

JUMP STOP - HOP STOP

Jump stops are not called correctly or consistently. Let's take a look at the various types of jump stops.

1. A jump stop is when a player ends a dribble or catches a pass with both feet off the floor and lands simultaneously on both feet. This player is legal to pivot on either foot.
2. The key issue is you must see the feet at the time the player catches the pass or ends the dribble.
3. The hop-jump stop is when a player with one foot on the floor catches a pass or ends a dribble, jumps off of that foot and lands simultaneously on both feet. In this situation the player cannot pivot on either foot and may only lift a foot to shoot or pass before returning to the floor. If the player has not dribbled the player may not lift either foot before releasing the ball to start a dribble.
4. A common element in any jump stop is that at some point both feet simultaneously touch the floor.