



## **2025-2026 Army JROTC Leadership Bowl**

**Participate in the Leadership Bowl and your team may win the opportunity to compete in the JROTC Leadership and Academic Bowl Championship (JLAB) in Washington, DC! Forty (40) Leadership Teams will qualify to attend JLAB!**

There are many benefits of participating in the Leadership Bowl:

- Increase interest in college admissions and access to college prep materials
- Improve leadership skills
- Demonstrate academic and leadership strengths of the JROTC program
- Boost esprit-de-corps
- Share your leadership experience and best practices with other JROTC units
- Earn the opportunity to travel to our nation's capital

### **Dates of Competition**

OCT 1 – FEB 15

NOV 1 – 20

FEB 1 – 15

JUN 12 – 16

Practice Test (open to all cadets!)

Level I

Level II

The Championship in Washington, DC

### **IMPORTANT NOTES:**

- Units may assemble one team for the Leadership Bowl.
- Cadets who previously attended JLAB (The Championship) on a Leadership Team may not participate on the Leadership Team in subsequent years but may participate on the Academic Team.
- Cadets may participate on either the Academic OR Leadership Team during the same school year - no crossover between teams.
- Teams with scores in the top 50% in Level I will advance to Level II. The top 40 teams in Level II will advance to the Championship.
- Extensions will NOT be granted for the online competition. All tests must be completed by the final date of the online competition (final date for Level I – Nov. 20; final date for Level II – Feb. 15).



## Competition Website

**COF Contests** – To Sign Up and participate in the Practice Test, Level I, and Level II, go to [www.cofcontests.com](http://www.cofcontests.com).

## How to Create an Account

Instructors and cadets who have participated previously may **Sign In** to your account using your email address and password you created previously. If you have forgotten your password, there is a link to reset your password.

If you have not participated previously, please follow the steps below:

### *Instructors*

- Click Sign Up
- Follow the prompts and enter your information
- Use your school's city and state to search for your school
- **IF** your school has not participated before, select "Don't see your school?"
  - Search your school's name
  - When adding a new school, be prepared to answer:
    - School population
    - Percentage of students in free lunch program
    - Type of school (suburban, rural, private, public)
- **IF** your school has participated, select your school's name

### *Cadets*

- Click Sign Up
- Follow the prompts and enter your information
- Use your school's city and state to search for your school
- Select your school's name



## How to Select and Register Leadership Team Members

- Leadership Team = 4 primary members and 2 alternates (alternates are optional and may participate in the online competition only – if the team qualifies to attend JLAB, only 4 team members may travel to DC).
- Cadets may NOT participate on more than one team.
- Select current or upcoming leadership within the unit – juniors or sophomores. It is strongly recommended that your Leadership Team consist of the four cadets that will be the top leadership within your JROTC unit during SY 2024-2025. NO freshmen or seniors may participate.
- Cadets who have attended JLAB in Washington, DC on a Leadership Team may NOT participate on the Leadership Team again.

Each JROTC unit is allowed one Leadership Team consisting of **four cadets** – they may be sophomores or juniors. **Freshmen and seniors may not participate on the team.** Leadership Team members may NOT participate on an Academic Team in the same school year. Two alternates may be named and may participate in the online testing; however, alternates are not required. If a team qualifies to participate in the final competition in Washington, DC, **only four team members may attend JLAB. Alternates are not allowed to attend JLAB.**

Instructors may assess and select potential team members using the following criteria –

- Peer selection boards (e.g., interviews, essays)
- Leadership assessment tools (e.g., military, business or government)
- Teacher or school recommendations
- GPA
- Performance on the Practice Test (details below)
- Overall enthusiasm for the competition

### *Assemble your Team*

- Team Registration opens October 1
- **Sign In** to your instructor dashboard
- Click **Manage Teams**
- You will have the option to **Add Students to Team**
  - To add a student to your team, you will use the student's name
- **All team members must be entered into our system as team members prior to competing in Level I.**



All teams will be competing against similar teams within each Brigade. Each team will be automatically placed into a division based on demographics including socio-economic and geographic factors.

## How to Prepare the Leadership Team

**To effectively prepare for the competition, we recommend that all cadet team members and instructors carefully review the rules and instructions contained in these Guidelines.**

Forty (40) four-person teams will earn the opportunity to participate in the Leadership Championship based upon their knowledge of the JROTC curriculum and the JROTC leadership theories therein. References for preparation for Levels I and II and JLAB include the following texts from the Army JROTC curriculum (CMv3):

1. Unit 1 – The Emerging Leader (All lessons in all chapters)
2. Unit 2 – The Developing Leader (All lessons in all chapters)
3. Unit 3 – The Supervising Leader (All lessons in all chapters)
4. Unit 4 – The Managing Leader (All lessons in all chapters)
5. Unit 5 – Electives – Continuing Education for Leaders (All lessons in Chapters 1, 3, and 5)

In both Level I and Level II, three questions will come from the USAA Educational Foundation financial literacy videos. To watch the videos, please visit

<https://bit.ly/47IRqgi>

We encourage all cadets, whether they are on the Leadership Team or not, to check out the videos from USAA and review core subjects such as English, science, and math. These resources are available to all cadets (regardless of whether they are on a team) on the COF contests dashboard under **Resources**.

Leadership Teams qualifying for the JLAB Leadership Championship will also study and be tested on the life experiences and leadership tenets and principles of Generals George C. Marshall, Douglas MacArthur, and Colin A. Powell. That information is contained in publications to be provided after Level II.



## Practice Test

**The Practice Test is open to ALL CADETS and is taken individually, not as a team.** It consists of 25 questions (similar to questions in Levels I and II) from a bank of 50 questions so cadets may take the test multiple times. It is an excellent way to evaluate your entire unit's understanding of JROTC curriculum and general subjects. We encourage all cadets to take the Practice Test at an internet-accessible computer in the classroom or other convenient location. If your cadets signed up previously, they may use the login they created initially. Otherwise, encourage each of your cadets to **Sign Up** at [www.cofcontests.com](http://www.cofcontests.com). Once their account is created, they can **Sign In** and select **Practice Test** on the dashboard. Cadets may take the Practice Test as many times as they would like. The cadet's scores will be available on their dashboard under **Recent Tests**. **Practice Test scores will also be available on the instructor's dashboard.** It is up to each instructor to review the scores of the members of the team.

## How to Participate in Levels I and II (online)

1. We ask that each instructor and all cadet team members review the **Guidelines** (this document) in its entirety prior to participating in Level I.
2. The instructor or team captain should logon to [www.cofcontests.com](http://www.cofcontests.com).
3. The instructor will **Sign In** using his/her username and password.
4. Once on the Dashboard, click on **Tests**.
5. Follow directions on that page and begin the competition.
6. Both Levels I and II consist of 60-65 questions and take about 1 hour to complete. **This is a TEAM event** – all cadets on the team (including alternates) should sit at one computer and answer the questions as a team.
7. **Once a team has begun the test, there is no ability to stop and start over. The competition must be completed in one sitting.**

If your team(s) advances to **Level II**, you will follow the same procedure, **using the instructor's username and password.**

## Level III - The Championship (JLAB)

The top forty (40) teams advancing to the Leadership Championship in Washington, DC will be notified by email as soon as the results of Level II are verified. If there is a tie in Level II for one of the 40 spots, the tiebreaker will be the teams' Level I score. If the scores are tied in Level I, the tiebreaker will be Section 3 scores in Level II (the scenario questions).



Teams will be allowed to bring four cadets and one instructor to JLAB. Additional male and female chaperones will be on staff at JLAB; however, a female chaperone from the high school may also attend if required by the school administration. Alternates are NOT allowed to attend The Championship (JLAB).

We will live stream many of the main events during the JLAB Championship.

If your team is selected to attend JLAB, here is what you can expect:

1. JLAB Leadership Team Preparation and Assignments –

- participate in a JLAB Leadership Program Orientation virtual class (TBD & voluntary)
- participate in a virtual scavenger hunt of Arlington National Cemetery and prepare a plan to visit that and other memorials and museums in Washington, DC in an experiential learning exercise.
- prepare to participate in an experiential learning scavenger hunt of the memorials, monuments, and museums in Washington DC.

**NOTE:** During this process teams may have established suspense dates to complete assignments. Failure to complete an assignment may result in a team being disqualified from further competition and replaced by another qualifying team.

2. Leadership Bowl Championship Competition: Leadership Teams will compete in oral, written, and hands-on tests, examinations, assessments, and activities. The teams will rotate among five (5) venues. These venues are:

- a. **The Leadership Gauntlet** – you will rotate through 8 stations each containing a comprehensive leadership question requiring the team to answer by way of a distinctive computer or manual response.
- b. **Leadership According to the Greats** – A test of your team’s knowledge of the lives, careers, and leadership principles, tenets, rules, and lessons of Generals Marshall, MacArthur, and Powell. The test will be administered as a team and the responses will be submitted and recorded electronically on the QT2 classroom examination system. Reading/Study material will be provided to the 40 teams advancing to the Championship round.



- c. **JROTC Leadership Knowledge Assessment** - This examination will test your individual knowledge of the leadership related information contained in the JROTC curriculum. Cadets will take this exam individually and their scores will be combined with those of their teammates to formulate a team score. QT2 will be used to take this exam.
  - d. **Leadership Outside the Box** – This venue will assess the leadership knowledge of your team, but the questions will be more complex and wide-ranging. Again, QT2 will be used to take this exam. This exam will be taken as a team.
  - e. **JLAB Leader Reaction Course (LRC)** – Many of you have been to JCLC and have negotiated a Leader Reaction Course. Using that concept, but not making them as dependent on physical ability as those at JCLC, we have developed four leader/team activities that will test and assess your individual and team's capabilities in decision making, planning, organization, teamwork, communications, collaboration, brain-storming, problem solving, cooperation – all important components of leadership.
3. To complete the Leadership Bowl Championship, your team will participate in experiential learning activities. These activities are one or more scavenger hunts of the DC Mall and Arlington National Cemetery and a team-designed, instructor-led visit/tour of Washington, DC.

## Official Rules of the Online Competition

- 1. The designated point of contact should be a JROTC instructor with access to email. Most correspondence with teams is through email; therefore, it is essential that instructors check their email and respond as soon as possible. College Options Foundation (COF) staff are available by email or phone for questions or concerns. (1-888-576-8287 ext. 2 or [admin@collegeoptions.net](mailto:admin@collegeoptions.net))
- 2. Each JROTC unit is allowed one Leadership Team consisting of four cadets. The team may include juniors and sophomores. Two alternates may be named to the team and may participate in the online portion of the competition but are not allowed to attend JLAB in Washington with the team. No freshmen or seniors may participate on the team. Cadets who previously attended JLAB as a member of a Leadership Team may NOT compete on a Leadership Team in subsequent years. Cadets may compete on an Academic Team even if they attended JLAB on a Leadership Team. Cadets may not participate on more than one team during the same school year.



3. If there is a tie in Level II for one of the 40 spots in the Championship, the tiebreaker is the Level I score. If there is a tie in the Level I score, the tiebreaker will be the Section 3 score in the Level II test.
4. Level I and Level II each require approximately one hour to complete using one computer with a good internet connection. **Once a team has begun the test, there is no ability to stop and start over. The competition must be completed in one sitting.**
5. No one is allowed in the room during the competition except the four members of the team, the two alternates (optional), and one instructor or another adult, who will act as proctor for the test. Instructors may not assist the team with questions or answers during the test.
6. No outside sources or other electronic devices (cell phone, additional computer, dictionary, thesaurus, textbook, newspaper, etc.) are allowed. Calculators, pens/pencils and scratch paper are permitted. Do not take screenshots of the questions during the test. Duplication of the questions during the test is NOT permitted and may be cause for disqualification.
7. No communication about the competition with other JROTC teams or schools is allowed. Teams are not permitted to discuss the questions or design of the competition with anyone outside of the team members and instructors.
8. All scores are sent to the COF's server automatically. If a team believes there has been an error in scoring, the team must contact the Foundation via phone or email within 12 hours of completion of the test. A written explanation of the problem is required and should be sent via email to [admin@collegeoptions.net](mailto:admin@collegeoptions.net).
9. If your school is prone to winter storms and/or school closings, please DO NOT wait until the last day to participate. Extensions will NOT be granted.
10. If there is an electrical outage or other technical difficulty during the competition, the team must contact COF via phone or email within 12 hours of the difficulty. A written explanation of the problem is required and should be sent via email to [admin@collegeoptions.net](mailto:admin@collegeoptions.net).
11. The JROTC Leadership Bowl relies on the adherence of all teams to the JROTC Code of Honor/Core Values. COF expects that all team members and instructors will abide by all rules.
12. Finally, we believe the **Number 1 rule in this competition is to... Have Fun!** We hope you enjoy this challenge.