



Adult Basketball

Fall 2025

Rules

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All games shall be governed by the current official High School Basketball rules, with the exception of the modified local league rules for Woodland.

League entry fee covers the cost of league games only. Adult programs must be self-supporting. Fees shall defray the costs for officials, awards, scorekeepers, gymnasium, etc.

Schedules will be made in advance of league play. Changes in the current schedule may be refused.

MANAGER RESPONSIBILITY

The team manager is responsible for his/her players knowing these rules. It is assumed that all players will be informed. Any questions regarding these rules should be directed to the Sports Department, the Recreation Coordinator or Supervisor responsible for athletic leagues.

League Participants

All players must be at least **18 years** of age and must have signed the official roster form. High School basketball participants are not permitted to play during their current school league.

All players participating in any City organized league game must be registered on the appropriate team roster on TeamSideline prior to that player's first game. All information must be properly filled out for a roster to be valid. If a player is caught playing without signing the roster, that player and the team's manager will be suspended for one full week from all of City of Woodland Adult Sports Leagues.

Managers are encouraged to check their official roster before every game. This information is available at www.teamsideline.com/woodland. For detailed information to find your roster, contact Community Services Department for assistance. Managers must add themselves to the Roster as a player in order to participate as a player. Teams may have up to 18 players on their roster.

Any player using false information will be suspended from all league play for the remainder of the season, or for a minimum of four weeks. Any player found playing after being suspended will be suspended for one calendar year from the date of the infraction.

A player shall be eligible to play on ONE TEAM per night of play. A player may not play on two teams on the same night. Any player found to be playing on more than one team per night or in a league they have been banned from will be suspended for a minimum of one week from all of the City of Woodland league play and placed on probation for the remainder of the season, or for a minimum of four weeks. Additionally, the game the illegal player participated in may be recorded as a forfeit. **Rule currently suspended. Managers Vote 8/20/25 to determine if this remains.**

Players can be added or dropped through the fourth game.

For safety and legal reasons, no persons other than registered players, managers, coaches, or officials, will be allowed on the playing court during any game.

A player must appear on the approved roster to be eligible to play in a game.

Team League Organization

Teams may have up to 18 players on their roster, but may only have five players on the court during play. Extra players must be listed on the official line up and be given to the scorekeeper before the start of the game.

Each team manager shall provide the official scorekeeper ten minutes prior to game time with the names and numbers of all players who will be participating in the game. Scorekeeper will not add any players to line up after start of game, unless a team is playing with four players.

Game clock will begin after the official blows whistle for game play. Both teams (at least 4 players) shall be on the court and ready to play at game time. If either team has less than four players at the scheduled game time, a five (5) minute grace period will be given. If the fourth player does not arrive within the five-minute grace period, the game is declared a forfeit.

To eliminate forfeiture with not enough players, teams may “borrow” players from the other teams, so as long as the player is a legitimate player in the league, with a signed waiver and roster. The arrangement must be agreeable to both team managers.

Mid-Season Alignment

After the first half of the season has completed, a league re-alignment may occur. If divisions are extremely lopsided, giving teams an unfair advantage, teams may be moved into a higher division. The same for those teams at the bottom end of the spectrum in high divisions. These teams may move to a lower division. All re-alignments are to the discretion of the Sports Department. Teams will be notified of any changes occurring in schedules immediately.

Local Game Rules

All games shall consist of two - twenty minute running halves and a five minute intermission at the half. The clock will be stopped for time-outs only. The last two minutes of the game will be played on a stop-time basis. The clock will be stopped at foul shots, out of bounds, etc. At the two minute mark, if a team has a lead of twenty or more points, the clock will not be played as stop-time, the clock will revert to running time for the remainder of the game

Each team will be allowed 2 time outs per half.

All rules not covered here shall be governed by the current High School Basketball rules.

Updated 9/24/25

Overtime

Overtime Periods

- **First Overtime:** (starts with jump ball)
A **3-minute** period will be played.
- **Second Overtime (Sudden Death):** (starts with jump ball)
If still tied, a second **3-minute sudden death** period will follow. The **first team to score** will be declared the winner.
- **Rest Periods:**
A **1-minute rest** will precede each overtime period.
- **If Still Tied:**
If the game remains tied after both overtime periods, the result will be recorded as a **tie**.

Playoff Exception

- During the **Championship game**, sudden death rules **do not apply**.
- **Standard 3-minute overtime periods** will continue **until a winner is determined**.

Gameplay Rules During Overtime

- **Stop-Time:** All overtime periods will be played using **stop-time** rules.
- **Penalties:** All **fouls** committed during overtime will result in **standard penalty enforcement**.
- **Timeouts:**
 - Each team receives **one (1) timeout per overtime period**.
 - Teams may **carry over one unused timeout** from the second half of regulation, if available.

Free Throws

Free throws will be shot during games, where high school rules apply, and the clock will not be stopped during free throws, except during the last two minutes of the game.

****Players in the lane can move off the release during a free throw. ****

After the seventh team foul, a team reverts to **bonus** on every foul called. A team will shoot one free throw shot. If the first one is made, the team will have the opportunity to shoot again.

After the tenth team foul, a team reverts to **double bonus**. A team will shoot two free throw shots.

For any **technical fouls** called the non-offending team will be granted two additional points and the shots will not be shot and ball possession will be granted to the non-offending team at half court.

Dunking

At the Woodland Community and Senior Center dunking the ball is prohibited. Players violating this rule will be suspended from play.

Uniforms

All players must wear gym shoes and matching shirt colors/tops with numbers on them. All uniform violations are at the discretion of the official.

For safety and injury prevention, no jewelry such as watches, bracelets, earrings, or necklaces may be worn by any player.

Any player, coach or official who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered (i.e., bandage/cover the wound or remove/change the bloodied clothing.)

Officials

Officials are assigned to all scheduled league games. Officials shall have complete charge of the game and the players, managers, coaches, spectators, and sponsors. In extreme cases of misconduct, the official may discontinue play and issue a forfeit or double forfeit. Only the team manager can talk to a referee during a game regarding a dispute. The official's decision is final.

Player Conduct

Players are expected to play in the sports league with sportsmanship. These programs are designed to be recreational and it is the purpose to provide a recreational experience with fun and exercise. No player shall play in an unnecessarily rough and/or reckless manner, as determined by league officials. Players participating in any kind of physical or verbal confrontation on the court or at the facility before or after the game are subject to suspension

for the current season or the entire remaining basketball year. Spectators involved in any misconduct are subject to suspension from the courts and/or arrest.

Any vulgarity or language an official finds inappropriate shall warrant a one time, team warning. After the warning, any audible profanity shall be subject to immediate ejection. **NOTE:** An official may eject a player for profanity without a warning. Any post ejection demonstrations of profanity or other un-sportsmanlike conduct may result in game forfeiture, as well as player suspensions.

Players who receive a technical foul will sit out five minutes of game clock time to “cool off.” If game has less than five minutes of play time, then the player will be out for the remainder of the game.

Any player who receives two technical fouls or is ejected for a flagrant foul must leave the game and leave the gymnasium. Players ejected will be suspended a minimum of one game and may not participate in league play.

Any player leaving the bench during a fight (for any reason) is subject to immediate ejection from the league. Suspended players may appeal for re-instatement to the league.

Ejections & Suspensions

Any player ejected from a game or the gymnasium will be immediately suspended for a minimum of 1 game with a maximum of ten games. Ejected players must stay out of any gymnasium where City of Woodland basketball is being played for the entire duration of suspension.

The following are grounds for immediate and long-term suspension from the City of Woodland basketball league: threatening anyone, spitting, physically touching or verbally abusing officials or any other person while the games are being played in the gymnasium.

Protests

Protests that arise during the game based on rule interpretation shall be announced by the manager of the protesting team to the official immediately and before play resumes. The official shall in turn notify the opposing manager and official scorekeeper. Protest based on an official’s judgment in calling play will not be accepted. Protest based on the misinterpretation or misapplication of playing rule or on the eligibility of any player will be reviewed and ruled upon by the Community Services Department staff in charge of Athletic Leagues.

The protesting manager shall submit a formal written protest to the Parks & Community Services Office during the first working day following the protested game. A \$30 protest fee must accompany the written protest, which will be refunded if the protest is upheld. This written protest shall include:

1. The date, time, place of the game, and names of the teams involved.
2. Names of referees and scorekeeper.
3. A description of the rules and procedures involved.
4. All essential facts involved in the matter of protest.

When a protest based on interpretation or application of a rule is upheld, the game shall be replayed from the point of the protest with the decision corrected only if the outcome would affect the league championship.

Managers may protest the opposing team of illegal players. If the player is on the roster or enters the game on the court, he/she must be protested before the end of the game. The protesting manager shall notify the official and the scorekeeper of his/her protest and must submit all appropriate paperwork along with the \$30 protest fee during the first working day following the protested game. When a protest based on the use of an ineligible/illegal player is upheld, the game shall be forfeited to the protesting team. Appropriate action will be taken against the ineligible/illegal player.

Player Code of Conduct

NO PLAYER SHALL lay a hand upon, shove, strike, threaten, or physically attack any player, official or spectator. Officials are required to immediately suspend player from further play and report such player to League Coordinator. Such player shall remain suspended until the League Coordinator has considered his case.

MINIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

NO PLAYER SHALL refuse to abide by official's decision. Officials are required to immediately suspend player from further play and report such player to the League Coordinator. Such player shall remain suspended until the League Coordinator has considered his/her case.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL be guilty of objectionable demonstrations of dissent at official's decision.

MINIMUM PENALTY: Warning by the official and possible ejection from game.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL discuss with an official in any manner the decision reached by such official except the manager or captain.

MINIMUM PENALTY: Warning by the official and possible ejection from game.

MAXIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

NO PLAYER SHALL be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player. Officials are required to immediately suspend players from further play and report such player to League Coordinator.

MINIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Coordinator.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL appear upon the court at any time in an intoxicated condition or visually drinking. Officials are required to immediately suspend player from play and report same to League Coordinator for further consideration. Any team caught drinking on the premises will have an immediate forfeiture of their game.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for four weeks and placed on probation for one year.

NO PLAYER SHALL smoke while coming off or going on the field of play or while on the field of play.

MINIMUM PENALTY: Warning from official.

MAXIMUM PENALTY: Ejection from game.

SPECIAL NOTES

1. Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season or a minimum of four weeks.
2. Any player ejected from a game is expected to immediately leave the play area AND premises. Failure to do so will result in the Police being called and AUTOMATIC team

forfeiture for the game. In addition the offended player receiving a minimum of two week suspension from all Adult Sports leagues with the City of Woodland.

Any infraction and subsequent penalty given by the City of Woodland will be transmitted to municipal league directors in the area.

Forfeits

Teams forfeiting two games in a row may be dropped from league under certain circumstances.

Tie Breakers

1. Winning Percentage
2. Head to head
3. Total Points Differential
4. Common Opponents
5. Total Points for
6. Total Points against
7. Lowest number of forfeit
8. Coin Toss

Other

The Community Services Department is not responsible for the supervision of children during scheduled Adult recreation activities.

Schedules and standings will be posted at www.teamsideline.com/woodland

All questions and concerns shall be directed to the Adult Sports Recreation Supervisor Brad Petersen brad.petersen@cityofwoodland.gov or (530) 661-2000.