

2025-2026 FCCLA/

LifeSmarts

Knowledge Bowl



LifeSmarts

Learn it. Live it.

The FCCLA/LifeSmarts Knowledge Bowl is a team competition that tests FCCLA members' knowledge in six content areas.

1. Personal Finance
2. Consumer Rights & Responsibilities (to include Family, Career & Community Studies)
3. Technology (to include Fashion Design)
4. Health and Safety (to include Food Science & Nutrition and Early Childhood & Human Development)
5. Environment (to include Hospitality, Tourism & Recreation)
6. FCCLA Knowledge

Direct Qualifying/Fall Testing

Part 1:

Register online at
www.lifesmarts.org

Part 2:

All teams will compete in the Fall.

The top 40 teams qualify to compete at the National Leadership competition

Top 40 Teams/Spring Testing

The top 40 Teams will re-test in the spring.

We encourage teams 41-50 to take the second round as well. This gives them the option to serve as a potential alternative.

Teams must complete the RSVP form.

National Leadership Conference Pool Play Competition

Teams seeded into 4 pools of 4, each team plays a buzzer match vs. the other 3 teams in their pool

Two finalist teams play for the National FCCLA LifeSmarts Knowledge Bowl Championship



Awards:

1st, 2nd, and 3rd place event winners will receive awards during one of the National Leadership Conference General Sessions. Finalists are listed on the National FCCLA website.