



WINTER 2025-26 ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

It is the responsibility of each team captain or coach to familiarize his/her players and spectators with the following league rules. These will be enforced beginning with the first league game. Penalty for not complying will be forfeiture.

1.) ROSTER

1. Players must be 18 years old and out of high school.
2. All players must be listed on the official roster and sign in with the Facility Supervisor prior to each game.
 - A player can participate on **NO MORE THAN ONE** basketball team in the Hillsboro League.
 - Teams may have a maximum of 15 players.
3. Fill out rosters completely and accurately.
 - Rosters must have all information completed before they will be accepted.
 - **Roster/release forms must be signed individually by all team members.** Players who fail to sign the roster/release form will be dropped from the team roster.
4. Teams will forfeit all games in which non-roster players are used.
 - **Non-Roster Players:** The use of any player not listed on the roster on file at the Hillsboro Parks and Recreation office is illegal and punishable by forfeiture of the game in which she/he plays. Any player caught playing for a team other than the one she/he is listed on, will be suspended for the remainder of the season. Further, the team captain/coach of the team which used the non-roster player will be suspended for the remainder of the season. All team representatives at the start of the game will be asked if the players on their teams are consistent with the rosters provided.
5. Teams must have at least **four-(4) players** on the court at all times.
6. Teams with fewer than 15 players on their roster may add players.
7. Teams may add players to their roster provided a signed player add form is submitted prior to player participation.
 - **Deadline to add players to roster is February 5th, 2026.** Any addition requests made after this date must be approved by the Program Supervisor.
 - **Please use the ADD form** provided by the Parks and Recreation Department.
 - **Player add forms must be emailed to the Program Supervisor no later than 3p the day of a game. Add forms will not be accepted on-site.**
8. **Players must have picture ID available in the event a roster check is requested.** Parks & Rec staff, officials, and teams may request player ID checks.
 - **In the event of a roster check, players that do not have a photo ID for a roster check will not be allowed to play.**
9. If more teams apply than can be accommodated, teams will be accepted based on the following criteria: 1) Complete and accurate roster (including signatures). 2) Date and time roster and payment were turned in.
10. **Deadline: Signed roster/release form and Entry Fees must be emailed (and paid) to rosters@hillsboro-oregon.gov by Wednesday, December 3rd by 5:00 p.m. for registration to be accepted.**

NOTE: Any false information recorded on the roster for the purpose of gaining entrance into the program will be cause for disqualification from the league. Rosters will be checked for accuracy and may be checked by other teams upon request.

Review deadline by other teams is Wednesday, December 10th by 5:00 p.m.

2.) UNIFORM

1. **All teams must have matching jerseys of the same color with a contrasting permanent number on the front OR back of the jersey.** The number must be plainly visible by the officials.
 - Teams should also have t-shirts or white jerseys with numbers in case they play a team with conflicting colors.
2. It is strongly recommended that all team members wear gym shorts or basketball trunks.

3. Gym shoes must be worn, no street shoes allowed.
4. Jewelry is not permitted.

3.) THE GAME

1. The Parks and Recreation Department will provide two officials for each game.
 - In the unlikely event an official is unable to show up for a game (or is running late), teams should play the game as scheduled. Final score of the game will count.
2. The Home team may be asked to provide a scorekeeper.
3. Each team will provide their own regulation basketball for warm-ups and the game. The officials will select the game ball.
4. League games shall consist of **two 24-minute halves (running clock, no stop time)**, five minutes between halves.
 - Teams should be ready to play at game start time.
 - **The last two (2) minutes of the second half is stop time ONLY if the difference in scores is less than 10 points at the two (2) minute mark.**
 - Four-time outs of one (1) minute in length will be granted per game. One additional time out will be allowed per overtime period, time outs do not carry over from regulation.
 - **Overtime periods will be two-(2) minutes in length.**
5. Game times will be 6:15, 7:30 and 8:45 PM.
6. **Teams must have four (4) players to start the game. Forfeit time is game time.**
7. **PERSONAL FOULS:**
 - The adult basketball league will not follow the High School Team Foul rules adopted by the NFHS for the 2023-2024 High School Basketball Season. The adult basketball league will follow the high school foul rules that were in effect before the 2023-2024 season as follows:
 - Personal Fouls count as team fouls.
 - Players are disqualified after their 5th personal foul for the game or second technical foul in a game.
 - After a team's 7th Team foul in each half, the opposing team will be in a 1 on 1 shooting situation. After a team's 10th team foul in each half, the opposing team will be awarded two shots.
 - Technical fouls, except for Administrative Technical Fouls, will continue to be counted as Personal and Team fouls.
8. The Facility Supervisor will collect scores immediately following the game. The standings will appear on the City of Hillsboro Team sideline web site: www.teamsideline.com/hillsboro
9. Shower facilities will not be available.

4.) CONDUCT

Players & Spectators

1. **Team managers will be responsible for the conduct of their players and/or spectators before, during and after the games.**
2. There shall be no arguing with officials or disputing their decisions. **Unsportsmanlike conduct, unnecessary roughness, abusive or foul language, or any other such conduct will not be tolerated.**
3. Any player or coach who lays a hand on any official will be removed from the program for the entire season. Teams may also be removed.
4. Players may not practice on the side of the court when a game is in progress.
5. There shall be no smoking on any part of the grounds at any time.
6. The use of alcoholic beverages on the grounds is strictly prohibited.

Technical Fouls

1. **Abusive or inappropriate language used by any player either on the court or on the bench will be treated as a conduct related technical foul. Continued abusive language will mean a second technical foul and ejection from the facility. If a player refuses to leave the facility, the game will be forfeited to the opposing team.**
2. **Any player who receives two (2) conduct related technical fouls during one game will be ejected from the game (and the facility). Conduct related technical fouls can be assessed before, during, and after a game.**
3. **Any player ejected from a game, whether or not he receives 2 technical fouls, will automatically be suspended for the next game. Any player ejected from two games will be suspended for the remainder of the season.**
4. **Any player who accumulates three (3) conduct related technical fouls during the course of the season, will be suspended for the remainder of the season.**

- Any player suspended for the season may be in jeopardy of being suspended for future seasons. A review of the individual player circumstances will be conducted by the Program Supervisor to determine the course of action for future seasons.
5. Conduct related technical foul(s) given to the bench will be assessed to the captain/coach and be counted towards his limit of three technical fouls for the season. In the case that the coach is not a rostered player, the designated floor captain will be assessed the technical.
 6. If a captain/coach has been warned about the behavior of spectators, technical foul(s) may be assessed to the captain/coach if the problem is not corrected.
 7. Technical fouls will count towards the five foul per player limit and as a team foul.
 8. **A technical, flagrant, or intentional foul will result in two-(2) points awarded to the team that did not commit the technical foul plus possession of the ball. Free throws will not be shot after a technical foul has been called.**

The penalty for any player or team disregarding any section(s) of Rule 4 may include ejection from the game, suspension, forfeit of game and/or dismissal from the league as determined by the Parks and Recreation Department.

5.) HIGH SCHOOL RULES

1. Except for any deviations found in these playing regulations, play will be governed by the rules set forth in the official National Federation of State High School Associations Basketball Rules.
2. The Parks and Recreation Department and the Governing Board will make all final decisions regarding rules and regulations.

6.) NO DUNKING (including spectators)-

We kindly ask the team captains to please make all players and spectators aware of the no dunking rule as follows:
Dunking the ball during the games, warm-up, or half time (by players or spectators) will not be permitted and a technical foul will be assessed to the guilty player and/or team captain. This technical foul shall count as a conduct related foul and will count toward the player's cumulative total. **Persistent or excessive dunking of the basketball during warm-up, half-time or game play shall be considered conduct related and may result in ejection from the game. Judgement rulings on dunking will be at the discretion of the officials. Should an infraction occur during a game, 2 points will also be awarded to the opposing team.**

The purpose of the No-Dunking rule is to protect the rim and backboard equipment from damage which may result in the permit for league use being rescinded by the Hillsboro Parks & Recreation Department and/or Hillsboro School District.

7.) FINAL STANDINGS

If there is a division tie, the final playoff seeding will be determined by the outcome of all previous games played between the two tied teams. If this does not break the tie, a simple coin-toss will be used to determine the seeding.

Trophies and/or league credits are awarded to teams based on results of the post-season playoffs. Awards and/or league credit will be presented for first and second place.

8.) CANCELLATION OF GAMES

In the case of extreme weather conditions or rain, team representatives are responsible for calling the game cancellation number, 503-681-6226 after 4:00 PM on the day of the scheduled game. Notifications will also be posted on our TeamSideline site at: <https://www.teamsideline.com/hillsboro> **Rained out or canceled games may be made up any day of the week.**

The City of Hillsboro and officials will not be responsible for loss of property or injury suffered by any player or team during the time they play in the Hillsboro Adult Basketball program.

Due to the excellent cooperation with the Hillsboro School District and our City facilities, we request that all respect and adherence be given to HSD and City of Hillsboro regulations when using the facilities so that this program may continue for the enjoyment of the people involved.

It is the intention of the Parks and Recreation Department that the purpose of the basketball program is to provide fun and recreation for the participants. Therefore, protests of games will be considered only for extremely compelling reasons. The officials must be notified of the protest during the game and the league supervisor must be notified the day following the game.