



Winter – Spring '26 Adult Sports

Play your favorite sports while connecting with your community and enjoying an active lifestyle. Our recreational leagues emphasize fun, exercise, and quality time with friends. Alcohol and tobacco are prohibited before, during, or after league play to maintain safe and inclusive spaces. We look forward to seeing you and your team!

Parks & Recreation Sports Philosophy

We provide quality recreation experiences for all skill levels, facilitating a safe and fun environment, and promoting good sportsmanship. Our leagues focus on healthy competition, emphasizing participation over winning and losing.

Captains' Meetings

Mandatory captains' meetings communicate important rules, policies, and procedures. A team representative must attend if the captain is unavailable. Please see individual sports' rules for the point/score-reduction policy regarding Captain's Meetings. Teams that miss the Captains' Meeting, are awarded a sportsmanship rating of no more than 3 for their first game/match.

Register Your Team

Register online at missoulaparks.org/register or phone 406-721-7275. Payment due at time of registration, on or before the deadline. League space is limited; team registration is accepted on a first-come, first-served basis. Days/times are subject to change. Leagues may be combined or play on different days.

Gender Requirements

Co-Rec: Each sport has specific gender requirements; see sport-specific rules for number of players of a particular gender.

Open: League has no gender requirements – may have unspecified number of any gender on the team.

Women's: Only players who identify as women may participate.

Men's: Only players who identify as men may participate.

*Participants shall participate in accordance with their consistently expressed gender identity.

Skill Levels

Skill levels are in the league name/description. Players and captains should understand their skill level and sign up accordingly. Please email adultsports@ci.missoula.mt.us if you have any questions. Some leagues & tournaments may not have designated skill levels and are open to all competition levels.

Advanced/Competitive
Players looking for strong competition, have foundational skills and experience playing. This is the highest level of competition that we offer.

Recreational/Intermediate
Players might have some prior playing experience and are looking for a more recreational atmosphere or moderate competition.

Beginner/Novice
Players have little to no prior playing experience, looking for a learning or improvement atmosphere with low-level competition.

Create an account, sign rosters and sportsmanship agreement, view rules and schedules at www.QuickScores.com/Missoula.

Sign up as a free agent (pickup player) for any adult sport!

Email adultsports@ci.missoula.mt.us, include sport and preferred league.

Accessibility
For access-related accommodations, please contact: adultsports@ci.missoula.mt.us or 406-396-3873.

Refunds
After the deadline, refunds are only provided for extenuating circumstances or cancellations, at the discretion of administration.

Team Sportsmanship Rating (SR)
Teams are awarded a sportsmanship rating between 1 – 4 for every game. Ratings are entered and calculated on QuickScores.com. Maintain a SR of 3 to be eligible for season tournaments or champ nights. An average of SR 2.5 or less risks removal or disciplinary action.

- 1: Extremely poor sportsmanship
- 2: Poor
- 3: Good
- 4: Excellent

Adult Sports Team Forfeit Policy

If your team cannot provide enough players to field a team for your scheduled game/match, you must forfeit the game. Please contact the Adult Program Coordinator at adultsports@ci.missoula.mt.us or 406-396-3873 at least 24 business hours before your scheduled game time. This will allow us to contact your opponent. In the case of a forfeit:

- Your team will be awarded a loss (refer to sport-specific rules for the forfeit score.)
- Your team's Sportsmanship Rating (SR) will be lowered.

Teams that provide at least 24 business hours notice of the forfeit receive an SR of 3. With less than 24 business hours notice teams receive an SR of 2. Teams with an average SR of 2.5 or less will be subject to removal from the league or disciplinary action.

Rules, rosters, and sportmanship agreement at
www.quickscores.com/missoula

5 v 5 Roundball/Basketball—NEW!

Get back on the court with our fun and competitive Sunday Roundball/Basketball league! Games are played in a supportive, recreational atmosphere where teamwork and sportsmanship come first. Whether you are dusting off your sneakers or you have been hooping for years, this league is a great way to stay active, connect with other players, and enjoy the game.

30 min games with a 5-minute half time. Max 10 players per team. Men's or Co-Rec (gender max 3) leagues. To sign up as a free agent, email adultsports@ci.missoula.mt.us. Ages 18+.

Captain and Free Agent Meeting Thursday, Jan. 8, 6–7 pm at Jefferson School, 1700 South Ave.

DEADLINE	Jan. 5
DAYS & TIMES	Sundays, 12–6 pm
LOCATION	Jefferson School Gym, 1700 South Ave
DATES	Jan. 11–Mar. 15
FORMAT	8-week officiated, 2 weeks of single-elimination tournament play
TEAM FEE	\$550/team (Team captain registers and pays fee, other players added in Quickscores)
Men's	Activity #1353104-01
Co-Rec	Activity #1353104-02

5 v 5 Futsal League

Stay active and engaged when the winter sun sets early with our exhilarating indoor futsal league. Mirroring traditional soccer rules, futsal provides an exciting indoor arena for goal-scoring and lightning-fast footwork. Join us to keep the competitive spirit alive all winter long!

20-minute halves; self officiated but with timer / score keeper.

Co-Rec league; ages 18+

DEADLINE	Jan. 5
LEAGUE PLAY	Tues., Jan. 13–Feb. 17, Activity # 1353111-01
	Wed., Jan. 14–Feb. 18, Activity # 1353111-02
GAME TIMES	8–9:30 pm Games start at 8 and 8:45 pm
LOCATION	Russell Elementary Gym, 3216 S. Russell St.
FORMAT	6-week league, self-officiated
TEAM FEE	\$240/team

2 v 2 Indoor Cornhole League

Ages 18+

Get ready to toss some sliders and score some hole-in-ones this winter in our Indoor Cornhole League! Two sessions of exciting action for two-person teams.

Co-Rec A and B leagues. Two, 5-week leagues with a tournament for the 6th week of each.

Team captains are responsible for registering and paying the \$60 per session fee, and other teammates must be added in Quickscores prior to league start.

DEADLINE	Jan. 9		
DAYS & TIMES	Wednesdays, 7:45–9:30 pm; 15-minute sets		
LOCATION	Lowell Elementary Gym, 1215 Phillips		
FORMAT	6-week league, self-officiated		
TEAM FEE	\$60/55 w/CityCard (Team captain registers, other players added in Quickscores)		
SESSION #	DATES	LEAGUE	ACTIVITY #
1	Jan. 14–Feb. 18	CoRec A	1353108-01
1	Jan. 14–Feb. 18	CoRec B	1353108-02
2	Feb. 25–Apr. 1	CoRec A	1353108-03
2	Feb. 25–Apr. 1	CoRec B	1353108-04

7 v 7 Spring Soccer

7v7 Spring Soccer is back for another amazing Spring in Missoula. Played with smaller teams, smaller fields, and quicker play than our 11v11 league.

Don't know which league to join? Our league breakdown is best described as follows:

CO-REC A, MEN'S, & WOMEN'S DIVISIONS:

Comprised of players with soccer experience and confident playing abilities looking for a healthy level of competition. Recommended for experienced soccer players with at least some high school, collegiate, club, or other athletic experience.

CO-REC B, RECREATION: Comprised of recreational players looking to play for fun. Recommended for intermediate level players looking for a moderate level of competition with some soccer experience.

CO-REC C: Geared towards personal development of new players and enjoyment of the game. Recommended for novice level players looking for a recreational opportunity with a lower level of competition.

Optional Captains Meeting April 9, 6:00 p.m. at The Bella Vista Turf.

DEADLINE	Apr. 6	
DATES & TIMES	Apr. 13–May 21; 6:30 pm, 7:30 pm, 8:30 pm	
LOCATION	Fort Missoula Regional Park – Bella Vista Synthetic Turf	
TEAM FEE	\$285	
AGES	18+	
LEAGUE	DAYS	ACTIVITY #
Co-Rec C	Mondays	1353100-01
Co-Rec A	Tuesdays	1353100-02
Co-Rec B	Tuesdays	1353100-03
Men's	Wednesdays	1353100-04
Women's	Wednesdays	1353100-05
Co-Rec A	Thursdays	1353100-06
CoRec B	Thursdays	1353100-07

Drop-in Pickleball—NEW!

Join us Tuesday mornings for 6 weeks this winter for fun, recreational indoor pickleball!

Drop-in play takes place on two courts and is open to all skill levels. Depending on the number of participants, games will be organized as open play or round robin format to ensure plenty of playtime and variety.

Whether you're looking to meet new players or sharpen your game, this is a great way to stay active and enjoy pickleball all winter long.

Equipment provided, if needed.

Note: Court sizes differ slightly from regulation dimensions.

Activity #	1251614
Fee	\$8 when you register at least 24 hours in advance; \$10 for drop in (cash or check only)
Day & Time	Tuesdays, 10 am–12 pm
Location	Jefferson School, 1700 South Ave. W
Dates	Jan. 13–Feb. 17
Ages	18+

