



2019-2020 Army JROTC Leadership Bowl

Participate in the Leadership Bowl and your team may win the opportunity to compete in the Leadership Championship (JLAB) in Washington, DC!

There are many benefits of participating in the Leadership Bowl:

- Increase interest in college admissions
- 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 – NOV 20, 2019	Sign Up (all cadets and instructors)
OCT 1-25, 2019	Practice Test (open to all cadets!)
OCT 26 – NOV 20, 2019	Assemble a Team
NOV 1-20, 2019	Level I
FEB 1-15, 2020	Level II
JUN 19-23, 2020	Level III – The Championship in Washington, DC

IMPORTANT NOTES:

- **Cadets who attended JLAB 2018 or JLAB 2019 on a Leadership Team may not participate on the Leadership Team in subsequent years but may participate on the Academic Team.**
- All units may assemble a team for Level I of the Leadership and Academic Bowl – two different tests administered during the same window of dates. For more information on the Academic Bowl, click on the link for the Academic Bowl at www.cofcontests.com.
- All units are encouraged to form two teams – a Leadership Team and an Academic Team.
- Leadership Teams consist of current sophomores and juniors (no freshmen or seniors).
- Cadets may only participate on **one** team during the same school year (2019-20) - either the Leadership Team or the Academic Team – no crossover between teams.
- Teams with scores in the top 50% in Level I will participate in Level II.
- Forty (40) Leadership Teams selected from Level II will advance to the Leadership Championship (JLAB).
- If your school is prone to winter storms and school closings, please **DO NOT** wait until the last day to participate. Extensions will be granted on a limited basis.



Competition Website

COF Contests – To Sign Up and participate in the Practice Test, Level I, and Level II, go to www.cofcontests.com.

How to Select Leadership Team Members

- Leadership Team = 4 primary members and 2 alternates (online only).
- Cadets on the Leadership Team may NOT participate on the Academic 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 2020-2021. 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.

Each JROTC unit will be allowed one Leadership Team consisting of **four cadets** - they may be sophomores or juniors. **Neither freshmen nor seniors may participate on the team.** Leadership Team members may NOT participate on the Academic Team. Two alternates may be named and may participate in the online testing in case a team member must drop out before the end of the competition; however, alternates are not required. If your unit is eligible to participate in the final competition in Washington, DC, **only four team members may attend JLAB. Alternates are not allowed to attend JLAB; however, we will be live streaming many of the main events in DC including the Championship.**

Selecting Team Members

It is strongly recommended that your Leadership Team consist of cadets that will be the top leadership within your JROTC unit during SY 2020-2021. Instructors may otherwise assess and select potential team members using any criteria. Some suggested selection methods are ~

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



Practice Test (October 1-25)

The Practice Test is open to all cadets and is taken individually, not as a team. It consists of 25 questions (from a bank of 50 questions so cadets may take the test multiple times) similar to those questions in Levels I and II. It is a great 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. Instruct cadets to **Sign Up** at 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 and print out their scores to turn in to the instructor. **COF does not retain Practice Test scores. It is up to each instructor to review the scores and determine members of the team. The cadet's scores will remain on their dashboard under Recent Tests.**

How to Prepare the Leadership Team

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

1. Citizenship in Action and Leadership Theory and Application
 - Unit 1 (All Chapters)
 - Unit 2 (All Chapters excluding Lessons 6-8 of Chapter 5)
2. Foundations for Success
 - Unit 3 (All Chapters) (excluding Chapters 9 and 11)
3. Citizenship in American History and Government
 - Unit 6 (All Chapters) (excluding Chapters 6 and 7)
4. Winning Colors, Graphic Organizers, and Thinking Maps
5. 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.

In both Level I and Level II, a total of 2-3 questions will come from the following USAA Educational Foundation videos:

- Opening Your First Bank Account - <https://vimeo.com/257540781/becc571fb2>
- Making Money Work for You - <https://vimeo.com/257540735>
- How Time Builds Wealth - <https://vimeo.com/269913995>



How to Sign Up

- Between October 1 – November 20, the instructor should go to www.cofcontests.com, click on **Sign Up**, and fill out the requested information. If your school is not in our system, you will need to add your school information.
Please be prepared to answer the following questions when signing up:
High School Name, Address, Phone Number
Instructor Name, Email Address, Phone Number (office and cell)
High School Demographics – Number of students, Number in Free Lunch Program, type of school (suburban, rural, private, public)
- After creating the instructor registration, return to the homepage and **Sign In**.
- After October 25, you will have the option to **Add Students to Team** on the instructor dashboard.
- To add a student to your team, you will use the student's email address.
- If the cadet signed up for the Practice Test, they will have an account associated with their email address.
- If the student did not sign up for the Practice Test or you prefer not to use the student's email address, you may use their first and last name to add them to your team. However, students without an email address in the system will not have access to the free college prep software.
- If the student does not have an account, they may Sign Up at cofcontests.com.
- The team must be formed and in our system 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 Participate in Levels I and II (online)

1. Each cadet must review The Guidelines in its entirety prior to participating in Level I
2. The instructor or team captain should logon to 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 Level I and II consist of approximately 75 questions and take approximately 1 hour to complete. **This is a TEAM event** – all cadets on the team (including alternates) should sit at one computer and answer 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 advances to **Level II** (February 1-15), you will follow the same procedure, **using the Instructor's username and password.**



Level III - The Leadership 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. The teams will compete for the title of the best Army JROTC Leadership Team.

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 chaperone from the high school may also attend if required by the school administration. Alternates are NOT allowed to attend JLAB 2020.

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

1. JLAB Leadership Team Preparation and Assignments – from 10 March to 20 June 2020 your team will:
 - participate in a JLAB 2020 Leadership Program virtual classroom (TBD)
 - 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.
 - participate in a service project to support the residents of the Armed Forces Retirement Home – DC (voluntary).

NOTE: During this process (March – June 2020) your team 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 (Saturday, 20 June): 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 10 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.

- c. **JROTC Leadership Knowledge Assessment** - This examination will test your individual knowledge of the leadership related information contained in the JROTC curriculum. You will take this exam individually and your scores will be combined with those of your teammates to formulate a team score. Your answers will again be submitted and recorded via QT2.
- d. **Leadership Outside the Box** – This venue will assess the leadership knowledge of your team, but the questions will be presented in different ways (using pictures, videos, audio clips as well as straight forward questions) and the questions will be more complex and wide-ranging. Again, QT2 will be used to take this exam. You will take this exam 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, team work, communications, collaboration, brain storming, problem solving, cooperation – all important components of leadership.

To complete the JLAB 2020 Leadership Bowl, your team will participate in experiential learning activities on Sunday, 21 June and Monday, 22 June. 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.

Travel costs, gas prices, additional airline fees and, most importantly, cuts in educational funding, require that we are all as frugal as possible in our travel arrangements. Travel costs directly related to the event will be covered, but we will endeavor to minimize travel costs where possible and we hope the instructors will assist us in that area. Team travel expenses will be individually calculated based on your location and mode of transportation. Travel expenses that are covered include:

1. airfare or mileage (if driving)
2. ground transportation to/from Washington, DC airport to competition site
3. incidentals – baggage, tips, etc.



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. Foundation staff is also available by phone for questions or concerns. (1-888-576-8287 or admin@collegeoptions.net)
2. Each JROTC unit will be allowed ONE Leadership Team consisting of four cadets. Future leadership of the unit should be included. Two alternates may be named and may participate in the online portion of the competition but are not allowed to attend JLAB with the team. No seniors or freshmen may participate on the team. Cadets who attended JLAB 2018 or 2019 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. Leadership Team members may not participate on the Academic Team during the same school year.
3. Levels I and II are internet-based competitions.
4. Levels I and II each require approximately one hour to complete. **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 for the four members of the team, two alternates (optional), and one instructor, who will act as proctor for the test. Instructors may not assist the team with questions 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. If your team qualifies to advance to Level II, and your school is prone to winter storms and school closings, please do NOT wait until the last day to participate. Deadline extensions will be granted on a limited basis.
9. All scores will be sent to the Foundation'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 will be required and should be sent via email (admin@collegeoptions.net).
10. If there is an electrical outage or other technical difficulty during the competition, the team must contact the Foundation via phone or email within 12 hours of the difficulty. A written explanation of the problem will be required and should be sent via email (admin@collegeoptions.net).



11. The JROTC Leadership Bowl relies on the adherence by all teams to the JROTC Code of Honor/Core Values. The Foundation expects that all team members and instructors will abide by all rules.

12. Finally, we believe the **Number 1 rule in this competition is... Have Fun!** We hope you enjoy this challenge.