



**Saint Elizabeth Knights of Columbus Council 13141**  
**Free Throw Championship Rules**

1. Participants shoot in age brackets as determined by the contestant's age as of **January 1, 2023**: 9, 10, 11, 12, 13, or 14
2. Safe Environment certified parishioners will be on at the event.
3. Girls and Boys compete separately
4. **Print the Knights of Columbus Free Throw Championship Entry Form and Score Sheet found at [www.kofc13141.org](http://www.kofc13141.org). Contestants need to fill in their gender, age and all the requested information. In section 2, a parent or guardian should sign and date the form.**
5. **Bring the Knights of Columbus Free Throw Championship Entry Form and Score Sheet with you the day of the competition. This will make your check in process as efficient as possible.**
6. Each participant takes three (3) warm up shots followed by fifteen (15) consecutive free throws
  - a. Girls and Boys ages 9-11 shoot from a 12' foul line using a regulations women's basketball
  - b. Girls ages 12 - 14 shoot at from a 15' foul line using a women's regulation basketball
  - c. Boys ages 12 - 14 shoot from a 15' foul line using a men's regulation basketball
7. Each made and missed free throw is recorded on the official Knights of Columbus Free Throw Championship Entry Form and Score Sheet.
8. In the event of a tie by age/gender group each contestant with the tied score will take five (5) free throws with no warm ups allowed until a Champion is determined
9. Winners at each level will advance to the next level (Council, District, Region and State). The international scores will be determined based upon score sheets submitted from the Sate level
10. Spectators are welcome but will be asked to view the contest from the **spectator area only** to provide a contest area that is safe and free from distractions.
11. **NO PERSONAL BASKETBALLS** are allowed into the gym the day of the competition (so please leave them at home).