

**Alice Lloyd College
Intramural Athletics
Official Slam Dunk, 3-Point, Free Throw Rules**

General Rules

1. Individual competition.
2. Individuals may participate in all 3 competitions.

Rules and Procedures

1. Slam Dunk

1. Each contestant will attempt to put down 2 dunks in the first round. They will get 2 chances at each dunk, but only 2 dunks put down will count.
2. Each contestant will attempt to put down 1 dunk in the second and third round.
3. To determine the winner, all the scores will be added together.

2. Free Throw

1. Each contestant will get 10 free throw attempts in the first, second, and third (if needed) round.
2. If there is a tie, it will be a "shoot until you miss" competition.

3. 3-Point

1. Each contestant will get 2 shots at each of the 5 spots around the 3-point arc, which will add up to 10 shots. All rounds will have this layout.

Conduct of Players and Others

***As a result to one of the following, the contestant accused may be disqualified and may not be eligible to win:**

1. Any acts of unfair play.
2. Using acts or words in attempt to interfere with another contestant.
3. Intentionally kicking at an opposing player.
4. Intentionally swinging an arm, hand, fist, or ball at an opposing player.
5. Using profanity, insulting others, or using vulgar language or gestures.
6. Disrespecting an official.
7. Indicating objections to an official's decision.
8. Intentionally contacting a game official physically during or after the competition.