

WESD Elementary 5-6 Basketball League Guidelines

These are basic guidelines for WESD Elementary Basketball. Many (NFHS and AIA) Arizona high school basketball rules and regulations are also applicable.

Updated: 8/17/2026

1. TEAM ORGANIZATION

- A. Coaches are required to have a team roster and score sheet for each game. All coaches are responsible for recording accurate information during the game. Schools should have a responsible scorekeeper, first aid kit, and copy of these guidelines at all home games. (Scorekeepers for regional games and tournaments provided).
- B. **For regular season games** - A team consists of 15-20 players, or student athletes. Teams are divided into strings, groups of five or more players.
- C. A different unit of five players must play in each of the first 3 quarters. The first quarter should be the most skilled at each position, second quarter the second most skilled, and 3rd quarter the 3rd most skilled, while understanding the skill set for each position varies. (*Common position terms are point guard, shooting guard, small forward, power forward, center, wing, or post.*)
- D. The first string is made up of the most skilled athletes at each position; second and third strings are decided in a similar process. Players from the 1st and 2nd string can freely sub during the 4th quarter. **NO 3rd STRING PLAYERS CAN BE ENTERED INTO THE 4TH QUARTER (unless your team is ahead by 15 and have communicated with the opposing coach in order to control the score from getting out of hand).**
- E. If a team has more than 15 players, they can only substitute the extras at the halfway point of the 3rd quarter.
- F. Substitutions for injured players are the same position from the next lowest string i.e. The injured 2nd quarter point guard is replaced by the 3rd quarter point guard. 3rd quarter players are replaced by the same position from the 2nd quarter.
- G. If a team has fewer than 15 players, the opposing coach will pick the replacement players from the first 2 quarters to fill in the 3rd quarter. Please communicate with the opposing coach if you are under 15 players before the start of the 2nd quarter.
- H. Teams must carry 15 players on the roster. You must have 15 or more players by the start of the third quarter. If a team has less than 15 players, the opposing team will be awarded 2 pts for every missing player. i.e – if only 12 players show, the opposing team will be credited with 6 points.
- I. If a player is late, he/she may not play in a different quarter. They may enter the game when they arrive if their quarter is playing.
- J. Students who are reported as full-day absent or suspended are ineligible for play the same day as their absence or suspension.
- K. **Players can not be moved down strings as a punishment for behavior/grades.**

Team Organization Rationale:

- 1. The main goal of this philosophy is to ensure a fair and safe level of competition for all players.
 - 2. Coaches are encouraged to evaluate player progress after each game and make adjustments. (*Example: A third string point guard scored 10 points last game and their athletic ability is noticeably better than teammates in higher strings, so the next game on second string.*)
 - 3. Encourages fairness between teams as they develop athletes at all skill levels. Coaches are expected to be ethical, responsible as well as discrete with their handling of strings and substitutions. (*Playing time for each string varies. All athletes play at least half a quarter and no athlete plays more than two quarters.*)
 - 4. Student Athletes are expected to be leaders and representatives of their schools, and are held accountable for their actions and attendance. Coaches and players follow expectations outlined in the WESD behavior contracts before, during, and after games.
- (*Non-example: Johnny, the first string center, receives a bus referral and misses practice to serve his detention. The next game he is moved down to third string to “learn his lesson” and easily scores 12 points to skew the outcome of the game. Definitely not equitable!*)

2. GAME PLAY

- A. Coaches and officials will meet at mid court prior to the game to discuss substitutions, how the coach will handle if score is getting out of hand, player specific needs or issues.
- B. Four (4) ten minute periods with a running clock until the last minute of the game.
- C. No Zone Defense
 - a. Players must be closer to the player they are guarding than the basket, but do not need to go beyond the 3 point line.
 - b. Teams must play man to man outside of the key. Double teams are permitted inside of the key.
 - c. Players are allowed to switch for screens.
 - d. Defensive violation (Change for Regional Games to test violation rules and free throws - will revisit prior to classic)
 - i. Teams will shoot 1 free throw on the fourth and subsequent backcourt and illegal defense violations per half.
- 1. The one technical foul shot will be worth 2 points.
- 2. Clock will stop to allow a free throw for backcourt and illegal defense violation.
- 3. Clock will resume once the shooter is given the ball by the official.
- 4. Coaches have 10 seconds to pick their shooter from the current players on the court.
 - e. In the event that an offensive player without the ball brings a defensive player to his/her offensive teammate, the defensive player guarding the non-ball carrier may reach for the ball. HOWEVER, they must not vacate their player or make forward advancement in the direction of the ball.
 - f. Defenders cannot remain in the key for more than 3 seconds without a clear defensive assignment.
 - g. No backcourt defense except in the last minute of the 4th quarter and/or overtime.
 - i. This includes loose balls and bad passes.
 - ii. Teams will shoot 1 free throw on the fourth and subsequent backcourt and illegal defense violations per half.
- 1. The one technical foul shot will be worth 2 points.
- 2. Clock will stop to allow a free throw for backcourt and illegal defense violation.
- 3. Clock will resume once the shooter is given the ball by the official.
- 4. Coaches have 10 seconds to pick their shooter from the current players on the court.
 - i. Teams can use man to man full court press in the last minute of the 4th quarter.
- D. Clock stops on whistles in the last minute of the 4th quarter.
- E. Each team will receive 4 (four) 45 second timeouts.
- F. 3rd quarter mandatory substitution at the halfway point - if you have more than 15 players.
- G. Players foul out on their 5th personal foul.
- H. Teams will reach the bonus when their opponent commits five fouls in each quarter.**
- I. Team fouls begin with 0 each quarter.
- J. Overtime
 - a. 2 minutes in length.
 - b. Clock only stops for whistles during the last minute.
 - c. Each coach will have 1 timeout.
 - d. Team Fouls and violations carry over from 4th Quarter into overtime.

3. END OF SEASON TOURNAMENT PLAY (Charger Classic) - (See section 5)

- A. Tournament Roster Size 12-15
 - 1. Intent is to keep things as competitive as possible during tournaments.
- B. Tournament Roster - playing time breakdown:
 - 1. 5-8 Players on roster - Forfeit, but can play*
 - 2. 9-11 Players on roster - 2-points given to opponent per player less than 12 .
 - 3. 12-15 Players on roster - Ideal team size 1st Period (5 players), 2nd Period (another 5 players), 3rd/4th (all others must play at least half of the 3rd or 4th quarter.)
 - 4. 16+ Players on roster - 1st Period (5 players), 2nd Period (another 5 players), all others must play at least half of a quarter in 3rd or 4th periods.
 - a. This can be done by mixing them with players from the 1st and 2nd quarters. i.e. 1st quarter point guard, 2nd quarter center, and 3 girls that played in neither the 1st nor 2nd quarters.
 - b. They do not all need to be subbed in at the same time.

*If a team has less than 10 players, the opposing coach determines who fills open spaces in the 2nd quarter.

- C. Teams have 4 (four) 45 second timeouts.

Ball Size for Boys and Girls teams: **28.5**

4. PRE GAME ANNOUNCEMENT

WESD schools are committed to maintaining and improving high standards of conduct during athletic competitions.

This is a school competition, and is therefore considered a developmental setting, with the focus being on learning the fundamentals and personal conduct associated with the game.

All spectators, coaches, and players, no matter their personal feelings of loyalty, should reflect an attitude of sportsmanship. To that effect, we ask everyone to support the best the athletes have to offer, and not to provide distractions or disruptions with the intent to influence, in a negative way, the efforts of these developing athletes.

For your safety we ask that spectators stay clear of the competition area. If there is a concern regarding conduct or safety, please bring it to the attention of the building administrator, or the person working the entrance.

5. Cholla Charger Classic Tournament Rule Clarification

1. Cholla Charger Classic Tournament Roster Size is 12-15

1. Intent is to keep things as competitive as possible for end of year tournament.

2. Playing Time

1. 5 players must play in the 1st quarter, no regular substitutions allowed

2. A different 5 players must play in the 2nd quarter. No regular substitutions allowed.

3. In the 3rd and 4th quarters you must play any remaining players a minimum of 5 consecutive minutes (Half of a period) at some point during the 2nd half.

i. This can be done by mixing them with players from the 1st and 2nd quarters. i.e. 1st quarter point guard, 2nd quarter center, and 3 girls that played in neither the 1st nor 2nd quarters.

ii. They do not all need to be subbed in at the same time.

1. Teams may also choose to follow their regular season strings (1st quarter, 2nd quarter, 3rd quarter with subs at 5 minutes, freely sub between 1st and 2nd quarter players in the 4th quarter).

3. Roster penalties

1. 2 points will be awarded to opposing team for every player LESS than the required minimum of 12. i.e Team A has 11 players, team B will be awarded 2 points.

2. Should a team have fewer than 8 players, the game will be played but it will be treated as a forfeit. i.e Team A has 8 players at the start of the 2nd quarter, the game will continue to be played out, but team B is awarded the win.

Other than these changes to playing time and roster numbers – all other 6th grade basketball, Cholla Charger Classic rules will apply.