

SECTION VIII

MODIFIED
BOYS and GIRLS SOCCER
HANDBOOK

2026

Boys and Girls Soccer Sport Coordinator

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IMPORTANT INFORMATION

Sport Season – Fall

Start Date – Tuesday, September 1, 2026
End Date – Saturday, October 31, 2026

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 may be worn by the soccer goalie for protective purposes (recommended but not mandatory). 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!!!