

THE “13 FACETS” OF RULE 4-44

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:

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. (4-44-1)
2. A player who catches the ball while moving or dribbling, with both feet off the floor, may stop and establish a pivot foot by landing simultaneously on both feet. Either foot may be the pivot. (4-44-2a1)
3. A player who catches the ball while moving or dribbling, with both feet off the floor, and lands on one foot followed by the other, the first foot to touch is the pivot. (4-44-2a2)
4. A player who catches the ball while moving or dribbling, with both feet off the floor, and lands on one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case. (4-44-2a3)
5. A player who catches the ball while moving or dribbling, with one foot on the floor that foot becomes the pivot when the other foot touches in a step. (4-44-2b1)
6. A player who catches the ball while moving or dribbling, with one foot on the floor may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case. (4-44-2b2)
7. After coming to a stop and establishing a pivot foot that foot may be lifted, but not returned to the floor before the ball is released on a pass or try for goal. (4-44-3a)
8. After coming to a stop and establishing a pivot foot, if the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal. (4-44-3b)
9. After coming to a stop and establishing a pivot foot the pivot foot may not be lifted before the ball is released to start a dribble. (4-44-3c)
10. After coming to a stop when neither foot can be a pivot, 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. (4-44-4a)
11. After coming to a stop when neither foot can be a pivot, neither foot may be lifted before the ball is released to start a dribble. (4-44-4b)
12. A player holding the ball may not touch the floor with a knee or any other part of the body other than hand or foot. (4-44-5a)
13. A player holding the ball, after gaining control while on the floor and touching with other than hand or foot, may not attempt to get up or stand. (4-44-5b)

