Knights of Columbus Free Throw Contest

State Community Director
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Please Note: In the Louisiana Jurisdiction, there will be Council and District Free Throw Contests. There will no longer be Diocesan and State Free Throw Contests. Councils that host a Free Throw Contest can still claim this program on their Columbian Award Applications.

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 as 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 Competition

Boys and Girls 9, 10 and 11 years old will 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 will use a women's regulation size basketball and shoot and shoot from a 15-foot foul line at a 10-foot-high goal.

Boys 12, 13, and 14 will use a men's size basketball and shoot from a 15-foot foul line at a 10-foot-high goal.

There will be a separate competition for boys and girls and 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 is eligible for the District Competition.

Important Reminder- The Louisiana Jurisdiction will take the highest score in each age and gender category and submit those scores to be consider in the Knights of Columbus International Free Throw Contest.   However, each contestant must shoot 25 shots in a District Competition. All District Deputy are encouraged to submit a Free Throw Entry form to our State Community Director.

Free Throw Deadlines
February 15, 2026: Deadline to conduct a Council Free Throw Contest.
March 15, 2026: Deadline to conduct District Free Throw
March 20, 2026: Deadline to submit District Free Throw Winners to State Community Director.