

January 11, 2025 Council Competition

Free Throw Checklist

Location-St. Joseph School Gym

2945 Kingston Road, York, PA 17402

Volunteers Arrive 11:00am

Registration: 12:00 Noon **Start Time** 1:00pm.

Introductions-Welcome-Modify program as needed based on number of competitors.

When ready to start event, kick it off with a Prayer

Strong and faithful God, as we come together for this contest, we ask you to bless these athletes. Keep them safe from injury and harm, instill in them respect for each other, and reward them for their perseverance. Lead us all to the rewards of your kingdom where you live and reign for ever and ever, Amen.

Basic Training for Volunteers and Competitors

Ages 9, 10, 11 (Boys & girls competitions) use a regulation-size basketball (Size 28.5-Ball is marked **PA-W** in black marker) and shoot from a blue 12-foot foul line at a 10-foot-high basket. Ages 12, 13, 14 (Girls competitions) use a regulation-size basketball (Size 28.5-Ball is marked **PA-W** in black marker) 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 (Size 29.5-Ball is Marked **PA-M** in black marker) and shoot from the regulation foul line 15 feet from a 10-foot-high basket.

Normal rules of basketball regarding free throws apply to all 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.

Each contestant receives three warm-up tosses followed by 15 consecutive free throw attempts from their foul line. To break a tie, contestants take a second round of five free throws. No warm up tosses are permitted for the tie breaker rounds. Successive rounds of five free throws **each** continue until a winner emerges.

Score keepers should be trained on the fact that each contestant gets only 15 shots. The scoring sheets should be filled in for the **first three columns. Not all six columns.**

Score keepers, double check your calculations for each contestant. You will be providing the chairman with the Council winner scoring sheets.

***An important communication for everyone. Contestants should not be involved in scorekeeping or rebounding. Only State, Regional, District or Council volunteers.**

Let the competition begin. Girls or young ladies, you have the floor!

***Boys competition will not start until all girls have completed their shots.**

Competition Set-up Program

If needed, each basketball hoop foul line will be numbered by the contestant age group. Place easily removable adhesive numbers immediately in front center of each 15-foot foul line. 9, 10, 11, 12, 13, 14. **Minimal participants, just line off two free throw hoop areas with blue tape at the 12-foot distance.**

Provide three six-foot registration tables and six chairs for volunteers. Provide a trophy table to hold the 12-council winner plaques behind registration tables.

Identify registration table workers-Three will be needed at the tables. Be ready at 12 Noon. Each volunteer will handle a specific age group. 9 & 10, 11 & 12, 13 & 14.

Place one six food table just inside the gym area to aid in facilitating the event. One six-foot table for basketballs. One table for trophy relocation, near trophy presentation stand, camera & tripod. Place against the center gym wall. Attach Council Champion K of C placard. (Presentation stand and official basketballs (two-sets) are located in the K of C shed.

Identify two score keepers, two rebounders or more, if needed. Assign to basketball hoops by age group. Scorekeepers will be given the scoring sheets for that age group.

Contestants will compete with all of their peers at the designated hoop by age group. Girls will shoot first.

Verify all basketball hoops are fully down and ready for use. Blue lines in place at 12-foot distance for 9, 10, 11-year-olds. **Obtain hoop adjusting tool, prior to event.**

6 Clipboards/Pens available for scorekeepers. X good basket 0 missed basket. Score keepers should count all of the x's on the scoring sheet twice and then fill in the number of baskets made in the far-right column. Completed sheets should then be turned into the chairman or his designate immediately.

Scores will logged on the attached spread sheet by the chairman and published as soon as possible.

Tools/Items needed. Measuring tape-30 foot. Blue tape. Camera/tripod. Winners podium. Drill/Philips Head Drill Bit. Microphone-Handheld. Powered up and ready for use, if needed. 50 Chairs for visitors on stage, if needed.

Basketballs-double check air pressure. Air pumps available.

Sanitary wipes/garbage can with liners positioned inside the entrance corner of the gym area. Paper towels/masks available, if needed

Put out **K of C Competition Signs** with arrows at driveway entrances, directing visitors to gym location. Identify photographer for pictures.

Take picture of council winners with officers and then family members.

Identify clean-up crew to take down chairs, tables, exterior signs, etc.

2024 Council Winners

Girls

Age	Name	Council #	Score
9			
10			
11			
12			
13			
14			

Boys

Age	Name	Council #	Score
9			
10			
11			
12			
13			
14			