

Soccer Modified Rules for Boys & Girls Soccer

- 1) National Federal High School Rules apply.
- 2) The maximum length of a quarter shall be fifteen (15) minutes.
- 3) Free substitution is permitted when the ball goes over the sideline or end line.
- 4) Equipment
 - a) Shoes with metal posts or spikes are not permitted in modified soccer.
 - b) NOCSEA approved shin guards must be worn at all times by all players.
 - c) An all-purpose type foam helmet may be worn and a mouthpiece shall be worn by the soccer goalkeeper for protective purposes.
- 5) One timeout per half (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the timeout period to instruct the players.
- 6) There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If time still exists after the second overtime, no further play shall be conducted.
- 7) In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.
- 8) The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and all white away uniforms shall be waived at the modified level.
- 9) Slide tackles are not permitted.
- 10) Overhead scissor/bicycle kicks are not permitted.
- 11) Flip throw-ins are not permitted.