Local K of C to Sponsor Youth Free Throw Championship

All boys and girls ages 9 to 14 are invited to participate in the **2025 Knights of Columbus Free Throw Championship**. The local competition will be held on February 1st from 1:00 to 3:00 at Milford High School Gym, Milford MA.

The Knights of Columbus Free Throw Championship is sponsored annually with winners progressing through local, district, regional and state competitions. International champions are announced by the K of C international headquarters based on scores from the state-level competitions. All boys and girls 9 to 14 years old are eligible to participate, and all contestants on the local level will receive a patch. Local winners in each age group for boys and girls will receive an engraved plaque.

Each contestant receives three warm-up tosses followed by 15 consecutive free throw attempts from the appropriate age-designated foul line. Five-shot tiebreaker rounds will determine winners in case of a tie. Each contestant will shoot for approximately 10 minutes. The contest will run from 3:00 PM to 5:00 PM, and contestants can arrive at any time during that period.

Boys and girls ages 9, 10 and 11 will use a women’s regulation-size basketball and shoot from a 12 foot foul line at a 10 foot high basket.

Girls ages 12, 13 and 14 will use a women’s regulation-size basketball and shoot from a 15 foot foul line at a 10 foot high basket.

Boys ages 12, 13 and 14 will use a men’s regulation-size basketball and shoot from a 15 foot foul line at a 10 foot high basket.

Competition is free of charge to all contestants. Participants are required to furnish proof of age and written parental consent.