



**Knights of Columbus**  
2025

**District 10**

**Free Throw**

**Championship**



**You are invited to compete in the District 10 Free Throw Championship.**

**Each entrant will compete in their own age and gender level. against the Council Winners from the towns of Lyndhurst, Wallington, Rochelle Park, and Maywood.**

**Monday, February 24 at the North Arlington High School Gym  
222 Ridge Road, North Arlington, NJ  
starting at 6:00pm.**

**You will be assigned a time to compete.**

**RULES: Normal rules of basketball regarding free throws apply for all age 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. Shots made or missed will be recorded. The highest scores will win the age/gender levels.**

**All Children, ages 9, 10 and 11, will use a size 6 (28cm diameter basketball and shoot from a 12-foot foul line from the basket.**

**All Children, ages 12, 13, and 14, will use a size 7 (29cm diameter) basketball but shoot from the regulation foul line of 15 feet.**

**Each contestant will be given 3 warm-up tosses followed by 25 consecutive Free Throw attempts. To break any ties, the contestants will take a second round of 5 free throws (no warm-ups in tie breaker rounds).**

**Winners are invited to go on to the Knights of Columbus Regional and State levels of competition.**

**Any questions, please call 201-988-0183.**