



## Virtual Dunk Contest and Skills Competition Rules

**Saturday, June 6<sup>th</sup>, 2020 from 8:00 – 9:00 pm**

Due to the current social distancing conditions and restrictions by The Government of Canada, this year's annual **Liberty & Justice Basketball Event** will be very unique. This year's event will include a **Dunk Contest, Skills Competition, and a Youth vs Police Officer Basketball "Game."** We will host the event on our social media platforms. The Dunk Contest and Skills Competition will feature youth in Ontario who upload videos! Judges will decide on a grand prize for the Dunk Contest and the Skills Competition. Thanks for your participation! Here are the details, rules, and requirements.

**\*Participants are asked and encouraged to adhere to the current social distancing, self-isolation, stay home orders. Your safety and well-being are our utmost concern.\***

**\*Disclaimer, in submitting your video clips you are giving us the permission and the right to use the clips in our Liberty & Justice Virtual Basketball Event 2020.\***

**\*Disclaimer, in order to participate it is mandatory to read and sign the attached liability waiver. If you are under 16 please have a parent/legal guardian and witness read and sign.\***

**\*You must be 21 years of age or younger on June 6, 2020 to participate in this competition\***

### General Rules:

- Video uploads will be accepted from May 15<sup>th</sup> until May 25<sup>th</sup> at 10:00 PM.
- Clips will be examined and selected for the event starting May 25<sup>th</sup>.
- Winners for the Dunk Contest and Skills Competition will be announced during the broadcast on Saturday June 6<sup>th</sup>, 2020 on our YouTube channel Liberty For Youth.
- Participants must be 21 years of age or younger on June 6, 2020. Children may compete if able to do so independent of parent intervention of athletic activities.
- This competition is open to Ontario residents only.
- There is a 1-minute time limit per participant regardless of how many components of the event they participate in.
- Gift Cards for the two prizes will be decided by choices of the winners and availability.

## How to Enter:

- Please email the video clips of you performing the dunks and/or skills to [uploads@libertyforyouth.org](mailto:uploads@libertyforyouth.org) If you are having trouble uploading video clips you can email [info@libertyforyouth.org](mailto:info@libertyforyouth.org) for support.
- Submit video clips names as either “Dunk Your Name” or “Skills Your Name” to help us organize multiple clips. *For example; “Dunk Jay Brown” and/or “Skills Shana Williams”.*
- When submitting your videos please provide your name, date of birth, city, and current team/club/school you play for (if applicable) in the email. Do not provide your school if you are under 16.
- Read over and sign the participation waiver downloadable at [libertyforyouth.org](http://libertyforyouth.org) and email a signed copy with your video clip(s). Your safety is our concern and we recognize that dunking and performing sports can potentially be dangerous.
- If your dunk or skill requires you to provide extra information such as the name of the dunk (Dunk Contest #2) or time in which you finished the drill (Skills Competition #2), please do so. Make sure all requirements in each description are met.
- There is a **1-minute time limit** for each part of this competition per person. If you are only participating in 1 component or in multiple components there is still a 1-minute time limit. Please be courteous of this time limit. There will be a lot of participants and we want to ensure that everyone who submits video has an equal chance at being judged and chosen for the virtual basketball event.
- Participants are allowed to participate in both the dunk and skills contest. If you are submitting multiple video clips for both the Dunk Contest and the Skills Competition please be aware that there is a **1-minute limit to film overall**. For example; 20 seconds of dunk and 40 seconds of skills or 30 seconds of dunk and 30 seconds of skills.

For this year's Dunk Contest and Skills Competition, we acknowledge that court/net availability is challenging. We have done our best to adapt for these conditions by giving participants multiple ways to participate and submit videos. Judges acknowledge all of the uncontrollable factors and will be as impartial in their judgment as possible when evaluating dunks and skills done at home. **Listed below are the requirements and rules for the dunk contest and skills contest. Make sure you read the descriptions thoroughly so all requirements are met.** When creating your videos please adhere to the laws outlined by the Government of Canada. We encourage all participants to stay at home and use a net on their property along with only using current household occupants. Thank you for your cooperation.

# Dunk Contest

1ST PLACE PRIZE FOR THE DUNK CONTEST: \$250 GIFT CARD

There will be two options for this year's dunk contest:

1. Submit older videos of you dunking indoors or outdoors.
2. Submit new dunks.

## General Rules:

- 1-minute time limit of total video submitted.
- You can showcase more than one dunk under the time limit.
- Report your age at the time of the video. It doesn't matter how old the videos are as long as you are 21 years old or younger on June 6<sup>th</sup>, 2020. Be mindful of camera and angle quality as well. It must be clear enough to judge.

## 1. Submitting Older Videos

Let's get hype: Submit clips of you dunking in a game for your school/club/pro team, after practice, in warm up lines, with friends, or even over friends!

## 1. Submitting New Dunks

Since regulation rims and good jumping conditions are hard to find at this point in time, regulation rims are not necessary. The height of rim, creativity, props, style, and swag (e.g., jerseys, costumes, etc.) will all be considered when evaluating dunks. This year more than ever we want participants to have fun and be as outgoing as possible. Points will accumulate depending on how much of the criteria is met so again we encourage creativity. When submitting the video naming the dunk something catchy, funny, witty, or rhyming is highly recommended (e.g., Slamma-Jamma 3000.) Remember the 1-minute total of video clip total limit.

Participants can:

- Complete and name any dunk of your choice (e.g., windmill, through the legs, double pump, etc.)
- Complete one of an NBA player's dunk contest dunk (e.g., Michael Jordan's free throw line dunk.) Name the player you are copying.
- Create a dunk. Have fun and be as elaborate as possible (e.g., bite an apple off the rim as you dunk.)

# Skills Competition

1ST PLACE PRIZE FOR THE SKILLS COMPETITION: \$250 GIFT CARD

There will be two options for this year's Skills Competition:

1. Submit older in-game videos of yourself exhibiting extraordinary basketball skills (e.g., great crossovers, amazing shots, or remarkable passes.)
2. Complete any or all of the below challenges.

## 1. Previous In-Game Skills

Submit your personal best “Hoopmixtape” video clips. This can be highlights from school, club, and others games of yourself playing. Highlight any type of crossovers/ankle breakers, smooth pull up jump shots, exciting three pointers, an incredible or fancy pass, or any combination of these. We want to make sure viewers are wowed by skill and great plays. Judges will be ranking clips based on style, difficulty, and smoothness.

### General Rules:

- Passes, shooting, and ball handling clips are all allowed.
- You can showcase more skills not named here.
- Report your age at the time of the video. It doesn't matter how old the videos are as long as you are 21 years old and younger on June 6<sup>th</sup>, 2020. Be mindful of camera and angle quality as well. It must be clear enough to judge.
- Reminder a 1-minute total of film will be accepted for all components.

## 2. Ball Handling

This portion of the Skills Competition can be done in three ways;

- a. Timed Drill.
- b. 30 Second Dribble Freestyle.
- c. 1 on 1 Skill Demonstration (against an individual you live with only. Do not break the Government of Canada's Stay Home order.)

## a. Timed Drills

Participants are to complete all parts below and record time (having someone record for you is beneficial.) Honesty is policy here, while judges will review each video please complete the required number of dribbles before proceeding to the next move. Submit only 1 video of your best time (please provide the time in which you completed the drill).

Participants will complete:

- **30 crossovers** (ball must be aligned with or pass knees, no baby crosses, and knees shoulder width apart).
- **20 alternating between the legs** (through the legs with right hand while left foot is forward, switch stance with right foot now forward [scissor jump for speed], through the legs with left hand, continuous.)
- **10 behind the backs** (however you please, in squat position or standing upright).
- **10 in and out crossovers.**

## b. Freestyle

Please submit a stationary or moving freestyle dribbling video. This means participants can use any combination of dribbles (between the legs, behind the back, in and out, hesitation, crossover, touch the ground and spin, etc.) as fast and creative as possible.

**General rules:**

- Any dribble combination is allowed. Even old school/Harlem Globetrotter moves such as spinning on your finger, rolling the ball across your arms and behind your head, etc.
- Because there is no required length please be aware that however long you freestyle for, it will count towards your total 1-minute amount of film allowed for this event.

## c. 1 ON 1

You can submit your best crossovers/shots in a 1 on 1 situation at home against someone you currently live with only.

**General Rules:**

- Use a family member or individual you are currently living with in isolation only (that person does need to know how to play basketball and will not be evaluated.)
- There is no time requirement but it will count towards your 1-minute of film that is allowed for your total uploads (if participating in multiple components.)

Thank you so much for participating in this year's Liberty For Youth Virtual Liberty & Justice Basketball Event 2020. Our goal is to make this as exciting as possible, and with your amazing video clips it is possible! We are very grateful for your participation and cannot wait to see your dunks and skills.

Follow us on Instagram and Twitter and like us on Facebook and subscribe to us on YouTube to stay updated on announcements before the event. We can't tag you in any posts unless you follow us or like the Liberty For Youth page. ***You do not need any social media accounts to participate in this event. You do need access to an email account to send us the videos. Always ask your parent/legal guardian for permission to use social media, email, or sign up for these or other online accounts.***

You can email [info@libertyforyouth.org](mailto:info@libertyforyouth.org) with any questions or technical issues. Always stay safe and healthy.

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