

## Understanding Travels





## What is a Travel?

#### Definition

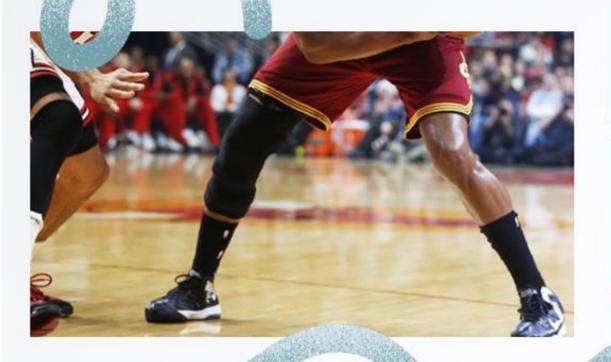
The illegal movement of one or both feet while in possession of the ball, without dribbling.

#### Core Principle

Based on foot movement after a player establishes a pivot foot.



## Establishing a Pivot Foot



Stationary Catch

When catching while standing still, either foot can become the pivot foot.
The opposite foot to whichever is first lifted becomes the pivot foot

Catch on 1 foot

If a player catches the ball on 1 foot, and isn't in motion, the foot they caught the ball on is the pivot

Catch, then jump stop

If both feet land simultaneously either foot can be the pivot





## **Permitted Movements**

### **Stationary** player

May pivot on the established pivot without restrictions.

### **Moving** Player

May take two steps then stop, pass or shoot.

#### **Dribbling**

**Unlimited steps** allowed while actively dribbling.

### On the ground

May be on the ground with the ball unless attempting to move.



# When can a gather step apply?



Catching

Catching the ball while in motion/on the run.



Dribble

Picking up the ball in motion after completing a dribble.



The gather step in basketball gives a player an "extra step" while in motion. It occurs when a progressing player gains control of the ball while moving.





## The "Gather Step"



Ball Control

Player secures possession of the ball, mid-step "Gather Step"



Pivot Foot

The second foot placed is the pivot foot



Pick up Pivot

The "Third step" is the pick-up of the pivot foot, a player needs to pass or shoot before replanting foot





01.

Fumbling the ball

When fumbling the ball possession, a player is not considered in possession of the ball. You can not travel if you do not have possession of the ball.

03.

Starting a dribble

If a player lifts their pivot foot before they release the ball for a dribble, it is a travel. You can not jump and then dribble before touching the ground.



# Special Situations

02.

**Falling** 

Sliding from momentum when falling is permitted. If a player then moves around on the ground, it is a travel.

04.

**Judgment** 

Often, minor movements are not called in junior levels. Advantage on a play needs to be judged and considered when making these calls.



