



# YOUTH BASKETBALL



# LEAGUE INTRODUCTION

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Welcome to the Woodlake Park & Recreation Youth Basketball League! We offer this program for kids TK to 8th Grade, and our program continues to grow each year! We are now offering affordable play to over 300 kids! Thank you for your patience as our league continues to go through growing pains from adding more teams, and creating new Divisions that help hone in on age-appropriate skills.

The City of Woodlake has one basketball gym at their Community Center facility, and we also work with the WUSD to have limited access to some of their gyms to accommodate our continued growth. Because of limited gym space/access, all of our practices must be scheduled for each team, and many games are played throughout the full day on Saturdays.

Because of this quickly growing program, and the fact that we do not put a cap on our registrations (for example, only take 300 registrations and then close the league), forecasting the details of each season is impossible. So what we are striving to do in this packet of information is provide what has been done the previous season, to give you an idea of what to expect. However, ***this information can change!*** It's simply meant to give you a guide.

Our League is a Parks & Recreation League, which means that it is non-competitive. The scores and stats are not recorded. There are no playoffs or championships. All players must receive an equal amount of playing time, and all will receive a participation medal at the end of the season.

The season's games will begin mid/end of January. We try to wait for school to go back in session before jumping into the season. Your team will have a 9-game schedule, and the season will wrap up at the end of March.

One trend we have seen the past two seasons, is that our registrations had a large spike in the traditional youngest age group of Kindergarten and 1st Graders. In the past, this age group was co-ed & had 6 teams. In 2025 we had enough kids register in this age group to create 14 teams! So the changes we saw in the 2025 season were for this group of younger kids, and this is how it was broken down:

- "6U" was still coed, but consisted of kids in TK & Kindergarten
- "7U" divisions were formed for both boys & girls, and both divisions were predominantly only 1st graders



# SEASON OVERVIEW BULLET POINTS

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## SEASON REGISTRATION:

We only offer a Winter Youth Basketball Season. Registration for this Winter season will begin during the Fall—in early October. Registrations will be taken until the announced deadline—likely the early/middle of December, before school is let out for the Winter Break.

We like to group our registrations by grade (versus age) so that it's not confusing to kids if their classmate is in a different division. We will use this structure template as we accept registrations (this structure is **subject to change**):

- **6U Division**—this division is coed, and includes students in TK and Kindergarten. Anyone wishing to register their child who is not yet in TK will need to agree to Coach their child's team. Please understand that our hoops for this age level are at 7' tall, which is very difficult for a little one to reach. We do want to warn parents that basketball is one of the most difficult sports for littles, as it involves a lot of hand-eye-coordination that might not be developed yet. It also involves arm strength to shoot baskets. We don't want a child to be disappointed with themselves if they cannot dribble or shoot a basket—they might not yet be able to do these things. This Division plays on mini-courts with smaller roll-away hoops. It's very likely these games will be played on week nights.
- **7U Division**—this division is split 7U Boys and 7U Girls, and includes students in the 1st Grade. This Division plays on mini-courts with small roll-away hoops set at 7' high. It's very likely these games will be played on week nights. If you feel that your child is ready to play on a full sized basketball court with 7.5' hoops and more defined positions, please note on your registration form that you'd like for your child to play in the 9U division. There is also a great need for Coaches at this level as this is our largest age division for both boys and girls.
- **9U Division**—this division is split 9U Boys and 9U Girls, and includes students in 2nd and 3rd grades. This division plays games on a full sized court and basketball rules are more defined and enforced. It's very likely these games will be played on Saturday mornings.
- **11U Division**—this division is split 11U Boys and 11U Girls, and includes students in 4th and 5th grades. This division plays games on a full sized court and all basketball rules are defined and enforced. It's very likely these games will be played on Saturday mornings/afternoons.
- **14U Division**—this division is split 14U Boys and 14U Girls, and includes students in grades 6th—8th. This division will very likely play their games on Friday nights (to avoid Middle School sports schedules). The teams in these divisions are often selected via a draft by the Coaches, so special requests are not taken into account.

It's incredibly important to register before the final deadline. After the deadline, teams are created and uniforms are ordered. We will order an equal amount of uniforms for each team in the same division to anticipate each team to have the same sized roster. So any late registrations that are accepted will be assigned to a team based on their uniform size (if it's available), and no special requests will be taken into consideration.

## SPECIAL REQUESTS:

We recognize that Woodlake is a small town with a lot of related families, so we will do our best to accommodate special requests. However, we do ask for a few things by you: 1) Put all special requests on your child's registration form (any received via call or email will not be taken into consideration). 2) Be willing to Coach your child's team—Coach's requests are prioritized. 3) Make sure you state your request clearly. For example, do not list nicknames or first names only. If you feel your child is ready to play at a higher level, state that clearly (ie: don't just list a request to play with an older sibling). **Please understand that we cannot guarantee your special requests.**

# SEASON OVERVIEW BULLET POINTS

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## TEAM COACHES:

All of our coaches are volunteers. The season does not run smoothly without the volunteerism & dedication of parents and family members who step into these crucial team rolls! Don't be afraid to Coach your child's team—we will help you along the way, and we also encourage groups of parents to help each other and coach together!

Coaches are responsible for being the team point person with Woodlake Parks & Rec, as well as their team parents. We will host a Coaches Meeting before the season to introduce ourselves, allow you to meet fellow coaches, go through the rules, and answer any questions. After that meeting, Coaches will be able to reach out to their team parents and set practice dates. We encourage anyone wishing to have some control over the schedule to volunteer as a Coach. Parent's who take on coaching more than one of their children's teams are given priority during schedule making. They are guaranteed that none of their children's games will overlap.

To be a team coach, simply make that notation on your child's registration form when you sign him/her up for the season—there will be a box to check that says you are willing to Coach. Once the season registration closes, you will be contacted with information for the date/time/location of our Coaches Meeting. At that meeting, you will receive your roster and team parent contact information, as well as your team's equipment.

## HIGH SCHOOL VOLUNTEERS:

If you, or someone you know, would be interested in Coaching or Assisting a team for school volunteer hours, please reach out to Jennifer at [JReynolds@ci.woodlake.ca.us](mailto:JReynolds@ci.woodlake.ca.us).

## PRACTICES:

This is our most unique sport for practices because of gym use limitations. Practices will be scheduled for your team. The good thing about scheduled practices, is that this space is available for you, even if your coach cannot make a practice (ie: your team can still go shoot around). Coaches requests are taken into consideration while making the practice schedule, so if you plan to coach your child's team and have schedule limitations, please communicate that on your child's registration form, or reach out to Jennifer directly at [JReynolds@ci.woodlake.ca.us](mailto:JReynolds@ci.woodlake.ca.us)

## PRE-SEASON SCHEDULE:

Once registration closes, Woodlake Parks & Rec will release two "Season Information Packets". The first version will include pre-season events, team rosters, basic season info, and uniform information to help you prepare for the season. The second information packet will be released after the Coaches Meeting, and will include game schedules.

For the most up-to-date season information, follow the City of Woodlake on social media, or check our website at [www.cityofwoodlake.com/recreation](http://www.cityofwoodlake.com/recreation). If you include an email address on your registration form, you will also receive season announcements via email.

Here are a few key pre-season events to look forward to:

- **Early January:** Team Rosters Announced
- **Coaches Meeting:** Coaches will meet the first full week of January (before school goes back into session)
- **Youth Basketball Clinic:** This one-time clinic is in partnership with the WHS Boy's Basketball Team. Participation is \$20 and includes a t-shirt. All money raised goes to support the WHS Basketball Team. This is a great way to get your child excited for the season!
- **Opening Weekend:** Our season will kick off with one big Opening Weekend where all teams will play their first games, and have their team pictures taken. These games are also very festive and are created to get our participants excited about playing. All players will receive giveaways, there will be food vendors, and a photo backdrop to take pictures with friends/family.
- **Games:** Games will begin mid/end of January and will run through the end of March. Reference the chart on the following page to see when each Division played their games last season (*please note, this may change based on registrations for the next season*).



# BASIC BASKETBALL RULES & DIVISION INFO

**PARKS & REC**

	<b>GU COED KINDER &amp; UNDER</b>	<b>7U GIRLS 1ST GRADE</b>	<b>7U BOYS 1ST GRADE</b>	<b>9U GIRLS 2ND-3RD GRADE</b>	<b>9U BOYS 2ND-3RD GRADE</b>	<b>11U GIRLS 4TH-5TH GRADE</b>	<b>11U BOYS 4TH-5TH GRADE</b>	<b>14U GIRLS 6TH-8TH GRADE</b>	<b>14U BOYS 6TH-8TH GRADE</b>
<b>Number of Teams:</b>	6	4	4	4	4	4	4	4	6
<b>Team Names:</b>	NBA G-League	NBA G-League	NBA G-League	WNBA	NBA	WNBA	NBA	WNBA	NBA
<b>Total # of Players:</b>	36	28	28	36	32	36	36	32	56
<b>Game Day:</b>	Thursday Night	Thursday Night	Friday Night	Saturday Morning	Saturday Early Afternoon	Saturday Afternoon	Saturday Early Evening	Friday Nights	Friday Nights
<b>Game Time (mins):</b>	4 Quarters 7 mins per quarter	4 Quarters 7 mins per quarter	4 Quarters 7 mins per quarter	4 Quarters 8 mins per quarter	4 Quarters 8 mins per quarter	4 Quarters 9 mins per quarter	4 Quarters 9 mins per quarter	4 Quarters 10 mins per quarter	4 Quarters 10 mins per quarter
<b>Break Times (mins):</b>	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins
<b>Practice:</b>	1/2 hr. per week	1/2 hr. per week	1 hr. per week	1 hr. per week	1 hr. per week	1 hr. per week			
<b>Court Location:</b>	Woodlake Community Center	Woodlake Community Center	Woodlake Community Center	Woodlake Community Center	Woodlake Community Center	Woodlake Community Center	Woodlake Community Center	Practice: Castle Rock Games: Community Ctr.	Practice: Castle Rock Games: Middle School
<b>Court Size:</b>	Cross Court	Cross Court	Cross Court	Full Court	Full Court	Full Court	Full Court	Full Court	Full Court
<b># of Players on Court:</b>	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5
<b>Score Keeping:</b>	None	None	None	None	None	Score is Kept	Score is Kept	Score is Kept	Score is Kept
<b>Ball Size:</b>	27.5"	27.5"	27.5"	27.5"	27.5"	27.5"	28.5"	28.5"	29.5"
<b>Rim Height:</b>	7 ft.	7 ft.	7 ft.	7.5 ft.	7.5 ft.	8 ft.	9 ft.	10 ft.	10 ft.
<b>Fouls/Free Throws:</b>	Fouls will stop the game & allow for players to re-set	Fouls will stop the game & allow for players to re-set	Fouls will stop the game & allow for players to re-set	5 fouls per player. No free throws.	5 fouls per player. No free throws.	5 fouls per player. Shooting foul = freethrows	5 fouls per player. Shooting foul = freethrows	Middle School Rules	Middle School Rules
<b>Offense:</b>	Refs help encourage dribbling & passing	Refs help encourage dribbling & passing	Refs help encourage dribbling & passing	Obvious traveling called. Refs help encourage passing vs. double-dribble	Obvious traveling called. Refs help encourage passing vs. double-dribble	Traveling called. Double-dribble called.	Traveling called. Double-dribble called.	Middle School Rules	Middle School Rules
<b>Defense:</b>	Zone Defense No Stealing	Zone Defense No Stealing	Zone Defense No Stealing	Player to Player or Zone No Stealing	Player to Player or Zone No Stealing	Player to Player or Zone	Player to Player or Zone	Player to Player or Zone No Double-Team or Traps	Player to Player or Zone No Double-Team or Traps
<b>Press:</b>	No Full Court or Half Court Press	No Full Court or Half Court Press	Half Court Press	Half Court Press	Full Court Press 1st Half Half Court Press 2nd Half	Full Court Press 1st Half Half Court Press 2nd Half			
<b>Players in Key:</b>	2 per team	2 per team	2 per team	2 per team	2 per team	2 per team	3 per team	3 per team	3 per team
<b>Timeouts:</b>	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half
<b>Player Minimum Play:</b>	14 mins	14 mins	14 mins	16 mins	16 mins	18 mins	18 mins	20 mins	20 mins
<b>Substitutions:</b>	as-needed	as-needed	as-needed	at breaks	at breaks	at breaks	at breaks	at breaks	at breaks
<b>Skills to Develop:</b>	Dribbling & Passing Shoot for Square Hands-up Defense	Dribbling & Passing Shoot for Square Hands-up Defense	Dribbling & Passing Shoot for Square Hands-up Defense	Dribbling & Passing Shooting Form Hands-up Defense	Dribbling & Passing Shooting Form Hands-up Defense	Free Throws, Pivoting, Basic Plays	Free Throws, Pivoting, Basic Plays	Full Court Press/Breaks & Running Full Plays	Full Court Press/Breaks & Running Full Plays

**THE FOLLOWING INFORMATION IS TO PROVIDE A POINT OF REFERENCE; THIS INFORMATION IS ALL SUBJECT TO CHANGE BASED ON THE NEW YEAR'S REGISTRATIONS.**



COMMUNITY CENTER GYM: 145 N. Magnolia St | CASTLE ROCK GYM: 360 N. Castle Rock St. | MIDDLE SCHOOL: 497 N. Palm St.



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# GYM FACILITY INFORMATION

- Only water is allowed inside the gym (no sports drinks or food items)
- Please help pick up all the trash after games
- Please attend children when going to the bathroom & keep the facility clean/tidy
- Be respectful of the facility & the other organizations who operate inside the facility (ie: Boys & Girls Club)
- Community Center: the Kitchen & other rooms are no-go zones
- Middle School Gym: locker rooms are off-limits & restrooms are located outside the building

**COMMUNITY CENTER GYM:** 145 N. Magnolia St

**CASTLE ROCK GYM:** 360 N. Castle Rock St.

**MIDDLE SCHOOL:** 497 N. Palm St.



## 2025 BASKETBALL SCHEDULE OVERVIEW WOODLAKE COMMUNITY CENTER

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	NORTH HALF	SOUTH HALF	NORTH HALF	SOUTH HALF	NORTH HALF	SOUTH HALF						
<b>6:00PM</b>	6-6:30pm 6U Practices (2 teams)	6-6:30pm 6U Practices (2 teams)	6-6:30pm 7UG Practices (2 teams)	6-6:30pm 7UG & 6U Practices	6-6:30pm 7UB Practices (2 teams)	6-6:30pm 7UB Practices (2 teams)	<b>5:30PM</b>	Gym Prep	<b>5:30PM</b>	Gym Prep	<b>9:00AM</b>	9U Girls Game
<b>6:30PM</b>	6:30-7:30pm 11UG Practice	6:30-7:30pm 11UG Practice	6U Practice	9UG Practice	6:30-7:30pm 11UB Practice	6:30-7:30pm 11UB Practice	<b>5:45PM</b>	5:45pm 6U Games x 2	<b>5:45PM</b>	5:45pm 7U Boys Games x 2	<b>10:00AM</b>	9U Girls Game
<b>7:00PM</b>	7:30-8:30pm 11UG Practice	7:30-8:30pm 11UG Practice	9UG Practice	9UG Practice	7:30-8:30pm 11UB Practice	7:30-8:30pm 11UB Practice	<b>6:15PM</b>		<b>6:15PM</b>		<b>11:00AM</b>	9U Boys Game
<b>7:30PM</b>			9UG Practice	9UG Practice			<b>6:30PM</b>	6:30pm 6U Game & 7U Girls Game	<b>6:30PM</b>	6:30pm 14U Girls Game	<b>12:00PM</b>	9U Boys Game
<b>8:00PM</b>			9UB Practice	9UB Practice			<b>7:00PM</b>	7:15pm 7U Girls Game	<b>7:30PM</b>	7:30pm 14U Girls Game	<b>1:00PM</b>	11U Girls Game
							<b>7:15PM</b>		<b>7:30PM</b>		<b>2:00PM</b>	11U Girls Game
							<b>7:45PM</b>		<b>8:30PM</b>		<b>3:00PM</b>	11U Boys Game
											<b>4:00PM</b>	11U Boys Game



## 2025 BASKETBALL SCHEDULE OVERVIEW WOODLAKE SCHOOL GYMS | Jan 13th - March 21st

	MONDAY Castle Rock	TUESDAY Castle Rock	WEDNESDAY Castle Rock	THURSDAY Castle Rock	FRIDAY Middle School
<b>6:00PM</b>	6-7:00pm 14U Boys Practice	6-7:00pm 14U Boys Practice	6-7:00pm 14U Girls Practice x 2	6-7:00pm 14U Girls Practice x 2	6:00pm 14U Boys Game
<b>7:00PM</b>	7-8:00pm 14U Boys Practice	7-8:00pm 14U Boys Practice	7-8:00pm 14U Boys Practice	7-8:00pm 14U Boys Practice	7:00pm 14U Boys Game
<b>8:00PM</b>					
<b>8:00PM</b>					8:00pm 14U Boys Game
<b>9:00PM</b>					

# UNIFORMS

- Each player is provided with a jersey & shorts (2026 uniforms will be different from past years)
- You must provide your own shoes—either indoor basketball shoes, or shoes with white soles
- Please ensure you list your child's correct uniform size when you register him/her
- If you requested an incorrect uniform size for your child & you'd like to order a new one, there will be a replacement cost



## AVAILABLE COLORS:

(your team's uniform color will be noted on your roster/schedule)



***PLEASE NOTE THAT OUR UNIFORM PROVIDER WILL BE CHANGING IN 2026. UNIFORMS WILL BE SLIGHTLY DIFFERENT.***

