All-Star Skills Competition Rules - 2013 Participant first shoots a layup.

After dribbling between three obstacles, the player must throw a pass into a first net (or similar object) that does not touch the ground and follow it with another pass into a second net (or similar object) that must touch the ground.

Then, the player shoots a jump shot from 15 feet from the basket.

Next, the player must throw a long pass from close to the basket into a third net (or similar object).

Finally, the player will dribble between a second set of three obstacles and complete the challenge with a layup or shot.

Touching an obstacle will result in a .5 second time penalty.

When all of these tasks are completed successfully, the timer is stopped. Advancement to round two will depend on time and amount of participants.

The final round is played in the same way as the first round with the player with the fastest times winning the contest.

Basic ball-handling rules must be observed. Slam Dunk Rules - 2011

1. Each participant is provided two minutes to complete two dunks of his/her choosing.
2. The first two completed dunks will be the dunks on which the individual will be judged.
3. Participants may modify the dunk they are trying to attempt as many times as they wish during their allotted time.
4. The players with the top four scores will advance to the second round. The top two scorers in the second round will advance to the final round. The individual achieving the highest score in the final will be declared the winner.
Basketball Skills Course Rules

Officials- Officials in the skills challenge will be placed throughout the course to ensure that players going through the course complete each challenge.

The Course- Players will start in a designated course with a basketball in their hand. When the ref signals, the player will start with a layup on the near basket. They will then proceed to pick up another ball, and dribble through obstacles on the far side of the court. After completing the obstacles the player will proceed to complete a chest pass through the middle hole of the designated net, then he will go to the next station and complete a bounce pass. The player will have 5 attempts to complete each passing station where a 2 sec penalty will be assessed if it is not completed. After completing the passing section that player will make a jump shot from a predetermined distance, then move on to complete a long pass into one of the 3 top holes in the net. The player will then proceed to the weave through the next obstacle picking up a basketball on their way. After clearing the obstacle, time will be stopped when the final layup is made.

Scoring- Scoring is time based. Traveling during the contest will result in a disqualification for the run. Exhausting all 5 balls in the passing portion of the run will result in +2 seconds to your time.

Round 1- Based off of the number of participants and time, participants will get 1 or 2 runs to complete the course. If there are 2 runs then the average will be calculated. The order in which participants run is predetermined. If there is 1 run the best times will be considered for advancements to finals.

Round 2- The final participants will get 1 run to complete the course where the best time will decide who will win the competition.