

**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](#)