



Knights of Columbus Free Throw Contest



Rules and Regulations

- All boys and girls between the ages of 9-14 years is 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 Competition 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 must use a men's size basketball shoot from a 15 foot foul line at a 10 foot high goal.
- There should a separate competition for boys and girls and separate competition for each age group.
- Each participant must compete in their local Council Competitions and one boy and girl winner each from each age group is eligible to advance to the District, Diocesan, and State Competitions.

Important Deadlines

- ◆ November 1, 2020 – Deadline to order Free Throw Kits
- ◆ January 31, 2021– Deadline to submit Council Free Throw Participation Form FT 1
- ◆ January 31, 2021– Deadline for Councils to complete their Council Free Throw Contest
- ◆ February 14, 2021– Deadline to complete District Free Throw Contest
- ◆ February 28, 2021– Deadline to complete Diocesan Free Throw Contests
- ◆ March 13, 2021– State Free Throw Contest Teurlings High School in Lafayette, Louisiana



Awards

- ◆ Councils are encouraged to create their own awards.
- ◆ District winners in each age group will receive District Medallions
- ◆ Diocesan Winners in each age group will receive trophies
- ◆ State Winners in each age group will receive trophies.
- ◆ All State Winners scores will be advanced to the Supreme Council and the Supreme Council will determine the International Free Throw Winners based on the scores from the State Contests. All International winners will receive a Trophy.



Other Helpful Information

- ◆ Contact local schools to seek permission to conduct the contest during school PE classes.
- ◆ Promote the Contest through local youth basketball leagues.
- ◆ Promote the program through local newspapers, Council newsletters, church bulletins, Council newsletters, Council websites and etc.
- ◆ Utilize promotional posters in schools, church hall and youth centers.
- ◆ **Free Throw Kits can be ordered on the Supreme Council Website – www.kofc.org.**
Grand Knights and Financial Secretaries can order Free Throw Kits on Officers Online.
- ◆ Each Council can order more than one kit, if you anticipate a large number of participations.



For More Information Please Contact:

State Community Director

Delmas Forbes, Jr. at 225-939-2980

dcforbes1@cox.net