



HEAT GUIDELINES

Objective: To protect the health of our players while playing in hot weather

Preparing for hot weather

- Drink plenty of water before, during and after your game
- Apply sunscreen and reapply when necessary
- Take breaks as required (rolling subs are available)

Game modifications

- When the court temperature reaches 33 degrees, quarters will be reduced to 8 minutes with 3 minute breaks
- When the court temperature reaches 35 degrees, quarters will be reduced to 7 minutes with 4 minute breaks
- When the court temperature reaches over 36 degrees, games will be called off.

Communications

Game modifications will be communicated via Netball Connect. Conditions will be monitored and adjusted accordingly to ensure player safety. If you have any questions please ask one of our officials in the operations room located next to court 1.

More information

Netball Victoria provides guidelines to assist affiliates mitigate risks of playing in hot weather. These guidelines can be found on the Netball Victoria website:

<https://vic.netball.com.au/weather-guidelines>