

FREQUENTLY MISUNDERSTOOD RULES
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The following are a few “contentious” rule areas that we are presenting to help ensure that coaches, officials and players are operating from the same perspective.

1. Traveling

A player cannot travel unless he/ she is actually holding the ball and moves illegally. A player may fumble the ball the entire length of the court and has not traveled.

A player may dive for a ball, secure it and slide (via momentum) 10 feet, 15 feet, or more and has not traveled.

If a player attempts to stop a dribble, loses control and fumbles the ball, then gains control, the player has not traveled.

There is not a limit as to the number of steps a player may take between dribbles.

There is no limit as to the height of a dribble. The ball may be dribbled over the player’s head without any violation occurring.

Jump Stop

Page 37 of the NFHS case book, it describes a jump stop in article 4.44.2 Situation A: “Dribbler A1 catches (picks up his dribble) with the right foot touching the floor and then jumps off that foot and alights on both feet simultaneously: (a) with feet parallel; or (b) with one foot in advance. Ruling: the position of the feet has no significance, but they must come to the floor simultaneously. In both (a) and (b), it is a violation if A1 pivots on either foot.”

The NCAA rule book provides the best definition of a jump stop (same as NFHS):

Section 42. Jump Stop

Art. 1. A jump stop is executed when a player catches the ball while moving or dribbling with:

- a. One foot on the playing court, jumps off that foot and lands simultaneously on both feet (no pivot foot). The player may not pivot on either foot.
- b. Two feet off of the playing court, lands on one foot, jumps off that foot and lands simultaneously on both feet (no pivot foot). The player may not pivot on either foot.

Art. 2. A jump stop may also be executed when the dribbler has one foot on the playing court, initiates a jump off that foot, ends the dribble with both feet off the playing court and lands simultaneously on both feet (either foot can now be established as the pivot foot).

To summarize:

The only way a player can pivot after a jump stop is if that player catches the dribble or ball with both feet off the floor, and lands simultaneously on both feet (the feet must land at approximately the same time). The player may now pivot on either foot.

- 2. After establishing a legal guarding position, the defender is permitted to move in any direction, except into the player being guarded. In this situation, if contact occurs on the defender's torso, it is usually a foul on the offensive player, unless the dribbler jumps to shoot, once the offensive player is airborne, the defender may not move into the path of the airborne player.**
- 3. If a player control foul is called, the protest of "but he was moving" should never be heard. The defensive player is allowed to move in order to maintain a guarding position. This principle is maintained until the offensive player is able to get his head and shoulders past the defender.**
- 4. The defender's feet need not be in contact with the floor in order for a player control foul to be called. VERTICALITY, one of the most often missed calls.**
- 5. Slapping the backboard is ignored if it is incidental to playing defense.**
- 6. A shot may be blocked or pinned against the board even after hitting the backboard, unless it is on its downward flight or within the cylinder. (different from NCAA)**
- 7. The team control rule on the throw in doesn't affect anything but whether or not we shoot free throws on a foul committed during the throw in**
- 8. There is never a situation in which a player with the ball is entitled to "step" prior to running into the defender. The player is not entitled to "time or distance" if the player has the ball.**
- 9. There is no free landing area for an airborne player if the defensive player was in that position before the airborne player left the floor.**
- 10. Accidentally striking the ball with your foot or leg is not a violation. Kicking the ball must be a positive act to be called a violation.**
- 11. The three-second count is suspended while a player drives to the basket. There is no three-second count during rebounding situations. The count ends every time a shot is taken and a new count begins when the offensive team regains control.**

12. **The only exceptions to the airborne player catching a ball in mid-air while going from frontcourt to backcourt without violating are: (Rule 9.9 Art. 3 page 60 NFHS Rule Book)**
 - a. **During a throw-in: the first player to touch the throw-in pass**
 - b. **A defender, when intercepting a pass,**
 - c. **During a jump ball**

The player in the above situations may make a normal landing after securing the ball in midair and it makes no difference whether the first foot down is in the frontcourt or the backcourt.

13. **Establishing “Frontcourt” status is substantially different if a player is dribbling from back court as opposed to holding the ball or receiving a pass at the division line.**
14. **A moving screen is NOT a violation. It is a foul only if there is contact. Contact on an illegal screen is usually a foul on the screener.**
15. **Extreme contact may occur on a legal screen, but if the screened player stops, or does not run through the screen, it is incidental contact.**
16. **The last player to touch the ball causes it to go into the backcourt.**
17. **“Boxing Out” is TOTALLY different than “Backing out”.**
18. **A player may reach over a player and secure a rebound without committing a foul. There is no such foul as “over the back”. It is only a foul if the player is “pushed” in the back while rebounding. Officials should not use the term “over the back”. The proper call & signal is for “pushing”.**
19. **There is no such foul as “reaching in”. A defender may reach in all he/she wants. It is a foul only if they make contact & hold or push the offensive player.**
20. **“Continuous Motion” often begins 1-2 seconds before the actual release of the ball.**

When these situations are called incorrectly or not understood by the officials, coaches, players or fans, it causes unnecessary dialogue and/or interruption to the game.

Hopefully, knowledge of the rules, and how and when to implement them will lead to a better understanding of the principles of the game.