



BASKETBALL ACT

Understanding Travels





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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.



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Establishing a Pivot Foot



Stationary Catch

01.

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

02.

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

03.

If both feet land simultaneously either foot can be the pivot



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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.



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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





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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.

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.

Special Situations