# Summary of Rules and Regulations for the Knights of Columbus (KoC) Free Throw Competition

- The competition will start promptly at the scheduled time and date.
- All participants must register with the Entry Form.
- The K of C will supply all basketballs.
- We will use the women's regulation sized basketballs for all girls and all 9-11 boy participants.
- All participants will shoot at a *regulation* 10-foot-high basket.

  Ages 9-11 will shoot from 12 feet out.

  Ages 12-14 will shoot from the *regulation* free throw line of 15 feet.
- Participants will be provided 3 *warm up* shots prior to the 15 *official* shots. *Official* shots made will count in the competition. To break a tie, participants will shoot an additional 5 shots until the tie is broken.
- Judges will monitor the competition to ensure that the participant stays behind the lines mentioned above until the ball touches the basketball rim. Judges will determine the final scores and present awards after the competition.