

Extracted from [2017 NYSPHSAA Handbook pp 120-121](#)

MODIFIED SPORTS

16. SOCCER

Game Conditions: [See Modified Sports Standards Chart p109](#)

Game Rules:

1. NFHS Rules.
2. The maximum length of the quarter shall be fifteen (15) minutes.
3. Free substitution is permitted when the ball goes over the side line or end line.
4. Equipment
 - Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
 - An all-purpose type foam helmet may be worn and a mouthpiece shall be worn by the soccer goalie for protective purposes.
5. One-time out period per quarter (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time out period to instruct the players.
6. The sliding tackle is not permitted.
7. The overhead scissors kick is not permitted.
8. Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NFHS rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.
9. 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.
10. 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.
11. The flip throw-in shall not be permitted.
12. The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and all white home uniforms shall be waived at the modified level until the 2020-2021 school year.
13. The NFHS Home white uniform rule is waived.

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Complete Modified Program located on pages 98 to 128 of NYSPHSAA Handbook link above