

National 4-H FCS CHAMPIONSHIP

4-H FCS BOWL CONTEST

CONTEST SUPERINTENDENTS

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CONTESTANTS AND ELIGIBILITY

I. Eligibility

- A. A state/territory/District of Columbia is allowed only one entry in only one division of a contest in a national 4-H competitive event each year.
 - 1. An entry is an individual in events where individuals compete against individuals only or a team in events where team scores are computed and recognition given to the team. Individuals may be recognized in those events that are primarily team events.
 - 2. Each state is invited to enter one team of three or four contestants. If a state enters a team of three, be aware that there will be a disadvantage in the one-on-one questions.
 - 3. Participants may be selected by any procedure that the state deems appropriate
- B. Entries not officially entered will not be permitted to participate for any reason.
- C. Please review the National 4-H FCS Championship and National Conference eligibility requirements at <https://texas4-h.tamu.edu/events/FCS/>

II. Contest Procedure

A. Teams

1. Each team may consist of three or four members. Only the active team will be seated on the panel. If the team consists of three contestants, then there will be an open seat on the panel.
2. Teams with three members will forfeit the fourth seat question during the one-on-one question round.
3. There is only one coach recognized for each team. The coach's role in the match is only as an observer.

B. Written Exam

1. Each contestant must take an exam at the scheduled time. This test will consist of 25 questions taken from the contest reference materials. There will be 20 multiple-choice questions, 5 open-ended/fill-in-the-blank questions, and one bonus essay question.
2. Participants' essay questions will be graded and scored as needed to serve as placement for the contest high individual and as a tiebreaker, if needed, for contest individual placement.
3. Test scores will determine the team seeding and the room in which they will compete. Seeding for each room will be determined as follows: the highest-ranked team will play the lowest-ranked team in that room, the second-ranked team will play the next lower-ranked team, and so on.

For example:

Room 1	Room 2
Seed 1 vs 8	Seed 2 vs 7
Seed 3 vs 6	Seed 4 vs 5
Seed 6 vs 1	Seed 5 vs 2
Seed 8 vs 3	Seed 7 vs 4

4. If an odd number of teams are competing, additional matches will be added as needed.

C. Contest References

1. Contest questions are taken from the following sources:
 - a. FCS Consumer Decision-Making Study Guide (Athletic Wear; Bedding -Pillows; Beverage Appliances - Brewing Coffee; Carry-On Luggage; Dental Products – Toothbrushes and Dental Floss; Event Venues; Fast Food; Ground

Transportation; Invitations; Skincare – Sunscreen; Water Bottles; Wearable Technology)

- b. [Dietary Guidelines for Americans 2025-2030](#)
- c. [Daily Servings by Calorie Level](#)
- d. [Understanding Dietary Guidelines – Key Points to Healthy Living](#)

- 2. All resources for FCS Bowl will be found at the FCS Championship and National Conference website: <https://texas4-h.tamu.edu/events/FCS/>

D. Questions - There are three types of questions:

- 1. One-On-One questions – only one member of each team may respond in a head-to-head match between the acknowledged members of each team. If a team has only three members, they will forfeit the fourth team member question, and the team with four team members will then be eligible to answer that question.
- 2. Toss-up questions – open for response by any member of either team.
- 3. Bonus questions are attached to select toss-up questions and are open to any team member who won the toss-up question. No part of the bonus question may be repeated, nor may additional information be given to the contestant.
- 4. Question types may include fill-in-the-blank, open-ended, and true/false.

E. Match Structure - A match consists of two rounds.

- 1. Round 1: The first half of the match is a one-on-one competition. Only one member of each team is eligible to respond to each question. Example: Team member 1 on both teams is qualified to answer the question.
- 2. Round 2: The second half of the match consists of toss-up questions. All team members are eligible to respond.
- 3. Teams not competing in the current match are required to stay in an assigned holding room, if needed.
 - a. Study materials and communication devices (smart phones, Bluetooth devices, including but not limited to headsets, earbuds, earpieces, or any other listening equipment, computers, and other electronic devices) are not allowed in the holding room. Exception: Medical monitoring devices.
 - b. If a holding room is used, Coaches are not allowed in during or between matches.

F. Time Requirements

1. Each match consists of two rounds. Each round is based on time (eight minutes) or number of questions (20 questions). The moderator will continue reading questions (and bonus questions, if applicable) until all questions have been asked or eight minutes have expired, whichever comes first.
2. If a question is thrown out, either due to poor reading by the moderator or a decision by the judges, it will be replaced by another question, so the total number of questions or time limit remains consistent.
3. After the moderator reads a question, contestants have five (5) seconds to buzz in to indicate they want to answer the question.
4. Contestants must wait to be recognized before answering the question. If an answer is provided without buzzing in or being recognized by the moderator, the question will be discarded, and one point will be deducted from the team score.
5. Contestants have five seconds to begin to answer the question after activating the buzzer and being recognized by the moderator.
6. If a buzzer is activated while reading a question, the moderator immediately stops, and the contestant has five seconds after being recognized by the moderator to begin the answer.
7. Repeating the question by the contestant is not considered the initiation of the answer.
8. The moderator and judges are responsible for determining if an actual answer was begun within five seconds.

G. Scoring

1. All questions (one-on-one, toss-up, and bonus) are worth two points.
2. The gain or loss of points is declared as follows:
 - Correct response – gain two points (+2)
 - Incorrect response – loss of one point (-1)
3. For one-on-one and toss-up questions, if the time elapses (5 seconds) without a contestant activating a buzzer, there is neither loss nor gain of points to either team.
4. Failure to answer a bonus question results in no loss of points.
5. A scorekeeper will record points as they are given on a tally sheet that will be visible to all contestants and spectators.
6. Following the final question or time limit, the team with the highest number of points is declared the winner of that match.

7. In the event of a tie after the designated number of questions:
 - a. Five (5) additional toss-up questions will be asked, which any contestant may answer after activating the buzzer and being recognized.
 - b. If a tie remains after overtime, the first team to score two points or gain the advantage due to a loss of two points by the opposing team will be declared the winner.

H. Team Placing will be determined as follows:

1. The contest will be a round-robin elimination using two competition rooms.
2. Teams will be divided into two competition rooms based on the team's test scores.
3. Each team will compete in at least two matches.
4. Rooms will compete simultaneously, and the questions for each match will be the same in each room. Teams in each room play against each other to determine rankings before advancing.
5. The cumulative scores from the two matches will be combined to determine the top two teams from each room.
6. The two top-scoring teams in each room will advance to the semi-finals.
 - a. Winners of the two semi-final matches will compete in the finals.
7. Subsequent team placings will be determined by the team's test scores and points acquired in matches of competition. If needed, the team's average seeding test score will be used as a tiebreaker to determine team placings.

I. Individual Placing will be determined as follows:

1. Participants will be ranked individually based on their scores on the seeding test. The top five individuals will be recognized.
2. The seeding test will include one bonus essay question about the contest reference material. Participants' essay questions will be graded and scored as needed to serve as a tiebreaker for individual placings.

II. Rules and Procedure of Play

A. First Half of the Match (one-on-one questions)

1. The first half of the match shall consist of a round of 20 one-on-one questions or last for eight minutes, whichever is completed first.

2. Only one member of each team is eligible to respond to a question.
3. The moderator indicates which two contestants are eligible to respond before reading each question.
4. Each question is addressed to only one team member, beginning with the team captain and progressing with subsequent questions to the number two, three, and four contestants.
 - a. Example: On the first question, only the team captains may activate the buzzer to answer the question. On the second question, team member number two may activate the buzzer. When all four team members have had a chance to answer a question, the procedure will start over with the team captains.
 - b. The team loses two points if a contestant other than the designated contestant responds with the buzzer or verbally.
 - c. If any contestant responds more than twice to questions directed to another contestant, that contestant may be dismissed from the match, and the remainder of the match is played with less than the entire team.

B. Second Half of Match (toss-up questions)

1. The second half of the match shall consist of a round of 20 toss-up questions or last for eight minutes, whichever is completed first.
2. The moderator begins by reading a toss-up question and will indicate if a bonus question is attached.
3. The moderator reads all questions to their completion *or* until a contestant activates a buzzer.
4. Any contestant may respond to a question after activating their buzzer and being recognized by the moderator.
5. That team scores two points if the toss-up question is answered correctly within the five-second time limit
6. If the answer is incorrect, the question will not be repeated for the other team but will be discarded, and the correct answer will be given.
7. If the time elapses without a contestant activating a buzzer, there is neither loss nor gain of points for either team.

C. Bonus Questions

1. If a bonus question was attached to an unanswered toss-up question, that bonus question is then transferred to the next question.
2. If a bonus question is attached to the correctly answered toss-up question, the moderator reads the bonus question, and the timer signals ten seconds.
 - a. The team may use those ten seconds to discuss their answer.
 - b. At the signal, five seconds is permitted for the team captain or designated team member to begin the answer.
3. No part of the bonus questions will be repeated or given additional information.

D. Answer Time Limit

1. If the answer to a question begins during the five-second allowable time and the answer is incorrect, that team loses the points associated with that question.
2. If a team member activates a buzzer and an answer has not been started within the five-second allowable time, there is a two-point penalty imposed against the team activating the buzzer, and that question is discarded.

E. Time out

1. The team captain or moderator may call a time-out to clarify a rule or allow for unexpected problems.
2. These time-outs may be called only after a question has been answered and before the start of the next question.

F. Protests

1. Once the moderator has declared the winner of the match based on the score, there will be no protest.
2. Protests may be made only by the team captain and only when the question is read or the answer is given.
3. Each team may make no more than two protests per match.
4. The moderator and judges consider the protest, and their decision in all cases is final.
5. When a protest is made, the match will be stopped until the protest is resolved or a three-minute time limit is up.

6. If a protest is sustained, the moderator will take one of the following actions:
 - a. The question is discarded if a question is protested before an answer is given and the protest is sustained. There is no loss or gain of points for either team.
 - b. If an answer is protested, at least one of the judges and the moderator, or both judges, determine the validity of the protest. Points will be added or subtracted as appropriate.
 - c. If a question is protested after an answer is given, at least one judge and moderator, or both judges, determine the validity of the protest. The question is then discarded at no loss of points, or the question may be allowed with the appropriate gain or loss of points.
7. Abuse of the protest provisions may result in one or more of the following:
 - a. Dismissal or replacement of team captain.
 - b. Dismissal of the entire team with forfeiture of points or standing.
8. Spectators may not protest a question, answer, or procedure during the competition.
 - a. Spectators may submit any suggestions or complaints in writing to the contest officials after the contest.
 - b. Unseemly behavior, unsportsmanlike conduct, or actions detrimental to the contest will result in dismissal from the contest area, loss of points (2 points per occurrence), or team disqualification.

III. Awards

A. Team Awards:

1. The top five teams will be recognized with plaques or similar award items and/or ribbons.
2. The team with the highest average test scores on the seeding quiz will be recognized with the High Scoring Team Quiz Award and will receive plaques or similar award items and/or ribbons. The next four teams with the highest average test scores will receive ribbons.

B. Individual Awards:

1. The top five contest individuals will be recognized with plaques or similar award items and/or ribbons.

IV. Miscellaneous

- A. No source of information is infallible, and every effort is made to eliminate vague or erroneous questions. Still, in the event of a doubtful question, the judges and/or moderator may challenge them and, if there is unanimous agreement, may elect to discard the question with no loss or gain of points for either team.

B. Equipment Failure

1. Any contestant, the moderator, judges, or coach may call a time-out if equipment fails or malfunctions during a match.
2. If, after checking, it is determined that there is a malfunction, the faulty part(s) will be replaced, and match resumed.
3. Scores accumulated up to the point of the time-out shall stand, and all further points awarded during the match are added or subtracted from this total.
4. If both judges or one judge and the moderator deem it appropriate, points awarded for the question immediately before equipment failure may be recalled and an additional question used.
5. Under no condition should there be a replay of a match in which there was an equipment failure.

C. Recording Devices

6. No note-taking, recording devices, cameras, or communication devices (smart phones, Bluetooth devices, including but not limited to headsets, earbuds, earpieces, or any other listening equipment, computers, and other electronic devices) are allowed in the contest room to preserve the contest's fairness and integrity for all contestants who have dedicated their time and effort to this competition. Exception: Medical monitoring devices.
7. Failure to observe this rule will result in dismissal from the contest area and disqualification of the team.