



2026 MEN'S BASKETBALL RULES & REGULATIONS

UPDATED

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MEN'S BASKETBALL RULES & REGULATIONS

The following are adaptations that supersede the 2025-26 NFHS Rule Book for the Lake Mills Recreation Adult Men's Basketball Leagues:

1. GAME CLOCK

- a. All periods of regulation play shall be **18-minute running halves**. Halftime will be 3 minutes.
- b. The clock will stop ONLY for timeouts, except during the last 2 minutes of each half when the clock will operate in accordance with the National Federation High School (NFHS) Rules – *Example: After a timeout, the clock will start when the ball is touched by a player inbounds.*
- c. **Mercy Rule:** If a team is ahead by 20 points or more at any point after the start of the second half, the clock will run continuously, except during officials and team time-outs. If at any time the point difference falls below 20 points under 2 minutes in the 2nd half, the clock will stop on all whistles.
- d. Overtime Period (Regular Season & Playoffs): **ELAM ENDING: A target score is set at the end of regulation by adding 8 points to the tie score. – EX) if the game is 60-60 heading into overtime, the target score will be the first team to 68 points. The game clock will be eliminated, and teams will play until one team reaches the target score. All team/player fouls and timeouts remaining carry over into Overtime.**
- e. The official is authorized to stop the clock for any unused delay in getting the ball in play but must restart the clock as soon as the delay has ended.
- f. **Grace Period:** The officials will allow a ten (10) minute grace period before forfeiting a game due to lack of players. As soon as four (4) players are present, the game must begin. The grace period is charged against playing time.

2. TIMEOUTS

- a. Each team has **3 full length timeouts** per game.
- b. Any unused timeouts will carry over into an overtime period and one additional timeout is awarded in Overtime.

3. TEAM UNIFORMS/SHIRT

- a. Each team is **REQUIRED** to supply team uniforms.
- b. **Uniform COLOR** – Chosen at time of registration (all teammates must wear the same color uniform).
- c. **Uniform NUMBERS**
 - i. Number Placement: Each uniform must have a number. Placement may be printed on the front or back of the uniform HOWEVER, all uniforms must be identical as to the placement of the numbers.
 - ii. The numbers must be **PERMANENT** (silk-screen, iron-on method, sewn on or some other permanent method). Tape is not acceptable. Numbers attached with tape, composed of tape, hand drawn with magic marker or other material will be considered **illegal numbers**.

4. TECHNICAL & PERSONAL FOULS

- a. All technical and personal fouls assessed to an individual will count toward that player's 5 fouls for disqualification and/or toward a team's 7 fouls for bonus purposes.
- b. **Technical fouls are 2 free throws for the opposing team and possession of the ball.**
- c. A team member, coach, team attendant, or team follower who is assessed 2 technical fouls for unsportsmanlike conduct is automatically ejected from the game and gym. The player must leave the gym immediately upon ejection. If the ejected player does not leave the gym in a reasonable amount of time, further action, as deemed appropriate by the referee may result, and could result in forfeiture of the game.
- d. **Two technical fouls or any ejection will result in a minimum 1 game suspension. Each case will be looked at by the Lake Mills Recreation staff. A second ejection during the season will result in a full calendar year suspension.**
- e. Any technical fouls assessed against a disqualified player shall also be charged to the offender(s), but NOT to the coach or manager unless they are also guilty of the infraction committed.

5. FREE THROWS

- a. A player occupying a marked lane space may enter the lane on the release of the ball by the shooter.

6. BENCH DECORUM

- a. If a technical foul is committed by a team member, coach, team attendant or team follower who is not actively participating in the game, the offended team shall be awarded 2 free throws and the ball at half-court.

7. COACHES BOX

- a. The bench area must remain orderly. At all times, only one coach/player is allowed to legally stand in the bench. Failure to comply may result in a bench technical foul.

8. PLAYER STATS

- a. Individual player points will be kept. This is an addition to the league and all feedback will be welcomed.

9. TEAM MANAGER/FLOOR CAPTAIN REQUIREMENT

- a. If there is no manager/bench coach present during the game – teams must designate a floor/bench captain who will be able to take the role as spokesperson for the team. This appointed floor/bench captain will handle all team disciplinary action and assist with ejection issues that may occur in a game.

10. PLAYER EJECTION – UNSPORTSMANLIKE CONDUCT (DOUBLE JEOPARDY RULE)

- a. When a player is ejected and continues to be a disruption by berating officials, site personnel or opponents with verbal threats, profanity etc. and in the opinion of game officials delays or continues with unnecessary outbreaks, the designated manager or floor captain must try to alleviate the situation (i.e. instruct the ejected player to leave and control his behavior). If the manager or floor captain fails to take appropriate and reasonable actions to control ejected player(s), the manager or floor captain will also be ejected and suspended. All individuals involved are subject to additional disciplinary action and game will be terminated and forfeited.

11. JEWELRY RULE

- a. Jewelry worn during the game is illegal. This includes, but is not limited to wristwatches, necklaces, hair curlers, combs, beads, earrings or barrettes. If a ring cannot be removed due to religious reasons or other acceptable reasons, the individual will be allowed to cover with tape and long as the result is deemed safe. If a player is caught with illegal jewelry on the court, that player must exit the game to remove it. The player can re-enter the game at the next dead ball.

12. JUMP BALLS

- a. The game and overtime periods will begin with a jump ball. All other jump ball situations will use the alternating possession arrow.

13. LEGAL NUMBER OF PLAYERS TO START GAME

- a. A team must have a minimum of 4 eligible players to start the game.

ADMINISTRATIVE RULES

1. PLAYER PARTICIPATION/TEAM ROSTERS

- a. Individuals are eligible to play by registering online (Team Sideline) and agreeing to the player waiver. Teams may have an unlimited number of players on their roster. All players must be registered on the team sideline roster by the 3rd week of play. Rosters will LOCK after Week 3 and no players are to be added after that point. If a team is found to have played with an illegal player upon review of the game sheets by the administration, they will forfeit the game.
- b. Players may not participate on more than one team in the Lake Mills Recreation Basketball Leagues, unless they are on different days.
- c. Sign In Sheet/ID: All players must **print** their name on the sign in sheet before entering the game to be considered a legal player. All players must be prepared to present an ID in the event of an eligibility challenge. A player arriving to the game late must wait for a dead ball before signing in and entering the game.

d. This is an adult league, but high school students are eligible if they are at least 16 years of age or older and not currently enrolled in a high school sport. Parent/Guardian signature is required if under 18.

- 2. GAME BALL** – Game balls will be provided for gameplay only. Teams should be expected to provide balls for warmups.

- 3. TIE-BREAKER PROCEDURES** – The following system will be used to determine league winners and playoff seeding:

- a. Head-To-Head Competition
- b. Head-To-Head Differential (If split season series)
- c. The team with the greatest total point differential against common opponents. In most cases, this will include all games, however, there may be situations that occur where a team did not play every team due to forfeit, weather, etc.

- d. If any of the matchups resulted in a forfeit, the forfeiting team will automatically lose the tie breaker.
- e. If all scheduled games are not able to be completed due to unforeseen circumstances (i.e. weather), the winning percentage will be used to break a tie.

4. Miscellaneous

- a. Once schedules are published, no refunds will be issued.