Lake Oswego Parks & Recreation

Adult Basketball League

Last Updated: August 2026

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 Recreational 18+** All male-identifying individuals aged 18 or older interested in low-intensity play
- **Men's Competitive 18+** All male-identifying individuals aged 18 or older interested in standard intensity play

**Available divisions may vary per season. Seasons include Winter/Spring (Jan-Apr), Summer (June-Aug), & Fall (Oct-Dec).*

Player & Team Information

- This league is inclusive and non-discriminatory. All who meet the eligibility requirements per division are welcome.
- Residency
    - No restrictions. LO residents and non-residents welcome. Players fees vary with residency.
- 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. See the "Game Format" table below.

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	Low Contact Enforced?	Officials Provided?
Men's Rec 18+	5 v 5	8 | 15	Sundays | 12-8 p.m.	8	20 min	Yes	4	Yes	Yes
Men's Comp 30+	5 v 5	8 | 15	Sundays | 12-8 p.m.	6 + playoffs	20 min	Yes	4	No	Yes

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

- NFHS (for 5v5) rules apply with LOPR exceptions, additions, and clarification.
- LOPR scorekeepers provided.
- No dunking or grasping the rim.

Game Rules contd…

- 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

Contact the LOPR Sports Coordinator at losports@lakeoswego.city with questions. Detailed rules are available to registered teams upon request and at the season start.