

Good morning!

Take a look at a travel called [here](#).

SITUATION B:

A1 dives for a loose ball and slides after gaining control. A1 is in a position either on his/her back or stomach. What can A1 do without violating?

RULING: A1 may pass, shoot, start a dribble or call a time-out. Once A1 has the ball and is no longer sliding, he/she may not roll over. If flat on his/her back, A1 may sit up without violating. Any attempt to get to the feet is traveling unless A1 is dribbling. It is also traveling if A1 puts the ball on the floor, then rises and is first to touch the ball. (4-44-5b)

According to the above case play, a player gaining possession of the ball on the floor may sit up. Rolling over or laying down is considered to be trying to 'get away' from a defender and thus gaining an advantage, so a travel.

The T here pauses to give L a chance to make the call, then blows the whistle and closes down on the play. The ball would then be inbounded at the spot 3 feet outside the lane line on the side where the current L is.

Monday extra: When a foul or violation occurs in the paint (as in the clip today) even if it's on the opposite half of the paint, we still resume play with a throw-in on the side that L (or new T) is so that there is no rotation/switch.

Have a great game tonight!