

Lake Oswego Parks & Recreation

Adult Soccer League



Quick Guide

Connect with Others

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

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

Group: LOPR Soccer | **Code:** LOSCR001

Divisions

- **Mixed 18+** All individuals aged 18 or older
- **Mixed 35+** All individuals aged 35 or older
- **Men's 30+** All male-identifying individuals aged 30 or older

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

***All divisions are recreational in nature with a friendly competitive spirit emphasized. No playoffs or season-ending tournament applies.*

Player & Team Information

- This league is inclusive and non-discriminatory. All who meet the eligibility requirements per division are welcome.
- **OASA Player Card Required**
 - + All players (season, sub, free agent, borrowed) must have a valid OASA card (physical or digital via Squadi app — photos/screenshots not accepted).
 - + [Get your OASA player card here.](#)
- Residency
 - + Residents and non-residents welcome.
- (**Mixed 35+** Division only) Teams may have up to four (4) female players aged 30-34
- 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	Location	Field Type	Field Size (approx.)	# of Season Games	Length of One Half	Min # Female Players On-Field	Min # Players Needed to Start Game	Offside Enforced?
Mixed 18+	7 v 7	10 25	Sundays 4-10 p.m.	East Waluga Park	Turf	75 yds x 50 yds	6-8	30 min	3	5	No
Mixed 35+	11 v 11	14 25	Sundays 2-10 p.m.	Hazelia Field	Turf	120 yds x 75 yds	8	45 min	5	7	Yes
Men's 30+	9 v 9	12 25	Sundays 2-6 p.m.	East Waluga Park	Turf	75 yds x 50 yds	8	30 min	N/A	6	Yes

Conduct & Safety

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

Game Rules

- Most current [FIFA](#) rules apply (Find the 25/26 Laws of the Game [here](#))
- LOPR provides one official and one Field Attendant per game.
- No sliding (except GKs in penalty area)
- Scoring Cap: Max 3 goals per player per game
- Physical contact with GK = indirect kick
- (Mixed divisions only)
 - All corners, indirect/direct free kicks, PKs outside defensive penalty area must be taken by a female.
 - Kickoffs = any player.

Playing Attire

- Shin guards must be worn at all times on the field.
- Metal cleats are not allowed.
- LOPR does not provide jerseys or pinnies.
- All players on a team must wear the same or similar color shirt/jerseys. Home team must wear a light color and the away team must wear a dark color. Numbers are not required. Team names are allowed if appropriate.

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 and have an OASA card.
- Borrowed Players from Other Teams: Max 3 borrow appearances per season before registering as a sub.

- Free Agents: Available via Sports Coordinator; must register to play. Free agents may be recruited to sub and must have an OASA player card.

Player & Team Violations

- Forfeits: Fee per forfeited game applies
- Yellow Card: Sit out minimum 15 minutes
- Two Yellows in a Game = Red Card
- Three Yellows in Season = Minimum 2-game suspension
- Red Card: Ejection + minimum 1-game suspension
- Violent Conduct: Minimum 3-game suspension
- Assault on staff/official = Season suspension
- Suspensions carry over to the next season.