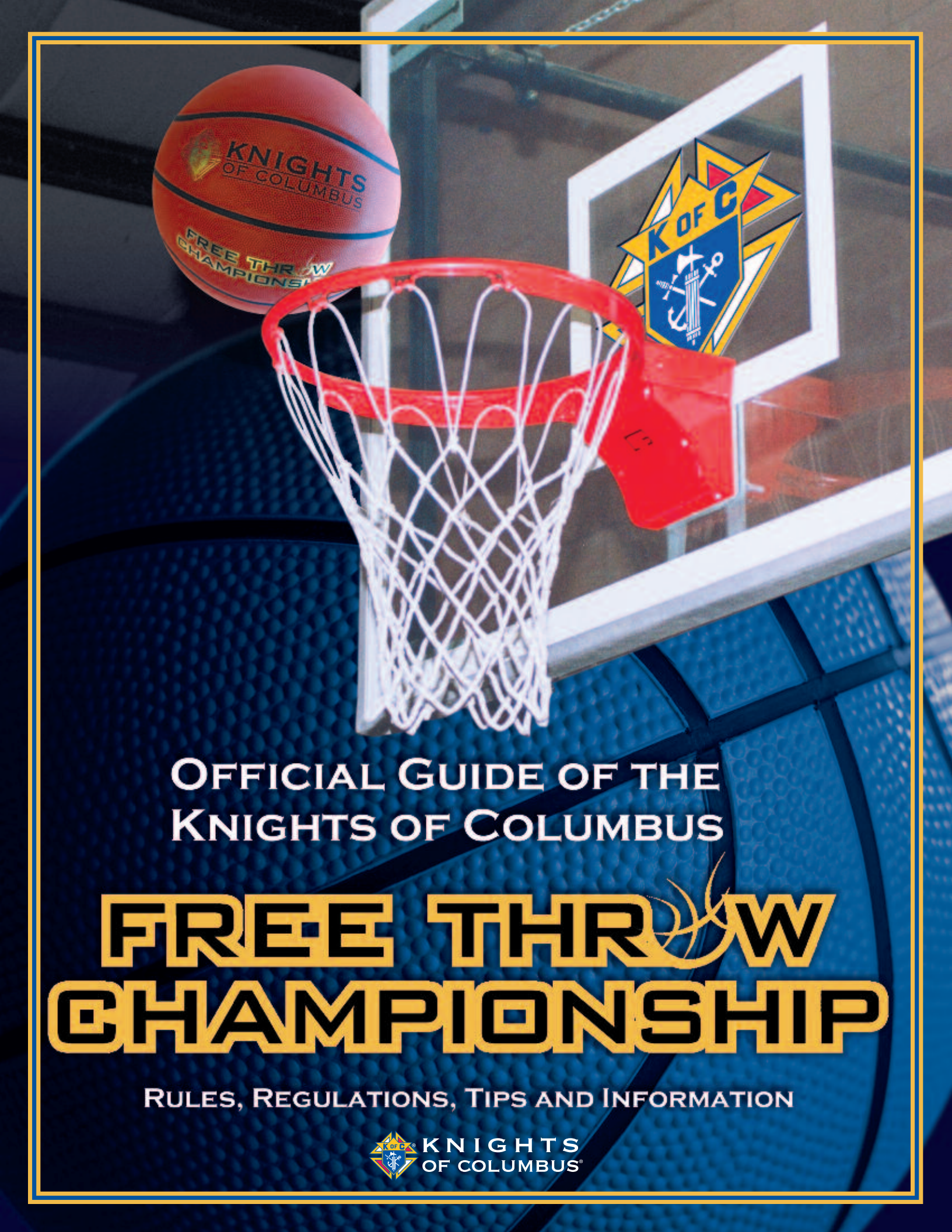

Official Guide of the Knights of Columbus

FREE THROW CHAMPIONSHIP

Rules, Regulations, Tips and Information

KNIGHTS OF COLUMBUS®

RULES AND R

SUGGESTED CHAMPIONSHIP DATES

Council Championship — January
District Championship — February
Regional Championship (optional) — February
State Championship — March

Exact dates for your area can be obtained from the state program director. State officials should notify each council well in advance concerning the dates, times and locations of the regional and state championships. The district deputy is responsible for notifying councils of the date, time and location of the district competition. The grand knight or Free Throw Championship chairman should notify the council winners of the date, time and location of the next level of competition.

ELIGIBILITY

The Knights of Columbus Free Throw Championship is open to all boys and girls in your community, ages 9 to 14. Age eligibility is determined by the age of the contestant as of January 1. Proof of age is required. High school-age athletes should be advised to check with their school athletic directors or their state high school athletic associations regarding possible eligibility conflicts.

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ENTRIES

All competitors must register using the official Knights of Columbus Free Throw Championship Entry Form/Score Sheet (#1598). Proof of age must accompany all entry forms. Preregistration is recommended, but it is not required. The entry form/score sheet and proof of age must accompany participants through all levels of competition. Your council number must be clearly written on the form. Each youngster may compete in only one council competition. Winners will progress to the district, regional and state levels of competition. International champions are chosen on the basis of state-level results.

COURT/EQUIPMENT

Each level of competition should be held on any local basketball court or suitable facility approved by and under the supervision of a participating Knights of Columbus council.

AGE SPECIFICATIONS

(NOTE: The suggested ball sizes for each age group are based on national recommendations for youth basketball teams.)

AGES 9, 10, 11 (BOYS & GIRLS COMPETITIONS)

Use a women's regulation-size basketball and shoot from a 12-foot foul line at a 10-foot-high basket. (NOTE: The normal foul line is 15 feet from the basket. Foul lines at 12 feet from the basket for 10- and 11-year-old divisions should be clearly marked with athletic or masking tape prior to the competition.)

AGES 12, 13, 14 (GIRLS COMPETITIONS)

Use a women's regulation-size basketball and shoot from the regulation foul line 15 feet from a 10-foot-high basket.

AGES 12, 13, 14 (BOYS COMPETITIONS)

Use a men's regulation-size basketball and shoot from the regulation foul line 15 feet from a 10-foot-high basket.

EGULATIONS

Judges/Scorers/Rebounders

Judges, scorers and rebounders will be selected by the Free Throw Championship chairman at the council level, by the district deputy at the district level, and by the state deputy at the regional and state levels. The recommended minimum is one judge, two scorers and a rebounder at each basket. It is recommended that volunteer parents be utilized in age groups other than the group(s) in which their child (children) competes. The judge will ensure that each participant receives the proper warm-up tosses and will point out any foul-shooting violations (see Scoring section). All questions will be resolved by the judges and Free Throw Championship chairman. Scorers should refer to the scoring instructions included on the entry form/score sheet. The rebounder will catch the ball and give to the next contestant.

Scoring

Normal rules of basketball regarding free throws apply for all levels of competition. Free Throw violations include stepping on or over the line prior to the ball reaching the rim, or shots rebounding off the "out of bounds" basket support and equipment. Scorers should record baskets made and missed on each attempt according to the instructions on the entry form/score sheet. It is recommended that multiple scorers be assigned to each basket for scoring accuracy and comparison. All scores should be verified before the next contestant is allowed to shoot. The use of videotape recording of the competition is not recommended to resolve questions on scoring totals. The judges and scorers and actual entry form/score sheets should determine final scores.

Competition Levels

Council Level Each contestant receives three warm-up tosses followed by 15 consecutive Free Throw attempts from the appropriate age-designated foul line (see the Court/Equipment/Age section for proper ball sizes and foul line distances). To break a tie, contestants take a second round of five free throws. No warm-up tosses are permitted for the tie-breaker rounds. Successive rounds of five free throws each continue until a winner emerges.

District, Regional, State Levels Each contestant receives three warm-up tosses followed by 25 consecutive free throw attempts from the foul line. To break a tie, contestants take a second round of five free throws. No warm-up tosses are permitted for the tie-breaker rounds. Successive rounds of five free throws each continue until a winner emerges.

International Level International champions are determined on the basis of best scores submitted from the state-level competitions in each age category.

NOTE:

In the event that a winner in any level cannot participate in the next level of competition, the second- place winner should represent the area for that age group

AUTHORITY The Knights of Columbus Free Throw Championship program will be under the authority of the state deputy and state youth director. Any questions about this program not answered in this guide should be directed to the appropriate state officials or to the Supreme Council Department of Fraternal Services, 1 Columbus Plaza, New Haven, CT 06510-3326; Telephone (203) 752-4270, Fax (203) 752-4108.

Conducting a Cou

Free Throw Championships are fun and easy to conduct. Here are steps to follow to ensure a successful Free Throw Championship.

COUNCIL COMPETITION

- Free Throw Championships should never be held on a school day unless all participants are able to attend.

- This could be a good membership recruitment opportunity. Some of the fathers attending your event are likely to be practical Catholics who are eligible to join a council. Have one of two Knights from your Membership Committee set up a table for recruiting. Stock it with membership pamphlets and Form 100's to hand out. To grab their attention, use a poster such as #4355 E, "In Service To One, In Service To All" (available from in the supply catalog) or set up some refreshments. Make sure you get the phone number of potential recruits to perform adequate follow-up procedures.

The council Free Throw Championship chairman should:

- Always use the program's official name: Knights of Columbus Free Throw Championship.

- Order the Knights of Columbus Free Throw Championship Kit (#FT-KIT) using the order form on page 5 of the Council Report Forms Booklet (#1436) on page 9 of this booklet, or at www.kofc.org/forms. Complete and submit the form to the Department of Fraternal Services. Order as early as possible.

- Set a time and place. Contact parks, schools, community centers or youth centers and reserve a basketball court. Ask local sports teams, colleges or universities to work with your council on the Free Throw Championship as part of their community outreach program. While January is the month for conducting a council competition, councils can be flexible and work around the schedules of such teams. All local competitions should be scheduled so that the winners can participate in the district competitions.

- Contact the schools in your area to explain the program. Seek permission of the principals/athletic directors/superintendents to conduct the program as part of their physical education or intramural program, or ask for an endorsement encouraging students to participate in this community sports program. High school athletes should be reminded to check with their state high school athletic association about possible eligibility conflicts. Contact officials from the town recreation department or local youth basketball leagues to promote the competition among their players. Teams and schools can hold preliminary competitions to determine winners by age groups to advance to the council competition. Make sure that entry forms/score sheets are distributed in advance to the officials of the leagues or coaches of the teams.

- Display program posters prominently to generate attention and participation. Ask to display posters in schools, youth centers, church halls, libraries, Boys & Girls Clubs,

skating rinks, shopping centers, YMCA and YWCA buildings and the council home. On the poster indicate the name of the contact person, the date, time and location of the competition, and a telephone number to call for additional information on the competition. Supplement these posters with newspaper ads, radio and TV spots and other publicity. Additional posters are available at no charge from the Supreme Council office. Preregister contestants whenever possible.

- Preregistration will boost the number of participants and save time at the actual event by making the competition run quicker and smoother. Distribute entry forms/score sheets to aforementioned locations. Personally deliver entry forms/score sheets to physical education teachers and coaches when possible. Try to collect

CASH OR BONDS MUST NOT BE AWARDED AT ANY LEVEL OF COMPETITION SINCE THAT MAY COMPROMISE THE AMATEUR STATUS OF THE CONTESTANT.

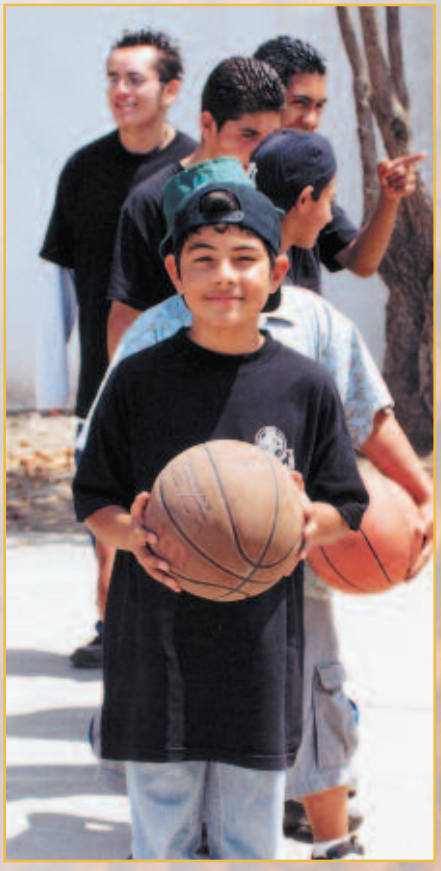
completed forms and proof-of-age documents before the competition to get a general estimate on the number of participants. Plan the competition based on these numbers. Have an announcement made in school or send out a reminder of the competition immediately before the event. Be ready to accept entry forms/score sheets from walk-in participants on the day of the competition.

- Build public interest. Use the sample press release shown on page 6 to announce your championship in local newspapers and through radio announcements. Always use the program's official name: Knights of Columbus Free Throw Championship.

- Conduct the competition by the rules covered in this booklet. Plan to open the doors an hour before the actual event to allow for the registration of walk-in participants. If space allows, let early visitors take warm-up shots if they wish to do so. Organize entry forms/score sheets by age and gender. Make a final check of equipment and see that the regulation-size basketballs are available and temporary foul lines are clearly marked with non-residue tape. Verify that judges and scorers have been properly advised of their duties and responsibilities. Use the entry form/score sheet to record each participant's score. This form, and proof of age, must accompany each champion as he or she progresses through the higher levels of competition. **All council-level participants should shoot their free throws during the scheduled hours of the competition and under the same conditions as all other competitors. No participants should be allowed to attempt their free throws at a special time, and will be disqualified if allowed to do so.**

- Present participation certificates (#1597) to all participants, and council champion certificates (#1809) to the winners at the end of the competition. The Free Throw Championship Kit contains 75 certificates for competitors. Twelve Champions' certificates are also included.

- The Supreme Council Supply Department has available plaques suitable for council champions. These plaques include an engraving plate identifying the "Knights of Columbus Free Throw Championship" and space for the winner's name to be engraved. Plaques should be ordered from the Department by using the order coupon located on page 9 of this guide.



- Sew-on patches (#FT-P) bearing the phrase "Knights of Columbus Free Throw Championship" are available from the Supreme Council Supply Department. Patches can be ordered in packages of 25 at a cost of $29 by using a Requisition Form (#1) or the coupon on page 9. These patches may be presented to participants and/or champions.

- Personalize the sample press release on page 6 by announcing the council winners and send copies to local and diocesan newspapers and radio stations.

- Immediately following your council's championship, the grand knight must complete and submit the Free Throw Championship Participation Form (#FT-1) found on page 7 of the Council Report Forms Booklet and included in this guide as well as the Free Throw Kit. This feedback provides valuable statistics for participation and an overall assessment of the program. Include the number of participants in the council's competition as well as the number who participated in any preliminary school or league competitions.

- Provide the entry forms/score sheets and the proofs of age for the council winners to the district deputy for the district competition. Make sure your council number is filled in. Inform council competition winners of the date, time and location of the district competition and any other levels of competition to which they advance.

- Be sure that a council official accompanies council winners to all upcoming competitions as they advance. In the event that a winner in any level cannot participate in the next level of competition, the second-place winner should represent the area.

PUBLICITY: GET

PUBLICIZING YOUR EVENT

One of the best ways to make sure your council's free throw program is a success is to publicize it. The program must always be referred to as the Knights of Columbus Free Throw Championship.

After reserving a basketball court and setting a date for the championship, use the sample press release on this page to announce the event.

Retype it, double spaced, on council letterhead, filling in the necessary information giving the who, what, when and where of your council's scheduled Free Throw Championship. Make sure to include the name and phone number of a contact person.

Ask editors to publish a reminder closer to the date of the championship or to list it in the community or weekend calendars. Talk with assignment editors and suggest the championship as a great opportunity for a feature story. Make arrangements for a story about your winners. Personally deliver or send their names, ages and stories, along with clipart logos (available at www.kofc.org/clipart), to the editors of both local news and sports sections of secular and diocesan newspapers. Send press releases to radio and TV stations and local cable-access news programs.

SAMPLE PRESS RELEASE

CONTEST ANNOUNCEMENT

Local K of C to Sponsor Youth Free Throw Championship

All boys and girls ages 9 to 14 are invited to participate in the local level of competition for the (*year*) Knights of Columbus Free Throw Championship. The local competition will be held (*competition date*) at (*time*) at (*location*).

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district, and state competitions. International champions are announced by the K of C international headquarters based on scores from the state-level competitions. All boys and girls 9 to 14 years old are eligible to participate and will compete in their respective age divisions. Last year more than 120,000 sharpshooters participated in over 3,600 local competitions.

All contestants on the local level are recognized for their participation in the event. Participants are required to furnish proof of age and written parental consent. For entry forms or additional information contact: (*name and telephone number of contact person*).

The Knights of Columbus is an international Catholic family fraternal service organization with over 1.8 million members in 15,000 local councils. Last year, Knights donated over 70 million volunteer hours and $170 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, culture of life, families and youth.

–END–

THE WORD OUT!

Contact local high schools and college athletic departments about the possibility of holding your Free Throw Championship competition prior to a game and then presenting the awards to the champions during halftime. If there is a professional or semiprofessional franchise in your area contact its public relations office to see if arrangements can be made to honor winners of your competition during halftime. Also, approach teams about the possibility of getting players to present awards to your champions. Local sports teams, including sports other than basketball, may also be willing to donate uniforms, autographed basketballs and other similar items as awards or prizes for your champions.

SAMPLE ANNOUNCEMENT

COMPETITION CHAMPIONS ANNOUNCEMENT

Knights of Columbus Crown Free Throw Champions

(*Number of winners*) boys and girls from (*town or towns*), ages 9 to 14, were named local champions of the (*year*) Knights of Columbus Free Throw Championship and have earned the right to compete at the district level. (*Council name and number*) in (*location*) sponsored the local competition at (*competition location*). All youngsters ages 9 to 14 were eligible to participate.

Nine-year-old champions were (name) in the girls' bracket and (name) in the boys'. (*Name*) was the 10-year-old girls' champion and (*name*) was the winner of the 10-year-old boys' division. In the 11-year-olds' bracket, (name) was the girls' champion and (*name*) was the boys' champion. Twelve-year-old winners in the girls' and boys' divisions were (*name*) and (*name*). The 13-year-old girls' division was won by (*name*) and the boys' by (*name*). Fourteen-year-old champions were (*name*) in the girls' bracket and (*name*) in the boys'. Each contestant was allowed 15 free throw attempts in the contests. Ties were settled by successive rounds of five free throws per contestant until a winner emerged.

Each of these winners will compete in the district competition to be held on (*date*) at (*location*) with an eye toward moving on to the state and international levels.

FREE THROW CHAMPIONSHIP AWARDS

PROMOTIONAL ITEMS

The Supreme Council has available promotional items to enhance the Free Throw Program on all levels! Mini-backboards and balls, as well as glow-in-the-dark basketballs are ideal to give to participants at council, regional and state competitions. New Knights of Columbus Basketballs are also available for use at council competitions, and may be used as awards to council winners.

OFFICIAL K OF C BASKETBALL

Order the official Knights of Columbus Free Throw Championship Basketball for your local contest. With our gold emblem and stylish logo running down the center, these regulation-sized balls are designed to show the pride and honor that the Free Throw Contest holds for all participants, sponsors and members involved. This item is available in packages of 12 basketballs, including 9 women's and 3 men's. **(FT-322) E, F, S**

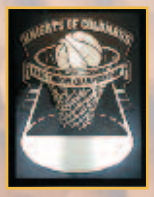
GLOW-IN-THE-DARK BASKETBALL

This 7" K of C Glow-in-the-dark Basketball is the perfect item for all Free Throw Championship participants! Along with the Order's emblem and colors the ball also has a special glow-in-the-dark feature. These balls can be ordered using the coupon on the next page and are available in a carton of 24. **(FT-321)** Discontinued item, limited quantity available.

FREE THROW COMPETITION PATCH

Raise the championship spirit by ordering K of C Free Throw patches! Each patch features the Order's emblem on top of a basketball design. They come in batches of 25. **(FT-P)**

COUNCIL AWARD



This award includes a bright gold-finished basketball and net above a gold-tone engraving plate. Blank engraving plates are included. A carton of 12 plaques is available (**FT-310**).

REGIONAL AWARD

A 14-inch trophy with a detailed basketball figure flanked by two eagles in bright gold finish is available for regional champions. The trophy includes a modern white marble-patterned base with a gold-tone engraving plate. Blank engraving plates are included. A carton of 12 trophies is available (**FT-311**).

STATE OR PROVINCIAL AWARD

A 18-inch trophy with a detailed basketball figure flanked by two eagles in bright gold finish is available for state or provincial champions. The trophy includes a modern white marble-patterned base with a gold-tone engraving plate. Blank engraving plates are included. A carton of 12 trophies is available (**FT-312**).

PROGRAM SUPPLIES

REQUIRED INFORMATION FOR MAILING LABEL - PRINT CLEARLY

Name Title

Street (No P.O. Boxes)

City State/Province Zip/Postal Code

DAYTIME TEL. # ( )

FAX # ( )

Date **Control No.**

Council:

Date Needed: / / MM DD YYYY

NOTE: Signature with permission from Grand Knight or Financial Secretary is required **IF CHARGING TO COUNCIL ACCOUNT.**

FAX YOUR ORDER • (1-800-266-6340) US & CANADA • DO NOT MAIL FAX ORDERS

IF FAX IS UNAVAILABLE PLEASE MAIL ORDER FORM TO:
KNIGHTS OF COLUMBUS • SUPPLY DEPARTMENT
78 MEADOW STREET, NEW HAVEN, CT 06519-1759
(203) 752-4214 OR (203) 752-4451

To ensure delivery, promotional items must be ordered at least 6 weeks prior to presentation date.

All rush orders will incur additional postage charges.

Quantity	Shipped	Item/Form#	Description	Unit Price	Total
——English ——French ——Spanish		FT-KIT	Free Throw Program Kit	NC	
		FT-P	Free Throw Patches (Pkg of 25)	$30	
——English ——French ——Spanish		FT-322	Official K of C Basketball (Pkg of 12)	$180	
		FT-310	Carton of 12 Plaques for Council Champions	$120	
		FT-311	Carton of 12-18″ Trophies for Regional Champions	$165	
		FT-312	Carton of 12-18″ Trophies for State/ Provincial Champions	$165	
				Subtotal	
				CT Residents add 6.35% Sales Tax	
				Shipments Outside the U.S.add an additional $25 for shipping for EACH item ordered	
				Total Amount	
				PRICES SUBJECT TO CHANGE WITHOUT NOTICE	

OR charge order to your Mastercard ☐ or Visa ☐
IF CHARGING TO COUNCIL, AGENT, ETC.
DO NOT FILL OUT CREDIT CARD BOX

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date: Month ____ Year _____

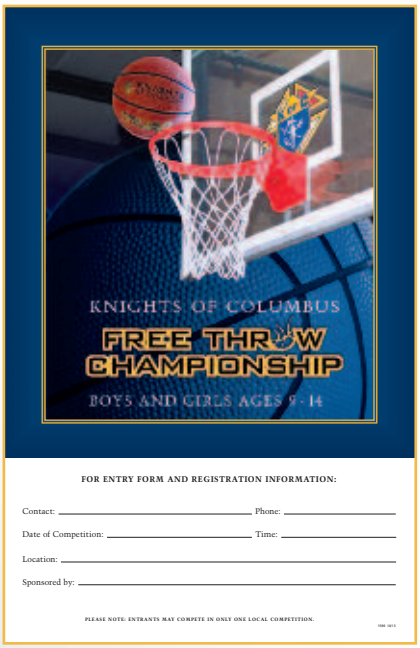
SIGNATURE REQUIRED for credit card orders

Payable in U.S. Funds — Make check or money order payable to:
Knights of Columbus Supreme Council
Check/Money Order No. _____
Amount _____

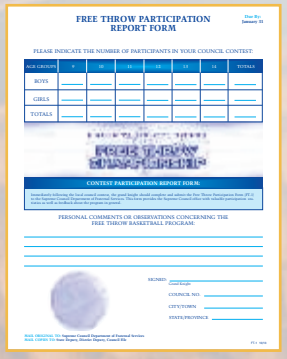
Picked By	Packed By	Date Shipped

Kit Contents

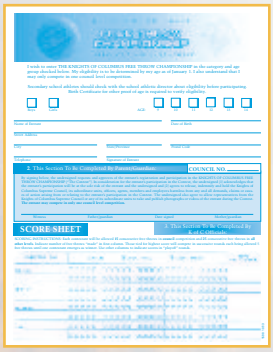
"Step Up To The Line" Poster (#1686)



"On the Rim" Poster (#1596)



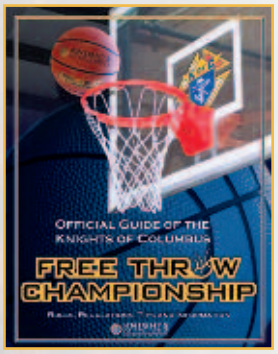
Free Throw Championship Participation Report Form (#FT-1)



Free Throw Championship Entry Form/Score Sheet (#1598)

Participation Certificate (#1597)

Council Champion Certificate (#1809)



Free Throw Championship Program Guide (#1928)

District, Regional & State Champions

District Competition

(The district level competition is only required if more than one council within the district participates in the Knights of Columbus Free Throw Championship).

Receive district champion medallions (provided at no cost) from the state council at the state's mid-year meeting. The Supreme Council provides 12 Olympic-style medallions for presentation to the district winners.

Secure a court, select a date for the February district championship and pass on the information to each of the councils in your district. Inform councils of the date and location well in advance.

Conduct the district championship according to the rules covered in this booklet. Organize entry forms/score sheets by age and gender. Use the entry form/score sheet to record each participant's score. This form, and proof of age, must accompany each champion as he or she progresses through the higher levels of competition.

Make a final check of equipment and see that the regulation-size basketballs are available and temporary foul lines are clearly marked with non-residue tape. Instruct the judges and scorers of their duties and responsibilities.

All district-level participants should shoot their free throws during the scheduled hours of the competition and under the same conditions as all other competitors. No participants should be allowed to attempt their free throws at a special time, other than the scheduled and publicized hours of competition. Under no circumstances should a Free Throw Championship be held on a school day unless all participants are able to attend. Use the original entry form/score sheet for each participant to record district competition scores. Present the district medallions to the champions at the end of the event.

Cash or bonds must not be awarded at any level of competition since that may compromise the amateur status of the contestant. Send a press release to local media sources announcing the district winners.

Report the results of your district competition to the regional/state Free Throw Championship chairman and give him the entry forms/score sheets of your champions. Inform your champions of the date and location of the regional/state championship.

Regional/State Competition

The Regional/State Free Throw Chairman should:

Order regional/state awards using the coupon found on page 9 of this booklet, or contact a local supplier for an appropriate award. State councils are responsible for ordering and presenting awards to the regional and state winners.

Secure a court, select a date and inform the district deputies and councils of the date, time and location of the regional/state competition. Post this information on your state website and newsletter.

Conduct the competition according to the rules outlined in this booklet.

Organize entry forms/score sheets by age and gender. This form, and proof of age, must accompany each champion as he or she progresses through the higher levels of competition.

Use the original entry form/score sheet for each participant to record regional/state competition scores. Make a final check of equipment and see that the regulation-size basketballs are available and temporary foul lines are clearly marked. Instruct the judges and scorers of their duties and responsibilities.

All regional/state level participants should shoot their free throws during the scheduled hours of the competition and under the same conditions as all other competitors. No participants should be allowed to attempt their free throws at a special time, other than the scheduled and publicized hours of competition.

Present the regional/state level awards. Cash or bonds must not be awarded at any level of competition since that may compromise the amateur status of the contestant.

Prepare a press release announcing the winners and send it to local media sources. Use the sample council press release on page 7 of this booklet as a guide.

The state Free Throw Championship chairman shall provide the name, address and sponsoring council and state level scoring information to the Supreme Council office in April on forms provided by the Department of Fraternal Services. This scoring information will be used to determine the international winners.

INTERNATIONAL LEVEL

International champions are determined on the basis of the best scores from the state competitions submitted in each age category. The Supreme Council office will provide the forms to be completed by the state chairman listing the champions, their scores and other important information.

All international champions will be notified by a personal letter of congratulations from Supreme Knight Carl A. Anderson and will receive an international Free Throw Championship trophy commissioned by the Supreme Council and forwarded to the state deputy for presentation.

CONDUCT A FREE THROW CHAMPIONSHIP FOR YOUTH IN YOUR COMMUNITY

KNIGHTS OF COLUMBUS

1 COLUMBUS PLAZA NEW HAVEN, CT 06510-3326

1-203-752-4270 OR WWW.KOFC.ORG

KNIGHTS OF COLUMBUS®

1928 1/15