

Good morning!

Question.....can the pivot foot ever be lifted from the floor and returned to the floor legally? Take a look at the clip [here](#) for an example.....

LEGAL! The pivot foot MAY come back to the floor if it is a JUMP STOP! The feet must land simultaneously in order to be a legal jump stop. If they do not land at the same time then it would be a travel.

Here is the travel rule and 44.2.b.2 is the specific rule that makes this clip legal:

#### **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.

Traveling is the TOUGHEST call we have to make because kids are so quick and in real time we have to make judgements about what happened. Remember, we need to be POSITIVE about what happened. We can NOT go to a coach and start an explanation with "I think .....". We must KNOW what happened. How does that start? Know the rules and apply them correctly. You will get total support if you apply the rules correctly.

As a Tip of the Day POE.....make sure you can explain your call (or no-call) to a coach. For this play, when the opposing coach asks why this is not a travel, we need to be able to say 'She caught the ball on one foot, immediately jumped off that foot into a jump stop and went up for a shot without stepping again.' Coaches may not like our answers, but if they are supported by the rules book, they cannot be argued!

Have a great day today and enjoy the snow since we aren't losing any games due to weather cancelations!

Tim