

# 2022-2023 BCSS Virtual Dunk Challenge



## Criteria

- Video must be 15 seconds max.
- 1080p or higher video quality will be accepted.
- Video must be one continuous shot (no cuts/edits)
- Only one (1) student should be completing the dunk throughout the entirety of the video.
- At the beginning of each submission, the student-athletes must say, *“This video is for the BCSS Virtual Dunk Challenge”* to ensure validity. Videos submitted without this statement will not be considered.
- Student-athlete must be registered on STARS on a senior basketball team and eligible to play.
- Students are allowed only one (1) submission video per team.
- Regulation-sized basketballs must be used.
- Dunk must be completed on a standard height hoop.
- No props are allowed in assisting the dunk (ie. Trampolines, Tables, Chairs etc.) anytime during the dunk.
- Teammates may be present and may assist the dunker, whether that be 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!
- **Safety is the first priority.** Do not attempt any dunks that may lead to injury or cause harm to people or physical property!

## Prizes

- Dunker who wins the contest will win **\$250** for themselves and **\$250** for the school’s athletic program.
- Runner up will win **\$100** for themselves and the school’s athletic program.

## Submission Details

- A student’s submitted dunk video cannot be posted anywhere on social media prior to the challenge. Shares are only permitted once BCSS reveals the video publicly on their IG account ([@bcschoolsports](https://www.instagram.com/bcschoolsports)) during the round-by-round matchups.

- Please submit the following to BCSS (@bcschoolsports) Instagram DMs:
  - Student athlete's full name, school, and position.
  - Student athlete's IG user, school athletics IG user, school basketball account IG user (if applicable)

**THE SUBMISSION DEADLINE FOR THIS CONTEST IS JANUARY 31, 2023 AT 4PM.  
VIDEOS SUBMITTED AFTER THIS TIME PERIOD WILL NOT BE CONSIDERED.**

**In the case that the student athlete completing the dunk does not have an IG handle, the school, team, or a fellow teammate's account may submit the video and details under the dunker's name.**