

KNIGHTS OF COLUMBUS
John Eisen Council #1799

To: All boys and girls, ages 10, 11, 12, 13 and 14
From: Mike Bertram, Youth Director
Re: Annual Free Throw Contest

The Marshfield Knights of Columbus, John Eisen Council #1799, in conjunction with the "Wisconsin State Council, Knights of Columbus" would like to invite all boys and girls, ages 10, 11, 12, 13 and 14 to participate in the annual Free Throw Championships.

The contest will be held on Sunday, January 6th, 2008 in the Columbus High School gymnasium, 710 South Columbus Avenue, Marshfield, Wisconsin, with registration beginning at 12:30 p.m. and the contest starting at 1:00 p.m.

There is no cost for any child entering the contest and no special equipment required (*such as uniforms or balls*). Shoes should be worn that will not mar or scratch the gymnasium floor.

Contest rules are attached to this letter. Entry forms are available through a separate link. Forms can be brought directly to Columbus High School the day of the contest for registration. Forms are also available at registration.

Please feel free to contact me if you have any questions.

Mike Bertram, Youth Director
(715) 387-2523 Ext. 103 (Work)
(715) 659-2670 (Home)

KNIGHTS OF COLUMBUS

FREE THROW CONTEST - RULES & REGULATIONS

Eligibility The free throw championship is open to all boys and girls, ages 10 to 14. Age eligibility is determined by the age of the contestant as of January 1st. Proof of age is required. High school contestants should check with their school athletic directors or state athletic associations regarding possible eligibility conflicts.

Entries All competitors must register using the official Knights of Columbus entry form (score sheet #1598). Completed entry forms should be brought directly to the registration table the day of the competition. Additional forms are available at the Council level competition site. 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 based on state level results.

Age Specifications

- **Ages 10, 11 (Boys and Girls Competitions)** - Use a women's regulation size basketball and shoot from a 12 foot foul line (clearly marked with tape) at a 10 foot high basket. (The normal foul line is 15 feet from the basket).
- **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.

Scoring

Normal rules of basketball regarding free throws apply for all levels of competition. Violations include stepping on, or over, the line prior to the ball reaching the rim of the basket, and shots rebounding off the "out of bounds" basket support. Scorers will record basket made or missed, on each attempt.

Competition

- **Council Level - Each** contestant receives 3 warm up tosses, followed by 15 free throw attempts in 5 throw increments from the designated foul line. To break a tie, contestants take a second round of 5 free throws. No warm up tosses are permitted for tie-breaker rounds, and successive rounds continue until a winner emerges.
- **District - Regional - State Levels - Each** contestant receives 3 warm up tosses, followed by 25 free throw attempts in 5 throw increments from the foul line. To break a tie, contestants take a second round of 5 free throws. No warm up tosses are permitted for tie-breaker rounds, and successive rounds continue until a winner emerges.
- **Travel cards** for the next level of competition will be given to the first and second place winners in each category. The first place winners compete at the next higher level of competition - however when the first place winner cannot participate, the second place winner should represent the area for that age group.

Marshfield Knights of Columbus
John Eisen Council #1799

Mike Bertram, Youth Director
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