

**California State Council  
2020-2021 Council Level Free Throw Competition**

The Knights of Columbus Free Throw competition provides a fun athletic outlet for young people ages 9 to 14 and encourages the values of sportsmanship and healthy competition. Because of Covid-19 restrictions, the State Council has made adjustments as to how the free throw competition will be run this year. Please see the instructions below.

**Instructions for Remote Council Level Free-Throw Competition**

1. Parents and legal custodians are encouraged to locate a basketball court to record their child's free throw competition attempts in safe manner, socially distanced from others. The competitions will be done solo this year, not in a group setting and will be recorded.
2. The basketball hoop used for the free throws can be in a park, schoolyard or it can be a driveway with a basketball hoop.
3. Please get as close to the ball size, hoop height and distance specifications as possible. We want the children to participate! Get as close as you can to be uniform and fair but we encourage all children to participate.
4. Participants are encouraged to practice beforehand, but to ensure fairness, parents/custodians should video record and submit only ONE official attempt.
5. The parent will fill out the scorecard after videoing, attest to the accuracy of the score by signature and submit by email the filled out, verified score card and video file to the council free-throw chairman.
6. Please name the video file with the following format, council # - dot - child's last name - dot - child's first name. 12345.Smith.Tommy.
7. Ages 9, 10, 11 (Boys & girls competitions) are recommended to 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).
8. Ages 12, 13, 14 (girls competitions) are recommended to use a women's regulation-size basketball and shoot from the regulation foul line 15 feet from a 10-foot-high basket.
9. Ages 12, 13, 14 (Boys competitions) are recommended to use a men's regulation-size basketball and shoot from the regulation foul line 15 feet from a 10-foot-high basket.
10. After practice, each contestant receives 15 consecutive free throw attempts from the appropriate age-designated foul line. The attending parent/custodian videos the attempts. The parent/custodian marks an X on the scorecard on attempts where baskets were made and a 0 on baskets missed and then writes the total baskets made in the proper column on the score card. The parent/custodian then signs the card. The parent/custodian scans the scorecard and emails it to Council chairman along with the properly named video file.