



Lake Oswego Parks & Recreation

2019-2020 Adult League Basketball

Frequently Asked Questions

When/Where will the league be taking place?

- Games will take place Mon – Thurs, & Sun at Lake Oswego Junior High & Lakeridge Middle School.
- Games during the week will start at 7:15 & 8:30 PM, and will start on Sundays at 4:30 & 5:45 PM.
- The league is expected to start around President’s Day and teams should expect 1-2 games per week.

Who is eligible to participate in City League Basketball?

The League is open all individuals who are ages 18 or older & out of high school.

Can Women Play in the Men’s Division?

Yes, teams can have up to a maximum of two women on their rosters.

How many players are needed/allowed on each team?

Each team must have a minimum of 8 players. The maximum amount of players allowed is 18.

In the Coed Division, what is the breakdown of Men/Women on the court?

There must be at least two (2) male and two (2) female players on the court at any time.

How/Where do I need to register for City League Basketball?

It is a team registration format meaning individuals are not placed on teams by Lake Oswego Parks & Recreation. Managers will need to create the team first before players can register at www.loparks.org or by calling 503-675-2549, M-F, 8a-5p.

What if I do not have a team for City League Basketball?

Create your own team (!) or individuals that do not have a team can fill out the [Free Agent Form](#) to be added to the Free Agent List. There are no guarantees but should a team need an additional player they can inquire about any individuals on the Free Agent list.

At each game is there any form of check-in for the players?

All players must be registered with the league in order to participate. Players may only play for one (1) team per division and may not change teams during the season. Players can be added/dropped until March 20.

Teams should expect to be checked-in by Gym Staff using rosters provided by the league. Players need photo identification for check-in which may be any documentation that includes their name and their picture.

What are the Uniform Requirement for the Adult Basketball League?

All players must wear jerseys of the same color with 4-inch numbers printed on front and 6 inch numbers on back. Written and Taped-on numbers will not be allowed.

Belt loops and pockets are not allowed on any part of the uniform.

