

2027 Ontario State Package

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Hello my Brothers,

I have accepted the State Chairman position for the Basketball Free Throw program for the upcoming 2026-2027 fraternal year. I am also looking after the Hockey and Soccer programs again and I look forward to working with all the councils once again.

I want to personally thank all of you who took part in the Free Throw program last year and to those who will be taking part in it again. I especially would like to thank all of our Regional Chairmen who have agreed to stay on another year.

We will continue to include 15 to 17 year olds in our competitions throughout all 4 levels within Ontario. All of the forms and reports will be 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 inputted 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 the elementary schools you can still use the Kits from Supreme, so please feel free to order them. 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.

If you have any questions, please don't hesitate to contact me or our State Community Program Director Bro. Rory Facca at rfacca@cogeco.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.



Bro. Anthony Viresi
Ontario State Youth Sports Chairman
416-241-1522
viresi_kofc@yahoo.com

RESPONSIBILITIES & GUIDELINES

This program provides an opportunity for our youth 9 to17 years of age to be engaged in a healthy competitive environment. The participants will have the opportunity to play at the Council and District levels. This can be promoted through schools and Catholic Youth Organizations, 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.

1) Council Level:

- Every council should order their kits from Supreme in mid August so they arrive in September. You can also download what you need from the State Website and print Certificates yourself.
  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 31st, 2027** 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 31st, 2027** 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 20th, 2027**. 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 **Anthony Viresi by February 28th, 2027.**

3) Regional Level:

- Regional Chairmen will need to a 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 13th, 2027** and have the Ontario Regional Winners Report completed and emailed to **Anthony Viresi by March 14th, 2027** 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 2027.

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. Again, everything is available for download.

2) 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. Supreme Free Throw Playbook - 1928

3) 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 should be completed with all the relevant information and the **age is determined as of January 1st**. 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.

4) 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.

5) Pease inform all the participants' parents or guardians that they must be present throughout all levels of competition that their child is competing in!

6) 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.**

7) If the champion of a category 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.

8) 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.

9) **All levels of competition must have a volunteer present who is considered to be Safe Environment compliant. This volunteer must be one of the four following members: the Grand Knight, Program Director, Family Director or Community Director. These four members must have completed the Supreme Safe Environment Program called "Praesidium" which includes a police background check. All other members volunteering at a youth competition must have completed a background check which is to be kept on file with the GK/FS. The background checks are valid for 3 years**. Currently the ***Safe Environment Program on-line training is only available to the four council members listed above.***

10) Councils should complete their Free Throw by **January 31st, 2027**. The Grand Knight or the Council Free Throw Chairman will complete the Free Throw Participation form SO-FT-1 **by January 31st**. **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.

11) 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 20th, 2027.** Please also complete the District Deputy's Report (SO-FT-2) and submit it to the State Chairman by **February 28th, 2027.**

12) 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.

13) The Regional Chairmen will advise District Deputies in advance 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.

14) Regional Free Throw Competitions should be completed **by March 13th, 2027.** The Ontario Regional Winners Report needs to be sent to the **State Free Throw Chairman Anthony Viresi, no later than March 14th, 2027**, 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.

15) The Ontario State Winners will be announced at the State Convention in April 2027. 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.

16) When determining the top 3 placements at the State level, the scores in each category from all 10 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.

17) **At the end of the Free Throw season, during March Break, all Entry/Score Sheets at all levels of competition need to be shredded/destroyed. The information on these forms should not be kept.**

18) **Awards:** Council - Certificates found in kits, District - Certificates supplied by State Office (District medals need to be ordered by DD) , Regional - awards supplied by State Chairman. 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?1tab=1tab3&icon-tabs=3
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 all three levels of physical competition, participants must compete within the correct age category or else they cannot participate. Participants **CAN NOT** compete upwards, ie. 13 year olds can't participate in the 14 year old category. **At the State Level, if Score Sheets received indicate that a participant competed in the wrong age category 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 1st, 2nd or 3rd, 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 1st, 2nd and 3rd 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. Please call/email Ontario State to ask for the most recent form to fill out.
- 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. ***Currently with the new Praesidium Academy, no one else is able to take the Safe Environment Program at this time.*** See pages 8 - 10 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.

ABUSE PROTOCOL, SAFE ENVIRONMENT PROGRAM & BACKGROUND CHECKS

Do all members of the council have to sign off on the abuse protocol?

All Members within the Council must sign off or provide an email acknowledgment on the abuse protocol should they want to participate in activities or events within the community (beyond just a regular business meeting). This is a requirement for anyone who wants to participate in these activities to minimize liability risk to the Council and to the insurance coverage.
Here is the link to the 2026 KofC Ontario Abuse Protocol - Ontario State Safe Environment Program

Who needs to take the Online Praesidium Academy Safe Environment course?

The following Executive members have to take this due to the requirements of their positions; Grand Knight, the Program Director (DGK), Community & Family Directors and all Squire Counselors. The Free Throw Chairman should take this course as they are in charge of the program and the event. All other members and non-members are not required, but encouraged to take the course. Currently the new Praesidium Academy is only allowing the four executive positions to take the online course. Hopefully in the Fall of 2026 everyone will have the opportunity to take it.

Who needs to have a background check; which is required and where to obtain one?

Every Knight who is volunteering at the competition requires a background check and the results or a copy of it has to be on file with the councils Grand Knight or Financial Secretary. A regular Criminal (CPIC) background check or sometimes stated as a Volunteer Background Check is all that is needed. **A Vulnerable Sector Check is NOT needed.** To obtain a background check you can either go through the **Office of Youth Protection at Supreme** or members can go to their **local police force** along with a **Volunteer Letter (sample on page 11)** signed by their Grand Knight to obtain one for free or for a small cost, $10 - $20 depending on the police force.

How to obtain a background check through Supreme.

Supplemental Screening Process for Members Not In Key Leadership Roles

Members chairing programs, events, and activities involving minors and/or other vulnerable persons are responsible for ensuring that members who volunteer are eligible to do so in accordance with applicable safe environment requirements of the Ontario Knights of Columbus Council Liability Insurance Program. Members NOT holding key leadership roles who volunteer in a program, event, or activity involving minors and/or other vulnerable persons sponsored by a Knights of Columbus council are required to complete a background check through a Supplemental Screening Process through the Knights of Columbus Safe Environment Program and Praesidium in accordance with the Ontario Knights of Columbus Risk Management Protocol and Abuse, Discrimination, Harassment Prevention Policy.

No later than four weeks before a scheduled program, event, or activity, members coordinating the Knights of Columbus sponsored program, event, or activity should email a list of all members volunteering to **Quianna Richardson, Manager, Knights of Columbus, Office of Youth Protection**: **quianna.richardson@kofc.org** the following:

• A list of each member's full name, council and membership numbers, and their email address

Please ensure that the subject Line of the email states the following information to expedite the process: "[the name and date of your event] - Ontario Supplemental BGC List" (e.g., "Free-Throw 1-15-2022 – Ontario Supplemental BGC List").

Members listed will receive a weblink via email by which to provide their consent for a background check through Praesidium. To complete their Praesidium background check authorization, members will need to print, sign, and upload documents and copies of two forms of photo identification. Once the background checks have been completed, Praesidium will send an email to each member that can be shared with the key leader coordinating the event as confirmation of their background check.

Members NOT holding certain key leadership roles who are later appointed to key leadership roles requiring a background check may need to provide consent for an additional background check through the Knights of Columbus Safe Environment Program once appointed. Praesidium typically sends out an email invitation to obtain this consent about one week after appointment.

Ontario State Council Database Repository

GK and FS, when completing the background check portion for each member in the Ontario State Council Database Repository you will need to check off the Praesidium check box.

Link to Ontario State Webinars on Background Checks. Simply enter your name and email address and click Register. It will then take you to the recorded webinar.
https://attendee.gotowebinar.com/recording/1308874456951849474
https://attendee.gotowebinar.com/recording/2143138800728765455

Link to the Ontario State Council Database Repository online Webinar;
https://okofc-my.sharepoint.com/:v:/g/personal/ani_ontariokofc_ca/Ebn4abxGhSlFiC0SOpPAJ-MBmnfKgY6fQDRv-8H0ytNwlA?e=ieIn2t

KNIGHTS OF COLUMBUS OFFICE OF YOUTH PROTECTION

KNIGHTS OF COLUMBUS YOUTH ACTIVITY POLICY

A KNIGHTS OF COLUMBUS "YOUTH ACTIVITY" IS AN ACTIVITY WHOSE PRINCIPAL SUBJECTS ARE MINOR CHILDREN (BASKETBALL FREE THROW, "COATS FOR KIDS," ETC.)

- All youth activities sponsored by the Knights of Columbus shall require the presence of at least one member, typically the council's Family Director and/or Community Director, who has been background checked and trained through the Knights of Columbus Safe Environment Program.
- The Grand Knight of the council sponsoring the youth activity, who is required to complete Knights of Columbus safe environment training, should also attend the activity. There should never be fewer than two fully trained members in attendance.
- Council Family/Community Directors and/or other members of the council who have been background checked and trained through the Knights of Columbus Safe Environment Program shall, in conjunction with their Grand Knight, ensure that all Knights of Columbus Safe Environment policies and procedures are followed at all youth activities sponsored by a Knights of Columbus council.
- In the event that a council's Family Director and Community Director are both unable to attend a youth activity, any other member of the council who has recently been background checked and trained through the Knights of Columbus Safe Environment Program must be in attendance.
- If there are no available background checked and trained members of the council, every effort should be made to have a qualified Family Director or Community Director from a nearby council to attend. If there are no such qualified members, then the State Youth Director, State Family Director, and/or State Community Director should attend.

IF AT LEAST TWO QUALIFIED MEMBERS ARE NOT AVAILABLE TO ATTEND THE ACTIVITY, THEN THE ACTIVITY MUST BE RE-SCHEDULED TO A TIME WHEN THE COUNCIL'S FAMILY DIRECTOR AND/OR COMMUNITY DIRECTOR, ALONG WITH ANOTHER QUALIFIED MEMBER WILL BE ABLE TO ATTEND FOR THE FULL DURATION OF THE EVENT.

The above are the Safe Environment Protocols set out by Supreme in conjunction with the requirements of Ontario Council's liability insurance carrier Northbridge and many other insurance companies stating that all Brother Knights who volunteer in youth programs and events must complete a background check.

For more information go to the following weblinks:

www.kofc.org - Safe-Environment Program
www.kofc.org - Safe Environment Best Practices
www.kofc.org - Safe Environment Quick Reference Guide
ontariokofc.ca - Safe-Environment Program



Knights of Columbus®

To whom it may concern,

The Knights of Columbus is a volunteer organization that raises funds for donating to charitable organizations and causes. We also volunteer man hours to raise such funds and towards community programs. Our insurance carriers have asked all volunteers to obtain a Criminal Record Check to be kept on file. As unpaid volunteers in Ontario, our members are eligible to receive the free criminal records check (CRC) and/or criminal record and judicial matters check (CRJMC). Please provide the free Criminal Record Check (CRC) for the following volunteer and thank you;

Name of Applicant (Volunteer): _____

Grand Knight: _____ Phone Number: (___) _____

Council Name: _____ Council # _____

Signature of Grand Knight: _____ Date: _____

FREE THROW CHAMPIONSHIP

Council #

Event:

Safe Environment Compliancy Volunteer List

Members First & Last Name (Print)	Membership #	Ontario Abuse Protocol Read & Signed	Background Check Passed & On File	Safe Environment Course Completed
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐

The Safe Environment Course is only mandatory for those holding the following positions; Grand Knight, Council Directors (Program, Community & Family) and all Squire Counselors.
For all other volunteers it is suggested they take the course, but not mandatory.

Non - Members First & Last Name (Print)	
	☐
	☐
	☐
	☐
	☐

This form must be completed by the Grand Knight or Financial Secretary of the council mentioned above and submitted to the District or Regional Free Throw Chairman before the day of their competition.

I certify that the members and/or volunteers mentioned above have completed the requirements checked off.

		Grand Knight
Print First & Last Name	Signature	
		Financial Secretary
Print First & Last Name	Signature	
	Date (DD/MM/YY)	

KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP PROGRAM ACTION LIST

Time Line/Due Date	Action	Done by
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. Order District Champion Medallions	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 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 31st	Conduct Council competition	Council Chairman
By January 31st	Provide entry form/score sheets for Council winners to the District Deputy for the District competition	Council Chairman
January 31st	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 TOTAL NUMBER THAT COMPETED AT All THE SCHOOL LEVELS)	Grand Knight
By February 20th	Conduct District competition	District Deputy
Before your Regional Competition Date	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 28th	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 13th	Conduct Regional competition.	Regional Chairman (District Deputies assist)
By March 14th	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



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 a 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, 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 dan.pergolesi@gmail.com
2	Southern Half of Golden Horseshoe & Owen Sound	6, 7, 11, 28(15738), 26, 35, 55 60, 62, 67, 69, 80, 83, 100, 109	Gregory Lougheed	1629 Sandusk Rd. Jarvis, N0A 1J0	(519) 718-3649 dd100@ontariokofc.ca
3	East GTA	5, 36, 63, 70, 77, 87, 90, 94, 95, 97, 107, 108	Eardley Adams	15 Waterwheel Street Markham, L3P 6M5	(905) 554-1997 eardley.adams@ymail.com
4	North & West GTA, Simcoe, Perry Sound & Muskoka	19, 24, 27, 33, 43, 50, 53, 86, 91, 96, 99, 102, 103, 106, 110	Ron Frank	140 Meadowvale Court Bolton, L7E 3H3	(416) 602-0796 frank_6@sympatico.ca
5	Sault Ste. Marie, Sudbury, North Bay	13, 25, 41, (47), (74)	Dennis Tomini	PO Box 1024 - 35A Diorite Street Copper Cliff, P0M 1N0	(705) 920-9097 dennistomini@gmail.com
6	Timmins & Surrounding Area Thunder Bay & Northern Lake Superior Area	(12), (52), (71) 14, 46	Vacant Vacant		
7	Greater Ottawa, Pembroke, Perth, Carleton Place, Kemptville	1, 2, (17), 30, 31, 42, 44, (54), 66, 79, (85), 92, 98, 101, 104	Mark McAvoy	45 Eastpark Dr. Ottawa, K1B 3Z6	(613) 830-3032 markmcavoy@bell.net
8	London & Sarnia	9, 22, 28, 49, 61, 72, 84	Stephen Blankenship	108 Sydenham St. Aylmer, N5H 1M7	519-702-5900 sblanky001@gmail.com
9	Brockville, Cornwall, Kingston	20, 32, 58, (75), 93	Renald Bombardier	337 Andre Ave. Cornwall, K6J 3A2	(613) 362-0972 renaldbombardier@hotmail.com
10	Belleville, Peterborough	3, 4, 29, 48, 73, 82	Kevin Heffernan Terry O'Keefe	1401 White Cres. Peterborough, K9K 2L5	(647) 775-5448, (705) 930-3848 kheffernan71@gmail.com (705) 927-1204 tok@nexicom.net

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.

☐ Boys ☐ Girls AGE: ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 ☐ 17

School Name _____

Name of Entrant _____ Date of Birth _____

Street Address _____

City _____ State/Province _____ Postal Code _____

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.**

Parent/Guardian _____ 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: ☒ BASKET MADE ⊙ BASKET MISSED	TOTAL BASKETS MADE
COUNCIL:	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	
	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	
DISTRICT:	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	
	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	
REGIONAL:	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	
	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	

SO-1598 4/19

KofC FREE THROW COMPETITION

SCHOOL LEVEL - CLASSROOM ENTRY FORM

SCHOOL NAME: _____

BOY WINNER: _____

TEACHER'S NAME: _____

GRADE: _____

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.

NAME (FIRST & LAST) (PLEASE PRINT)	SEX B / G	AGE as of Jan 1st, 20____	3 WARM UPS, 15 FREE THROWS ☒ BASKET MADE ◘ BASKET MISSED	IF TIED, 5 ADDITIONAL THROWS EACH UNTIL TIE IS BROKEN	TOTAL BASKETS	TOTAL WITH TIE
			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
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			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
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			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
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			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
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			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
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			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		
			☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐		

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)

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: 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 ☐ No ☐
				Yes ☐ No ☐
				Yes ☐ No ☐
				Yes ☐ No ☐
				Yes ☐ No ☐
				Yes ☐ No ☐
				Yes ☐ No ☐

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 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

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 9

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 10

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 10

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 11

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 11

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 12

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 12

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 13

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 13

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

District # _____ District Deputy: _____

Boys 14

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 14

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 15

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 15

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 16

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 16

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Boys 17

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

Girls 17

Name: _____

Council # _____ D.O.B.: _____ MM.DD.YY

Contact # _____

School Name: _____

Council Score: _____ District Score: _____

District # _____ District Deputy: _____

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

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 9

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Boys 10

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 10

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Boys 11

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 11

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Region # _____ Regional Chairman: _____

Boys 12

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 12

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Boys 13

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 13

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Boys 14

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 14

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Region # _____ Regional Chairman: _____

Boys 15

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 15

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Boys 16

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 16

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Boys 17

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Girls 17

Name: _____

Address: _____

_____

Contact # _____

Council # _____ D.O.B.: _____ MM.DD.YY

School Name: _____

Regional Score: _____ District Score: _____

Council Score: _____

Region # _____ Regional Chairman: _____

Please Email this report by March 13th to:

Anthony Viresi, State Basketball Free Throw Chairman
viresi_kofc@yahoo.com

Knights of Columbus
2027
Basketball Free Throw Competition
Age Eligibility Chart as of Jan. 1st 2027

The date of birth to be eligible to compete within our 9 to 17 year old age groups needs to be Jan. 1st, 2018 or before.

From	To	Year	Age
January 2nd	December 31st	2017	9
January 2nd	December 31st	2016	10
January 2nd	December 31st	2015	11
January 2nd	December 31st	2014	12
January 2nd	December 31st	2013	13
January 2nd	December 31st	2012	14
January 2nd	December 31st	2011	15
January 2nd	December 31st	2010	16
January 2nd	December 31st	2009	17

Born On		Year	Age
January 1st		2018	9
January 1st		2017	10
January 1st		2016	11
January 1st		2015	12
January 1st		2014	13
January 1st		2013	14
January 1st		2012	15
January 1st		2011	16
January 1st		2010	17

The date of birth to be eligible to compete within our 9 to 17 year old age groups needs to be Jan. 1st, 2018 or before.

From	To	Year	Age
January 2nd	December 31st	2017	9
January 2nd	December 31st	2016	10
January 2nd	December 31st	2015	11
January 2nd	December 31st	2014	12
January 2nd	December 31st	2013	13
January 2nd	December 31st	2012	14
January 2nd	December 31st	2011	15
January 2nd	December 31st	2010	16
January 2nd	December 31st	2009	17

Born On		Year	Age
January 1st		2018	9
January 1st		2017	10
January 1st		2016	11
January 1st		2015	12
January 1st		2014	13
January 1st		2013	14
January 1st		2012	15
January 1st		2011	16
January 1st		2010	17

Notes: