



2025-2026 Air Force and Space Force JROTC Academic Bowl

(updated July 28, 2025)

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

Up to sixteen (16) Academic Teams from the Air Force and Space Force (up to 16 combined total) will qualify!

- Air Force/Space Force JROTC cadets in 8th grade may compete in the Academic Bowl.
- Question content will focus on core curriculum – math, science, language arts – along with knowledge of “how to get into college,” financial literacy, and current events. There will be no JROTC curriculum questions.
- While Space Force and Air Force Teams will register separately, they will compete in the same bracket. The slots (total for AF and SF combined) to attend The Championship (JLAB) will be allocated by Divisions based on the number of teams in each Division. If there is a tie for a spot, the tiebreaker will be the Level I score.

There are many benefits of participating in the Academic Bowl:

- Improve SAT/ACT scores
- Access to college prep materials
- Increase interest in college admissions
- Demonstrate academic strength of the JROTC program
- Boost esprit de corps
- 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:

- All units may assemble up to **two teams** for the Academic Bowl – there will be two different tests administered during the same window of dates. The type of material tested and the number of questions are the same between the two tests.
- Only one Academic Team per unit is allowed to attend The Championship regardless of final scores in Level II.



- AF Teams will be competing in the same bracket with SF Teams. Teams with scores in the top 50% in Level I will advance to Level II. Up to 16 teams from Level II (from AF and SF combined) will advance to the Championship in Washington, DC (based on Divisions).
- Extensions will NOT be granted for the online competition. All tests must be completed by the final date of the 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.

How to Create an Account

Instructors and cadets who have participated previously may **Sign In** to your account using your email address and the 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

NOTE: Based on demographics, schools are assigned a division. Teams compete against other teams in their division.

Division 1 – schools with greater than 76% free/reduced lunch

Division 2 – schools with 50-75% participation in free/reduced lunch

Division 3 – schools with less than 50% participation in free/reduced lunch, schools with admission requirements (regardless of free lunch participation), and private schools



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 Academic Team Members

- Each unit may have up to two Academic Teams; however, only one team is allowed to attend The Championship regardless of scores in Level II.
- Academic 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.
- Cadets may be in the 8th – 11th grade; NO seniors (12th grade) may participate.

Each JROTC unit is allowed two Academic Teams consisting of **four cadets** – they may be in the 8th – 11th grade. **Seniors (12th grade) may not participate on the team.**

Academic Team members may NOT participate on more than one team. 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. Only one Academic Team from your school will be eligible to attend JLAB. Alternates are not allowed to attend JLAB.** We will be live streaming many of the main events during JLAB including the Championship.

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

- Peer selection boards (interviews, essays)
- Teacher or school recommendations
- GPA
- Performance on the Practice Test (details below)
- Overall enthusiasm for the competition

Assemble your Team

- Online Team Registration opens September 1
- **Sign In** to your instructor account to access your 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.**

How to Prepare the Academic Team

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

The main goal of the JROTC Academic Bowl is to prepare students for state exit/graduation exams as well as college entrance exams, such as the SAT and ACT. Questions cover language arts, math, science, and general knowledge in each level of the competition.

The breakdown of question content in both online rounds is:

85% - core curriculum questions (math, science, language arts)

15% - General Knowledge (financial literacy, college entrance, and current events questions)

There will be NO JROTC curriculum questions.

The General Knowledge Section contains questions about financial literacy, current events, and college entrance information. The Current Events Section focuses on national and international news, including international relations, politics, business, and science. All current event questions are taken from major media available on television, the internet, and in daily newspapers (see suggested resources below) from within two months prior to the test. The financial literacy questions will come from the USAA Educational Foundation financial literacy videos (see link below). The college entrance material is found in the ***Total College Success*** program, specifically the sections titled, Student Planning Guide, Choosing the Right College, and College Admission Process. To review financial literacy videos, please visit the [College Options Foundation - YouTube channel](#) or click on the links in ***Resources*** on your COFcontests.com dashboard.

We encourage all cadets, whether they are on the Academic Team or not, to check out the videos from USAA Educational Foundation and to prepare for the ACT, SAT, and ASVAB tests by reviewing English, science, and math coursework. In addition to the college prep materials available on your COFcontests.com dashboard under ***Resources***, there are several resources available, free-of-charge, to all students.

Websites to review include:



www.cofcontests.com – online SAT/ACT guides (contest information tab)
www.number2.com – a free test prep website
www.march2success.com – a free test prep website
www.khanacademy.org – a free website with math, history, and science lessons
www.usaaef.org – a free website for financial education
www.foxnews.com/index.html - FOX News
www.cnn.com/cnn10 - CNN Student News
www.npr.org/ - National Public Radio
www.reuters.com/ - Reuters
www.usatoday.com/ - USA Today Newspaper

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 the questions in Levels I and II) from a bank of 50 questions so the cadets may take the test multiple times. It is a wonderful way to evaluate your entire unit's understanding of core subjects, college knowledge, and current events. 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. 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 to determine 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 should log on 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 Levels I and II consist of approximately 80 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 started taking 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)

Up to sixteen (16) teams will advance to the Academic Championship in Washington, DC. Teams will be notified by email as soon as the results of Level II are verified. Rules regarding selection of teams and tiebreakers are found below (#3).

Teams are authorized to bring four cadets and one instructor to the Championship. Additional male and female chaperones are 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).

If your team qualifies to attend JLAB, you will be contacted regarding travel to the event.

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 available by email or phone for questions or concerns. (1-888-576-8287 ext. 2 or admin@collegeoptions.net)
2. Each JROTC unit is allowed up to two Academic Teams consisting of four cadets on each team. The teams may include students in 8th – 11th grade. Seniors are not allowed to participate on the team. Two alternates may be named to each team and may participate in the online portion of the competition but are not allowed to attend JLAB with the team in Washington. Cadets may not participate on more than one team during the same school year.
3. Only one Academic Team per unit will be eligible to attend The Championship (regardless of the scores in Level II). The slots to attend JLAB will be allocated by Divisions based on the number of teams in each Division. AFJROTC and SFJROTC units will compete for up to 16 slots. The number of slots will be determined by funding resources from AF JROTC.
4. If there is a tie in Level II for one of the spots in the Championship, the tiebreaker will be the Level I score. If there is a tie in the Level I score, the tiebreaker will be the combined scores from the core curriculum sections (math, science, language arts) in the Level II test.
5. 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.**



6. 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 other adult, who will act as proctor for the test. Proctors may not assist the team with questions or answers during the test.
7. 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.
8. 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.
9. All scores are sent to the Foundation's server automatically. If a team believes there has been an error in scoring, the team must contact the Foundation by 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.
10. 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.
11. 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 is required and should be sent via email to admin@collegeoptions.net.
12. The JROTC Academic Bowl relies on the adherence of all teams to the JROTC Code of Honor/Core Values. The Foundation expects that all team members and instructors will abide by all the rules.
13. Finally, we believe the **Number 1 rule in this competition is to... Have Fun!** We hope you enjoy this challenge.