



## Northland Chapter ACSM Quiz Bowl Rules

### Team Structure and Entry Rules

1. A team will consist of 3 undergraduate student members of the Northland ACSM from one college/university.
2. Each college/university that submits complete entry information is assured entry to 1 team up to the first 25 individual teams. A college/university may submit an entry for a second team. If fewer than 25 individual college teams apply for participation, the second teams granted a spot in the Quiz Bowl will be randomly selected from all colleges submitting double entries.
3. Each team member must be a member of the Northland Chapter of ACSM and must register to attend the Northland Chapter ACSM Annual Meeting. Students must be chapter members at the time the Quiz Bowl registration is submitted.
4. Each team member must be a full-time undergraduate student enrolled as a major in a degree program at the college represented. The degree program must be one that would qualify for ACSM Professional Membership at the time of competition.
5. The team must be sponsored by a Northland ACSM Professional Member or Fellow who is a faculty member at the same institution.
6. The faculty sponsor must be a current Northland Chapter ACSM member at the time the team registration is submitted and must register to attend the Northland Chapter ACSM Annual Meeting. The faculty sponsor must attend the Quiz Bowl and must serve as a proctor for the Quiz Bowl event.
7. An eligible sponsor may sponsor no more than two teams for the competition. If serving as the faculty sponsor for two teams and the second team is allowed to participate, the sponsor is responsible for providing an additional Northland Chapter ACSM professional member proctor to participate in the Quiz Bowl.
8. In the event that a student team member is unable to participate in the competition, it is permissible to substitute another student from the same institution if they meet the aforementioned criteria. Substitutions must be approved by the sponsoring faculty member and the emcee prior to the start of the competition.
9. All chapter members are eligible to apply and compete. However, the student/team that represents Northland at the Annual ACSM meeting must currently attend a university within Northland's geographical states (MN, ND, NE, SD).

### Game Rules and Content

1. The competition will be a Jeopardy-style format. The questions will be asked in 3 rounds- Jeopardy, Double Jeopardy and Final Jeopardy.
2. In the Jeopardy and Double Jeopardy rounds, each team will have an equal chance to answer each question by writing the answer on a whiteboard during the allotted time interval (usually 15 seconds) after the question is presented by the emcee. A greater time period will be provided for some questions that require calculations or multiple steps. If a greater period of time is provided, students will be notified within the question slide.
3. Only answers legibly written on the whiteboard at the end of the allotted time will be considered. The initial decision as to whether an answer is correct or incorrect is the responsibility of the proctor assigned to the team.
4. Every team answering a question correctly in the Jeopardy or Double Jeopardy rounds will receive the designated points identified with the chosen question. Incorrect answers will result in the loss of the designated points from the team score. There is no penalty for not attempting an answer (white board left blank).
5. If a team's answer is deemed incorrect by the proctor or emcee, and the answering team wants to have a judges review the answer given, the team must ask for review before the game moves on to the next question.
6. To participate in the Final Jeopardy round, the team score after Double Jeopardy must be greater than \$0. Eligible teams will be required to state their wagered/risked amount prior to the question being read. Their final score will be raised or lowered by the wagered amount depending on a correct or incorrect response.
7. Content will address the curricular areas normally associated with undergraduate degree programs in which student members of the regional chapter are enrolled. These will include, but not be limited to the following areas: basic science, metabolism, human physiology, human anatomy, nutrition, exercise testing and prescription, body composition, work and energy, human biomechanics, exercise physiology, training responses and adaptations, etc.

### **Scoring and Judging**

1. There will be an emcee for the event that will ask questions, confirm answers and prompt the scorer to credit each corresponding team with the correct number of points.
2. There will be a timekeeper for the event keeping track of time intervals for each question.
3. There will be a proctor for each team. Proctors will indicate if the team: answered correctly, answered incorrectly, or provided no answer to the question. Team proctors will also bring challenges to the attention of the judges.
4. There will 3 judges, selected by the Northland Chapter ACSM, who will rule on correctness of any response ruled "incorrect" and challenged by a team. Judges will confirm and interpret answers in the event of ambiguity. They will discuss and decide as a group and rule with one voice. Judges decisions on an answer's correctness will be based on the latest editions of the ACSM's Guidelines for Exercise Testing and Prescription, ACSM's Resource Manual for Guidelines for Exercise Testing & Prescription and/or the judges' consensus opinion. Rendered decisions are final.
5. Scores will be updated after each question and displayed for the audience at the conclusion of each category.

### **Trophy and Award**

1. The winning team will receive a permanent plaque for their school and will possess the traveling NACSM QUIZ BOWL TROPHY CUP for 1 year.
2. The winning team will be sponsored by the Northland Regional Chapter to represent the region at the National ACSM Quiz Bowl.
3. The Northland Chapter ACSM will assist lodging and travel costs involved in having the winning Northland Chapter ACSM Quiz Bowl team representing the chapter at the

national event. There may be additional expenses to participants and to schools of the team for meals and incidentals.

### **Entry Procedure**

1. Teams must be entered via an email sent by the faculty sponsor to Dr. Mary Stenson, Northland Chapter ACSM Past President (mstenson@d.umn.edu). Entries must be received by February 26, 2026 at 5:00 p.m. central time.
2. The entry email must include:
  1. Institution Name
  2. Faculty Sponsor (First name, last name, email address)
  3. 3 student members (First names, last names, email addresses)
  4. Team names and priority rank (if entering more than 1 team from the same institution)
3. Questions can be directed to Dr. Mary Stenson via email (mstenson@d.umn.edu).