

Sell World Cup Tickets: Players demand stronger safety rules as experts warn about World Cup heat

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Players Demand Stronger Heat Safety Rules as FIFA Faces Pressure Over Extreme Temperature Concerns

Football players from across the world have signed an open letter calling on FIFA to introduce heat safety guarantees before the FIFA World Cup 2026, as health experts warn of dangerous temperatures. In less than a month, players from across the world will be playing the World Cup in Canada, Mexico, and the United States.

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Over 39 days and 104 matches, 48 teams will train, play, and travel, sometimes under weather conditions that health experts have deemed dangerous for players' health. Professional football players are calling on the International Federation of Association Football.

To introduce stronger protections against dangerous extreme temperatures during the men's FIFA World Cup 2026. In an open letter, players across the world warn that heat stress can cause reduced physical performance and increase risks to player health. The signatories include players.

[Sell FIFA World Cup 2026: Former International Players Urge Stronger Heat Safety Protections Amid Climate Risk Warnings](#)

And former players representing clubs and national teams from Albania, Argentina, Australia, Austria, Belgium, Canada, Denmark, Germany, Gibraltar, Grenada, Ireland, Italy, Kenya, New Zealand, Norway, Portugal, Singapore, Spain, Thailand, the United Kingdom, and the United States.

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We find it important that all players are protected from heat impacts, from the grassroots to the elite level. As the elite playing the World Cup sets the example for players around the world, it's essential that the best available medical expertise is put into practice, the players wrote.

The letter comes after a report by World Weather Attribution warned of hazardous heat that could put players' health and performance at risk. The players said that they share the concerns outlined by the medical professionals and support their demand that FIFA update its heat-stress framework.

[Sell FIFA World Cup: Players Highlight Heat-Related Health Risks as FIFA Reaffirms Safety Commitments Ahead of Tournament](#)

Before the World Cup. Many of us have experienced heat impacting our sport. It can make you feel light-headed, dizzy, experience fatigue, muscle cramps, and worse. You can run less, and it becomes impossible to play with the same intensity as with more average temperatures.



The players wrote in the letter. FIFA is committed to protecting the health and safety of players, referees, fans, volunteers, and staff. Climate-related risks are assessed as part of overall tournament planning and managed in close coordination with host cities and stadium authorities. For now, learn more about [sell World Cup Tickets](#).

[Sell FIFA 2026: Mandatory Three-Minute Hydration Breaks Introduced Alongside Expanded Substitutions and Player Welfare Measures](#)

And national agencies, a FIFA spokesperson told Euronews Health. During the men's Football World Cup 2026, FIFA has introduced three-minute hydration breaks in each half of games. The organisation announced that, unlike in other tournaments, these pauses were dictated.

[Players demand stronger heat protection.](#)

- Footballers have urged FIFA to introduce stricter safety rules ahead of the FIFA World Cup 2026 due to concerns over extreme temperatures.
- Reports highlight that matches across the USA, Canada, and Mexico could expose players to heat stress, fatigue, and serious health risks during the expanded 48-team tournament.
- An open letter signed by players from multiple countries calls for updated medical and safety standards to protect athletes at all levels of the game.
- Planned protections include mandatory hydration breaks, extra substitutions, climate-controlled benches, and longer recovery periods between matches.

The temperatures, this time, breaks will apply regardless of weather conditions, to ensure equal conditions for all teams, in all matches. In addition, teams may use up to five substitutions, an additional substitution in extra time, and a concussion substitution, and benefit from a minimum of three rest days between matches.

Sell FIFA World Cup Final Tickets: Climate-Controlled Benches, Heat-Safe Scheduling, and Adjusted Kick-Off Times Introduced Amid Rising Temperature Concerns

There will be climate-controlled benches for technical staff and substitutes at all outdoor matches, the spokesperson said. According to FIFA, scheduling has also been developed with climate considerations in mind, balancing sporting, operational, and broadcast requirements while minimising travel.



Maximising rest days, and accounting for local climate profiles and venue infrastructure. Outdoor matches during the hottest parts of the day have been strategically limited, kick-off times adjusted in certain markets, and matches expected in warmer windows prioritised for covered stadiums.

Where possible, the spokesperson added. Around five games are expected to be played in 28°C heat, a level that the global union for professional football players, FIFPRO, considers to be unsafe, and postponement is advised. However, official FIFA regulations only consider postponement at levels above 32°C.

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Why are players raising concerns ahead of the FIFA World Cup 2026?

Players are demanding stronger safety rules due to concerns about extreme heat during matches across the USA, Canada, and Mexico.

What is the main health risk highlighted by experts?

Experts warn that heat stress can lead to fatigue, dizziness, cramps, and reduced performance, and may pose serious health risks.

What format change makes the 2026 World Cup more challenging?

The tournament will feature 48 teams, 104 matches, and 39 days of competition, increasing travel and exposure to varying climates.

Who has signed the open letter about heat safety?

Players and former professionals from countries including Argentina, Germany, Italy, Spain, the United States, Canada, and many others have signed it.

What do players want FIFA to change?

They are calling for updated heat safety rules, stronger medical protections, and better enforcement of climate-related safeguards.

How has FIFA responded to heat safety concerns?

FIFA says it is monitoring climate risks and working with host cities to protect players, referees, and fans.

What in-game safety measure has already been introduced?

FIFA has introduced mandatory three-minute hydration breaks in each half, regardless of weather conditions.

What additional player protections are included in the tournament rules?

Teams can use five substitutions, an extra substitution in extra time, concussion substitutions, and at least three rest days between matches.

What is XchangeTickets mentioned in the article?

[XchangeTickets](#) is a platform that allows users to buy and sell FIFA World Cup 2026 tickets, including group-stage and final match tickets.

What temperature levels are considered dangerous for players?

Around 28°C is already considered unsafe by FIFPRO, while FIFA considers postponement only above 32°C.

