



## **RULES & CRITERIA**

1. The video must not be longer than 15 seconds.
2. Only 1080p or higher video quality will be accepted.
3. The video must be one continuous shot (no cuts/edits).
4. Only one (1) student should be completing the dunk throughout the entire video.
5. At the beginning of each submission, the student-athlete **must** say, *"This video is for the 2024 BCSS Virtual Dunk Challenge"* for validity. Videos submitted without this statement will **not** be considered.
6. The student-athlete must be in grade 11 or 12 and registered on a **SENIOR** basketball team in STARS to be eligible to compete in the contest.
7. Each school is allowed up to two (2) submission videos. However, only one submission per student is allowed.
8. Regulation-sized basketballs must be used.
9. Dunk must be completed on a standard, senior-height hoop.
10. No props are allowed (ie. trampolines, tables, chairs etc.) to assist the jumper at any time during the dunk.
11. Teammates can be present and may assist the dunker, whether to hold, pass or bounce the ball, as long as they don't assist the jump. Teammate hype for the dunk and dunker is **strongly** encouraged!
12. **Safety is the priority.** Please do not attempt any dunks that may lead to injury, or cause harm to people or physical property.

## VOTING FORMAT

- The voting will be done through a 16-person or 8-person bracket depending on the number of entries.
- The first 16 videos submitted that are approved will move on to the voting bracket.
- If we receive fewer than 16 submissions, we will conduct the voting format using an 8-person bracket. All videos submitted and approved will still be included in the bracket, however byes will be given through video submission order. (eg. If there are 10 submissions, the first two videos approved upon submission receive a bye in the first round).

## PRIZES

- The dunker who wins the contest will win **\$250** for themselves and **\$250** for the school's athletic program.
- The runner-up will win **\$100** for themselves and **\$100** for the school's athletic program.
- All participants will receive a commemorative BCSS Dunk Challenge t-shirt, upon their approval into the contest.

## SUBMISSION INSTRUCTIONS

Click [here](#) to access the online submission form.

A student's submitted dunk video cannot be posted anywhere on social media before the challenge. Public sharing is permitted once BCSS posts the video on their Instagram account ([@bcschoolsports](#)).

Once your submission is received, you will receive an email from BCSS confirming if your video has been approved along with further information on how it will be shared. If your video does not meet all the outlined criteria, you will receive an email asking for a re-submission.

After the deadline, you will receive another email with details about the final voting format that will be used.

**THE SUBMISSION DEADLINE FOR THIS CONTEST IS FEBRUARY 5, 2024, AT 4 PM. VIDEOS SUBMITTED AFTER THIS DATE WILL NOT BE CONSIDERED.**