

2026 OKLAHOMA CITY AREA LEAGUES:

Adult 18 & Over: April – July
Adult 18-39 Men's and Women's: September - November
Adult 40 & Over: September - November, March
Adult 55 & Over: March – May
Adult 65 & Over Indoor: January – February
18 & Over Mixed: April - July
40 & Over Mixed: September - November, March
55 & over Mixed: January – March, Indoor
Tri-Level 18 & Over: July – September

2025 TULSA AREA LEAGUES:

Adult 18 & Over: March – June [Monday – Thursday, nights](#)
18 & Over Women's Day: late August – November [Monday – Thursday mornings](#)
Adult 40 & Over: September – November [Monday – Thursday nights](#)
Adult 55 & Over 6.0, 7.0, 8.0: March – May [Saturday \(mostly\)](#)
Adult 65 & Over: March - May [Sunday \(mostly\)](#)
18 & Over Mixed: April - July [Friday or Sunday 4pm or 6pm](#)
40 & Over Mixed: March – June [Friday or Sunday 4pm or 6pm](#)
55 & over Mixed: May – August [Friday or Sunday 4pm or 6pm](#)
Tri-Level 18 & Over: June – August [Monday – Thursday Day or Night](#)