

ACSM Student Bowl Rules & Format

(July 2026)

The ACSM Student Bowl is coordinated by the ACSM Student Bowl Planning Sub-Committee with the staff support of ACSM staff.

Event Date / Location

- The event is held in conjunction with the ACSM Annual Meeting.
- Final approval of the event date/location is made by the ACSM Annual Meeting Program Committee.

Team Eligibility

- Each ACSM regional chapter may send one (1) team to compete at the national ACSM Student Bowl. Selection of each regional chapter's team is at the discretion of the regional chapter.
- Teams consist of 3 undergraduate students. The students must fit one of the following criteria: 1) Be officially classified as an undergraduate student by their institution at the time of the national student bowl; or 2) Have graduated as undergraduate students within the past 6 months but have not yet begun graduate studies.
- Universities from outside of the United States may send teams to participate as long as: a) the teams are comprised students who are the equivalent of US undergraduate students; and b) there is space available for the additional teams. Non-US teams will be accepted on a first-come, first-served basis dependent on space availability at the event venue.

Graduate Credits

Undergraduate students who have taken no more than two (2) graduate-level *courses* by the time of the event shall remain eligible to compete in the ACSM Student Bowl provided all the following conditions are met:

1. The graduate course credits
 - are being applied toward the undergraduate degree,
 - are reserved for a graduate degree, or
 - are being applied toward both degrees.
2. Cross-listed courses shall only count toward the graduate-course limit if the student is enrolled in the graduate-level section of the course.
3. Institutions must certify the student's eligibility through a signed verification from the Department Chair, Program Director, or equivalent academic administrator.

Participation Limit

To promote broad participation, leadership development, and ensure a fair and engaging competition among undergraduate students:

1. An individual student may compete in the National ACSM Student Bowl a maximum of two (2) times during their academic career.
2. Participation in a regional Student Bowl that does not advance to the national competition shall not count toward this limit.
3. Students who previously competed nationally prior to adoption of this policy shall have prior participation counted toward the limit.
4. ACSM staff will verify previous participation over the last four student bowls from that current year.

Verification of Team Eligibility

To ensure consistent application of eligibility standards:

1. Each team must submit an eligibility form before competing at the ACSM Student Bowl.
2. The form shall verify:
 - a. Graduation status,
 - b. Graduate coursework completed (if applicable),
 - c. Acknowledgement of other rules, terms, and conditions
3. The eligibility form may be subject to change as questions arise.
4. ACSM reserves the right to request supporting documentation if eligibility questions arise.

Teams at the ACSM Annual Meeting

- Team members receive complimentary registration for the ACSM Annual Meeting.
- ACSM staff are responsible for communicating event logistics with all participants.
- All participants will receive a badge ribbon during the meeting which identified them as student bowl participants.

Event Format

- A two-hour window is secured for the event with attempts made to run the event in a shorter time frame.
- Staffing for the event will include (but not be limited to): 3 judges, 1 timekeeper, 3 volunteers running the scoreboard, 1 volunteer running the game board computer, 1-2 volunteers organizing prizes, and at least 1 team scorekeeper volunteer for each team participating.
- The event is run in a Jeopardy-like format with 2 game boards (1st round & 2nd round) and a final question. Each round consists of a game board with 5 categories containing 5 questions each. Categories and questions are determined by the ACSM Student Bowl Planning Sub-Committee.
- The question is read aloud and projected on a screen. Teams have **15 seconds** to write down their answer before time is called. The answer is then shown on the screen and read aloud. If a team wrote down the correct answer, the points associated with that answer are added to its total score. If a team wrote an incorrect answer, the points associated with the question are deducted from the team's total score. If a team elects not to answer a question, it neither has points added to nor subtracted from its total score with the exception of the final jeopardy question as noted below.
- After all questions have been asked on the first-round game board, the participants will begin answering questions on the second-round game board.
- There is one Daily Double question identified during each round. When the daily double graphic shows, teams may wager any number of points from zero (0) to their total points at the time prior to seeing the question. They provide their wager to their individual scorekeepers who then shows the amounts to the sub-committee members running the scoring sheet. Teams may only wager if they are positive in points. The team then sees and answers the question. If the team gets the question right, the wagered number of points are added to their total. If the team gets the questions wrong or does not answer, the wagered number of points are deducted from their total. These are the only questions where not answering a question in Round 1 or Round 2 result in the loss of points.
- Once all questions have been asked on both rounds of game boards, the current scores are provided to all teams so that each team knows where it stands in terms of total points compared to all teams. The category of the final question is revealed. Each team then has the ability to wager points up to the total number of points they have at the time. Teams may elect to wager zero points. If a team has fewer than 0 points at the end of the 2nd round, they are not eligible to wager or answer the final question.
- All scorekeepers provide the wager amount to the overall scorekeeper prior to the final question being revealed. Once the final question is revealed, teams have **90 seconds** to answer. After time has expired, the answer is then shown on the screen and read aloud. If a team wrote down the correct answer, the wagered amount is added to the team's total score. If a team wrote down an incorrect answer, the wagered amount is deducted from

the team's total score. If a team elects not to answer the question, the wagered amount is deducted from the team's total score.

- The final game boards will be sent electronically to the event judges prior to the event so that the judges are aware of all questions and any potential questions that might elicit controversy.
- Competitors are NOT allowed to use calculators or supplemental materials including, but not limited to, internet, books, or notes.

Scoring and Reviews

- Three members of the ACSM Student Bowl Planning Sub-committee will serve as the official scorekeepers and run the official scoring system which consists of an electronic spreadsheet which projects on one of the two screens in the room.
- Each team will secure one (1) faculty member to participate as a team scorekeeper during the event. The team scorekeepers will help relay correct/incorrect answers to the official scorekeepers via green paddles (correct answers) and red paddles (incorrect answers). While each team will bring one faculty member, that individual will be assigned to a different team in order to ensure fair competition.
- Three professionals will be selected to serve as judges. Scorekeepers will be empowered to a high degree to determine if an answer is correct or incorrect. If a team scorekeeper questions whether the answer is correct, they may request a ruling from the judges. The judges will confer and provide a ruling.
- For both rounds, teams must provide their answers to the team scorekeeper by writing them on the whiteboard provided. Only answers written on the whiteboard when time is called will be considered.
- Answers do NOT have to be written in the form of a question.
- Answers that are misspelled will be accepted if the intended answer is clear.
- Standard abbreviations will be accepted unless the question specifies differently. Units are required unless units are mentioned in the question or are obvious.
- The team may elect not to provide an answer to a question.
- In the event of a tie after the final question, only the teams tied with the top points will continue to compete. The process for the final jeopardy question & wagering will be repeated up to 2 times until a winner is determined. If a winner has not been determined after 2 additional rounds of final Jeopardy, the team with the most correct responses during the game will be declared the winner.
- Team will be announced in order from the lowest total number of points to the team with the highest number of points (winner).
- The winning team will receive a trophy, 1 year of ACSM student membership for each team member, a voucher for a complimentary ACSM Certification Exam for each team member, and a \$200 George Brooks, PhD, FACSM Student Scholarship. Additional prizes may be made available to other participants as they are available on a year-to-year basis.