

TRAVELING

Remember these things about traveling:

- a. The player must have control of the ball.
- b. The player cannot travel when he/she is dribbling
- c. You must know how the player establishes the pivot foot.

Establishing the pivot foot:

- a. If a player gains possession of the ball with both feet on the floor, either foot can be the pivot foot. When one foot is lifted, the other is the pivot foot.
- b. If both feet are off the floor and the player lands:
 1. Simultaneously on both feet, either foot can be the pivot.
 2. On one foot followed by the other, the first foot to hit is the pivot foot. Once the pivot foot is established the player may raise the pivot foot to pass or shoot, but he/she may not raise the pivot foot before starting a dribble.
 3. On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot. The player may raise either foot to shoot or pass, but the player may not raise either foot before starting a dribble.

Falling to the floor:

- a. Falling to the floor is a travel. Falling to one knee or the elbow is considered traveling.
- b. Falling to one hand or using the ball in your hands to gain balance is not a travel if you do not move the pivot.
- c. If a player gains control of the ball while on the floor the player may not attempt to get up nor roll to gain an advantage.

Jump Stop:

- a. If a player receives the ball while in the air and lands on both feet simultaneously, he/she may pivot on either foot and step toward the basket.
 - b. A player may end his/her dribble and gain possession of the ball in the air and then land on both feet. That player may pivot on either foot and step toward the basket.
- * The key is where did the player gain possession of the ball? Was he/she in the air or was the player in contact with the floor?