

SPRING 2025 3-POINT AND SLAM DUNK RULES

Updated 11/1/2024

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the Intramural Sports Program.

Rule 1: Facility

1. All games will be played at the UCCS Campus Recreation & Wellness Center on Court B.

Rule 2: Eligibility

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass.
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural level.

Rule 3: Team Composition

1. Both the 3 Point and Slam Dunk competitions will be completed by a single player.
2. Both the 3 Point and Slam Dunk competitions are considered "open".

Rule 4: Equipment

1. The ball size requirements for each player are noted below. A ball will be provided by the Sport Programs Staff. 29.5-inch balls are used in men's college basketball, while 28.5-inch balls are used in women's college basketball.
 - a. Men's/Open Leagues: 29.5 inch
 - b. Women's Leagues: 28.5 inch
2. Any exposed jewelry (earrings, nose rings, necklaces, etc.) will not be permitted.
3. Players may not wear pads/braces above the waist, casts/splints at any time, baseball caps or bandanas with knots.
4. Players may wear a stocking cap, bandanas, durags, etc.
5. Illegal Equipment
 - a. Pads or braces worn above the waist. Casts worn above or below the waist.

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- b. Shoes with metal, ceramic, screw-in, detachable cleats, or any projecting metal. Also, any athletic marking shoes.
- c. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least ½” of closed cell, slow recovery rubber or other material of similar thickness and physical properties.
- d. Any slippery or sticky foreign substance on any equipment or exposed part of the body.

Rule 5: Game Format

1. 3 Point Competition
 - a. Players will compete in the two-round, timed shooting competition.
 - i. The order of competition will be determined by random drawing.
 1. The three players with the highest scores advance to the Championship Round.
 - ii. The competition order for the Final Round will be determined by the inverse order of First Round scores. (i.e., the player with the lowest score in the First Round among the players who advanced shoots first in the Final Round.)
 - b. There will be five (5) main shooting locations around the three-point arc.
 - i. One spot will be at the top of the key, one will be on each wing, and one will be in each corner. Each shooter may begin at either corner of the court and make their way around.
 - c. Players must exhaust the balls at each location in competition order before moving on to the next shooting location.
 - d. Players may not start on or over the three-point line while shooting. The basket will not count if the line is violated.
 - e. TIME LIMIT
 - i. Each competitor has 70 seconds (1:10) to shoot as many of the 25 shots as they can.
2. Slam Dunk Competition
 - a. Sport Programs Supervisor will lower the basketball hoop to 9 feet high for the 9-foot-high dunk contest and there will be a regular 10-foot-high dunk contest.
 - b. Each contestant will attempt to put down two (2) dunks in the first round. They will get 2 chances at each dunk, but only two (2) dunks put down will count.
 - c. Based on number of registrations, the top 3 dunkers will move onto the final rounds.
 - d. Each contestant will attempt to put down one (1) dunk in the second and third round.

Rule 6: Scoring

1. 3 Point Competition
 - a. A shooter's total score is determined by adding the total points he/she receives for all made baskets from behind the 3-point line.

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- i. Tie-Breaker - The first tiebreaker will be the number of money balls each shooter made in his/her round. The second tiebreaker will be the number of baskets made from the last corner spot.
- b. All balls in a rack will be worth 1 point.
2. Slam Dunk Competition
 - a. To determine the winner, all the scores in the final round will be added together.

Rule 7: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. For tournaments or special events, if there is an issue with sportsmanship the team or individual will receive a warning. If there is another instance of sportsmanship issues the staff on site has the right to remove a player or team from the event. Sportsmanship issues include:
 - a. Participants are openly arguing calls with officials on multiple incidents.
 - b. Fighting.
 - c. Mocking the skill level of an opponent.
 - d. Trash Talk.
 - e. Not having control of spectators for your team.
 - f. Etc.