

# NCGSOA MODIFIED / MIDDLE SCHOOL RULES

## GAME LENGTH

1. Both schools have 22 or more players – (play 5 periods of 15 minute)
2. One or both schools have 15 – 21 players
  - A. Play 4 – 18 minute Quarters (Extended Time)
3. One or both schools have less than 15 players – (play 4 – 15 minute quarters)
4. There will be no overtime played.

## Game Rules

1. Only molded sole shoes & sneakers permitted
2. Shinguards worn at all times under the socks. Player cannot play without shinguards.
3. Goalkeeper **MUST** wear boxer – type headgear with a chinstrap and **MUST** use a mouthpiece. **MUST HAVE ALL THREE. DO NOT START THE CONTEST WITHOUT THEM !!!!** (Section VIII addition)
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. Scissor/hitch kicks and slide tackles are illegal. The restart would be an indirect free kick.
9. Coaches are allowed 1 time out per period, which is 2 minutes in length. During their possession or on any dead ball. If it is during live play the restart would be a indirect free kick. For instructional purposes only.
10. A roster should be provided prior to the start of the game.

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