

## **Modified Boys and Girls Soccer Sports Standards:**

### Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3<sup>rd</sup> day MAY NOT return to the modified level.

### Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified scheduled & must pass the athletic placement process
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- A player is ineligible when his/her 16<sup>th</sup> birthday is reached though he/she may finish the season

### Practices:

- May start August 26, 2019
- No practice with JV or Varsity
- One (1) practice per day
- No more than 6 calendar days per week (not 7 days in a row)
- Limited to 2 hours maximum (45 minutes maximum)

### Scrimmages:

- Team and individuals must have 6 practices before first scrimmage
- A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after maximum practice requirements and previous to the last scheduled contest.

### Games:

- Team and individuals must have 6 practices before first game
- Two (2) nights of rest between games
- Maximum of 12 games
- Maximum of 1 game per day

### Special Rules:

- NFHS Rules
- Two (2) 30 minute halves
- Free substitution is permitted when the ball goes over the sideline or end line
- One time out per half (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.
- The 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
- 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 a tie still exists after the second overtime, no further play shall be conducted.
- 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.

- Equipment:

An all-purpose type foam helmet may be worn and a mouthpiece shall be worn by the soccer goalie for protective purposes.

The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and white home uniforms shall be waived at the modified level.