

*Wisconsin
State Council*



*Knights of
Columbus*

FREE THROW CHAMPIONSHIP



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RULES AND REGULATIONS

IMPORTANT FIRST:

You must order (early) from Supreme's Officers/Supplies Online address, your Free Throw supplies kit. The Councils will receive posters, certificates, forms, etc. All District Deputies should do the same, plus order your District Free Throw medals from Supplies Online. NOTE: This must be done via e-mail as USPS and phone orders are no longer accepted!

The Knights of Columbus Free Throw Championship is open to all boys and girls ages 9 to 14 inclusive. Age eligibility is to be determined by the age of the contestant as of January 1.

***NOTE:** The WIAA has ruled as of 2015 that all 14-year-olds can compete in this contest regardless of whether they are on a high school freshman, JV or varsity team! See WIAA rules (III D).

ENTRIES:

In order to be eligible for competition, all entrants must register with a Knights of Columbus Council prior to beginning the competition. All applications must be made on the official entry form. Proof of age must accompany all applications.

PARTICIPATION:

All boys and girls in the 9 to 14-year-old age groups who have completed an official entry form and supplied proof of age are eligible to participate. Each age group will compete only among themselves. There will be no competition among contestants outside their respective age groups. Entrants may compete in only one council competition.

CATEGORIES:

There will be five separate levels of competition. These are as follows: Council, District, Diocesan (Regional), State and International. It is the responsibility of the State Officials to inform every participating Council as to the dates, times, and locations of the Diocesan and State Competitions. State scores will be used to determine International winners. No International shoot-offs will be conducted.

PROGRESSION:

COUNCIL: Council competition may be held on any local basketball court approved by and under the supervision of the Community Director and other certified Supreme Child Safety Trained Council personnel of a participating Knights of Columbus Council. Participation certificates are provided by the Supreme Council for presentation to all entrants. Results must be forwarded by the Council with all pertinent information (eg. report forms, score sheets of winners) to the District Deputy. The **First Place** winner in each age group at the Council level of competition should also be awarded the certificates provided by the Supreme Council and will advance to the District level of competition. Suitable awards should be supplied by the local Council.

DISTRICT: District competition may be held on any local basketball court approved by and under the supervision of the District Deputy and a participating Knights of Columbus Council. Results must be forwarded by the District Deputy with all pertinent information (eg. report forms, score sheets of winners) to the Diocesan Program Coordinator. The **First Place** winner in each age group at the District level of competition will advance to the Diocesan (Regional) level of competition. Awards for District competition must be ordered by the District Deputy from Supreme (Supplies Online). Any additional awards may be supplied by the participating District Councils.

DIOCESAN: The Diocesan (Regional) Championships may be held on any local basketball court approved by and under the supervision of the Diocesan Program Coordinator. Results must be forwarded by the Diocesan Coordinator with all pertinent information (eg. report forms, score sheets of winners) to the State Youth Programs Coordinator. The **First and Second Place** winners in each age group at the Diocesan level of competition will advance to the State level of competition. Awards will be supplied by the State Council. NOTE: If only 1 Council in a District holds a Free Throw competition, then it's winners automatically advance to the Diocesan contest.

STATE: State Championship competition may be held on any local basketball court approved by and under the supervision of the State Youth Programs Coordinator, State Program Director and a participating Knights of Columbus Council. Results must be forwarded by the State Youth Programs Coordinator to the Supreme Council Department of Fraternal Services on their forms. These reports will automatically constitute the entry of all Wisconsin State winners in the International competition. Awards will be supplied by the State.

INTERNATIONAL: International winners are decided by the Supreme Council on the basis of scores achieved in the State Competition. Engraved awards will be supplied by the Supreme Council to the International winners.

NOTE: In the event that a winner in any level cannot participate in the next level of competition, the second or third place winner should represent the area for that age group.

SHOOTING PROCEDURE:

Contestants should be permitted as many warm up throws as they deem necessary prior to the start of the competition. After competition begins and unless there is an unusual delay for any reason, (net or backboard problems, changing to another basket, etc.) participants are not permitted warm up throws. If any unusual circumstances not covered in the rules arise, an equitable decision must be reached by the director of that particular competition.

Council Level: Each contestant will be allowed fifteen (15) free throws in five (5) throw increments from the foul line. Note: standard free throw rules apply. Stepping over the line before the ball hits the rim or backboard is considered a miss. Winning contestants who are tied will progress to the second round, where they will shoot five (5) free throws. Successive rounds of five (5) free throws each will continue until one contestant emerges as the winner.

District Level: Each contestant will be allowed twenty-five (25) free throws in five (5) throw increments from the foul line. The same five count progression method explained in the Council level will be used when breaking ties.

Diocesan Level: Each contestant will be allowed twenty-five (25) consecutive free throws from the foul line. The five-count progression will be employed as in the Council/District contests as a tie-breaker process until a winner emerges.

State Level: Each contestant will be allowed twenty-five (25) consecutive free throws from the foul line. The five-count tie-breaker progression will again be employed as in Diocesan contests until a winner emerges.

AGE SPECIFICATIONS:

Age 9, 10 and 11 (Boys and Girls Competitions):

Use the closer free throw line (see diagram) and use the smaller ball, commonly referred to as a girls' or women's size basketball.

The ball shall meet the following specifications:

For Boys Ages 12, 13 & 14:

The circumference shall be within a minimum of 29 ½ inches and a maximum of 30 inches.

The weight shall be within a minimum of 20 ounces to a maximum of 22 ounces.

For Boys Ages 9, 10, 11 & all Girls:

The circumference shall be within a minimum of 28 ½ inches and a maximum of 29 inches.

The weight shall be within a minimum of 18 ounces to a maximum of 20 ounces.

AWARDS:

Council Level – Each participating council should provide suitable awards to the winners. In addition, the Supreme Council furnishes, without cost, certificates for all participants in the competition as well as certificates for the Council Level winners. Cash prizes or gift cards should not be used!

District Level – The Supreme Council will provide, without cost, medals for the twelve winners in each district. However, if the medals are engraved, they must be done locally, and these costs must be assumed by the councils within the District or by the State Council. Cash prizes or gift cards should not be used!

Diocesan and State Levels – The State Council will provide the First, Second and Third place winners with suitable awards. Cash prizes or bonds must not be awarded since this impairs the amateur status of the contestants. (Awards may include trophies, plaques, certificates, ribbons, medals, patches, etc.)

JUDGES:

Judges will be determined by the Grand Knight at the Council Level, the District Deputy at the District Level, the Diocesan Program Coordinator at the Diocesan Level, and by the State Youth Programs Coordinator and State Program Director at the State Level. NOTE: In order to run the competition at any level, the host Council MUST be Child Safety Training Compliant with at least 2 trained members, 1 with a background check present at all times!

SPECIAL NOTE:

If the contestant is a winner in more than one of the Spelling, Math or Free Throw contests, he or she will have to make a decision to compete in only one of the three at the Diocesan (Regional) or State levels of competition since they are usually held simultaneously at the same site or different sites. After the decision is made by the contestant, the second place winner in a non-selected contest will advance. The only exception being if the Diocesan and/or State Free Throw and Knowledge Contests are moved to different sites/times and dates.

TIMELINE:

Council Contests: December 1, 2024-March 2, 2025

Results to District Deputies by March 4

District Contests: March 3-23

Results to Diocesan Coordinators by March 25

Diocesan (Regional) Contests: March 29-April 20

Results to State Youth Athletics Coordinator by April 22

State Contest: April 26 or May 3 (tentative) at Wisconsin Rapids Assumption High School

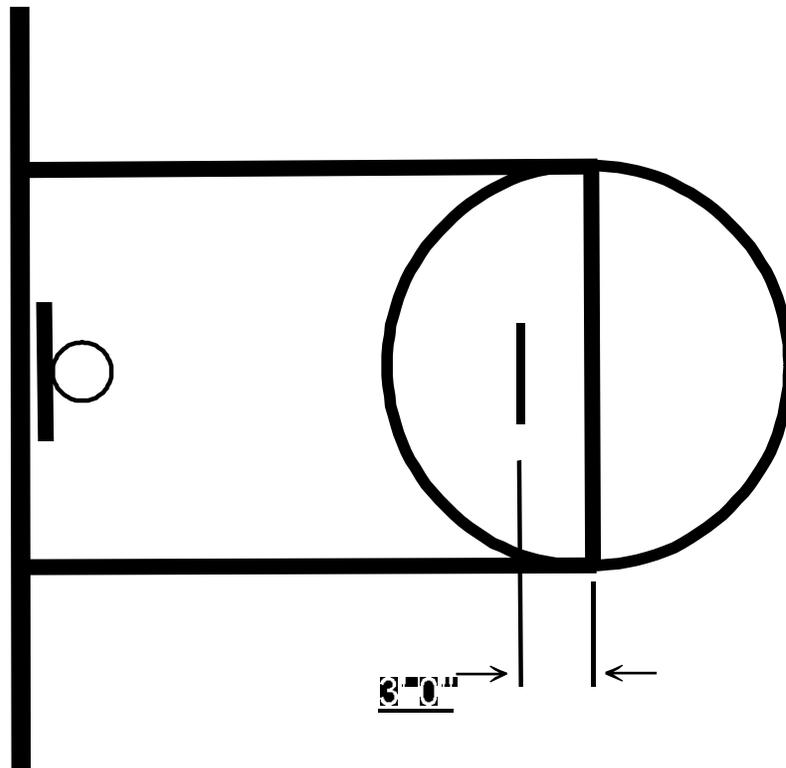
NOTE: Be sure to report to Supreme on Form10784 and include on your SP-7 as a Community program as well. Send copies to State Forms address, DD as well.

TRAVEL CARDS:

All winners advancing to the District or Diocesan (Regional) levels of competition must receive a green travel card from their Council Contest Coordinator or District Deputy. Alternates should also receive one if they are going to compete. They must have these in their possession to register and compete at that level! All travel cards must be completely, accurately and legibly filled out by the Contest Coordinator or District Deputy and competitor, parents before leaving the council competition site. Do not expect the kids, parents to fill them out themselves. Program Chair/phone should be the person who ran the contest they’ve just competed in. Be sure to circle all the proper information at the bottom of the card. Travel cards may be obtained from District Deputies, Diocesan Program Coordinators, State Youth Athletics Coordinator or State Office.

For Diocesan (Regional) winners, the same instructions apply except that 1st and 2nd place winners advance. This should be an orange card that says “State only” at the bottom under “Competition Level.” Diocesan Program Coordinators and parents/athlete should fill it out.

NOTE: Travel card format will be updated in summer 2025.



	Ages 9, 10, 11		Age 12		Age 13		Age 14	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Ball Size	Official Women's	Official Women's	Official Men's	Official Women's	Official Men's	Official Women's	Official Men's	Official Women's
Shooting Distance	12 ft.	12 ft.	15 ft.	15 ft.	15 ft.	15 ft.	15 ft.	15 ft.

SAMPLE LETTER

(Please adjust for your own procedures for running the contest that work best for you.)

Date:

Dear Principal:

Dear Coach:

(Name of Council) in conjunction with the Wisconsin State Knights of Columbus invite all your boys and girls ages 9, 10, 11, 12, 13 and 14 to participate in our Free Throw Championship.

The contest will be held on *(date)* at *(place)* at *(time)*.

I have enclosed entry forms and rules, which cover the contest. There are no fees for any child entering the contest and no equipment such as uniforms or balls are required. Our organization will provide all equipment needed.

All participants should take note of the deadline for mailing (e-mailing) back entry forms. They must be in my hands no later than *(date)*. This is necessary to schedule entries and sufficient time to contact the contestants. It is important that if returning entry forms by USPS that you include a self-addressed, stamped envelope, so that we may send the time schedules back to each of you.

Please feel free to call if you have any questions that may not be covered in the enclosed information sheet.

Respectfully,

(Name)

(Address)

(Phone)

(E-mail)



**FREE THROW CHAMPIONSHIP
REPORT FORM**

Boys ____ Girls ____ (Check One) 1st Place ____ 2nd Place ____ 3rd Place (alternate) ____ (Check One)

COUNCIL NO. _____

TOTAL ENTERED _____

DISTRICT NO. _____

TOTAL ENTERED _____

DIOCESE _____

TOTAL ENTERED _____

TOTAL ENTERED AGE 9 ____ 10 ____ 11 ____ 12 ____ 13 ____ 14 ____

9-Year-Old Winner

Name _____ Score _____ District # _____ Council # _____
Address _____ City _____ Zip _____
Parents _____ Telephone (_____) _____
E-mail _____

10-Year-Old Winner

Name _____ Score _____ District # _____ Council # _____
Address _____ City _____ Zip _____
Parents _____ Telephone (_____) _____
E-mail _____

11-Year-Old Winner

Name _____ Score _____ District # _____ Council # _____
Address _____ City _____ Zip _____
Parents _____ Telephone (_____) _____
E-mail _____

12-Year-Old Winner

Name _____ Score _____ District # _____ Council # _____
Address _____ City _____ Zip _____
Parents _____ Telephone (_____) _____
E-mail _____

13-Year-Old Winner

Name _____ Score _____ District # _____ Council # _____
Address _____ City _____ Zip _____
Parents _____ Telephone (_____) _____
E-mail _____

14-Year-Old Winner

Name _____ Score _____ District # _____ Council # _____
Address _____ City _____ Zip _____
Parents _____ Telephone (_____) _____
E-mail _____

Please file this form listing the winners in each age group with their parent or guardian release form.

NOTE: File separate sheet for Boys and Girls

Grand Knights are to submit their Council winners on this form to your District Deputy.

District Deputies are to submit their District winners on this form to your Diocesan Program Director.

Diocesan Program Directors are to submit the Diocesan winners, FIRST and SECOND place in each age group to the State Youth Athletics Coordinator. (File separate sheets for first and second place. Third place alternates can also be sent if you wish.)

Signature:

Grand Knight or Program Chairman,
District Deputy, or Diocesan Program Director

Date

KNIGHTS OF COLUMBUS

FREE THROW CHAMPIONSHIP

ENTRY FORM AND SCORE SHEET

I wish to enter THE KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP in the category and age group checked below. My eligibility is to be determined by my age as of January 1. I also understand that I may only compete in one council level competition.

Secondary school athletes should check with the school athletic director about eligibility before participating. Birth Certificate for other proof of age is required to verify eligibility.

Boys

Girls

AGE: 9 10 11 12 13 14

Name of Entrant _____

Date of Birth _____

Street Address _____

City _____

State/Province _____

Postal Code _____

Telephone _____

Signature of Entrant _____

2. This Section To Be Completed By Parent/Guardian:

COUNCIL NO. _____

By signing below, the undersigned requests and approves of the entrant's registration and participation in the KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP ("The Contest"). In consideration for the entrant's participation in the Contest, the undersigned (1) acknowledges that the entrant's participation will be at the sole risk of the entrant and the undersigned and (2) agrees to release, indemnify and hold the Knights of Columbus Supreme Council, its subordinate units, officers, agents, members and employees harmless from any and all demands, claims or causes of action arising from or relating to the entrant's participation in the Contest. The undersigned also agree to allow representatives from the Knights of Columbus Supreme Council or any of its subordinate units to take and publish photographs or videos of the entrant during the Contest. **The entrant may compete in only one council level competition.**

Witness _____

Father/guardian _____

Date signed _____

Mother/guardian _____

SCORE SHEET

3. This Section To Be Completed By K of C Officials:

SCORING INSTRUCTIONS: Each contestant will be allowed 15 consecutive free throws in council competition and 25 consecutive free throws in all other levels. Indicate number of free throws "made" in first column. Those tied for highest score will compete in successive rounds each being allowed 5 free throws until one contestant emerges as winner. Use other columns to indicate scores in "playoff" rounds.

COMPETITION LEVEL	SCORING:				TOTAL BASKETS MADE
	<input checked="" type="checkbox"/> BASKET MADE	<input type="checkbox"/> BASKET MADE	<input type="checkbox"/> BASKET MISSED	<input type="checkbox"/> BASKET MISSED	
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