

Family & Consumer Sciences (Home Economics) Bowl Rules

The Family and Consumer Sciences Bowl covers materials from all sections of home economics, consumer decision, nutrition, health and safety. This bowl game involves 4-H Members in a Quiz Bowl type contest competing with an opposing team to answer subject matter questions taken for the provided study materials. Scoring is based on who can answer the most questions the quickest.

Eligibility

- Read State 4-H Conference General Rules
- 4-H Members may be enrolled in any 4-H Project
- Each county may send one or two teams.
 - A team consists of **at least four** members, including a designated captain (the captain will be seated nearest the moderator). If a county enters a team of three, be aware that there will be a disadvantage in the head-to-head questions.
 - A team member removed from the round becomes ineligible to return during that round. The team member removed will be eligible to participate in further rounds.

Study Materials

Study Materials are determined annually by the State 4-H Office. Study Materials are:

- **2026 Consumer Decision-Making Class Study Materials**
 - Skin Care: Sunscreen
 - Fitness Equipment
 - Dental Products
- National 4-H FCS Skill-a-thon ID Study Guides
 - Foods and Cooking ID
 - Sewing and Clothing ID
- **2025-2030 Dietary Guidelines for Americans, USDA**
- How to Protect Pets and Livestock from Wildfire, Oregon State University
- Money Management: Control Your Cash Flow, High School Financial Planning Program

Procedures

- Written Exam
 - Each contestant must take a written exam at the scheduled time. This test will consist of 25 questions taken from the contest reference material. Test scores will determine the order of play, thereby establishing the bracket. Seating will be determined as follows: highest scoring team will play lowest scoring team in the initial round, and so on. Bracket templates used will come from www.printyourbrackets.com or similar bracket resource.

- Equipment
 - A team responder that provides a clear indication of the first contestant to respond to a question.
 - Once teams are assembled and seated at their respective panels, each contestant is given a chance to check the equipment.
 - If equipment fails or malfunctions during a round, any contestant, the moderator, judges or coach, may call a time-out.
 - If, after checking it is determined that there is a malfunction, the faulty part(s) will be replaced and play resumed.
 - Scores accumulated up to the point of the time-out shall stand and all further points awarded during the match added or subtracted from this total. If judges or one judge and the moderator deem it advisable, points awarded for the question immediately prior to equipment failure may be recalled and an additional question used.
 - Under no condition shall there be a replay of a match where there was equipment failure.
 - Stopwatch or other appropriate time device.
 - Whiteboard or flipchart used to maintain team scores. This must be visible to contestants and, if possible, to spectators.
- Contest Officials
 - Moderator: assumes direction of the contest, asks all questions, designates contestants to answer questions, accepts or rejects answers unless the questions and/or answers are challenged. Moderator indicates when a contestant has exceeded the allocated time for a question, declares the winner of the round and controls the contest.
 - Judges: at least two judges are required. Judges must be knowledgeable about resource material. Judges rule jointly on the acceptability of questions or answers. In cases of a challenge to questions or answers in the contest, two of the three officials (both judges, or one judge and the moderator) must agree to acceptability or rejection of any question and/or answer.
 - Timekeeper: monitors time intervals and designates when time of response has been exceeded and handles control of the game equipment. Neither the moderator nor the judge should be timekeeper.
 - Scorekeeper: keeps score for the contest in a place that is clearly visible to the moderator and contestants.
- Questions & Rounds
 - There are three types of questions:
 1. Head-to-Head – only the designated team member from each team may buzz in and respond.
 2. Toss-Up – any member of either team may buzz in and respond.
 3. Bonus - Bonus questions are attached to selected toss up questions are open to any member of the team that won the toss-up question. No part of the bonus question may be repeated or any additional information given to the contestant relative to the question.

- The moderator reads all questions to their completion, or until a contestant activates a buzzer.
- If the answer given is incorrect, the question will not be repeated for the other team, but will be discarded.
- In the event of a doubtful question, the judges or moderator may challenge them; and if there is unanimous agreement, may elect to discard the question with no loss or gain to either team.
- Rounds: A round consist of two halves

First Half

Length	Question Type	Scoring	Time Requirements
8 minutes or 20 questions	Head-to-Head During one-on-one competition, only one member of each team is eligible to respond to a question. This eligibility rotates with each question, beginning with the team captain on each team, and then passing to the number two, three and four contestants of each team, until all the remaining questions have been asked. • A team loses one points if contestants other than the designated contestants respond with the buzzer or verbally. • If any contestant responds more than twice to questions directed to another contestant, that contestant is replaced by the alternate. If no alternate is available, the remainder of the match is played with less than the full team, and questions normally addressed to the eliminated contestant will be addressed to the opposing team contestant only. No Bonus Questions If a question is thrown out either due to poor reading by the moderator or a decision of the judges, it will be replaced by another question so that the total number of questions or time limit remains consistent.	Correct Response = 2 points Incorrect Response = minus 1 point	Contestants have five seconds to begin to answer the question after activating the buzzer and being recognized by the moderator. If a buzzer is activated during reading of a question, the moderator immediately stops and the contestant has five seconds after being recognized by the moderator to begin the answer. If a contestant fails to begin their answer within five seconds, the response is considered incorrect and scored accordingly. It is the responsibility of the moderator and judges to determine if an actual answer was begun within the five-second period.

Second Half

Length	Question Type	Scoring	Time Requirements
8 minutes or 20 questions	Toss Up Any contestant may buzz in and answer. Bonus Some toss up questions may have bonus questions attached. The moderator will indicate if there is a Bonus attached prior to reading the toss up question. • If a bonus question is attached to a correctly answered toss-up question, the moderator will read the bonus question for the team who answered the toss up correctly. A ten-second discussion period is permitted for team consultation. The end of the ten-second period is signaled by the timer. At the signal, a five-second period is permitted for the team captain or designated team member to begin the answer. • A bonus question is worth two points if answered correctly, no points are lost for an incorrect answer. • No part of the bonus question will be repeated, nor will any additional information be given. • If a bonus question was attached to an unanswered or incorrectly answered toss up, the bonus question is transferred to the next toss up, until the bonus question is read. If a question is thrown out either due to poor reading by the moderator or a decision of the judges, it will be replaced by another question so that the total number of questions or time limit remains consistent.	Correct Response = 2 points Incorrect Response = minus 1 point	Contestants have five seconds to begin to answer the question after activating the buzzer and being recognized by the moderator. If a buzzer is activated during reading of a question, the moderator immediately stops and the contestant has five seconds after being recognized by the moderator to begin the answer. If a contestant fails to begin their answer within five seconds, the response is considered incorrect and scored accordingly. It is the responsibility of the moderator and judges to determine if an actual answer was begun within the five-second period.

- Either the team captain or the moderator may call a time-out for clarification of a rule, to permit replacement of a team member, or to allow for unexpected problems. These time-outs may be called only after a question has been answered and before the start of the next question.

Declaring a Winner

- Following the final question or time limit, the team with the highest number of points is declared the winner of that round.
- In the event of a tie after the designated number of questions, five additional toss-up questions will be asked, to which any contestant may answer after activating the buzzer and being recognized. If a tie remains after the overtime, the first team to score two points (or gaining the advantage due to a loss of two points to the opposing team) will be declared the winner.
- Once the moderator has declared the winner based on the score, there will be no protest.

Protests

- Only the team captain or recognized coach may protest. Only one coach will be recognized per team.
- A protest must be made at the time of the question.
- Play will stop until the protest is resolved, not to exceed a three-minute time out.
- The moderator and the judges consider the protest, and their decision in all cases is final.
- If a protest is sustained, the moderator will take one of the following actions:
 - If a question is protested before an answer is given and the protest sustained, the question is discarded. There is no loss or gain of points for either team.
 - If an answer is protested, at least one of the judges and moderator, or both judges determine the validity of the protest. Points will be added or subtracted as appropriate.
 - 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.
- Abuse of the protest provisions may result in one or more of the following:
 - Dismissal of coach from the contest area.
 - Dismissal or replacement of team captain.
 - Dismissal of entire team with forfeiture of points or standing.

Holding Room

All team members must stay in the holding room during the contest unless competing. Once a team is eliminated, members may leave and will be allowed to watch the contest as spectators. No study materials or cell phones will be allowed in the holding room.

Spectators

Spectators are allowed to watch the contest. Spectators may not protest a question, answer, or procedure during course of play. Spectators may submit in writing to the contest officials any suggestions, complaints, or protests at the conclusion of the contest. 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 disqualification of team.

Recording Devices

- To preserve the fairness of this contest and the integrity of all the contestants who have dedicated their time and effort, no note taking, recording devices, or cameras are allowed in the contest room. Failure to observe this rule will result in dismissal from the contest area and disqualification of the team.

Team Awards

- First and second place teams will be determined in final round of play. Subsequent team placings will be determined by the average of a team's test scores and team score acquired in rounds of competition. If needed, the team's average of the seating test scores will be used as a tie breaker in determining team placings.
- High Point team will receive a banner. Second through fifth place teams will receive ribbons.
- High Point team may attend 4-H National FCS Championship in San Antonio, TX granted they have eligible NM 4-H members. In the event the High Point Team is unable to attend, the opportunity may be offered to the second-place team.
- The second-placed team may attend the National LifeSmarts Competition in Buffalo, NY, provided they have eligible NM 4-H members and meet LifeSmarts' competition requirements. In the event the Second place team is unable to attend, the opportunity may be offered to the third-place team.

Individual Awards

- Scores will be kept for each individual contestant, with the high 5 individual contestants to receive special recognition.
- In cases where individual contestants participate in more than one round, the average of an individual contestant's scores will be used to determine individual placings. If needed, the individual contestant's seating test score will be used as a tie breaker in determining individual placings.
- High point individual will receive a buckle. Second – fifth place individuals will receive ribbons.