

## Adult Sports Leagues

Many exciting and varied opportunities are available for those who wish to participate in team sports. Whether you are interested in participating in an informal recreational league, a highly competitive level league or in a closed/customized league, we have just the league for you! For more information on sports programs offered by the Department of Parks and Recreation see [www.cityofsacramento.org/parks and recreation/recreation/sports.htm](http://www.cityofsacramento.org/parks%20and%20recreation/recreation/sports.htm)

### Baseball

We offer all levels of baseball from recreational to competitive. Three different, eight-game seasons are offered during the year. Games are played on Sunday mornings and afternoons. Games are played at various baseball diamonds throughout the city. Two umpires are assigned per game, bases are provided, ball diamonds are prepared and division winners receive 15 individual awards. We also offer a 24-game season league, which include a playoff involving all the top teams. This league is also offered on Sunday mornings/afternoons with two umpires, bases ball diamonds prepared and division winners receiving 15 individual awards. For additional information regarding these leagues, please call 808-2307 or email [rkashiwase@cityofsacramento.org](mailto:rkashiwase@cityofsacramento.org).

### Night Softball Leagues

Think you can hit a slow pitched softball 325 feet? Or think you can go from home-to-third in less than nine seconds? Can you “hose” a runner at home from centerfield?

Or maybe you have never played organized sports in your life? We have the league for your team! We offer all levels of softball from recreational to competitive. Three different, eight-game seasons are offered during the year. Games are scheduled Monday through Friday evenings for Co-Rec, Women and Men leagues. Games are played at various lighted softball diamonds throughout the city. Two umpires are provided per game, scorekeepers are included, game balls are provided and division winners receive 15 awards. For additional information regarding these leagues, please call 808-2307 or email [rkashiwase@cityofsacramento.org](mailto:rkashiwase@cityofsacramento.org).



### Sacramento Softball Complex

The Sacramento Softball Complex is a four-diamond facility offering leagues and tournament play for men, women, and coed teams of all levels. Complex leagues are offered Sunday through Friday nights. We provide a scorekeeper, scoreboard, softball and league standings for each game. If you want to play at the best facility in the Sacramento area, that has an air-conditioned full service sports café, this is the place for you. For more information or to get on our mailing list for the next league, call 808-6087 or email [sportcomplex@cityofsacramento.org](mailto:sportcomplex@cityofsacramento.org).

### Twilight Softball League

This is a strictly recreational softball league. Teams consist of families, co-workers and friends who want to play and stay in shape, but do not want that competitive, win-at-all-cost type of league. These leagues have no awards, no umpires, no scorekeeper, no league standings and teams supply all necessary equipment. Games are played at 6pm or 7pm, at non-lighted softball diamonds. Two different, eight-game seasons are offered during the year. Games are scheduled on Monday through Friday evenings for Co-Rec, Women and Men leagues. Games are played at various non-lighted softball diamonds throughout the city. “Closed” leagues consisting of teams within their own business, division, subsidiary and/or branch are also offered. Leagues can be custom made. The league representative may keep standings and may request umpires for an additional charge and also may request a lighted softball diamond at an additional charge. Entry fee varies depending on your league set up. For additional information regarding these leagues, please call 808-2307 or email [rkashiwase@cityofsacramento.org](mailto:rkashiwase@cityofsacramento.org).

### Volleyball

Volleyball leagues are offered for men, women and coed at both the recreational and competitive levels. Indoor volleyball leagues are played at various gyms throughout Sacramento. Our sports programming staff can also develop closed leagues to meet your needs. For more information or to get on our mailing list for the next league, call 808-6005 or email [adultsports@cityofsactamento.org](mailto:adultsports@cityofsactamento.org).

### Natomas Adult Softball League

Get ready for some good-time softball right in your neighborhood! It’s all about fun, supporting each other, exercise, and sportsmanship. We offer all levels of softball from recreational to competitive. Three different, eight game season are offered during the year. The leagues will be played in the evenings at Northgate Park. Two umpires are provided per game, scorekeepers are included, game balls are provided and division winners receive 15 individual awards. Whether you have a whole team or you are an interested individual, please call 808-2307 or email [rkashiwase@cityofsacramento.org](mailto:rkashiwase@cityofsacramento.org) for more information.

### Natomas Charter School Adult Sports Leagues

Basketball leagues are offered at the brand new Natomas Charter School Gymnasium. We offer men, women, and co-ed leagues at various levels of competition for basketball. For additional information regarding these leagues, please call 808-6087 or email [sportcomplex@cityofsacramento.org](mailto:sportcomplex@cityofsacramento.org).

### Basketball

Basketball leagues for both men and women are offered at various locations throughout the City of Sacramento. We offer leagues at various competitive levels in the public and closed league format. If your business would like to form their own league or if you have a team you would like to get into a league, call 808-6005 for more information or to get on our mailing list or email [adultsports@cityofsactamento.org](mailto:adultsports@cityofsactamento.org).