



SECTION VIII

MODIFIED BOYS and GIRLS SOCCER HANDBOOK

2025

Boys and Girls Soccer Sport Coordinator
Mike Bongino – Cold Spring Harbor
mbongino@csk12.ny.us
516-241-3805

Officials Rules Interpreter
David Poli (516) 644-1839
poli@optonline.net

Modified Athletic Council President: Cathleen Dnyprowsky

516-441-4668

cdnyprowsky@greatneck.k12.ny.us

IMPORTANT INFORMATION

Sport Season – Fall
Start Date – Tuesday, September 2, 2025
End Date – Saturday, November 1, 2025

Required Number of Practices
- 6 individual practices prior to first scrimmage or game

Maximum Number of Games -9

Nights Rest Required: 2 Nights

SOCCER

Game Conditions: See MS chart

New Rules: See handout/attached

Game Rules:

1. NFHS Rules.

2. Two 35 Minute halves and each team may have 1 timeout per half.
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.
 - A mouthpiece must be worn by the soccer goalie for protective purposes. Goalie helmet is not necessary but allowed if an athlete would like to wear it.
5. The sliding tackle is permitted.
7. The overhead scissors kick is 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. No Overtime
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 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.
13. **Schools should communicate with opponents about uniforms**, if do not have white uniforms for away games. Home uniforms should have colors.

Game Rules

1. Only molded sole shoes & sneakers permitted
2. Shin guards worn at all times under the socks. Player cannot play without shin guards.

3. Mouthpieces must be worn by goal keepers.
4. Either or both teams may substitute when the ball goes out of bounds across the sideline or the end line.
5. Both teams must have 11 players on the field to start the game. Game cannot start with less than 11 players.
6. A red carded player must be substituted for; they may play shorthanded if they only 11 players.
7. If a player is injured and cannot return and there are no substitutes available, that team may play shorthanded. MINIMUM NUMBER OF PLAYERS IS 7.
8. A roster should be provided prior to the start of the game.

NOTE: ALL OTHER RULES FROM THE RULE BOOK APPLY!!!