



**CITY OF NEWPORT NEWS
DEPARTMENT OF PARKS & RECREATION
2026 INDOOR YOUTH SOCCER LEAGUE
RULES AND REGULATIONS**



The Newport News Youth Soccer League is a recreational program that places good sportsmanship, teamwork, and the development of the youth soccer player above winning and losing. Unsportsmanlike behavior by coaches, players or spectators will not be tolerated. Referees and field supervisors are instructed to remove any unruly people from the field or surrounding areas. Repeated violations may result in suspension or permanent expulsion from participation.

A. AGE ELIGIBILITY

The age date is January 1, 2026. School records or other information may be checked if there is a protest in eligibility.

Bantam League – Ages 5-6

All participants must be five (5) years old on or before January 1, 2026, and may not be seven (7) years old before January 1, 2026.

Mite League - Ages 7-8

All participants must be seven (7) years old on or before January 1, 2026, and may not be nine (9) years old before January 1, 2026.

Junior League - Ages 9-10

All participants must be nine (9) years old on or before January 1, 2026, and may not be eleven (11) years old before January 1, 2026.

Intermediate League - Ages 11-13

All participants must be eleven (11) years old on or before January 1, 2026, and may not be fourteen (14) years old before January 1, 2026.

Senior League - Ages 14-17

All participants must be fourteen (14) years old on or before January 1, 2026, and may not be eighteen (18) years old before January 1, 2026.

B. PLAYING ELIGIBILITY

1. The Newport News Youth Soccer Program consists of five (5) coed leagues: Bantam (5–6-year-olds), Mite (7–8-year-olds), Junior (9–10-year-olds), Intermediate (11–13-year-olds), and Senior (14–17-year-olds).
2. The league age cut-off date for the INDOOR season is January 1, 2026. All players registered in the registration timeframe will be placed on a team. Any player who is refunded from the current season's program is not permitted to be added to another NNPR soccer team or to be placed on the waiting list.
3. **All teams will be made at random by Athletic Staff.** A \$0 City of Newport News Resident fee or \$60 Non-City of Newport News Resident fee is required to complete the registration process.

4. Any player registering after official registration has been completed is put on the waitlist and can be added to any team. **There is no guarantee of team placement and requests are not accepted.**
5. A player may play up one league only if he/she has a brother or sister on a team in the older league and is within one season of moving up (following league age requirements). A parent or legal guardian must inform the athletic office of such intent.
6. At no time may a participant play on two (2) teams in the Newport News Indoor Soccer League. If a player is found playing for more than one team, the team in which he/she was **NOT** placed on by the Athletic Staff will forfeit all games that the team has played up to and including the game in which the error was found. Any coach found to have **knowingly** played an ineligible player will be subject to suspension from the League. Coaches cannot add players to their team under any circumstances. Coaches unable to contact players with the information provided must contact Athletic Staff immediately. Rosters may be checked by Athletic Staff at random to verify participants throughout the season.
7. There is a maximum of 10 players per team. Once a waitlist begins, Athletic Staff will assign players to teams if teams need additional players up to 10 players. No team will be allowed to have more than 10 players on their team unless extreme circumstances arise.

C. SEASON INFORMATION:

1. All game cancellations will be made by the Athletic Staff prior to the start of the first game. Weather related cancellations/postponements will be made on our RAINOUT hotline and website (Search for Newport News): <https://rainoutline.com/>. Our new weather hotline number is 757-899-1200, but you can follow the link provided to see all field conditions related to weather. To receive texts or emails to specific gyms you can subscribe for free here: <https://www.nnathletics.com/Default.aspx?tabid=2042697>
2. Teams will begin practices the week of December 1 and games will begin the week of January 5, 2026. Games and practices will be held at school gymnasiums, community center gyms throughout the city. The game season length will be dependent on the number of teams registered in each league and facility availability, but the City's goal is a 6-8 game season.
3. Players **MUST** wear indoor soccer shoes OR non-marking tennis shoes. No dress shoes or black soled shoes will be allowed on the gym floor. **Shin guards are mandatory for all leagues** and **MUST** be always worn under the socks. **Shin guards must be worn at all practices and games**. The shin guard must be completely covered by the sock. Rolling the sock down over the top of the shin guard does not count as under the sock.

Uniforms are provided by the Parks & Recreation Department. The head coach is responsible for making sure each player is properly dressed. All players' shirts must remain intact. **Shirts may not be altered for any reason (for example, no cut off sleeves, no cut off shirts, and no altering numbers). All players must wear their assigned jersey provided by NNRPT for that season. Any player with a duplicate number found playing on the soccer field will be substituted immediately and cannot return until their issued jersey is worn.** Players cannot wear two different colored socks at any time (for example, one red and one blue sock). If a sweatshirt or long sleeve t-shirt is worn, it must be worn under the team shirt. Any hooded sweatshirt must have the hood tucked inside the back of the shirt. Sweatpants may be worn in cold weather conditions or for approved medical reasons. The athletic staff will make the final decision on any uniform related issue. Uniform shirts may be exchanged through the athletic office up to **ONE WEEK** after shirts have been distributed to coaches. After one week, replacement shirts will need to be purchased through the athletic office for \$15 per shirt.

4. Illegal equipment rule. Casts or splints made of a hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass will not be allowed except for a manufactured knee brace that has not been altered, an Ace bandage with nothing underneath or a neoprene sleeve/Velcro wrap with no metal. This is an exception to the US Soccer rules that allow casts or other braces if covered by soft, pliable foam or other substance and accompanied by a medical release. **Newport News Youth Soccer does not allow casts, soft or hard, on any part of the body to be worn in games. There will be no exceptions to this rule.**

5. **NO jewelry may be worn during games at any time.** This includes, but is not limited to, hair beads, barrettes, starter earrings, necklaces, bracelets, or any other item worn anywhere on the body. Coaches are advised to follow this policy in practice as well. Using athletic tape or similar material to cover jewelry is not allowed for any reason. Athletic wristbands and headbands made of cloth material may be worn at any time. Medical alert necklaces or bracelets may be worn provided they are taped to the body.

PENALTY FOR ILLEGAL EQUIPMENT: The head coach shall receive the first caution (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped players shall be issued directly to the players and not to the head coach. The player shall be instructed to leave the field and may be replaced at the time of the caution. The removed player may re-enter at the next legal substitution opportunity.

6. Any player who is bleeding on the floor will be removed from the game until such bleeding has been completely stopped. Once the bleeding has been stopped, the player may re-enter the game at the next available opportunity to substitute. Any uniform (socks included) that **contains** blood will be termed illegal and a replacement **must** be used.

D. PLAYING RULES:

1. The Peninsula Soccer Officials Association (PSOA) is contracted to referee all scheduled games in all age groups. There is one (1) referee assigned per game. There are NO PROTESTS of judgment decisions made by referees allowed in Newport News Youth Soccer. Video evidence will not be accepted in any protest situation.
2. Newport News Youth Soccer plays under US Soccer playing rules with exceptions and variations as listed in this document. There has been a recent amendment to the US Soccer playing rules regarding heading the ball in youth soccer. No heading is permitted (games and practices) in the Bantam, Mite, and Junior league. The Intermediate league may head the ball during games. Heading may be allowed in Intermediate practices, provided it is practiced sparingly. Players in the Senior league is permitted to head the ball in both games and practices.

Penalty for heading: Any contact to the head, play is stopped immediately. The intentional use of the head will result in an in-direct free kick at the spot of the foul for the opposing team. Unintentional contact to the head will result in a drop ball to the team that last legally played the ball at the spot of the infraction unless inside the penalty area in which case the ball will be dropped to the keeper.

3. There is no grace period during the Indoor soccer season. Games will start at the listed time on the game schedule. If a previous game is running late the officials will determine the start time. All leagues will play with five (5) players per side on the floor. Each team must have no fewer than four (4) players to start a game and a minimum of three (3) to continue. If the minimum of four (4) players is not met at game time, then the game is considered a forfeit. If a forfeit is declared, teams will still be able to use the allotted time for practice and/or scrimmage. **The referee will not officiate a scrimmage.**
4. *All league specific rules are described below. All other rules not specific to one league will apply to all leagues.

BANTAM

- Bantam League games will consist of four ten (10) minute quarters. Bantam players will use a Junior size indoor ball.
- A player must play in at least two (2) quarters per game, unless injury, illness or discipline problems arise.
- Bantam leagues **DO NOT** have referees to referee their games so the coach/assistant coach will have to referee the game.

MITE

- Mite League games will consist of four twelve (12) minute quarters. Mite players will use a junior size indoor ball.
- A player must play at least eight (8) minute per half, unless injury, illness or discipline problems arise.

JUNIOR, INTERMEDIATE & SENIOR LEAGUES

- Games will consist of twenty-five (25) minute halves. Players will use a Senior size indoor ball.
5. An indoor Futsal ball will be provided for each practice and game. **Regular outdoor soccer balls will not be used at any time during the indoor season.** Bantam and Mite leagues will use a junior size ball. Junior, Intermediate, and Senior leagues will use a Senior size ball.
 6. Substitutions during the game will be on the fly, the player leaving the floor must be completely off the floor before the substitute enters play. If a player receives a yellow card, he must leave the floor, and the team must play down a man for two (2) minutes or until the opposing team scores a goal. If a player receives a second yellow card, he must leave the floor and cannot return to the game. The team must play down a man for two (2) minutes or until the opposing team scores a goal. If a player receives a straight red card, he must leave the floor and cannot return to the game. The team must play down a man for five (5) minutes or until the opposing team scores a goal.
 7. Any player or coach receiving a red card will not participate in the next scheduled game. Any Intermediate or Senior player receiving 3 cautions (yellow cards) in a season will be suspended for the next scheduled game. Suspensions may be extended or rescinded at the discretion of the Athletic Staff. Coaches are responsible for the behavior of the players, assistants, and spectators and can be warned or ejected by the referee for the unsportsmanlike conduct of any unruly person on their sideline. Parents also can be ejected from a facility at any time, please make them aware of this. Any player involved in a physical altercation, as deemed by Athletic Staff, will be suspended for a minimum of the next league game. Any coach or parent receiving a red card must immediately leave the facility.
 8. There will be no call for offsides; however, all other US Soccer fouls will be enforced with the addition of no slide-tackles. A slide-tackle is considered sliding, squatting, and/or sitting and sticking a foot out, etc.
 9. Goal keepers cannot throw the ball beyond midfield in the air. The ball must touch the floor or any player on the floor before crossing midfield if thrown. Goal kicks are thrown by the goalkeeper, are indirect, and cannot cross midfield in the air unless touched by a player or the floor before crossing midfield. An indirect free kick will be given because of this infraction where the ball crossed the line. On a keeper save, the keeper can throw or “kick the ball” provided it has been placed stationary on the floor. **Note: no drop kicks. Penalty is an indirect free kick from the penalty arch spot where the ball crossed the line.** If a keeper places the ball on the floor, it is considered a “free ball” a keeper cannot dribble the ball from outside the penalty area into the penalty area and pick it up.
 10. **The penalty spot is twenty (20) feet from the goal line.** The ceiling and basketball goals are out of bounds. Restart for an out of bounds is an indirect free kick from the spot directly below where the ball went out of bounds, unless down by the defense in its own penalty arch in which case the ball will be placed on the penalty area line closest to where it went out of bounds. A goal cannot be scored from a kickoff. All kick offs are indirect and can be played in any direction. Kick ins are indirect, and a goal cannot be scored directly from a kick in.
 11. On free kicks outside the team’s own penalty area, the ball is in play when it is touched and moves. For free kicks inside the team’s own penalty area, **the ball will be considered in play when it leaves the area. All fouls against a player and fouls for handling the ball will result in a direct free kick.** Players must be at least fifteen (15) feet from the ball on free kicks. Players must be at least ten (10) feet from the ball on kick offs.

12. All restarts must be taken within five (5) seconds of the ball being ready for play. A violation will result in charge of possession.
13. After a team scores seven (7) more goals than their opponent, the team in the lead must take one (1) player off the floor or allow the losing team to add one (1) player. The losing team will be allowed to choose which option is taken. If the difference in score is reduced to less than seven (7), both sides can return to 5 v 5. If the difference returns to seven (7) the losing team once again has the option as originally stated.

E. ADDITIONAL INFORMATION:

1. The City of Newport News prohibits the use of tobacco, tobacco products, and alcohol on school or recreational facility grounds, including athletic fields, bleachers, parking lots, and surrounding areas within one hundred (100) yards of any of the above locations.