



Lake Oswego Parks & Recreation Adult Basketball League



Rules & Guidelines – Brief Details

Thank you for participating in LO Parks & Rec Adult Basketball League. When you create a team as a Team Manager and/or register for a team as a regular season or substitute player, you agree to follow the rules and guidelines set by LO Parks & Rec. Violation of these rules and guidelines may result in various consequences.

I) Rules Governing Play

- a) The official rules of the Summer 2025 Adult Basketball League season will be a combination of the **2024-25 National Federation of State High Schools Association Rules** and the **2024-25 NCAA Men's and Women's Basketball Rules** with additions, exceptions, and clarifications outlined in this document by the Sports Division of Lake Oswego Parks & Recreation.

II) Game Location

- a) All regular season games in the 2024/2025 season will be held at:

LAKE OSWEGO RECREATION AND AQUATICS CENTER

17525 Stafford Rd.

Lake Oswego, OR 97034

I) Player and Team Eligibility

a) Player Eligibility

i) General Requirements

- (1) All players must be pre-registered online to be eligible to be on the court and/or play.
- (2) Players must be at least 18 years of age to participate.
- (3) High School students/players are not eligible to play.
- (4) All players who meet the age requirements are welcome to join. This league is inclusive and welcomes all individuals who identify with male, female, non-binary, non-gender-conforming, and additional gender identities not listed here.

ii) Residency

- (1) Open to Lake Oswego (LO) residents and non-residents. Residents include individuals living, working, or owning property/businesses within LO or LO School District boundaries.
- (2) Proof of residency is not required. LOPR staff may request verification in the event suspicions arise.

b) Team Eligibility

- i) Teams must have a minimum of seven (7) registered and rostered players and may not exceed a total of twelve (12) registered season players.

ii) Divisions

- (1) **Men's 18+** (Male-identifying individuals aged 18 years and older)
- (2) **Mixed 18+** (Gender neutral division for ages 18 years and older)

- iii) Players can join multiple teams for the full player fee but cannot switch teams after the season begins.

iv) Substitutes

- (1) Substitutes must register as Weekly One-Time Subs.
- (2) Rostered players are limited to three (3) substitutions before incurring additional substitution fees.
- (3) No unregistered players are allowed on the court at any time.

v) Roster Management

- (1) Team managers are responsible for ensuring rosters are accurate. Violations, including falsified player identities or ineligible players, may result in player or team suspension.

vi) Free Agents

- (1) Players may join the Free Agent List to be contacted by team managers for regular season or substitutes.

II) Game Personnel

- a) **Scorekeepers:** The home team provides a scorekeeper to track scores, fouls, timeouts, and manage the scoreboard. This individual may be a manager, player or spectator.
- b) **Officials:** Two referees per game provided by LOPR through an accredited official association.
- c) **LOPR Staff:** Gym supervisors manage on-site operations and enforce rules.

III) Season Structure

- a) Teams play 8 regular-season games with up to 2 bye weeks.
- b) This league does not run playoffs or end-of-season tournaments.
 - i) For competitive play, please keep a look out for seasonal single-day adult basketball tournaments.
- c) No rescheduling or makeup games; canceled games result in a recorded win for both teams.

IV) Game Format

- a) **Men's 18+ Divisions** follows a traditional 5 v 5 game format.
- b) **Mixed 18+ Divisions** follows a 5 v 5 non-contact game style. Teams must have at least two females on the court at all times. Teams with four players must have at least one female.
- c) **Game Time:** Two 24-minute halves with a running clock, stopping only in the last two minutes of the second half if the score differential is ten (10) points or less. Three (3) minute halftime.
- d) **Fouls:**
 - i) Teams enter the double bonus after five (5) fouls per half.
 - ii) Players foul out after five (5) personal fouls.
- e) **Timeouts:** Two 60-second timeouts per half (unused timeouts do not carry over).
- f) **Overtime:** One 4-minute period with a stopped clock; ties stand in the regular season.

V) Rules of Play

- a) **Uniforms:** Home teams wear light/white jerseys; away teams wear dark jerseys. Jerseys are not provided by LOPR. Each team is responsible for providing team home/away jerseys which must include screen-printed numbers on the back (and the front if desired). Jerseys do not need to match.
- b) **Accessories:** No jewelry allowed. Tape and/or Band-Aid covers will not be allowed. Players must comply with safety requirements for attire and accessories. Hair must be tied back and fingernails must be deemed a safe length by game officials.
- c) **Dunking:** No dunking allowed at any time. Violations result in suspensions and players may incur damage costs.
- d) **Defense:** Teams leading by 15 or more points cannot apply backcourt pressure. Teams and/or players violating this rule will be charged with a technical foul.

VI) Forfeits

- a) Teams must notify LOPR if they expect to forfeit.
- b) Teams forfeiting three (3) games will be removed from the season.
- c) Forfeited games may be used for team shootarounds or scrimmages, subject to rules.

VII) Ineligible Players

- a) Ineligible players include:
 - i) Unregistered players.
 - ii) Suspended players.
 - iii) All other players deemed ineligible by officials or LOPR staff.
- b) Teams using ineligible players may forfeit games, and further participation status will be reviewed.

VIII) Player Conduct and Penalties

- a) **Technical Fouls:**
 - i) 1st offense: Immediate substitution.
 - ii) 2nd offense: Ejection and suspension (1–3 games).
 - iii) 3rd offense: Season suspension.
- b) **Serious Offenses:** Unsportsmanlike conduct, threats, violence, or abuse may result in suspensions up to and including season or league suspension.

IX) General Conduct

- a) All participants, including spectators, must adhere to rules and show respect to officials, staff, and players.
- b) Team managers are responsible for their team's behavior.

X) Protests

- a) Game calls may not be challenged and will not be reviewed nor changed.
- b) Only team managers may file protests regarding ineligible players.
- c) Protests must be submitted in writing within 24 hours, including specific game and player details.

XI) XIII. Insurance

- a) LOPR does not provide insurance. Participants are responsible for injury-related costs.

To view more details and in-depth rules and guidelines for Adult Basketball League, [click HERE](#).