

U-08 Sparta Cup Rules of Play

1. Size 3 Ball
2. 4 v 4 with NO Goalies - Maximum Roster Size (8)
3. Shin guards are required
4. Substitutions are unlimited and can occur at any time
5. (4) Quarters of play
6. No more than 10 minute quarters
7. (2) Minute breaks between quarters
8. (5) Minute breaks between halves (change sides at halftime)
9. Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
In the event of a goal kick. Opposing team will line up at or behind the half line.
10. Goals should be no larger than 4 feet (height) x 6 feet (width)
11. Goal kicks and corner kicks should be taken in the general vicinity of the respective goal
12. All infractions end in indirect free kicks
13. Opponents should be at least 10 feet away from the ball on all restarts
14. No penalty kicks
15. No offside
16. Deliberate heading is not allowed in 4 v 4 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.