

Lake Oswego Parks & Recreation

Adult Basketball League



Quick Guide

Connect with Others

Use the [TeamReach](#) app to get in touch with other players!

Download here: [Apple Store](#) | [Google Play](#)

Group: LORAC Basketball | **Code:** LORAC001

Locations

All games are held at Lake Oswego Recreation & Aquatics Center: [17525 Stafford Rd., Lake Oswego](#)

Divisions

- **Men's 18+** All male-identifying individuals aged 18 or older
- **Men's 30+** All male-identifying individuals aged 30 or older
- **Mixed 18+** All individuals aged 18 or older
- **Women's 18+** All female-identifying individuals aged 18 or older

**Available divisions may vary per season. Seasons include Spring (Feb-May), Summer (June-Aug), & Fall (Sept-Nov).*

***All divisions are recreational in nature with a friendly competitive spirit emphasized.*

Player & Team Information

- This league is inclusive and non-discriminatory. All who meet the eligibility requirements per division are welcome.
- Residency
 - + Residents and non-residents welcome.
- Team Managers create teams at [LOparks.org](#). Individual player registration. An early bird fee is available until the team registration deadline closes.
- Teams must meet the minimum of rostered players before the deadline to be considered.

Game Format

Division	Format	Min Max Rostered Players	Day Time	# of Season Games	Length of One Half	Running Clock	Min # Players Needed to Start Game	Min # of Females on Court	Low Contact Enforced?	Officials Provided?
Men's 18+	5 v 5	8 15	Sundays 3-8 p.m.	8	20 min	Yes	4	N/A	No	Yes
Men's 30+	5 v 5	8 15	Sundays 1-4 p.m.	8	20 min	Yes	4	N/A	Yes	Yes
Mixed 18+	5 v 5	8 15	Sundays 12-2 p.m.	6	20 min	Yes	4	2	Yes	Yes
Women's 18+	3 v 3	5 15	Sundays 12-2 p.m.	6	N/A	N/A	2	N/A	No	No

Conduct & Safety

- Managers responsible for players & spectators.
- [Parks Rules](#) & [Participant Code of Conduct](#) enforced at all times.

Playing Attire

- Required:** Light (home) & dark (away) jerseys with visible printed numbers.
- Jerseys and/or pinnies not provided.
- Taped or written numbers not allowed.
- Jerseys are not required to match.
- Appropriate printed team names are allowed
- No jewelry (including taped or permanent); unsafe fingernails disqualify player.
- Athletic, non-marking shoes required.

Game Rules (All)

- [NFHS](#) (for 5v5) and [FIBA](#) (for 3v3) rules apply with LOPR exceptions, additions, and clarification.
- LOPR scorekeeper provided.
- No dunking or grasping the rim.

Game Rules (5v5 only)

- Two 20-min halves (running clock; last 2 min stop clock if ≤ 10 -point difference).
- Halftime: 1–3 min
- Overtime: 1 period, 4 minutes stopped clock; ends in tie for regular season if still tied.
- Fouls**
 - Team Fouls: Double bonus after 7 per half; resets at halftime.
 - Personal Fouls: Foul out at 5 (personal + technical combined).
- Timeouts**
 - 2 × 30-sec per half; no carryover.
 - No timeouts in final 2 min of 1st half.
 - 1 × 60-sec in OT.
- Backcourt defense: Not allowed if leading by 15+ points.
- Substitutions with official permission and during dead balls only.

Player Additions

- Season Players:** Can be added anytime (charged a pro-rated fee if registering after the season start).
- Subs:** Must register online as Weekly One-Time Sub.
- Borrowed Players from Other Teams: Max 3 borrow appearances per season before registering as a sub.
- Free Agents:** Available to Team Managers via Sports Coordinator.
 - House Teams available.
 - Free agents may be recruited to sub.

Player & Team Violations

- Forfeits: Fee per forfeited game applies
- Technical Foul: Immediate substitution.
- 2 Technicals: Ejection + 1–3 game suspension.
- 3 Technicals (season): Possible season suspension.
- Violent Conduct: Min. 3-game suspension; assault on staff/official = season suspension.
- Suspensions carry over to next season

