NATIONAL CLUB BASKETBALL ASSOCIATION

850 Ridge Avenue
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2025 NCBBA Skills Competition Rule Book

3-Point Shooting Competition

- **This will be a timed event in which a stopwatch will be keeping track of the amount of time it takes you to complete the task.**
- **Each contestants will be timed as to how quickly they can make 5 3-Point shots, 1 from each of 5 different spots marked by cones (corner, wing, top of key, wing, and corner)**
- **All contestants will start in either corner position and the stopwatch will start as soon as the first shot leaves the players hand.**
- **The contestants may not move onto the next position until they make the shot in the particular position they are in.**
- **Time will stop when the player's ball travels through the net on the last position.**

Format

- **8 shooters will compete in the first round with the top 4 shooters moving onto the next round.**
- **4 shooters will compete in the second round with the top 2 shooters moving onto the final round.**
- **2 shooters will compete in the championship round with the top shooter (champion) being decided by that player achieving the least amount of time to make baskets from all 5 spots.**

3-Point Challenge Winner Explanation

Shooter Name	1st Round	2nd Round	Champ Round
1	**2:30**	Eliminated	Eliminated
2	**2:29**	Eliminated	Eliminated
3	**2:28**	Eliminated	Eliminated
4	**2:27**	Eliminated	Eliminated
5	**2:26**	**1:50**	**1:59**
6	**2:25**	**1:53**	**1:55 (Winner)**
7	**2:24**	**1:58**	Eliminated
8	**2:23**	**1:57**	Eliminated

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NCBBA Obstacle Course

- **Course designed by the NCBBA in order to test the all-around basketball skills of a player.**
- **8 contestants will compete in this competition**
- **Contestants will be involved in 5 different obstacles that will take place over the entirety of the basketball court**
- **Players will have their ball handling skills, shooting ability, and basic agility tested throughout the obstacle course**
- **All contestants will be timed on a stopwatch which will start on the player's first move and will stop once the foul shot (last obstacle) travels through the net.**

Format

- **Each contestant will start with a ball on the elbow at the top of the key**
- **The clock starts on the player's first movement, the player will then have to make a layup.**
- **Following the made layup the player will have to get their own rebound and dribble through the slalom course of cones starting outside of cone 1.**
- **When the player reaches the opposite corner of the court they will shoot a 3-pointer which they must make before moving on (NCBBA Staff will be rebounding if ball rack goes empty).**
- **After the 3-pointer is made the player will then run to the opposite corner from where they shot the 3-pointer and picks up 2 basketballs.**
- **The player must then dribble both balls through the next slalom course of cones starting outside of cone 1.**
- **Once past cone 5, the NCBBA judge will shout "Clear" signaling the player to drop one ball and dribble the other to the near foul line.**
- **The player must then shoot a foul shot until one is made thus stopping the clock.**
- **5 Seconds will be added to the final time for every cone that is knocked over. 10 Seconds will be added to the final time for every cone that is missed.**
- **8 Players will compete in the first round with the best 4 times moving onto the next round.**
- **4 Players will compete in the second round with the best 2 times moving onto the final round.**
- **2 Players will compete in the championship round with the best time in the final round being declared the champion.**

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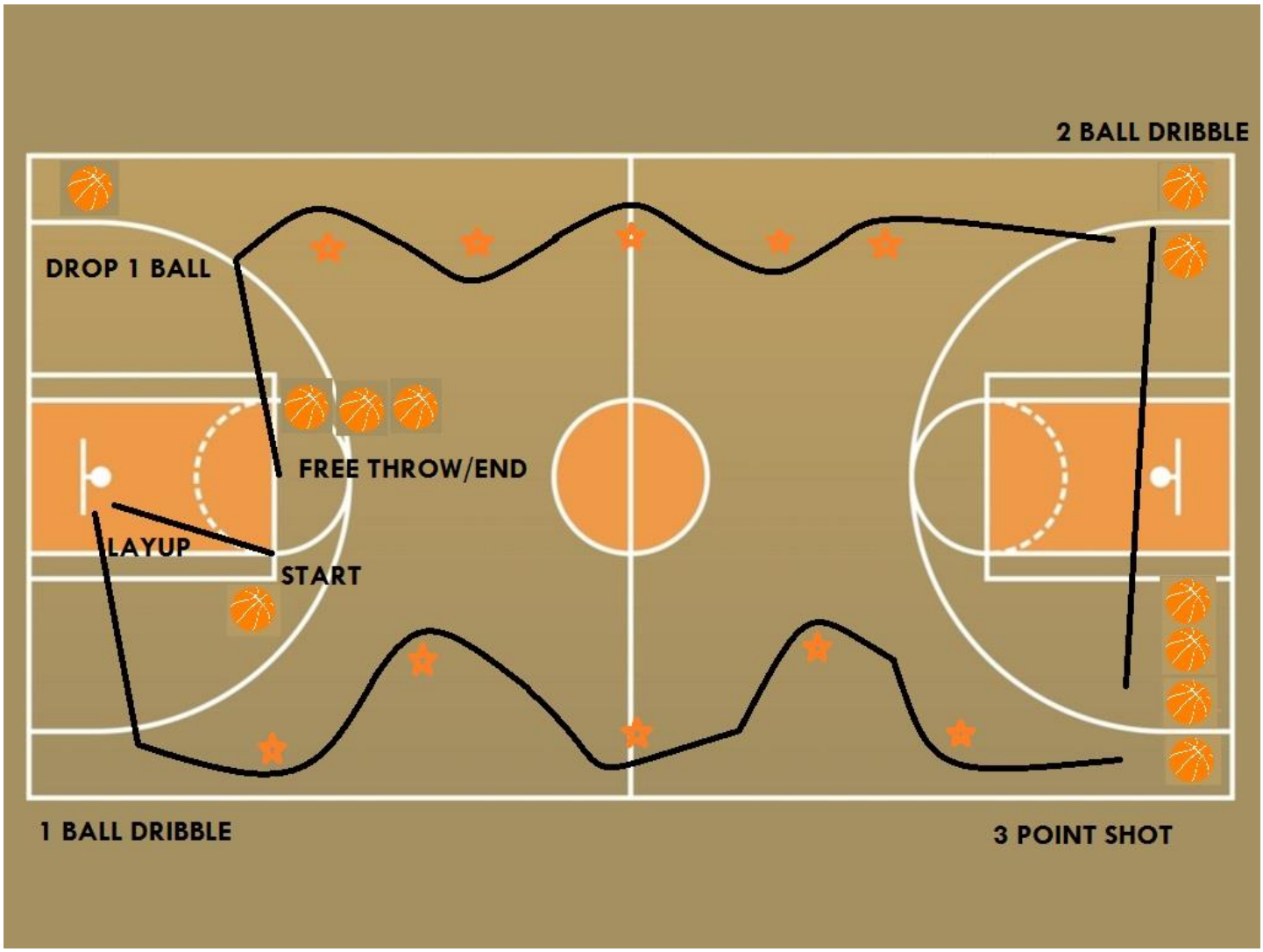

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NCBBA Slam Dunk Challenge

- **6 contestants will compete in the slam dunk challenge**
- **Dunks will be scored by 3 judges on a scale of 1-10**
- **There will be 3 rounds total for the dunk competition**

Format

- **1st round will consist of 6 players with each having 2 opportunities to get dunks scored by the judges in a total 1:30 minute window. The highest scored dunk being counted.**
- **The top 4 scoring players plus anyone tied for the 4 spot will move onto the 2nd round where they will again have 2 opportunities to get dunks scored.**
- **The top 2 scoring players plus anyone tied for the 2 spot will then move onto the championship round where they will have 2 opportunities to get dunks scored. With the highest scoring dunker in the championship rounded being declared the champion.**

Slam Dunk Winner Explanation

Slam Dunker Name	1st Round	2nd Round	Championship Round
1	27	23	Eliminated
2	26	24	Eliminated
3	25	25	27 (Winner)
4	24	26	25
5	23	Eliminated	Eliminated
6	22	Eliminated	Eliminated

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