfeit is declared. A girl may play no more than 2 matches on any one day.
3. Either conveners or referees are responsible for timing games however, referees will be responsible for the timing of games at multi-field venues. Please note referees may use a smart phone to record time, goals scored etc.
4. Each ground must have a coach's box marked out with either line marking or cones. Coaches must then reside in this area during play.

We will continue to use the '**capped points**' system to encourage coaches to adopt the 'mercy rule' and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the 'capped score' will only be in place when the IGSA Sport office records the official score. The score differential will be capped at **5** goals.

Mercy Guidelines for Football

(These are guidelines and cannot be enforced by any team)

Coaches are encouraged to implement the following strategies:

- Changing player positions: have students play in positions they are unfamiliar with to even up the abilities
- Minimum number of passes before scoring: teams have to pass the ball X number of times before scoring a goal (need to be sure this is done in the right manner, otherwise it can appear like the winning team is teasing)
- Maximum number of touches before passing: players only have X number of touches before they can't touch the ball until someone else has touched it
- Limit avenues to score: players have to shoot with non-dominant foot

Referees & Conveners to encourage (if both coaches & referees are happy to do so):

- No offside for losing team
- Allowing an additional player for the opposition
- 2 goal keepers: if it's a complete blowout & nothing else works, ask the referee if a 12th player can be added as a second goalkeeper to try and balance it out.

Substitutions

There is unlimited interchange for all grades. The referees must be notified. The substitute may only enter the game after the other player has left the field. The change must be done from half way with the team coach responsible for managing the interchange.

Equipment

These must comply with the requirements according to the current FFA rulebook.

Each team must provide a suitable match ball for each game.

Ball size: Year 7, Junior & Senior teams – Size 5

Conveners and referees are to remind coaches where they are expected to stand in the normal course of play – i.e. coach's box. Individual schools will supply witches' hats to mark out this area at venues where coaching boxes are not pre-marked by lines.

Schools have been allocated fields to 'dress' for the matches, and are responsible for providing 1 set of goal nets (with tent pegs), 4 - 6 corner posts and a set of flags for this field where necessary.

Venue conveners shall be responsible for ensuring the fields are set up and pulled down each week - with the help of the teams playing at **8am** who are expected to assist with 'dressing' the field for the start of play and then then the teams playing in the **last timeslot** are expected to help 'undress' the field.

Semis & finals

Term 3 is a 9-week competition. In term 3, there will be semis (1 v 4, 2 v 3) and finals for all grades (unless grade has 9 or more teams, in which case the season will be first past the post with round matches only). No playoffs for 5th, 6th, 7th or 8th.

Teams to play in the semi finals / finals will be decided as detailed below.

The following will be used to determine final standings:

- The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
- If two teams have the same average points, then it will revert to the winner of the game played between these two teams.
 - If two teams have the same average points at the end of the rounds and the match between them was a draw or washout, the positions for semis / straight finals will then be determined by their match points (for / against) difference.

- If the goal difference is the same, then the team that has the highest number of goals will be ranked highest.
- If three or more teams have the same average points, the positions for semis / straight finals will be determined by the average points from matches played only between those teams, from most to fewest.
 - If the above cannot determine necessary positions, teams no longer in contention will be removed from consideration and positions of remaining teams will be determined by their 'for and against' scores (e.g. goal difference) taken from matches played only between tied teams and averaged over the number of rounds played, from most to fewest.
 - If the above cannot determine necessary positions, the team that has the highest number of "for" points will be ranked highest.
- If necessary positions still cannot be determined, the final rankings will be decided by a drawing of straws (undertaken by IGSA Sport staff), unless schools involved agree to play a tie-breaker fixture prior to the semis/ finals match weekend.

Please note that should the season be played as first past the post, the premiership in each grade will be decided as detailed below:

- The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
- If teams have the same averaged points at the end of the rounds, the premiership will be declared "joint premiers".

As Term 3 Football is the Invitational season, no extra time will be played in semi-finals or finals.

In the event of a draw in the semis, the team with the higher point score position from the season's table will progress to the Final.

In the case of a draw in the final, the teams will be declared Joint Premiers.

Venue Closure Procedure and Guidelines

Due to the short season for all IGSA Sport competitions, every attempt is made to play the inter-school matches and cancellations of Saturday sport are rarely made before Saturday morning, unless a venue notifies IGSA Sport that the facilities will not be playable prior to this.

Procedure

To find out if a venue is opened or closed go to <https://igsasport.spawtz.com/Leagues/VenueStatus>

You do not have to be registered to use our mobile app so students, coaches and parents can all access them from their smart phones, tablets or computers.

- ✓ Check venue closures (Click on the venue closures icon)
- ✓ Find games for selected teams (including links to maps)
- ✓ Check results and ladders (*full point score tables will still be available on the website*).

If play has not been cancelled by IGSA Sport and there is a concern that the weather may impact on the venue, go to your venue and assess its suitability for play.

Advise the IGSA Sport staff of the outcome by texting a message to the IGSA Sport staff. If required, liaise with school sport staff or coaches to determine suitability for play. **Taking in to consideration that once one game is cancelled; all the remaining games at that venue will be cancelled.** The venue convener is only required to stay 30 minutes after the game cancellation. If necessary, continue to liaise with IGSA Sport staff throughout the morning.

General Guidelines

- Play should not commence under any circumstance if there is a risk of injury to those involved.
- If conditions deteriorate during the course of the game / match such that it becomes unsafe to continue, play must cease immediately.
- If an outside venue (non school) is closed by the local council concerned, play must not commence.
- The **lightning safety code** is based on the 30 / 30 rule which calls for all play to be stopped when the lightning / thunder ratio reaches 30 seconds or less, i.e. the time between when the lightning is seen and the last thunder is heard is 30 seconds or less. This means that lightning is seen 10 km away and the next strike has a “significant risk” of hitting the people who have seen the lightning and heard the thunder. All participants must be aware that in the event of lightning, play must not resume until 30 minutes after the last lightning strike and thunder.
- All play must cease immediately if there is **hail**. All students, officials and spectators should seek cover immediately.
- Care should also be taken in the event of **extreme heat**. If there are any concerns or doubt, use refer to the “IGSA Sport Hot Weather Guidelines” or contact the IGSA Sport staff. After consultation with coaches, players and referees, extra drink breaks or cancellation of play should be considered immediately
- Care should also be taken in the event of **poor air quality**. If there are any concerns or doubt, refer to the “IGSA Sport Air Quality Guidelines” or contact the IGSA Sport staff. After consultation with coaches, cancellation of play should be considered immediately

IGSA Sport Hot Weather Guidelines

Each and every school has a responsibility to educate the participants concerning the steps to avoid dehydration and appropriate sun protection.

Procedure

STEP ONE: Altering the conditions of play.

Tennis	Allow additional breaks to drink and sun protect (shade) where possible.
Softball	Allow additional breaks to drink and sun protect (shade) where possible.
Basketball	Allow additional breaks to drink.
Football	Allow additional breaks to drink and sun protect (shade) where possible.
Netball	Allow additional breaks to drink and sun protect (shade) where possible.
Hockey	Allow additional breaks to drink and sun protect (shade) where possible.
Water Polo	SMA suggests that NO changes to play are needed. Be mindful that indoor facilities for spectators and officials may be an issue with both temperature and humidity.
Touch	Allow additional breaks for drinks and play 4 quarters rather than 2 halves. Limit the number of 11.00am matches or where possible play no matches at 11.00am.

STEP TWO: Cancellation at the venue

Schools and venue conveners will assess the need to close the venue on a case by case basis. Interim measures provided by the SMA guidelines (below) should be considered prior to cancellation.

At an ambient temperature of 36 or above sport must STOP immediately. The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

STEP THREE: Cancellation by the IGSA Sport office

In extreme conditions, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport. It would only be for unusual "heatwave" conditions or variations from the average temperature for the time of the year.

This decision should not be taken lightly. The IGSA Sport office will make this decision in consultation with Heads of Sport and the Standing Committee guided by the Sports Medicine Australia (SMA) Guidelines.

SMA Guidelines

Heat exhaustion

- Characterised by a high heart rate, dizziness, headache, loss of endurance / skill / confusion and nausea.
- The skin may still be cool / sweating, but there will be signs of developing vasoconstriction (e.g., pale colour).

To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

Heat stroke

- Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

Any collapsed athlete must be treated immediately. It should be assumed that any collapsed athlete is at danger of heat stroke. The best first aid measures are “Strip / Soak / Fan”:

- strip off any excess clothing;
- soak with water;
- fan;
- ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional. Important: heat exhaustion/stroke can still occur even in the presence of good hydration.

Dehydration

Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Outside temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days

- 15 - 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 - 25 Exceeds 70% Low – moderate: increase vigilance. Caution over-motivation.
- 26 – 30 Exceeds 60% Moderate: reduce intensity and duration of play / training. Take more breaks.
- 31 – 35 Exceeds 50% High – very high: uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
- 36 and above Exceeds 30%: very stressful for most people. Postpone and wait for cooler conditions (or a cooler part of the day) or cancellation.

OR

WBGT Temperature (WBGT) index. The WBGT is useful when humidity is high.

- < 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 – 25: moderate to high Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
- 26 - 29 High - very high Limit intensity. Limit duration to less than 60 minutes per session.
- 30 and above: extreme. Consider postponement to a cooler part of the day or cancellation (allow swimming).

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at www.bom.gov.au/info/thermal_stress/index.shtml

IGSA Sport Air Quality Guidelines

Each and every school has a responsibility to educate themselves about the Air Quality Index (AQI) and its effect on sporting activities.

Procedure

Cancellation at the venue

Using the AQI available, all matches should be monitored on a regular basis by the venue convener or the host school's Head of Sport. If the AQI is "poor", warnings will be issued by the venue convener and the host school's Head of Sport to parents and athletes, that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions. Venue conveners, in conjunction with the host school's Head of Sport, will decide to close the venue if the air quality is at a "hazardous" level. For this to happen, the AQI should be at 200 or greater.

The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

Cancellation by the IGSA Sport office

In extreme conditions and using all available information, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport.

This decision should not be taken lightly.

Guidelines

When pollution exposure is at low levels, the respiratory tracts usual defence mechanisms trap, transport and clear pollutants effectively. With elevated exposure, short-term accumulation can occur resulting in inflammation and this can exacerbate a number of health conditions with asthma being the most common in athletes.

When threatening or dangerous air quality levels are present, the AQI increases. The AQI is an accepted means of quantifying air quality by public health authorities encompassing:

- Air pollution levels at the nearest monitoring site or region
- The common contributing pollutants
- The overall health risk associated with a given rating.

The AQI is updated hourly and provides an easy-to-understand index. [Current Air Quality](#)

Attentive monitoring of the local AQI and associated air quality alerts, especially during times of extreme environmental conditions, is recommended.