FAS adds two hydration breaks to all SPL and SPL2 matches amid haze

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The Football Association of Singapore is adding **two hydration breaks** to every Singapore Premier League and SPL2 match while haze hangs over the island, the FAS told *The Straits Times* on 15 September 2026.

Each break sits about midway through a half and can last up to three minutes. The move is a precaution while the 24-hour Pollutant Standards Index stays elevated, and clubs have been briefed on the match-day protocol.

When a match can be delayed or postponed

Matches may be delayed, suspended or postponed if the 24-hour PSI for the area is above **200**. That band is very unhealthy on NEAâ??s scale, and healthy adults are already told to avoid prolonged or strenuous outdoor activity at that level.

Kick-offs must start no later than **9.30pm**, and matches must finish by **11.30pm**. FAS said the setup will be reassessed as air quality improves.

How this sits against other sport protocols

SportSGâ??s wider outdoor advisory points to suspending programmes when PSI is above 200. The Singapore Hockey Federation has drawn a stricter line for menâ??s league matches, suspending play when PSI exceeds 100, citing older players in Divisions 3 to 5.

SPL and SPL2 fans should watch the fixture list on spl.sg and club channels before travelling to the ground if haze readings spike again on match day.

Hydration breaks are a heat and exertion tool in normal seasons. Here they are being used as a haze buffer as well, so players get two scheduled water stops even if the referee does not stop the clock for another reason.

Air quality on 16 September was expected in the high-moderate to mid-unhealthy range, according to NEAâ??s outlook published with the 15 September haze reporting.

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