

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 are seeded into one of five pools in either the Morning or Afternoon session based on Round 2's TeamSmarts Quiz. Each pool includes 20 teams, with each team playing three matches. Pools compete simultaneously using the same questions each round.

Two finalist teams play for the National FCCLA LifeSmarts Knowledge Bowl Championship. The third-place winner will be decided through a playoff between the semifinal teams that did not advance to the final.



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.