EASTERN ONTARIO BASKETBALL ASSOCIATION

OFFICIAL BASKETBALL RULEBOOK

U12 (Atom) • U14 (Bantam) • U16–U19 (High School)

About EOBA

The Eastern Ontario Basketball Association (EOBA) is composed of 30 member clubs from across the region, spanning from Belleville to Gatineau. EOBA clubs are all affiliated with the Ontario Basketball Association (OBA) and regularly compete in and host some of the top tournaments in the province.

The EOBA provides both recreational and competitive streams of competition for players aged 6 to 19 years old. Our member clubs pride themselves on community excellence, teamwork and providing life changing opportunities for their players. Should you wish to contact the executive group, please first seek out your club representative.

Official Basketball Rulebook

2026–27 | U12 (Atom) • U14 (Bantam) • U16–U19 (High School)

EOBA rules are reproduced below, with division-specific FIBA vs. House League comparisons added for referee training. Where a comparison is explanatory, the EOBA rule text remains authoritative.

U12 (Atom)

1. Games will consist of eight (5-minute) shifts. Straight time for all games. There are two exceptions: a. The clock will be stopped as a result of injury b. The clock will be stopped when there is a foul/free throw situation.

2. All teams shall have a minimum of 5 players to start the game.

3. Coaches must ensure that the next shift of players is at the scorer's table with 30 seconds remaining in the current shift.

4. All games will be equal time for all players throughout the game (no player shall play more than one shift more than any other player). No substitutions will be permitted in periods 1 through 7, unless an injury occurs. A late arriving player must play 1 shift before halftime to be eligible to join the game. 5. Open substitution will only be permitted in the 8th period, as well as any overtime period. Coaches must begin the shift in accordance with equal play time policies, but will be permitted to make a substitute in a deadball situation.

6. There will be a two-minute half time.

7. Each team will be given 1 timeout per half (30 seconds). Timeouts do not carry through to any overtime period. Each team will receive one timeout in an overtime period.

8. An overtime period is 4-minute stop time.

9. All periods will start in the direction of the possession arrow.

10. Intervals between periods shall be no longer than 1 minute with the exception of half time. 11. No 3-second (in the key) violations will be called for the first half of the season. Refs will issue warnings to players. Beginning with games after the Christmas Break, refs will enforce this rule.

12. The 8 second backcourt count rule applies.

13. Teams MUST give their opponents half court after each made basket or change of possession. Full court defence is not permitted at this age group.

14. Man to man defence only for this age group, no zone defenses. First infraction will be a verbal reminder to coaches. The second infraction will be a formal bench warning on the score sheet. Subsequent infractions will result in technical free throws.

15. Games must be completed in the 60 minute time slot allotted. No new shifts can start within 5 minutes of the scheduled tip off for the next game.

Quick Comparison: FIBA vs. House League

Topic	FIBA baseline	EOBA House League rule
Game format	4 × 10-minute quarters	8 × 5-minute shifts; straight time, stopping for injuries and foul/free-throw situations.
Playing time	No equal-play requirement	Equal playing time; no player more than one shift above another.
Substitutions	Permitted at eligible stoppages	No substitutions in shifts 1–7 except injury; open substitutions after the start of shift 8 and overtime.
3 seconds	Enforced	Warning to players before Christmas; enforce after Christmas.
8-second Full-court defence Defensive system	8 seconds Generally permitted Zone or man-to-man permitted	Applies. Not permitted; give opponents half court after a made basket or possession change. Man-to-man only; verbal reminder, formal bench warning, then technical free throws.
Timeouts Overtime	Standard FIBA timeout structure 5 minutes	One 30-second timeout per half; one in overtime. 4 minutes, stop time.
Halftime	Standard FIBA interval	2 minutes.
Game slot	No EOBA slot restriction	60-minute slot; no new shift within 5 minutes of next scheduled tip-off.
3 Point Line	Outside 3	Outside 3

U14 (Bantam)

1. Games will consist of 8 (4-minute) shifts, stop time.

2. Coaches must ensure that the next shift of players is at the scorer's table with 30 seconds remaining in the current shift.

3. All teams shall have a minimum of 5 players to start the game.

4. All games will be equal time for all players throughout the game (no player shall play more than one shift more than any other player). No substitutions will be permitted in periods 1 through 7, unless an injury occurs. A late arriving player must play 1 shift before halftime to be eligible to join the game. 5. Open substitution will only be permitted in the 8th period, as well as any overtime period. Coaches must begin the shift in accordance with equal play time policies, but will be permitted to make a substitute in a deadball situation.

6. There will be a 4-minute half-time break.

7. Each team will be given 1 timeout per half (30 seconds). Timeouts do not carry through to any overtime period. Each team will receive one timeout in an overtime period.

8. An overtime period is 4-minute stop time.

9. For overtime, playing time is at coaches discretion.

10. All periods will start in the direction of the possession arrow.

11. Intervals between periods shall be no longer than 1 minute with the exception of

halftime. 12. 3-second (in the key) violations will be called from the beginning of the season.

13. The 8 second backcourt count rule applies.

14. No full court press until after the Christmas Break.

15. At any point if a team is up by 15 or more points, they must allow the defence to establish position across the halfcourt line before engaging.

16. Man to man defence only for this age group, no zone defenses. First infraction will be a verbal reminder to coaches. The second infraction will be a formal bench warning on the score sheet. Subsequent infractions will result in technical free throws.

17. Games must be completed in the 75 minute time slot allotted. No new shifts can start within 5 minutes of the scheduled tip off for the next game.

Quick Comparison: FIBA vs. House League

Topic	FIBA baseline	EOBA House League rule
Game format	4 × 10-minute quarters	8 × 4-minute shifts; stop time.
Playing time	No equal-play requirement	Equal playing time; no player more than one shift above another.
Substitutions	Permitted at eligible stoppages	No substitutions in shifts 1–7 except injury; open substitutions in shift 8 and overtime.
3 seconds	Enforced	Enforced from the start of season.
8-second backcourt	8 seconds	Applies.
Full-court press	Generally permitted	Not permitted until after Christmas.
15-point lead	No equivalent lead-based	The leading team must allow the opponent to establish across half court before engaging.
Defensive system	Zone or man-to-man permitted	Man-to-man only; verbal reminder, formal bench warning, then technical free throws.
Timeouts	Standard FIBA timeout	One 30-second timeout per half; one in overtime.
Overtime	structure 5 minutes	4 minutes, stop time; playing time at coaches' discretion.
Halftime	Standard FIBA interval	4 minutes.
Game slot	No EOBA slot restriction	75-minute slot; no new shift within 5 minutes of next scheduled tip-off.
3 Point Line	Outside 3	Outside 3

U16–U19 (High School)

1. Games will consist of 4 x 8 minute stop time quarters.
2. Full FIBA rules in effect, however there will be no shot clock used for games.
3. All teams shall have a minimum of 5 players to start the game.
4. There will be a 2 minute halftime break.
5. An overtime period is 4-minute stop time.
6. All periods will start in the direction of the possession arrow.
7. At any point if a team is up by 15 or more points, they must allow the defense to establish position across the halfcourt line before engaging. For further clarity on the FIBA & OBA standard rules for HS age groups, please review the 2026-27 OBA rulebook.

Quick Comparison: FIBA vs. House League

Topic	**FIBA baseline EOBA House League rule**	**EOBA House League rule**
Game format	4 × 10-minute quarters	4 × 8-minute stop-time quarters.
Shot clock	24-second shot clock	No shot clock.
Overtime	5 minutes	4 minutes, stop time.
Halftime	Standard FIBA interval 2 minutes.	Standard FIBA interval 2 minutes.
15-point lead	No equivalent lead-based	Leading team must allow opponents to establish control across half court.
Other rules	FIBA baseline	Full FIBA rules otherwise, subject to EOBA modifications.

Ejections

1. Any player or team official who is ejected from a game will serve a minimum 1 game suspension for the team's following game. This suspension can be increased depending on the severity of the situation after conveners and officials are able to debrief.

2. Absolutely no verbal or physical abuse of officials will be tolerated. Repeat offenders or particularly egregious cases may result in removal from the league altogether with no refunds provided.

Quick Comparison: FIBA vs. House League

Topic	FIBA baseline	EOBA House League rule
Suspension following ejection	FIBA game disqualification rules; league suspension not specified here	Minimum one-game suspension for following team game; may be increased after review.
Abuse of officials	Unsportsmanlike conduct and disqualification provisions	No verbal or physical abuse tolerated; repeat or egregious cases may result in league removal without refund.

Spare Players/Call Ups

In the event a team is short players for a league game, they are permitted to "call up" a player from a lower age group ***or*** division, provided that they are also registered with the same association.

Examples:

U14 Boys House B are short players, they can call up a U12 Boys House A or B player
U16 Boys House A are short players, they can call up a U16 Boys House B player
U14 Girls are short players, they can call up a U12 Girls player

Teams CANNOT under any circumstances call up a player from a younger competitive team.

Fouls

1. 5 personal fouls on a single player results in a disqualification from the game. 2. 2 technical/unsportsmanlike fouls on a player or coach results in a disqualification from the game. 3. 2 “bonus” free throws are awarded when a team commits its 5th foul of the quarter. At ages utilizing the “shifts” method, this will be per 2 shifts (shifts 1 & 2, 3 & 4, 5 & 6, 7 & 8).

Quick Comparison: FIBA vs. House League

Topic	FIBA baseline	EOBA House League rule
Personal fouls	Player disqualified after 5 fouls	5 personal fouls = disqualification.
Technical / unsportsmanlike	FIBA 2026 disqualification categories and procedures apply	EOBA states 2 technical/unsportsmanlike fouls on a player or coach = disqualification; administration should be confirmed with officials.
Team-foul penalty	After 4 team fouls in a quarter, qualifying subsequent fouls incur penalty	2 bonus free throws on 5th team foul; for shift divisions count per pair of shifts (1–2, 3–4, 5–6, 7–8).

Quick Reference

Age group	Game format	Key game-time requirement
U12	8 × 5-minute shifts — straight time	60-minute slot
U14	8 × 4-minute shifts — stop time	75-minute slot
U16–U19	4 × 8-minute quarters — stop time	FIBA rules; no shot clock