

2026 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

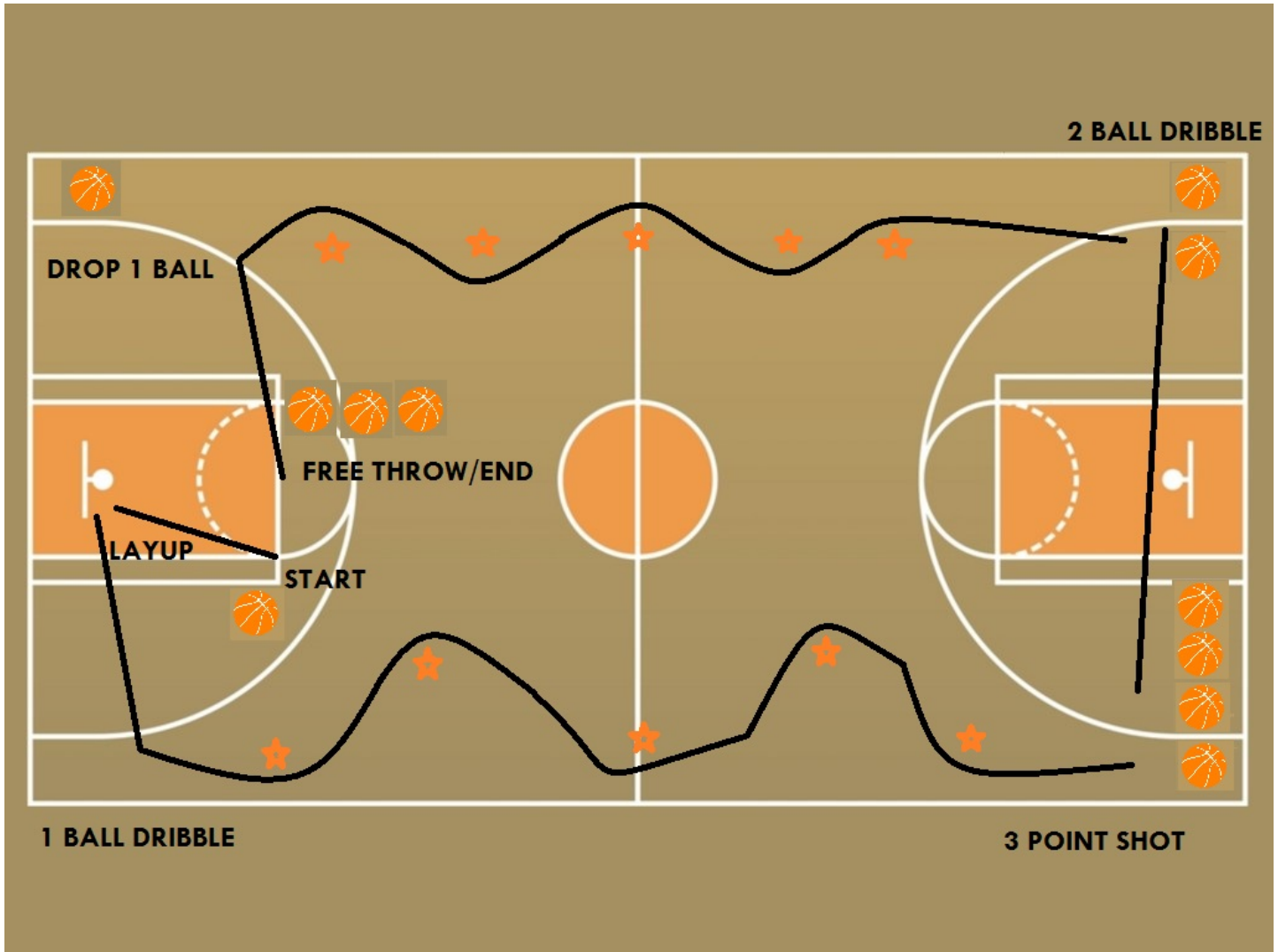
Shooter Name	1 st Round	2 nd Round	Champ Round
1	2:30	Eliminated	Eliminated
2	2:29	Eliminated	Eliminated
3	2:28	Eliminated	Eliminated
4	2:27	Eliminated	Eliminated
5	2:26	1:50	1:59
6	2:25	1:53	1:55 (Winner)
7	2:24	1:58	Eliminated
8	2:23	1:57	Eliminated

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.



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 an opportunity to get 2 made 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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