

**OCIAA MODIFIED SOCCER RULES**  
**Edited/Revised by OCSOA September, 2013**

1. The current year National Federation Soccer Rules in addition to the following NYSPHSAA and OCIAA Rules & Regulations shall apply.
2.
  - a. The maximum length of the quarter shall be fifteen (15) minutes.
  - b. Free Substitution is permitted when the ball goes over the sideline or end line.
  - c. Equipment: Only shoes with molded soles or sneakers are permitted as footwear
3. Shin guards must be worn at all times by all players.
4. It is no longer necessary for a modified goalkeeper to wear a helmet in New York State. The goalkeeper may choose to wear a helmet, and schools may require he/she wear one, but it is not required by rule. Goalkeepers must wear a mouthpiece.
5. One time-out period per quarter may be called whenever the ball is dead. The coach is permitted on the field during the time-out period to instruct the players.
6. The sliding tackle is not permitted.
7. The overhead scissors kick is not permitted.
8. A five (5) quarter game must be played if both teams have 22 or more players at the start of the game and in accordance with the following:
  - a. Both coaches will exchange official OCIAA roster before the start of the game.
  - b. The players must be seeded from #1 on down. The top half will be squad "A", the bottom half will be squad "B". This must be entered on the score sheet before the game starts.
  - c. Squad "A" will play quarters 1, 3 and 5: Squad "B" will play quarters 2 and 4.
  - d. If "A" team drops under the number of players needed to put a team on the field, bring up the top "B" player(s).
  - e. If "B" team drops under the number of players needed to put a team on the field, bring down the lowest "A" player(s).
  - f. No player may play more than four (4) quarters.
  - g. No half-time will be used, five (5) quarters will be played with a one (1) minute break between quarters.
  - h. No overtime in Modified Soccer.