

Good morning!

Last week I gave a jump stop clip. Take a look at the NCAA Weekly Whistle video [here](#) that addresses jump stops!

This video gives several excellent examples and since the NCAA men's rule for travels is identical to the NFHS, we use the same teaching with these videos. Just an FYI...the NBA travel rule is MUCH different than ours, hence the James Harden move is legal in the NBA. WE determine a pivot foot, the NBA determines when steps start.

Please take note also that to be a legal jump stop. The feet must land simultaneously. If we slow down jump stops that are legal, there are cases where one foot lands a split second before the other. When this happens in real time and we are not positive they landed one then the other, the move should be considered legal. Watching film helps us get better at recognizing this move and *knowing* what we saw (or didn't see).

Remember that we MUST be able to explain the rule and what we saw to a coach.....both coaches.

Our travel rule is (nearly word for word as the NCAA men's rule):

SECTION 44 TRAVELING

Traveling is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits on foot movements are as follows:

ART. 1 . . . A player who catches the ball with both feet on the floor may pivot using either foot. When one foot is lifted, the other is the pivot foot.

ART. 2 . . . A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:

- a. If both feet are off the floor and the player lands:
 1. Simultaneously on both feet, either foot may be the pivot.
 2. On one foot followed by the other, the first foot to touch is the pivot.
 3. On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
- b. If one foot is on the floor:
 1. It is the pivot when the other foot touches in a step.
 2. The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.

ART. 3 . . . After coming to a stop and establishing a pivot foot:

- a. The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal.
- b. If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal.
- c. The pivot foot may not be lifted before the ball is released to start a dribble.

ART. 4 . . . After coming to a stop when neither foot can be a pivot:

- a. One or both feet may be lifted, but may not be returned to the floor before the ball is released on a pass or try for goal.
- b. Neither foot may be lifted before the ball is released to start a dribble.

ART. 5 . . . A player holding the ball:

- a. May not touch the floor with a knee or any other part of the body other than hand or foot.
- b. After gaining control while on the floor and touching with other than hand or foot, may not attempt to get up or stand.

Have a great day today and stay positive!

Tim