



## 2023 – 2024 Basketball Free Throw Information Package

### Contact information

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Hello my brothers,

I am happy to announce that I have accepted the State Free Throw Chairman position for the upcoming 2023-2024 fraternal year and I look forward to working with all the Regional Chairmen, District Deputies and the councils once again.

I am currently looking for volunteers to fill the remaining 5 Regional Chairmen positions as illustrated on page 16. If you are interested and have experience convening the Knights Free Throw competition, please contact me.

We will again be including 15 to 17 year olds in our competition this year throughout all 4 levels within Ontario. All of the forms and reports are available for download from the Free Throw page on the Ontario State website. You will also be able to fill out these PDF files electronically and save the input information. This will make it easier for everyone to email completed forms and reports. You can find them at the following web page; <https://ontariokofc.ca/programs/youth/free-throw-soccer-challenge/>. For participants in elementary schools, you can still use the Kits from Supreme, so please feel free to order them or print them from the package. For participants in your local high schools, please use the reports and materials provided in the updated Package. Your District Deputies and I encourage your council to take advantage of this opportunity to get your local high school kids involved in the Program. Please make sure your Council is compliant with Supreme and volunteers having Vulnerable Sector Screening. If you have any questions, please contact our State Advocate Henry Miller at [stateadvocate@ontariokofc.ca](mailto:stateadvocate@ontariokofc.ca) or (416) 932-8420.

If you have any questions, please don't hesitate to contact me or our State Community Program Director Bro. Daniel Mainville at [communitydirector@ontariokofc.ca](mailto:communitydirector@ontariokofc.ca).

Thank you for volunteering your time and efforts in this year's Free Throw and I look forward to helping you make this program successful again.

Bro. Kevin Belanger  
State Free Throw Chairman  
(519) 868-2472  
[mio8@ontariokofc.ca](mailto:mio8@ontariokofc.ca)

## **GUIDELINES AND RESPONSIBILITIES**

This program provides an opportunity for our youth 9 to 17 years of age to be engaged in a healthy competitive environment. The participants will have the opportunity to play at the Council, District and Regional levels. This can be promoted through schools, Columbian Squires' Circles and CYO (Catholic Youth Organization), hence giving us an opportunity to introduce our Order into our community.

Please find enclosed relevant information, materials and forms for the Basketball Free Throw Competitions.

### **1) Council Level:**

- Every council should order their kits from Supreme in mid August so they arrive in September. You need to have a location and date for your Council Free Throw by mid November so that your schools will have enough time to setup their Free Throws in December or January or if you are having an open invitation, enough time for your council to advertise it.
- Councils should complete their Free Throw Competition by **January 31<sup>st</sup>, 2024** and submit the Entry/Score Sheets of your Council winners to the District Deputy within 2-3 days after.
- Complete the Participation Report Form (SO-FT-1) by **January 31<sup>st</sup>, 2024** and submit it to your District Deputy and State Free Throw Chairman. For each school that has a school level competition, please make sure to communicate with them and have them fill out a SO-FT-1(School) Form. This way you can have a grand total as your Council participation.

### **2) District Level:**

- District Deputies should have their Free Throw Competition by **February 26<sup>th</sup>, 2024**. You need to have a location and date for the District Free Throw by early November so that your councils will have enough time to set up their Free Throws in January.
- Please ensure that all Entry/Score Sheets of your District Winners are filled out completely and correctly! Please fill out the District Winners Report provided in this package and email it to your Regional Chairman at least 2 days before the Regional Competition takes place so they will know who to expect from your District. This is in case something happens and the Chairman doesn't receive your Entry/Score Sheets, they will have the previous scores on the District Winners Report when your winners fill out a new Entry/Score Sheet at the Regional Level.
- Please complete the District Deputy's Participation Report (SO-FT-2), also provided in this package, and email it to **Kevin Belanger by February 28<sup>th</sup>, 2024**.

### **3) Regional Level:**

- Regional Chairmen will need to have a location and date for the Regional Free Throws by the end of October so that your Districts will have enough time to set up their Free Throws accordingly. You will need to convene the Regional Free Throw Competitions by **March 12<sup>th</sup>, 2024** and have the Ontario Regional Winners Report completed and emailed to **Kevin Belanger by March 15<sup>th</sup>, 2024** so that the Ontario State Free Throw Winners can be determined and sent to Supreme for the International Competition.
- The Ontario State Winners will be announced at the State Convention in April 2024.

**Each participant must have the Free Throw Championship Entry form (#1598 or SO-1598) filled out fully to include the individual's First and Last name, address, entrant signature, parent(s) signature and the affiliated Council Number.**

## **GUIDELINES FOR THE BASKETBALL FREE THROW COMPETITION**

- 1) All Kits will now need to be ordered through Supplies Online which can be accessed in the Officers Portal. Please get you GK or FS to order the kits for you.
- 2) These should be ordered in August to be ready for the start of school in September.
- 3) Please refer to the Free Throw Championship Playbook (#1928) for the procedures, rules and regulations. They are in each Free Throw Kit or at the following web link below. Please also refer to the **Eligibility and Equipment** portion included in this package. [1928 \(kofc.org\)](http://1928.kofc.org)
- 4) Each participant must have a completed Free Throw Championship Entry form (#1598 or SO-1598). This score sheet is to be used to enter all levels of the competition (one score sheet per contestant for all competitions), should be completed with all the relevant information and the **age is determined as of January 1<sup>st</sup>**. The traditional #1598 that comes with the Supreme Free Throw Kits can be used for elementary school participants while the new SO-1598 provided in this package can be photocopied and used for high school participants.
- 5) Also included in this package is a **School Level - Class Entry Form (SO-1598CR)** that can be used for school level competitions. If you have teachers committed to running school level competitions where each school sends 8 -10 winners to your Council Free Throw, this form can be used. It makes the process a lot easier for the teachers and for the council when it comes time to print out participation certificates.
- 6) Please inform all the participants' parents or guardians that they must be present throughout all levels of competition that their child is competing in!
- 7) All scores should be verified before the next contestant is allowed to shoot. The use of videotape recording to resolve the scoring totals is not suggested. **Judges and scorers are given final authority in verifying all scores and violations.**
- 8) If the champion of a level cannot attend the next level, they forfeit and the 2nd place winner can go on to compete in their place. Try to determine this at the end of your competition or shortly after.
- 9) If your local schools are conducting School Level competitions, please ensure that your Council gets an accurate count of the numbers of participants from each school. Form SO-FT-1(School) should be filled out by the Athletic Director or the teacher in charge.
- 10) **ALL LEVELS OF COMPETITION MUST HAVE A MEMBER VOLUNTEERING WHO IS THE FAMILY OR COMMUNITY DIRECTOR OF A COUNCIL WHO HAS COMPLETED THE SAFE ENVIRONMENT PROGRAM AND HAS A BACKGROUND CHECK THROUGH SUPREME! ALL FREE THROW CHAIRMEN AT ALL 3 LEVELS OF COMPETITION MUST COMPLETE THE SAFE ENVIRONMENT PROGRAM AND HAVE A BACKGROUND CHECK! ALL MEMBERS VOLUNTEERING AT A COMPETITION MUST HAVE A BACKGROUND CHECK ON FILE WITH THE GK/FS AND SHOULD HAVE COMPLETED THE SAFE ENVIRONMENT PROGRAM!** The background checks should be **no older than 3 years** from the date of the competition.
- 11) Councils should complete their Free Throw by **January 31<sup>st</sup>, 2024**. The Grand Knight or the Council Free Throw Chairman will complete the Free Throw Participation form SO-FT-1 by **January 31<sup>st</sup>**. **Please include in the Council Total the total number of participants from each school, as this increases our State Free Throw participation.**  
**THE SO-FT-1 MUST BE EMAILED TO YOUR DISTRICT DEPUTY AND TO THE STATE CHAIRMAN ANTHONY VIRESI.** The Council Free Throw Chairman will give the list of winners to the District Deputy and will ensure all the Entry Forms include the respective council number and the name of the school the participant attends.



- 12) The District Deputy will advise all his councils well in advance, of the date, time and place of the District Free Throw Competition, as this will need to be completed by **February 26<sup>th</sup>, 2024**. Please also complete the District Deputy's Report (SO-FT-2) and submit it to the State Chairman by **February 28<sup>th</sup>, 2024**.
- 13) All the District Free Throw Winner's Score Sheets, #1598 or SO-1598, will be given to the Regional Chairmen on the day of competition. Please ensure that all the Participant forms submitted are filled out correctly and that they are legible. The Regional Chairmen will keep all the Entry Forms after the competition as they may be needed by the State Chairman. The District Deputy will also need to fill out the District Winners Report and email it in advance to their Regional Chairman. Contact information for the Regional Chairmen is included in this package.
- 14) The Regional Chairmen will advise District Deputies in advance, of the date, time and location of the Regional Competition. If possible, Council Chairmen and District Deputies should be available to assist with the registration and competition at the Regional Level.
- 15) Regional Free Throw Competitions should be completed by **March 12<sup>th</sup>, 2024**. The Ontario Regional Winners Report needs to be sent to the **State Free Throw Chairman Kevin Belanger, no later than March 15<sup>th</sup>, 2024**, so the Ontario State Winners can be determined. Once I have determined the winners, I will personally contact the Regional Chairs indicating they have a state winner(s) and will request the Score Sheet of the winning participant(s). I will also personally inform the GKs and DDs who have State Winners and confirm their attendance at the State Convention.
- 16) The Ontario State Winners will be announced at the State Convention in April 2024. Ontario State Free Throw Winners ages 9 to 14 will also be sent to Supreme for the International Competition with final results in April. An official list of the Ontario State winners and finalists will be emailed to all DDs and Regional Chairmen at the beginning of April.
- 17) When determining the top 3 placements at the State level, the scores in each category from all 16 regions are compared to find the highest 3 scores. Often there are ties and this is when the District and even the Council scores are used to break them. It is **IMPERATIVE** that both the DD and Regional Chairman fill out their Winners Report completely, especially with the **Council and District scores!** Regional winners in a tie for one of the top 3 spots that don't have these 2 other scores will lose out in the tie breaking process.
- 18) **Awards:** Council - Certificates found in kits, District - Certificates supplied from State Office, Regional Awards supplied from State Office. State - Awards to be picked up at State Convention in April by local representative (GK or DD).
- 19) If your area does not have a Regional Chairman, please contact your Diocesan Association, to appoint one or suggest a brother Knight who would be interested.
- 20) For more information, materials, forms, etc., please visit the Supreme Website at the link below where the Basketball Free Throw Program page is located and you can also go to the Ontario State Website as well.  
<https://www.kofc.org/en/what-we-do/faith-in-action-programs/resources/index.html?ltab=1tab3>  
<https://ontariokofc.ca/programs/youth/free-throw-soccer-challenge/>
- 21) **LET'S WORK TOGETHER TO MAKE ONTARIO THE HIGHEST IN THE ORDER IN PARTICIPATION!**

**Let's also show how successful the program can be with the inclusion of High Schools!**

**"Coming together is a Beginning: Keeping together is Progress: Working together is Success!"**

**The Success of this Community Program depends on us all working together as a TEAM!**

## Eligibility and Equipment

### Proof of Age

- Each participant's age is determined as of January 1st.
- Included in this package is an Age Chart to assist at the registration table.
- If a participant arrives to your competition and has competed in the wrong age category in previous levels, please have them compete in the proper category that day. Please explain to the participant why and make the correct age change on their form.
- In the Council through Regional Level, participants must compete within their own age category or else they cannot participate. **At the State Level, if Score Sheets received indicate that a participant competed in the wrong age category at the Regional Level, that participant will be disqualified!**

### Free Throws

- At all levels, participants receive 3 warm-up shots before taking their shots that count towards their score.
- Council Level participants shoot 15 consecutive free throws.
- District and Regional Level participants shoot 25 consecutive free throws.
- In case of a tie for first place at the Council and District Level or at the Regional Level for 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, when all the participants in the age category have finished shooting, those who are tied for the mentioned places will need to shoot again to break the ties.  
These participants will shoot in the same order as they did during the competition shooting 5 consecutive free throws each, with no warm-ups. Successive rounds will continue until the ties are broken and you have a single winner or a single person in each of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place positions.

### Basketball Size, Foul Lines, Free Throw Rules

- 9, 10 & 11 year olds will use a women's regulation size ball (Size 6 / 28.5") & shoot from a 12 foot foul line.
- Girls Ages 12 to 17 will use a women's regulation size ball (Size 6 / 28.5") & shoot from the 15 foot foul line.
- Boys Ages 12 to 17 will use a men's regulation size ball (Size 7 / 29.5") & shoot from the 15 foot foul line.
- The baskets should be 10 feet off the ground for all age categories.
- The Foul Line is determined from the backboard of the basket, not from the basket itself.
- When a participant is shooting, their feet must remain behind the line! If the participant's foot or feet fall on the line or past it before the ball hits the rim or backboard, the shot will be counted as a miss.
- If the ball makes contact with the supporting structure that the backboard is attached to or the wall and goes in through the basket, the shot will count as a miss!

**Winning participants must be present at the next competition. If the winner cannot attend the next level, the second place winner can be sent in their place.**

# Six Steps to a Successful Free Throw

## Free Throw Competition Guidelines for Council, District & Regional Levels

### **Before the Event**

#### 1) Booking of the Facilities:

- Contact the school you want to use and book the gym for the Competition. You may have to confirm with the school first if the gym is available on the date you want and then book it through the School Boards Permit office. Also, ask the permit office about the Ministry of Education Community Use of Schools Grant and if a separate form for it has to be filled out. This Government Grant gives volunteer groups a discounted rate. School Boards will also require proof of liability insurance. Councils with insurance policies will need to contact their provider to obtain a certificate. Councils that don't have liability coverage can obtain it by completing the SO-46 application form at the following web link. [Microsoft Word - KOC Renewal Application 2024 \(ontariokofc.ca\)](https://www.ontariokofc.ca/microsoft-word-koc-renewal-application-2024)
- Regional Chairs should book their gyms in late October, DDs in early November and Councils in mid November.
- Make sure when filling out the permits you include the use of change rooms, basketballs and the same number of tables and chairs for the number of baskets you plan to use for the scorers.

#### 2) Informing the Schools

- Supply posters to each school for display to advertise your competition.
- Make contact with the teacher who is most likely to run a school competition (phys.ed teacher, athletic director, classroom teacher, etc.) and provide them with the necessary information and materials.

#### 3) You'll Need lots of Help!

- You'll need 2 Brother Knights per net you plan to use and have 3-5 extra Brothers helping with registration and anything else you may need help with the day of the competition.
- Two Brother Knights are needed at each net, one is score keeping and observing line violation while the other Brother is confirming each shot for the score keeper and is the rebounder.

#### 4) Safe Environment

- Make sure that all members volunteering have background checks on file with their council and that you have a volunteer who is the Family or Community Director of a council who has taken the Safe Environment Program and has a background check with Supreme. You as the Chairman also need to have a background check and complete the online program. See page 7 & 13 for more details.

### **The Day of the Competition**

#### 5) Set-up

- Try to have a PA system for announcing and playing music for warm-ups.
- Juice and doughnuts for after the competition.
- Tape to mark both foul lines accordingly (measured from the backboard) at each net and make sure this is done before the participants show up for registration and warm-up.
- Have at least 7-9 tables for registration with large age signs on them. Have the same amount of Brother Knights, one registering for each age group.

#### 6) When the Participants Arrive

- Have music playing and balls out for warm-ups.
- Only regulation balls provided for the competition should be used. Outside balls should not be allowed.
- Have participants or their parents fill out the Entry Form/Score Sheet. Ensure that they check the correct age box, that at least one parent has signed the form and that all the required information such as D.O.B., mailing address, phone number and council number is filled out and legible!
- Make sure there are Bro. Knights in the gym during registration and warm-ups to direct participants to the correct basket, they are practicing from the correct foul line and to answer any question they or parents may have.
- Make sure they are given full and clear instructions before the competition begins.

## KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP PROGRAM ACTION LIST

<b>Time Line/Due Date</b>	<b>Action</b>	<b>Done by</b>
July/August	Outline program to Grand Knights and encourage Council participation at District Meeting	District Deputy
August	Appoint Council Free Throw Championship Chairman	Grand Knight
Mid August	Order K of C Free Throw Championship Kits (#FT-KIT) through Supplies Online which can be accessed in the Officers Portal	Grand Knight or Financial Secretary
Late September	Contact schools to advise them of the program and emphasize how easy it is to conduct. (Encourage it to be a part of Physical Education program)	Council Chairman
Late October	Arrange time, date and place of Regional competition and advise District Deputies and Grand Knights	Regional Chairman
Early November	Arrange time, date and place of District competition and advise Council Chairmen and Grand Knights	District Deputy
Mid November	Arrange time, date and place of Council competition and advise schools, Grand Knight and District Deputy	Council Chairman
December	District Champion Medallions & Certificates to be picked up at the DD's meeting in December	District Deputy
As appropriate throughout program	Publicize program using local media, posters provided in the FT-Kits can be placed in schools, community centers, churches, etc. Write ups in weekly Church Bulletins and monthly school Event Calendars is a good way to reach each family.	Council Chairman, Grand Knight, District Deputy
By January 31 <sup>st</sup>	Conduct Council competition	Council Chairman
By January 31 <sup>st</sup>	Provide entry form/score sheets for Council winners to the District Deputy for the District competition	Council Chairman
January 31 <sup>st</sup>	Complete and email the Free Throw Participation Report (SO-FT-1) to your District Deputy and the State Free Throw Chairman (NOTE: If local schools had competitions then the NUMBER OF PARTICIPANTS AT COUNCIL LEVEL IS THE <u>TOTAL</u> NUMBER THAT COMPETED AT ALL THE SCHOOL LEVELS)	Grand Knight
By February 26 <sup>th</sup>	Conduct District competition	District Deputy
February 28 <sup>th</sup>	Complete & email the District Winners Report to your Regional Chairman before the competition. Provide the score sheets for your winners to him the day of competition.	District Deputy
February 28 <sup>th</sup>	Complete and email the District Free Throw Report (SO-FT-2) found in this package to the State Free Throw Chairman	District Deputy
By March 12 <sup>th</sup>	Conduct Regional competition	Regional Chairman (District Deputies assist)
By March 15 <sup>th</sup>	Complete and email the Ontario Regional Winners Report to the State Chairman. Hold onto the Entry form/Score sheets for the Regional winners.	Regional Chairman
April	Relax, pat yourself on the back for a job well done and enjoy! Again, thank you for all the hard work that you do.	All Good Knights who contributed to the program





# KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP

## Sample Letter to Schools

Dear (Principal/Teacher's Name),

Every year the Knights of Columbus sponsors a Basketball Free Throw Championship open to all boys and girls ages 9 to 17. This year our Council would like to invite you to participate at the local level by conducting an in-school competition. If a School Level Competition is not possible, all school entries are eligible to participate at the Council Level in an open invitation competition.

I assure you, this is not a program which adds significantly to a teacher's already busy schedule. On the contrary, schools which have been involved in the past welcome the competition because it provides an excellent motivational tool to enhance their physical education or extra-curricular programs.

Each child competes within his or her own age and gender category, with the winners advancing to a Council competition in January. All contestants receive a participation certificate and the winners have the opportunity to continue at successive levels of competition. The School Level competition can be conducted at the school's convenience anytime prior to mid January. (Date is chosen by council)

Enclosed you will find posters to help you advertise the event, entry forms, score sheets, and the rules and regulations for Council competition.

I look forward to meeting with you to outline a wonderful opportunity for your students to have fun while taking part in a most worthwhile program.

Further information regarding contest details may be obtained by contacting me at the following phone #  
\_\_\_\_\_.

Yours truly,

Your Name, Grand Knight  
Council Name and Number

**BASKETBALL FREE THROW REGIONAL CHAIRMEN & DISTRICTS**  
**LES PRÉSIDENTS RÉGIONAUX & LES DISTRICTS DU LANCER-LIBRE DE BASKETBALL**

Region	Area	Districts	Regional Chairman	Address	Contact
1	Windsor & Chatham	10, 21, 23, 39, 40, 51, 76, 88	Ken Bosse  Dan Pergolesi	910 Talbot Rd. East Wheatley, N0P 2P0 10792 Winslow Rd. Windsor, N8R 1C5	519-566-9968 skkenkc@hotmail.com 519-735-6253 dd76@ontariokofc.ca
2	Hamilton South & North St Catharines	6, 7, 8, 11, 26, 28, 35, 55, 60, 62, 67, 69, 80, 83, 100, 105, 109	Gregory Loughheed	1629 Sandusk Rd. Jarvis, N0A 1J0	519-718-3649 dd100@ontariokofc.ca
3	East GTA	5, 36, 37, 63, 65, 70, 77, 87, 90, 95, 97, 107, 108	Eardley Adams	15 Waterwheel Street Markham, L3P 6M5	(905) 554-1997 eardley.adams@ymail.com
4	North & West GTA, Simcoe	19, 24, 27, 33, 43, 50, 53, 86, 91, 94, 96, 99, 102, 103, 106, 110	Ron Frank	140 Meadowvale Court Bolton, L7E 3H3	(416) 602-0796 frank_6@sympatico.ca
5	Kingston	3, 20, 30, 57, 73, 93	Vacant		
6	Sault Ste. Marie, Sudbury, North Bay, Perry Sound & Muskoka	13, 25, 38, 41, 47, 74	Daniel Mainville	3367 Laura Dr Chelmsford, On P0M 1L0	(705) 929-1565 mio5ontariokofc.ca
7	Timmins	52, 71	Vacant		
	Thunder Bay & Northern	14, 15, + C3554	David Sharp	53 River View Cres. RR #1 Stratton, P0W 1N0	(807) 483-5816 rosemarysharp@yahoo.com
	Hearst	12, 46 (C3056 & C6820)	Vacant		
8	Greater Ottawa & Pembroke	1, 2, 17, 42, 44, 54, 58, 66, 78, 79, 85, 92, 98, 101, 104	Mark McAvoy	45 Eastpark Dr. Ottawa, K1B 3Z6	(613) 830-3032 markmcavoy@bell.net
9	London & Sarnia	9, 18, 22, 49, 61, 68, 72, 84	Gary Masters	646 Grand View Ave. London, N6K 3G6	(519) 854-4015 dd49@ontariokofc.ca
10	Alexandria/Cornwall	32, 75, 81	Renald Bombardier	337 Andre Ave. Cornwall, K6J 3A2	(613) 362-0972 renaldbombardier@hotmail.com
11	Peterborough	4, 29, 48, 82	Kevin Heffernan	1401 White Cres. Peterborough, K9K 2L5	(647) 775-5448, (705) 930-3848 robkeveffernan@nexicom.net
	Closed & vacant districts	16, 31, 34, 45, 56, 59, 64, 89			

# FREE THROW CHAMPIONSHIP ENTRY FORM/SCORE SHEET

I wish to enter THE KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP in the category and age group checked below. My eligibility is to be determined by my age as of January 1. I also understand that I may only compete in one council level competition.

Birth Certificate or other proof of age is required to verify eligibility.

AGE:

Boys

Girls

9

10

11

12

13

14

15

16

17

School Name

---

Date of Birth

Street Address

City	State/Province	Postal Code
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Telephone (Circle one: Home      Cell)      Email      Signature of Entrant

**This Section To Be Completed By Parent/Guardian:**

**Council No.** \_\_\_\_\_

By signing below, the undersigned requests and approves of the entrant's registration and participation in the KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP ("The Contest"). In consideration for the entrant's participation in the Contest, the undersigned (1) acknowledges that the entrant's participation will be at the sole risk of the entrant and the undersigned and (2) agrees to release, indemnify and hold the Knights of Columbus Supreme Council, its subordinate units, officers, agents, members and employees harmless from any and all demands, claims or causes of action arising from or relating to the entrant's participation in the Contest. The undersigned also agree to allow representatives from the Knights of Columbus Supreme Council or any of its subordinate units to take and publish photographs or videos of the entrant during the Contest. **The entrant may compete in only one council level competition. Parent or guardian must sign this form before entrant competes.**

Date signed \_\_\_\_\_

### **This Section To Be Completed By Knights of Columbus Officials:**

SCORING INSTRUCTIONS: Each contestant will be allowed **15** consecutive free throws in **council** competition and **25** consecutive free throws in **all other levels**. Indicate number of free throws “made” in first column. Those tied for highest score will compete in successive rounds each being allowed 5 free throws until one contestant emerges as winner. Use other columns to indicate scores in “playoff” rounds.

Competition Level	Scoring: <input checked="" type="checkbox"/> Basket Made			<input type="checkbox"/> Basket Missed			Total Baskets Made
Council:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
District:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Regional:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





## KofC FREE THROW COMPETITION

### SCHOOL LEVEL - CLASSROOM ENTRY FORM

SCHOOL NAME: \_\_\_\_\_

TEACHER'S NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

BOY WINNER: \_\_\_\_\_

**GIRL WINNER:**

**Note: 9, 10 & 11 year olds shoot from the 12 foot line. 12 to 17 year olds shoot from the 15 foot line.**

[illegible]

RETURN THIS FORM COMPLETED SO THAT ALL PARTICIPANTS CAN RECEIVE A CERTIFICATE.

THE WINNERS FROM EACH AGE/SEX CATEGORY ARE TO COMPLETE AN "ENTRY FORM SHEET" WITH IT SIGNED BY A PARENT/GUARDIAN.

# FREE THROW CHAMPIONSHIP

## PARTICIPATION REPORT FORM SCHOOL LEVEL

Due By: January 31

Immediately following the local school contest, the School Athletic Director or the teacher in charge should complete and submit this form (SO-FT-1 School) to the local Council Free Throw Chairman. This form provides the council in your area and the State Chairman with valuable statistics as well as feedback about the program in general.

PLEASE INDICATE THE NUMBER OF PARTICIPANTS IN YOUR SCHOOL CONTEST:

AGE GROUPS	Gr. 4 9 Yr. Olds	Gr. 5 10 Yr. Olds	Gr. 6 11 Yr. Olds	Gr. 7 12 Yr. Olds	Gr. 8 13 Yr. Olds	Gr. 9 14 Yr. Olds	Gr. 10 15 Yr. Olds	Gr. 11 16 Yr. Olds	Gr. 12 17 Yr. Olds	TOTALS
BOYS	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
GIRLS	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
TOTALS	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

PERSONAL COMMENTS OR OBSERVATIONS CONCERNING THE FREE THROW BASKETBALL PROGRAM:

SIGNED: \_\_\_\_\_  
School Athletic Director / Teacher

SCHOOL NAME: \_\_\_\_\_



**This document is to be filled out and given to the Local K of C Council Free Throw Chairman.**  
*The council will use these results and those from other schools when tallying the overall totals  
for the Council Participation Report (SO-FT-1)*

SO-FT-1(School) 5/19

# FREE THROW CHAMPIONSHIP

## PARTICIPATION REPORT FORM

**Due By: January 31**

Immediately following the local council contest, the grand knight should complete and submit the Free Throw Participation Form (SO-FT-1) to Supreme Council Department of Fraternal Mission, Ontario State Council and their District Deputy. This form provides the Supreme and State Council offices with valuable participation statistics as well as feedback about the program in general.

**PLEASE INDICATE THE NUMBER OF PARTICIPANTS IN YOUR COUNCIL CONTEST:**

(Please include those who participated at school level competitions in your council's final participation results.)

AGE GROUPS	9	10	11	12	13	14	15	16	17	TOTALS
BOYS	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
GIRLS	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
TOTALS	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

**PERSONAL COMMENTS OR OBSERVATIONS CONCERNING THE FREE THROW BASKETBALL PROGRAM:**

SIGNED: \_\_\_\_\_  
Grand Knight

COUNCIL NUMBER: \_\_\_\_\_

CITY/TOWN: \_\_\_\_\_

STATE/PROVINCE: \_\_\_\_\_



Email a copy of this document to: [fraternalmission@kofc.org](mailto:fraternalmission@kofc.org), to [stateoffice@ontariokofc.ca](mailto:stateoffice@ontariokofc.ca) and your District Deputy.  
(Councils should also retain a copy of this completed form for their files)

SO-FT-1 5/19



# FREE THROW

## CHAMPIONSHIP

Due By: February 28

### DISTRICT DEPUTY'S PARTICIPATION REPORT SCHOOL AND/OR COUNCIL FREE THROW COMPETITIONS WITHIN THE DISTRICT

Please do your utmost to ensure this report is fully completed by the due date. Your efforts at both council and school levels are extremely important in this regard. You should obtain this information from your Grand Knights or Council FT Chairmen. I appreciate your efforts and support.

**Note:** This report is not for indicating the number of participants at your District Free Throw event.

Also, all councils are to be reported. Please enter "0" if a Council did not participate in the program.

COUNCIL #	BOYS	GIRLS	TOTALS	Did 15 to 17 year olds participate?	
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>
_____	_____	_____	_____	Yes <input type="checkbox"/>	No <input type="checkbox"/>

PERSONAL COMMENTS OR OBSERVATIONS CONCERNING THE FREE THROW BASKETBALL PROGRAM:

FOR EACH COUNCIL THAT DID NOT PARTICIPATE IN THE PROGRAM, WHAT WAS THE REASON:

DISTRICT DEPUTY: \_\_\_\_\_

DISTRICT NUMBER: \_\_\_\_\_



Email a copy of this document to: [stateoffice@ontariokofc.ca](mailto:stateoffice@ontariokofc.ca) and to the State Free Throw Chairman

SO-FT-2 5/20



# KNIGHTS OF COLUMBUS BASKETBALL FREE THROW DISTRICT WINNERS REPORT

(NOTE: Information on each winner must be filled out COMPLETELY!)



**Boys**

**9**

**Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys**

**10**

**Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys**

**11**

**Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys**

**12**

**Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys**

**13**

**Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

District # \_\_\_\_\_ District Deputy: \_\_\_\_\_

**Boys****14****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys****15****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys****16****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

**Boys****17****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_ District Score: \_\_\_\_\_

District # \_\_\_\_\_ District Deputy: \_\_\_\_\_

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Please email this form to your Regional Free Throw Chairman no less than 2 days before the scheduled Regional Free Throw.



# KNIGHTS OF COLUMBUS BASKETBALL FREE THROW ONTARIO REGIONAL WINNERS REPORT

(NOTE: Information on each winner must be filled out COMPLETELY!)



**Boys**

**9**

**Girls**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

**Boys**

**10**

**Girls**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

**Boys**

**11**

**Girls**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Region # \_\_\_\_\_ Regional Chairman: \_\_\_\_\_

**Boys****12****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

**Boys****13****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

**Boys****14****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Region # \_\_\_\_\_ Regional Chairman: \_\_\_\_\_

**Boys****15****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

**Boys****16****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

**Boys****17****Girls**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Contact # \_\_\_\_\_

Contact # \_\_\_\_\_

Council # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YYCouncil # \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
MM.DD.YY

School Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Regional Score: \_\_\_\_\_ District Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Council Score: \_\_\_\_\_

Region # \_\_\_\_\_ Regional Chairman: \_\_\_\_\_

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Please Email this report by March 15th to:Kevin Belanger, State Basketball Free Throw Chairman  
kevangbelanger@rogers.com



## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.