



Knights of Columbus 2024 Free Throw Championship



The Queen of Peace Knights of Columbus Council #3428 is sponsoring a Basketball Free Throw Championship competition!

All children, **ages 9 to 14, as of January 1, 2024**, are invited to participate in our local Council competition. Each entrant will compete in their own age and gender level.

RULES: Normal rules of basketball regarding free throws apply for all age 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. Shots made or missed will be recorded. The highest scores will win the age/gender levels.

All Children, ages 9, 10 and 11, will use a size 6 (28cm diameter basketball and shoot from a 12-foot foul line from the basket.

All Children, ages 12, 13, and 14, will use a size 7 (29cm diameter) basketball but shoot from the regulation foul line of 15 feet.

Each contestant will be given 3 warm-up tosses followed by 15 consecutive Free Throw attempts. To break any ties, the contestants will take a second round of 5 free throws (no warm-ups in tie breaker rounds).

Sign-ups will be on January 10 & 11 from 6:00 to 7:30pm at the Columbian Club Hall located at 194 River Road, North Arlington.

A parent, or guardian, must provide proof of age for their child(ren)!

Sign-Ups on the day of competition will not be allowed!

The Free Throw Championship will take place on Thursday, January 18 at 6:00pm at the Anthony School Gym located at 45 Beech Street, N.A.

Winners in each age division are invited to go on to the Knights of Columbus District, Regional, and State levels of competition.

Any questions, please call 201-988-0183.



Knights of Columbus
2024

District 10

Free Throw

Championship



You are invited to compete in the District 10 Free Throw Championship.

Each entrant will compete in their own age and gender level. against the Council Winners from the towns of Lyndhurst, Wallington, Rochelle Park, and Maywood.

**Monday, February 26 at the North Arlington High School Gym
222 Ridge Road, North Arlington, NJ
starting at 6:00pm.**

You will be assigned a time to compete.

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All Children, ages 9, 10 and 11, will use a size 6 (28cm diameter basketball and shoot from a 12-foot foul line from the basket.

All Children, ages 12, 13, and 14, will use a size 7 (29cm diameter) basketball but shoot from the regulation foul line of 15 feet.

Each contestant will be given 3 warm-up tosses followed by 25 consecutive Free Throw attempts. To break any ties, the contestants will take a second round of 5 free throws (no warm-ups in tie breaker rounds).

Winners are invited to go on to the Knights of Columbus Regional and State levels of competition.

Any questions, please call 201-988-0183.