



# TRAVELLING

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# Travelling (Rule 4-44)

Definition:

While:

- holding
- live ball
- inbounds

moving foot or feet (really means the **Pivot Foot**)  
beyond prescribed limits

# Travelling

*continued*

In order to call travelling:

● Where was player when (s)he:

➤ Gained control or

➤ Ended the dribble



**Holding the ball**

● Identify the **pivot foot**

# A Player May Gain Control

1. With **both** feet on the floor, or
2. With **only** one foot on the floor, or
3. With **no** feet on the floor.

# Player catches the ball with:

1. Both feet on the floor:
  - Either foot is pivot foot
  - Established when one foot is lifted (other is pivot foot)

# Player while moving or dribbling, catches the ball with:

2. Only **one** foot **on** the floor:



That foot is the pivot foot



May jump off that foot and land:

➤ **Simultaneously**

➤ **On two feet**



**“Jump Stop”**

(now there is **no pivot foot**)

# Player while moving or dribbling, catches the ball with:

*continued*

3. Both feet off the floor and then:

a) Lands on both **simultaneously**

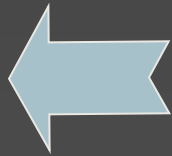
● Either may be pivot foot

b) Lands on **one** foot and

● Steps: then the other is pivot foot, or

● Jumps and lands **simultaneously** on two  
(now there is **no pivot foot**)

“Jump Stop”



# After Pivot Foot Established:

## 1. On a pass or try:

- Pivot foot may be lifted, but
- Not returned to floor before releasing ball
- On a jump, **neither** may return to floor

## 2. On the start of a dribble:

- May not lift pivot before releasing the ball

# Stopping With No Pivot Foot:

This is the **Jump Stop**

- Either foot may be lifted on pass or try
- On starting a dribble **neither** foot may be lifted before releasing the ball

# Falling to and Rising from Floor

1. While holding the ball, may not:
  - Touch the floor with any part of body, except
  - Hands or feet

# Falling to and Rising from Floor *continued*

2. If possession is gained while on the floor

May:

- Start a dribble, pass, or call time out, or
- Sit up

But may not:

- Attempt to rise
- Roll over

# Dive, Control, Slide

- Momentum is the key
- Distance is not a factor
- Sliding on floor after control is legal:
  - Provided the slide is the result of **momentum**
  - After stopping, 'rising from' restrictions apply

# Summary

## Establishing Pivot Foot

