



# **KNIGHTS OF COLUMBUS FREE THROW CONTEST**

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## **Overview**

The Knights of Columbus Free Throw Contest provides Councils an opportunity to put faith into action and provide an athletic event for youth in your community. This program encourages values of sportsmanship and healthy competition with this meaningful and fun event. The youth compete within their own gender and age with the opportunity to progress from local level to district, Diocesan, and State competitions.

## **Helpful Suggestions**

- Order your Knights of Columbus Free Throw Kits through the Supreme Council on the Officers Online portal. Each Grand Knight and Financial Secretary has access to Officers Online.
- Schedule your Council Free Throw Contest during the Month of January.
- Contact your local school to seek permission to conduct the contest during the school PE Classes.
- Promote your Free Throw Contest through youth basketball leagues.
- Utilize promotional posters in schools, church halls, youth centers, church bulletins, and council websites and newsletters.

## **Rules and Regulations**

- All boys and girls between the ages of 9-14 years are eligible to participate in the Free Throw Contest.
- Age eligibility is determined by the age of the contestant of January 1st. Proof of age will be required.
- Each Contestant will be required to take 15 shots at the Council and 25 shots at the District, Diocesan, and State Competitions.

- Boys and Girls 9, 10, and 11 years old can use a women's regulation size basketball and shoot from a 12-foot foul line at a 10-foot high goal.
- Girls 12, 13, and 14 years old can use a women's regulation size basketball and shoot from a 15-foot foul line at a 10-foot high goal.
- Boys 12, 13, and 14 years old must use a men's regulation size basketball and shoot from a 15-foot foul line at a 10-foot high goal.
- There should be a separate competition for boys and girls and a separate competition for each age group.
- Each participant must compete in their local Council competition and one winner from each category and each age group will be eligible to go the District, Diocesan, and State Competitions.

## **IMPORTANT DEADLINES**

- **November 1, 2023-** Deadline to order Free Throw Kits
- **January 31, 2024-** Deadline to conduct Council Free Throw Contest
- **February 14, 2024-** Deadline to complete District Free Throw Contest
- **February 28, 2024-** Deadline to complete Diocesan Free Throw Contest
- **March 16, 2024-** State Free Throw Contest at Tuerlings High School

## **Awards**

- Councils are encouraged to create their own awards.
- District Winners in each age group will be awarded District Medallions.
- Diocesan Winners in each age group will receive special Free Throw Resin Plaques
- State winners in each age group will receive a special Free Throw Resin Plaque.
- All International will be awarded a nice trophy and a letter from the Supreme Knight Patrick Kelly.

