SECTION VIII * MODIFIED (MS/JHS) RULES

- NFHS Rules * Unless otherwise specified
- Roster Provided for each team, with (Head) Coach(es) listed as well
- Playing Time
    - Two 35 Minute HALVES
    - NO PERIODS
    - NO Over Time (OT)
    - Coaches can agree to less time (halves, i.e. 2 x 30 minutes)
    - Each team may have 1 timeout per half
        - During their possession or on any dead ball
        - If during live play, restart is drop ball to the team that called the time out
        - 2 minutes in length
- **Uniforms**
    - Schools should communicate with opponents about uniforms, if they do not have white uniforms for away games. Home uniforms should have colors
    - The NFHS regulations that the boys' and girls' soccer goalie uniform jerseys be numbered and all white home uniforms shall be waived at the modified level
    - If conflict, Use common sense (Rule 18), USE PINNIES * PLAY MATCH
- **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
    - Shin guards worn at all times under their socks, Players cannot play without shin guards
    - No MICRO SHIN GUARDS
    - A mouthpiece May be worn by the soccer goalie for protective purposes (NOT Required)
    - Goalie helmets are not necessary but allowed if an athlete would like to wear it
- **Playing Rules**
    - BOTH Teams must have 11 players on the field to start the game.
    - Games cannot start without less than 11 players
    - Free substitution (Either Team) is permitted when the ball goes over the sideline or end line
    - If a player is injured, and cannot return, and there are no substitutes available for that team, that team can play shorthanded
    - The slide tackle is permitted
    - The overhead scissors kick is permitted
    - The flip throw-in shall be permitted
    - In the event of the 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.
    - Minimum Number of Players (once game starts) is 7
- 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