



Knights of Columbus 2026



Free Throw Championship

Open to all boys and girls ages 9-14 (as of 1/1/2026)

Monday, January 19, 2026, at 5:00 PM

St. Vincent de Paul Parish Activity Center/Gym

COST: FREE

Registration: Forms are available in the gym during basketball practices or on-site the day of event. Arrive early to complete registration forms.

Rules:

- Each contestant receives three warm-up tosses followed by 15 consecutive free throw attempts from the appropriate age-designated 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.

Winners advance to the district/regional/state competitions!



Volunteers needed!

Reach out to James Pogue (cyobasketball@stvs.us)