

Knights of Columbus Free Throw Championship Summary Rules & Guidelines

Note: The Official Guide of the Knights of Columbus Free Throw Championship should be followed at all times. This listing is intended as a summary of those Rules, Regulations, Tips and Information and to provide clarification as to how those guidelines should be applied in the State of Connecticut. The Free Throw Chairman will resolve any questions.

Recommended minimum volunteers at each basket:

- Two Scorers (one official, one counter-scorer)
 - Two Rebounders (can be parents or teens)
 - One Judge (must be KC member, may counter-score or rebound if short)
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- The Judge and Official Scorer will ensure that each participant receives the proper number of warm-up tosses (three) and will point out any foul-shooting violations.
 - Any contestant desiring NOT to shoot any or all of the warm-up shots must tell the Judge / Scorers prior to taking their shots.
 - Normal rules of basketball regarding free throws apply. Violations include stepping on or over the line prior to the ball touching the rim and shots rebounding off the support or other “out of bounds” equipment prior to going in.
 - All contestants in the same category shall shoot using the same basketball at the same basket.
 - Scorers are to record every attempt as either a basket made, missed, or foul.
 - No one should enter the lane prior to the ball striking the rim and only the rebounders should step into the key at any time during the contest. All contestants not currently shooting should be at least three feet from the top of key.
 - When returning the ball to a shooter, utilize a bounce-pass or have the Judge catch and hand the ball to the contestant.
 - If something should occur that may have distracted the shooter during a free throw attempt, it is the Judge’s option to allow them to a “do over” shot. He shall announce this so all around are fully aware that the missed shot did not count.
 - After the 21st or 22nd shot, announce that there are four or three shots remaining.
 - All scores should be verified before the next contestant is allowed to shoot.
 - Any ties should be decided before the next group of contestants is allowed to shoot. To break a tie, contestants take a second round of five free throws with NO warm-up tosses. They shall shoot in the same order in which they originally shot.
 - Winners will be announced at the Awards Ceremony once everyone has shot.
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- Be Consistent. Apply the Rules to Everyone. Have Fun.