Click to prove you're human



```
shot clockWhat Is The Definition Of A Shot Clock In Basketball?1. This refers to the timer that is used in basketball games, a team has 24 seconds to attempt a shot. Men's college basketball games have 35 seconds to attempt a shot, while women's college basketball games
have 30 seconds. The offensive team must attempt a shot clock is Used In Commentary 1. The bounce pass gets knocked out of bounds and the offense will regain possession of the ball with only five seconds left on
the shot clock.2. After the foul, the team will take the ball out of bounds and will have a fresh 24-second clock (NBA, WNBA, FIBA) Contents: A dunk is a type of basketball shot where a player jumps high enough to "dunk" the ball into the basket. The ball does not
leave the player's hand. Officially, this is called a "slam dunk" or "dunking", which is typically shortened to "dunk". The dunk is especially popular in US-based leagues. Not every player can dunk. After all, the top of the rim is exactly 10 feet (3.05 meters) above the court. Therefore, a successful dunk not only earns the player the adoration of the fans
but also his opponents. A player who can dunk is harder to control and can more easily resist block attempts, which makes him an overall more dangerous player. A successful slam dunk might be a spectacular shot, but just like a regular field goal it is only worth 2 points. Ad There are several reasons for basketball players to incorporate dunking into
their arsenal. Here are some of them: Stronger offense: When performing a successful dunk, a player is usually to vault over his opponents block attempts. Earn respect: Not every player can dunk, a player is usually to vault over his opponents block attempts. Earn respect: Not every player can dunk, a player is usually to vault over his opponents block attempts.
varied offense: Learning how to dunk can teach you new movement patterns which ultimately results in a more varied offense. If you want to learn how to slam dunk, practising with a lowered basket can be a great tool. You will see results more quickly and you can
progress more easily by raising the basket bit by bit until you reach the typical basket height of 10 feet (3.05m). A successful slam dunk not only let's you learn how to dunk. As a smaller ball is easier to handle and control, you can better
 focus on the jump itself. It is best to only use a smaller ball for pure dunk training so that you don't get used to the smaller version. If you succeed in dunking with both hands on the ball are frequently seen, players usually only manage this at
an advanced stage. It is therefore recommended that you first try to perform the slam dunk with one hand. If you succeed, you can then work on executing the dunk with both hands. Some players prefer to jump off of one foot while others use both feet. There are no set rules so go with what's more comfortable for you. This can change depending on
your age, weight and build. The most important question for you should be which technique lets you jump higher. When training for a slam dunk go with that. With this technique you are only in contact with the ground for a very short time and your active leg has to quickly
generate a lot of force to lift up your entire body. The lower your body weight, the higher you are able to jump. Therefore, jumping off of one foot is usually more suited for lighter, leaner and faster players. Advantages: Stronger offense: This technique makes slam dunks harder to block. Practicability: This technique is easy to integrate into your game
as the sequence of steps is similar to a traditional lay-up. Cover more distance: This technique not only allows you to jump high but also further than when you jump with both feet. Disadvantages: Requires excellent ball handling: When using this jumping technique, the slam dunk is usually executed with one arm. This requires excellent ball handling
in order to not lose the ball. Impact on knees: Only one leg has to generate enough force to lift your entire body up. As you are only in contact with the ground for a short period of time, you can not generate this force from your hips, leaving all the work to your knees. Depending on your age, weight and physique you have to decide which jumping
technique is right for your slam dunk. When jumping with both feet, you are in contact with the ground for much longer. This leaves enough time for your leg and hip muscles to generate power for the jump. Jumping with both feet is therefore more suitable for stronger players. Advantages: It's showtime: Players who use this technique are often able
to dunk from a standing position which earns them admiration and respect. Act fast: Players who use this technique don't need a lot of preparation time as it can be executed from the muscles putting less stress on the joints.
Disadvantages: Easier to defend: This technique is harder to execute from a run as it requires one more step than a regular lay-up. Tip: Older players are generally advised to jump with both feet as this requires less flexibility. As
muscles tend to stiffen up the older you get, jumping with both feet brings less risk of injury compared to jumping with one foot. Ad A successful slam dunk technique is only as good as your ball handling. While you are in the air, your arm is
extended. Maintaining full control over the ball at this point is paramount to successful completion of the slam dunk basketball manoeuvre. In this video you will learn how to effectively train and improve your ball handling: Code: When building up your jumping power, it is important that you strengthen your hip and leg muscles in particular. This is
because they play a key role in providing strength for the jump. Exercises such as squats, lunges or weight training are effective. The following video shows you various exercises that you can use to build up more strength for your slam dunk: Code: Most players who succeed in dunking usually have one of the following two prerequisites: tall height a
light body weight Both attributes can help you achieve a slam dunk. The most important factor, however, is a player's jumping power. Therefore, shorter players can also learn to dunk. A lower bodyweight can certainly help you with this. At the 2000 Summer Olympic Games 6'6"(1.98 m) tall Vince Carter managed to jump over the 7'2" (2.18 m) tall
center of the French national team, Frédéric Weis and ferociously dunked the ball. Carter spectacular dunk propelled Team USA on to a 106:94 victory over France, eliminating them from the competition. French media therefore dubbed this dunk "le dunk de la mort" ("the dunk of death"). Once you have learned
the traditional basketball slam dunk, you can also train variations on it, to make it harder for your opponents to block you and earn you even more admiration. Here are a few examples: 360° dunk: In a reverse dunk, the player turns his back towards the
basket in mid air, moves the ball over his head and into the basket. Windmill dunk: In this variation, the ball is brought to the eadomen and then the windmill motion is started by moving the ball below the waist according to the length of the player's fully extended arm. Then following the rotation of the outstretch arm, the ball is moved in a circular
motion, typically moving from the front towards the back, and then slammed through the rim. Between the legs slam: From a run, the player jumps with one foot and raises the other leg. While airborne, they transfer the ball from one hand to the other beneath the raised leg before completing the dunk. Backscratcher: During the jump, the ball is
raised above, and often behind the player's head for a wind-up before slamming the ball down into the net at the apex of the jump. The one-handed version of this move is known as a "tomahawk". Whether you can do a slam dunk or not, you always need the right jersey when playing basketball! Our online shop lets you create your very own basketball
jersey design. Open our 3D Kit Designer and start designing the jersey or shootinghirt of your dreams right away. By the way, we also offer quantity discounts when ordering for a full team. If you would like to inspect the quality of our products first, we would be happy to send you free info material or sizing samples. Get in contact with us right now,
 we are looking forward to hearing from you! You might also like: Ad Photo credits: Title picture: gettyimages/skynesher, Picture 2: gettyimages/skynesher, Picture 3: gettyimage
also simply dunk, is a type of basketball shot that is performed when a player jumps in the ball directly through the basket with one or both hands. It is considered a type of field goal; if successful, it is worth two points. Such a shot was known as a "dunk shot" until
the term "slam dunk" was coined by former Los Angeles Lakers announcer Chick Hern. The slam dunk is usually the highest percentage shot. Moreover, it is a crowd-pleaser. Thus, the maneuver is often extracted from the basketball game and showcased in slam dunk contests such as the NBA Slam Dunk Contest held during the annual NBA All-Star
 Weekend. The first incarnation of the NBA Slam Dunk Contest was held during the half-time of the 1976 American Basketball Association All-Star Game. They were illegal in the NCAA from 1967-1976. The NCAA banned the slam prior to the 1967 college season due to injury concerns, citing 1,500 incidents where a player was hurt around the
backboard the season prior. The ban was dubbed the "Lew Alcindor Rule" after the UCLA star and slam sultan who would later become Kareem Abdul-Jabbar. Bob Kurland. He never thought the dunk was anything more than a high-percentage shot. In the 1940s, dunks weren't a big part of basketball. Nobody celebrated a slam. Basketball was three
decades away from the first dunk contest. He is credited with being the first to dunk in a game and to regularly use the high-percentage shot. Bob Kurland led Oklahoma State to two national championships in the 1940s. On July 30, 2002, Lisa Leslie became the first woman to dunk the ball in a WNBA game. That same year she became the first WNBA
player to score over 3,000 total career points and contributed to the Sparks winning their second straight WNBA championship that season. According to sources, Julius Erving at age 63 is the oldest man to dunk a basketball. Erving, often called "Dr. J," was the first great dunker in professional basketball. In a recent documentary about him (The
Doctor), Erving mentioned that he could still dunk. The very first slam dunk contest was won by Larry Nance Sr. of the Suns at the 1984 NBA All-Star Game. There have been 25 players crowned the best dunkers in the NBA. Nate Robinson is the only player to win the event three times. Five are two-time winners: Dominique Wilkins, Michael Jordan,
Harold Miner, Jason Richardson and Zach LaVine. This is a great question and a very hard one to answer! Here is a list of arguably the 23 best dunks of all time. The game of basketball has become faster and requires more athleticism than the original game invented by Dr. James Naismith in 1891. Players now routinely jump and reach heights above
the rim to dunk the basketball. Basketball fans enjoy watching players dunks, competitions take place at the high school, NCAA and professional levels. The most notable of these competitions is when NBA players compete in the NBA Slam Dunk
Contest during All-Star Weekend. Some of the best dunkers in NBA history include: Michael Jordan: Chicago Bulls, Washington Wizards Dominique Wilkins: Orlando Magic, San Antonio Spurs, Boston Celtics, Atlanta Hawks, Los Angeles Clippers Vince Carter: Toronto Raptors, New Jersey Nets, Orlando Magic, Phoenix Suns, Dallas Mavericks,
Memphis Grizzlies, Sacramento Kings, Atlanta Hawks Julius Erving: Philadelphia 76ers Blake Griffin: Los Angeles Lakers Kobe Bryant: Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, Los Angeles Lakers Nate Robinson: New York Knicks, Boston Celtics, Oklahoma City Thunder, New York Knicks, Boston Celtics, New York Knicks, Boston Celtics, New York Knicks, New York Knicks
Golden State Warriors, Chicago Bulls, Denver Nuggets, Los Angeles Clippers, New Orleans Pelicans Bob Kurland, a basketball player for Oklahoma A&M (now Oklahoma State) is credited with recording the first player to record
a dunk in organized basketball. According to the New York Times, one person described it as: "He reached up and pitched the ball downward into the hoop, much like a cafeteria customer dunking a roll in coffee." The original dunks were known as "dunk shots," then later were labeled "slam" dunks. The National Collegiate Athletic Association
enforced a rule that prohibited dunking from 1967 until 1976. The first dunking contest took place in 1976 during the basketball Association's All-Star Game. Two Hands Generally, a basketball player must be able to grip the basketball with one hand in order to dunk. This grip on the ball is known as "palming" the basketball. However, some
players are capable of, and prefer, dunking with both hands gripping the ball. Dunking with two hands makes it less likely that you will lose your grip on the ball down, swing your arm back, circle it around and complete the full rotation by dunking
the ball. The motion of the dunk resembles the rotation of a windmill. The alley-oop dunk is executed with an assist from another player. Under game conditions, the player who is handling the basket. To signal an alley-oop pass,
players generally make eye-contact prior to the play. The dunk that begins at the foul line was first completed by Julius Erving at the 1976 NBA All-Star Game and now is widely seen at slam dunk competitions. To execute the dunk, players get a running start from well behind the foul line. When they reach the foul line, they elevate toward the basket
with the ball held high and extended well in front of their bodies. The behind the head dunk is executed directly underneath the basket from behind his head. Put-back dunks occur when a
player catches the rebound in mid-air, directly off of the rim or backboard after a missed shot and dunks the ball before landing. Dunks are not as common in the women's game. In fact, there have only been about 30 recorded dunks in WNBA history. Here is a list of WNBA players who have dunked in a WNBA game: Lisa Leslie, who recorded the first
dunk in a professional women's basketball game as a member of the Los Angeles Sparks in 2002 Michelle Snow- San Antonio Silver Stars, Chicago Sky, Washington Mystics Candace Parker- Los Angeles Sparks in regular- Phoenix Mercury; the WNBA's All-Time Dunk Leader, with 12 dunks in regular-
season games, one dunk in a WNBA playoff game, and five dunks in WNBA All-Star Games Jonquel Jones- Connecticut Sun Liz Cambage- Tulsa Shock, Dallas Wings, Las Vegas Aces, Los Angeles Stars WATCH: Phoenix Mercury star Brittney Griner sneaks behind New York Liberty Basketball technique This article is about the type of basketball shot.
 For other uses, see Slam dunk (disambiguation). Some of this article's listed sources may not be reliable citations may be challenged and removed. (January 2023) (Learn how and when to remove this article by looking for better, more reliable sources. Unreliable citations may be challenged and removed.
GameYao Ming dunking in 2008 A slam dunk, also simply known as a dunk, is a type of basketball shot that is performed when a player jumps in the ball directly through the basket with one or both hands.[1] It is a type of field goal that is worth two points. Such a
shot was known as a "dunk shot"[1] until the term "slam dunk" was coined by former Los Angeles Lakers announcer Chick Hearn.[2] The slam dunk is usually the highest percentage shot[3] and a crowd-pleaser. Thus, the maneuver is often taken from the basketball game and showcased in slam dunk contests such as the NBA Slam Dunk Contest held
during the annual NBA All-Star Weekend. The first incarnation of the NBA Slam Dunk Contest was held during the half-time of the 1976 ABA All-Star Game. A study was carried out in 2015 to show the effectiveness of different shot types, including slam dunks. The study was carried out across five different levels of basketball (NBA, EuroBasket, the
 Slovenian 1st Division, and two minor leagues). Overall the study showed that slam dunks were a very effective way of scoring in the game of basketball, particularly in the MCPherson Globe Refiners, dunked the ball in 1936 in Madison Square Garden. The
 feat was immortalized by Arthur Daley, Pulitzer Prize winning sports writer for The New York Times in an article in March 1936. He wrote that Joe Fortenberry and his teammate, Willard Schmidt, instead of shooting up for a layup, leaped up and "pitch[ed] the ball downward into the hoop, much like a cafeteria customer dunking a roll in coffee".[5]
During the 1940s, 7-foot center and Olympic gold medalist Bob Kurland was dunking regularly during games. [6] Yet defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution; thus defenders viewed the execution of a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that deserved retribution is a slam dunk as a personal affront that des
pregame practice, not in the game." Satch Sanders, a career Boston Celtic from 1960 to 1973, said: "in the old days, [defenders] would run under you when you were in the air ... trying to take people out of games so they couldn't play. It was an unwritten rule."[7] Still, by the 1950s and early 1960s some of the NBA's tallest and strongest centers such
as Bill Russell and Wilt Chamberlain had incorporated the move into their offensive arsenal. Slightly smaller players at forward and guard then began to dunk, helping to popularize the move, like "Jumping" Johnny Green, Gus Johnson, Elgin Baylor, and Connie Hawkins in the 1960s; and David Thompson and Julius Erving in the 1970s. This
 transformed dunking into the standard fare it is today. Wilt Chamberlain in 1967. In the 1950s, Jim Pollard[8] and Wilt Chamberlain[9] had both dunked from the free throw line—15 feet from the basket. Chamberlain was able to dunk from the free throw line—15 feet from the basket.
 Russell had exploited it at San Francisco and Chamberlain was soon to enter college play.[12] While at the University of Kansas, Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked on an experimental 12-foot basket set up by Phog Allen.[9][a] When Chamberlain was known to have dunked by Phog Allen.[9][a] When Chamberlain was known to have dunked by Phog Allen.[9][a] When Chamberlain was known to have dunked by Phog Allen.[9][a] When Chamberlain was known to have dunked by Phog Allen.[9][a] When C
 and high school sports from 1967 to 1976.[15][16][17] Many people have attributed the ban to the dominance of the college phenomenon Lew Alcindor rule. [19][20] Others have attributed the ban to racial motivations, as at the time most of
 Houston (with Elvin Hayes) made considerable use of the "stuff" shot on their way to the Final Four in 1967.[22] Michael Jordan dunking in 1987 In the NBA, in 1976 Arthur Erhat filed a patent for "a rim that had give but immediately returned to its original position," making dunking safe for the first time by significantly reducing the shattering of
 backboards,[23][24] In 1979, Erving's teammate and center Darryl Dawkins twice shattered NBA backboards with dunks leading to a quickly-enacted rule making it an offence to break the backboard force of such dunks, such as the
 breakaway rim (introduced to the NBA in 1981) changes to the material used for the backboards, and strengthening of the goal standards themselves. The invention by Arthur Ehrat to create the breakaway rim with a spring on it led to the return of the dunk in college basketball. [24] All-star power forward Gus Johnson of the Baltimore Bullets was
 the first of the famous backboard breakers in the NBA, shattering three during his career in the 1960s and early 1970s.[25][b] Luke Jackson also shattered a backboard in 1968.[26] In the ABA, Charlie Hentz broke two backboards in the same game on 6 November 1970 resulting in the game being called.[27][c] The NBA has made shattering the
backboard a technical foul, although it will not count towards a player's count of seven that can draw a suspension, or two towards ejection from a game, though it counts towards a player's count of six personal fouls. This has assisted in deterring this action, as it can cost the team points. The first-ever Slam Dunk Contest was held on January 27,
1976 at McNichols Sports Arena in Denver during halftime of the 1976 ABA All-Star Game, the league's final All-Star game before the completion of the ABA-NBA merger. [28] Erving defeated Thompson in the championship round, after leaping from the free-throw line. The other participants were Artis Gilmore, George Gervin, and Larry Kenon. The
 NBA held its first Slam Dunk Contest as a one-off, season. [29][30] During halftime at each game, there was a one-on-one slam dunk competition. [31] Former ABA player Darnell "Dr. Dunk" Hillman was named the winner that season. Although he received the winner's $15,000 check,
 Spud Webb at 5 ft 7 in (1.70 m) defeated 6 ft 8 in (2.03 m) Dominique Wilkins in the 1986 dunk contest. Michael Jordan nicknamed "Air Jordan" for his dunk was so called because Jordan's body was not perpendicular to the ground while performing the
 dunk. TNT viewers rated it "the best dunk of all time" over Vince Carter's between-the-legs slam.[citation needed] In the 1988 NBA Slam Dunk Contest, which came down to Michael Jordan and Dominique Wilkins, Jordan dunked from the free-throw line, much like Erving, but parted his legs making his dunk arguably more memorable than Erving's.
 glass break. This resulted in reinforced backboard supports as well. During that same season, New Jersey's Chris Morris shattered a backboard in a game against the Chicago Bulls (the most recent shattered-backboard incident in the NBA to date). Kobe Bryant dunking in 2013 In the 1996 NBA Slam Dunk Contest, winner Brent Barry dunked from
 the free-throw line. Barry received 49 (out of 50) for the dunk. [33] Kobe Bryant won the 1997 Dunk Contest. Vince Carter dunked while leaping over 7-foot-2 (2.18 m) French media dubbed it "le dunk de la mort"—"the dunk of death". [34] [35] In the 2000 dunk contest Carter used an
the 2008 Sprite Rising Star's Slam Dunk Contest Dwight Howard performed the "Superman" dunk. He donned a Superman outfit as Orlando Magic quard Jameer Nelson tied a cape around his shoulders. Nelson alley-ooped the basketball as Howard jumped from within the key side of the free throw circle line, caught the ball, and threw it through the
rim. This dunk is somewhat controversial, as his hand was not over as well as on a vertical plane to the rim. Some insist that it should in fact be considered a dunk because the ball was thrust downward into the basket, meeting the basic definition of the dunk. During the 2009 NBA dunk contest, Howard had a separate goal brought onto the court, and
the rim was noticeably significantly higher than a standard goal. Howard, after going into a 1950s-era telephone booth and again fashioning the Superman attire, caught a pass from Nelson and easily completed a two-handed dunk on the higher goal. While this was not performed for record-setting purposes, the dunk received a perfect score and a
warm response from the crowd, in part because of its theatrics. Also in this contest, 5'9" guard Nate Robinson wore a green New York Knicks jersey and green sneakers to represent Kryptonite" ball, and jumped over the 6'11" Howard prior to dunking. This dunk and the theatrics
could have won the competition for Robinson, who was voted the winner by the NBA fans. Robinson then thanked Howard for graciously allowing him to dunk over him, asking the crowd to also give Howard a round of applause. More recently, the Clippers earned the nickname "Lob City" from 2011 onwards, with Chris Paul utilizing alley-oop passes
regularly to teammates Blake Griffin, and DeAndre Jordan. JaVale McGee currently holds the world record for Most Basketball Dunks in a Single Jump: three. While competing in the 2011 NBA Sprite Slam Dunk Contest, McGee jumped with two balls in his possession and dunked each prior to receiving and slamming an alley-oop pass from then
 teammate John Wall.[36] In the 2016 NBA Slam Dunk Contest, Zach LaVine dunked from the free throw line on three occasions: One Hand, Windmill, and Between the Legs. All of the Dunks received a score of 50 for the dunk and won the basket. They start with the
 basic one- or two-hand forward-facing dunk and go on through various levels of athleticism and intricacy. Discrete dunk types can be modified by appending other moves; for example, a player who passes the ball off the backboard, catches it in the air, and executes a double-pump dunk would be said to have completed a "self-pass off the backboard,"
double pump". Julius Erving performing a "backscratcher" tomahawk dunk in 1981 One of the simplest dunk types is the "tomahawk dunk can be performed with one or two hands, and when two hands are used, it is called a backscratcher. Initially
referred to as a gorilla dunk,[37] that term is uncommon now. During the jump, the ball is raised above, and often behind the player's head for a wind-up before slamming the ball down into the apex of the jump, the ball is raised above, and often behind the player's head for a wind-up before slamming the ball down into the net at the apex of the jump. Due to the undemanding body mechanics involved in execution, the tomahawk is employed by players of all sizes and jumping
abilities.[citation needed] Because of the ball-security provided by the use of both hands, the two-handed tomahawk is a staple of game situations—frequently employed in alley-oops and in offense-rebound put-back dunks. In one common variation, a 360° spin may be completed prior to or simultaneously with the tomahawk. Circa 2009, independent
slam dunker Troy McCray pioneered an especially complex variant of the dunk: once the tomahawk motion is complete, instead of slamming the ball in the rim, a windmill dunk (see below) is then performed.[38] Before takeoff, or at the onset of the jump, the ball in the rim, a windmill dunk (see below) is then performed.
below the waist according to the length of the player's fully extended arm. Then following the rotation of the outstretch arm, the ball is moved in a circular motion, typically moving from the front towards the back, and then slammed through the rim. Although, due to momentum, many players are unable to palm the ball through the entire windmill
motion, the dunk is often completed with one-hand as centripetal force allows the player to guide the ball with only their dunking hand. In some instances sticky resins or powders may be applied to the palm, these are thought to improve grip and prevent loss of possession.[39] Amongst players, subtle variations in the direction of the windmill depend
on bodily orientation at takeoff and also jumping style (one-foot or two-feet) in relation to dominant hand. There are a number of variations on the windmill motion may be performed with the previously discussed one-arm technique and finished with
one- or two-hands, or the player may control the ball with two hands, with both arms performing the windmill motion, finishing with one or both hands. Additionally, the ball may be cuffed between the hand and the forearm—generally with the dominant hand. The cuff technique provides better ball security, allowing for a faster windmill motion and
increased force exerted on the basket at finish, with either one or both hands. Using the cuffing method, players are also afforded the opportunity of performing the windmill motion towards the front, a technique exploited by French athlete Kadour Ziani when he pioneered his trademark double-windmill. Occasionally in the game setting, the windmill
is performed via alley-oop but is rarely seen in offense-rebound putback dunks due to the airtime required. Dominique Wilkins popularized powerful windmills—in games as well as in contests—including two-handed, self-pass, 360°, rim-hang, and combined variants thereof. At the onset of the jump, the ball is controlled by either one or both hands and
once in the air is typically brought to chest level. The player will then quickly thrust the ball downwards and fully extend their arms, bringing the ball below the waist. Finally the
held in the below-the-waist position for milliseconds longer, thus showcasing the player's hang time (jumping ability). Whether the result of a 180° spin or body angle at takeoff, the double clutch motion, Spud Webb was known
to perform this dunk while facing the basket. Additionally, Kenny "Sky" Walker, Tracy McGrady—in the 1989 and 2000 NBA Contests, respectively—and others, have performed 360° variation of the double clutch (McGrady completed a lob self-pass before the dunk). Circa 2007, independent slam dunker T-Dub performed the double clutch with a 540° variation of the double clutch (McGrady completed a lob self-pass before the dunk).
spin which he concluded by hanging on the rim.[40] For one-footed jumpers, the ball is generally transferred to the non-dominant hand just before or upon take-off; for two-footers, this transfers the ball from non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, this transferred to the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-dominant hand just before or upon take-off; for two-footers, the non-domin
 dominant to dominant hand beneath a raised leg. Finally, the ball is brought upwards by the dominant hand and slammed through the rim. The between-the-legs dunk was popularized by Isaiah Rider in the 1994 NBA slam dunk contest, who called it "The East Bay Funk Dunk,"[41] so much so that the dunk is often colloquially referred to as a "Rider
dunk"—notwithstanding Orlando Woolridge's own such dunk in the NBA contest a decade earlier.[42] Since then, the under-the-leg has been attempted in the NBA contest by a number of participants, and has been attempted in the NBA contest by a number of participants, and has been attempted in the NBA contest a decade earlier.
reserved for exhibitions and contests, not competitive games. Ricky Davis has managed to complete the dunk in an NBA game, [43] but both he [44] and Josh Smith [45] have botched at least one in-game attempt as well. Because of the possible combinations of starting and finishing hands, and raised-legs, there are many variations on the basic under
the-legs dunk—more so than any other.[46] For example, in a 1997 French Dunk contest, Dali Taamallah leapt with his right leg while controlling the ball with his right leg to his right hand before completing the dunk.[47] NBA star Jason Richardson has also
pioneered several notable variations of the between-the-legs including a lob-pass to himself.[49] Independent athlete Shane 'Slam' Wise introduced a cuffed-cradle of the ball prior to initiating the under the leg transfer and finishing with two-hands.[50] While a number of players have finished the dunk
using one- or two-hands with their backs to the rim, perhaps the most renowned variant of the dunk is a crowd favorite and is heralded by players as the preeminent of all dunks. The dunk was once done by Zach LaVine
during the 2015 Slam Dunk Contest, which he called the "Space Jam Dunk". The player approaches the basket and leaps as they would for a generic dunk. Instead of simply dunking the ball with one or two hands, the player approaches the basket and leaps as they would for a generic dunk. Instead of simply dunking the ball with one or two hands, the player approaches the basket and leaps as they would for a generic dunk. Instead of simply dunking the ball with one or two hands, the player approaches the basket and leaps as they would for a generic dunk.
 Although the dunk was introduced by Vince Carter in the 2000 NBA Slam Dunk contest, Kobe Bryant was filmed performing the dunk two years earlier in 1998 at an exhibition in the Philippines[51] and during the dunk during
 warm-ups for the 1986 NBA Slam Dunk contest. [52] Colloquially, the dunk has a variety of names including 'honey dip', 'cookie jar', and 'elbow hook'. In the 2011 NBA contest, Los Angeles Clippers power-forward Blake Griffin completed a self-pass off of the backboard prior to elbow-hanging on the rim. A number of other variants of the elbow hang
have been executed, including a lob self-pass, hanging by the arm pit,[53] a windmill,[54] and over a person.[55] Most notable are two variations which as of July 2012, have yet to be duplicated. In 2008, Canadian athlete Justin Darlington introduced an iteration aptly entitled a 'double-elbow hang', in which the player inserts both forearms through
 the rim and subsequently hangs on both elbows pits.[56] Circa 2009, French athlete Guy Dupuy demonstrated the ability to perform a between-the-legs elbow hang; however, Guy opted not to hang on the rim by his elbow, likely because the downward moment could have resulted in injury.[57] Main article: Alley-oop Kendrick Nunn catches an
 inbounds pass from Jabari Parker (far left) with one hand and performs an alley oop dunk, catching the defender offguard. An alley-oop dunk, as it is colloquially known, is performed when a pass is caught in the air and then dunked. The application of an alley-oop to a slam dunk occurs in both games and contests. In games, when only fractions of a
 second remain on the game or shot clock, an alley-oop may be attempted on in-bound pass because neither clock resumes counting down until an in-bounds player touches the ball. The images to the right depict an interval spanning 1/5 of a second. James White in the 2006 NCAA Slam Dunk Contest successfully performed tomahawk and windmill
 variations of the foul-line dunk.[58] Though he was unable to complete a between-the-legs from the foul line at that contest, Jamario Moon leaped from the foul-line then, using his non-dominant hand, caught and dunked a bounce-pass from teammate Jason
Kapono.[60] Independent 6'2" North American athlete Eric Bishop introduced a dunk entitled the 'Paint Job'. The title is in reference to the key on a basketball court, often known as 'paint' in common parlance.[61] Approaching along the baseline with a running dribble, Bishop jumped with one-foot at the border of the key, dunked with one-hand while
gliding over the key and landed just beyond the border on the side opposite his take-off—a 16-foot flight. At least one player has performed a 720 degree dunk (that is, two full turns in the air): Taurian Fontenette also known as Air Up There during a WNBA game. Dunking is
much less common in women's basketball than in men's play. Dunking is slightly more common during practice sessions, but many coaches advise against it in competitive play because of the risks of injury or failing to score.[63] In 1978, Cardte Hicks became the first woman to dunk in a professional game[64] during a men's professional game in the
 Netherlands. In 1984, Georgeann Wells, a 6'7" (201 cm) junior playing for West Virginia University, became the first woman to score a slam dunk in women's collegiate play, in a game against the University of Charleston on 21 December 4, 1994, Charlotte Smith, then a member of the UNC Tar Heels women's basketball team,
 became the second collegiate women's player ever to dunk. [66] As of 2024, at least 37 dunks have been scored by 8 different WNBA players. The first and second were scored by Lisa Leslie of the Los Angeles Sparks, on 30 July 2002 (against the Miami Sol), and 9 July 2005. Other WNBA dunks have been scored by Michelle Snow (first during an All-
 Star game), Candace Parker (twice), Sylvia Fowles, Brittney Griner, Jonguel Jones, Elena Delle Donne, Liz Cambage, and Awak Kuier. [67][68] The record for the most WNBA dunks belongs to Brittney Griner, with 25 career dunks as of 2024. [69] Griner was also the first player to dunk twice in one game (27 May 2013, her WNBA debut) and the first to
dunk in a playoff game (25 August 2014).[70][71] Griner was also prolific in high school senior, she dunked 52 times in 32 games and set a single-game record of seven dunks.[72] As a standout at Baylor University, Griner became the seventh player to dunk during a women's college basketball game[73] and the second
 woman to dunk twice in a single college game. [74] At the 2012 London Olympics, Liz Cambage of the Australian Opals became the first woman to dunk in the Olympics, scoring against Russia. [75] In 2004, as a high school senior, Candace Parker was invited to participate in the McDonald's All-American Game and accompanying festivities where she
competed in and won the slam dunk contest. [76] In subsequent years other women have entered the contest in 2007. [77] Brittney Griner intended to participate in the 2009 McDonald's Dunk Contest but was unable to attend the event due to the
 attendance policy of her high school. [78] Breanna Stewart, at 6'3" (191 cm), Alexis Prince (6'2"; 188 cm), and Brittney Sykes (5'9"; 175 cm) competed in the first round but missed her second two attempts in the final round. [79][80] LeBron James
posterizing Kevin Love One of many sports idioms, the phrase "slam dunk" is often used outside of basketball to refer colloquially to something that has a certain outcome or quaranteed success (a "sure thing").[81] This is related to the high probability of success for a slam dunk versus other types of shots. Additionally, to "be dunked on" or to get
 "posterized" is sometimes popularly used to indicate that a person has been easily embarrassed by another, in reference to the embarrassment associated with unsuccessfully trying to prevent an opponent from making a dunk. This ascension to popular usage is reminiscent of, for example, the way that the baseball-inspired phrases "step up to the
 plate" and "he hit it out of the park," or American football-inspired phrases such as "victory formation" or "hail Mary" have entered popular North American vernacular. List of sports idioms Slam Dunk Contest ^ Michael Wilson, a former Harlem Globetrotter and University of Memphis basketball player, matched this feat on 1 April 2000 and got into
the Guinness World Records, albeit with an alley-oop.[13][14] ^ In one game, Chamberlain dislocated the shoulder of Johnson by blocking his dunk attempt. ^ In the NCAA, Jerome Lane shattered a backboard while playing for Texas Tech in a
tournament game against North Carolina in 1996. The Premier Basketball League has had two slam-dunks that have resulted in broken backboards. Both came consecutively in the 2008 and 2009 PBL Finals, and both were achieved by Sammy Monroe of the Rochester Razorsharks. ^ a b Merriam-Webster refers the term "slam dunk" to the terms of the Rochester Razorsharks.
 "dunk shot", which is defined as "a shot in basketball made by jumping high into the air and throwing the ball down through the basket". M-W dates "slam dunk" at 1972, and "dunk shot" as "circa 1961". ^ sportsillustrated.com, Lakers announcer Hearn dead at 85. Retrieved 15 April 2007. ^ One Way to Play Basketball. United States: Beta Books
1977. ^ Erčulj, F. (2015). Basketball Shot Types and Shot Success in Different Levels of Competitive Basketball. PLOS One, e0128885. ^ Demirel, Evin (15 February 2014). "The First Dunk in Basketball Shot Types and Shot Success in Different Levels of Competitive Basketball. PLOS One, e0128885. ^ Demirel, Evin (15 February 2014). "The First Dunk in Basketball Shot Types and Shot Success in Different Levels of Competitive Basketball. PLOS One, e0128885. ^ Demirel, Evin (15 February 2014). "The First Dunk in Basketball Shot Types and Shot Success in Different Levels of Competitive Basketball. PLOS One, e0128885. ^ Demirel, Evin (15 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball Shot Types and Shot Success In Different Levels of Competitive Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2014). "The First Dunk in Basketball". The Daily Beast. Retrieved 22 February 2
 articles", The Sporting News, archived from the original on 29 June 2012 ^ NBA Jam Session: A Photo Salute to the NBA Dunk. History. Page 22. 1993, NBA Publishing. ^ The Official NBA Basketball Encyclopedia. Villard Books. 1994. p. 49. ISBN 0-679-43293-0. ^ a b c Ostler, Scott (12 February 1989). "The Leaping Legends of Basketball". Los
Angeles Times. ^ "That Stilt, Wilt, Responsible For 2 Rule Changes; Kansas' Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 28 November 1956 ^ Aram Goudsouzian (2005). ""Can Basketball Survive Chamberlain Even Dunked His Foul Shots", Toledo Blade, 29 November 1956 ^ Aram Goudsouzian (2005). ""Can Baske
Ralph; Martinez, Jose (29 February 2012). "High Risers: Athletes With the Best Hops in Sports HistoryMichael Wilson". Complex. Retrieved 12 June 2019. ^ Butler, Robbie (2001). The Harlem Globetrotters: Clown princes of basketball. Mankato, MN: Capstone Press. p. 36. ISBN 073684001X. OCLC 47045255. ^ "Dunk Shot Is Ruled Out of the
Game", Indianapolis Star, March 29, 1967, p. 29 ^ "The dunk is coming back". Eugene Register-Guard. (Oregon). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. 1 April 1976. p. 10. ^ Doney, Ken (1 April 1976). "'They'll love dunk' - Miller". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Lewiston Morning Tribune. (Idaho). Associated Press. p. 28. ^ "Slam dunk: most welcome it". Associated Press. p. 28. ^ "Slam dunk: most welcome it". Associated Press. p. 28. ^ "Sla
 Press. 2 April 1976. p. 2B. ^ time.com, Lew's Still Loose. Retrieved 15 April 2007. ^ Caponi, Gena (1999). Signifyin(G), Sanctifyin', & Slam Dunking. Amherst: University of Massachusetts Press. p. 4. ISBN 978-1-55849-183-0. ^ "When college basketball outlawed the dunk". 23 March 2014. ^ "Houston cage coach advocates stuff shot". Eugene
 Register-Guard. (Oregon). Associated Press. 24 March 1967. p. 3B. ^ Greene, Nick (1 April 2015). "A Brief History Of The Slam Dunk". Mental Floss. Retrieved 18 July 2022. ^ a b Keilman, John and Tribune staff reporter - This gadget really was a slam-dunk. Chicago Tribune, April 4, 2005 ^ Goldaper, Sam (30 April 1987). "Gus Johnson, Ex-N.B.A
 Star with Baltimore, is Dead at 48". The New York Times. ^ Milwaukee Sentinel. 12 November 1968. {{cite news}}: Missing or empty |title= (help) ^ "A Roundup Of The Sports Information Of The Week". Sports Illustrated. 16 November 1970. Archived from the original on 6 October 2008. ^ Sheehan Jr, Vinny (16 February 2018). "Reliving the first
 Slam Dunk Contest with David Thompson". Pack Pride. Retrieved 18 July 2022. ^ "Dr. Dunk Rates His Competition". NBA.com. ^ a b Medworth, Whitney (8 March 2017). "Darnell Hillman won the NBA dunk contest in 1977. He finally got his trophy". SBNation.com. Retrieved 18 July 2022. ^ Dwyer, Kelly (9 March 2017). "1977 NBA Slam Dunk champ
 Darnell Hillman is finally given a trophy, 40 years later". sports.yahoo.com. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 5C. Retrieved 18 July 2022. ^ "For Dunk Contest: Hillman Shirt Different". The Victoria Advocate. 12 June 1977. pp. 
 single bound: Oral history of Vince Carter's greatest dunk". ESPN. Retrieved 12 June 2019. ^ "Most basketball dunks in a single jump". 19 February 2011. Retrieved 8 September 2016. ^ EA
 Sports (1989), Lakers versus Celtics and the NBA Playoffs Electric Arts Video Game, retrieved 21 May 2012. ^ "JUMPUSA.com: Stickum Grip Powder". Archived from the original on 6 June 2012. Retrieved 21 May 2012. ^ "YouTube: T-Dub Dunks"
 YouTube. Archived from the original on 11 December 2021. Retrieved 22 May 2012. Fast-forward to 00:09 in the video. ^ "Isiah Rider's Between-the-Legs Dunk". YouTube. Archived from the original on 5 June 2010. Retrieved 8 July 2012. ^ "Orlando Woolride :: 1984 between-the-legs dunk". YouTube. Archived from the original on 1 June 2012
Retrieved 8 July 2012. ^ "Rick Davis between the legs". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Josh Smith misses between the legs dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Josh Smith misses between the legs dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Rick Davis failed dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2021. ^ "Rick Davis failed dunk". YouTube. Arc
2021. Retrieved 8 July 2012. ^ For both one- and two-footed jumper there are four possible between-the-legs and finishing-hand combinations. ^ "Flying 101: Dunk Encyclopedia -- Taamallah". YouTube. Archived from the
original on 11 December 2021. Retrieved 8 July 2012. ^ "Jason Richardson". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Kobe Bryant Elbow hang dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Kobe Bryant Elbow hang dunk". YouTube. Archived from the original on 11 December 2021. Retrieved 8 July 2012. ^ "Flying 101: Dunk Encyclopedia: Cradle BTL".
from the original on 11 December 2021. Retrieved 11 July 2012. ^ "Roy Hinson - Elbow Dunk Pioneer (1986 Dunk Contest Warmups)". YouTube. 16 February 2019. Archived from the original on 11 December 2021. Retrieved 12 July 2012. ^ "Hancef Munir Windmill Elbow Dunk Pioneer (1986 Dunk Contest Warmups)".
hang". YouTube. Archived from the original on 11 December 2021. Retrieved 11 July 2012. ^ "Kenny Dobbs Slam Interview (half way down page)". Archived from the original on 1 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 1 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 1 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 1 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 1 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 December 2021. Retrieved 11 July 2012. ^ "Contract of the original on 2 D
"TFB:: Guy Dupuy dunks (@ 02:00)". YouTube. Archived from the original on 11 December 2021. Retrieved 1 December 2 D
original on 11 December 2021. Retrieved 1 December 2021. Retrieved 31 December 2012. ^ "Jamario Moon @ 03:01". YouTube. Archived from the original on 1 February 2014. Retrieved 31 December 2012. ^ Video, Dunk. "720 Dunk by "The Air Up
There"". Notable Dunks. Archived from the original on 2 November 2011. Retrieved 14 September 2011. A Palmer, Brian (23 March 2012). "Below the Rim: Why are there so few dunks in women's basketball?". Slate Magazine. Retrieved 25 March 2012. A "Pioneers Cardte Hicks, Musiette McKinney embrace Las Vegas Aces". Las Vegas Review-
Journal. Retrieved 2 April 2018. ^ wsj.com, The First Dunk: A Sports Milestone in Women's Basketball. Retrieved 9 October 2023. ^ "Which WNBA Player Has the Maximum Dunks in League History?". EssentiallySports. Retrieved 26 October 2024. ^ "WNBA players who
can dunk: Brittney Griner stands alone in 2024 with record-setting rim prowess". SportingNews. Retrieved 26 October 2024. ^ "Brittney Griner Dunks Twice In WNBA Debut". CBSNews. 28 May 2013. Retrieved 26 October 2024. ^ "Watch
Brittney Griner slam down the first dunk in WNBA playoff history". For The Win. 25 August 2014. Retrieved 5 July 2012. Archived from the original on 19 July 2012. Archived from the original origi
from the original on 26 January 2015. Retrieved 3 April 2010. A Brittney Griner dunks twice, Baylor wins by 81 (video). A Wolf of School of School
Game :: Past Slam Dunk Contest winners at Wikipedia ^ "Scout.com: Girls Can't Dunk?". Archived from the original on 20 May 2012. Retrieved 1 June 2012. Article at GirlsHoops.com about the Ladies being denied participation in the '07 Contest. ^ "Hoop Gurlz: Griner isn't allowed to attend McDonald's game". ESPN.com. 2 March 2009. Retrieved 17
January 2025. ^ //www.mcdonaldsallamerican.com/2012/amFestResults of 2012 Contest. ^ "He Shoots, He Scores; She Shoots, She Scores. 'Slam Dunk' Terms Resound"[dead link]. Voice
of America News. 14 March 2007 Wikimedia Commons has media related to Slam dunk. Look up slam dunk in Wiktionary, the free dictionary. NBA.com: Destination Dunk How To Slam Dunk - Training On Increasing Vertical Jump To Slam Dunk Retrieved from "
```