



Understand LifeSmarts Lingo with this chart of terms and definitions

| TERM | DEFINITION |
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| Alternates | Extra team member (fifth student) in case a team member cannot participate for some reason. Your team must have a minimum of four team members to compete. Alternates can rotate in during live competition. |
| Buzzer Rounds | Live competition where students buzz in to indicate that they wish to answer an open-ended question. |
| Captain | The leader of the team. Captains may not rotate in and out of play. The Captain will always compete in all activities. Captains should sit toward the center of the team during live competition. |
| Challenge Question | Open-ended question asked of all participants on stage during that round of competition. A player must buzz-in and wait to be called upon to have the opportunity to answer. Ten points are awarded for correct answers to challenge questions. |
| Coaching Resources - Links by Topic | To help direct students' exploration and navigation online in all five LifeSmarts topic areas. https://lifesmarts.org/resources/resources-by-category-top-level/ |
| Categories and Subtopics | The questions used in LifeSmarts come from five categories. Each category is divided further into subtopics. |
| Daily Quizzes | Daily Quizzes are 5-question quizzes that test your knowledge across all the LifeSmarts topic areas. https://competition.lifesmarts.org/daily-quiz |
| Individual Assessment | A quiz on one LifeSmarts topic taken by an individual for team points and possible scholarship prizes. Used at the National LifeSmarts Championship. |
| Individual Question | A multiple-choice question asked to one person. Five points are awarded for correct answers. |
| Judge | A panel of three or more judges works together to determine if answers given by students are correct. (Answers are provided to judges, but sometimes students give answers that are different than |

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| | what is provided.) Judges may ask students to repeat an answer but will not ask them to elaborate or explain. |
| Junior Varsity | The LifeSmarts program offered to middle school students in grades 6-8. |
| LifeSmarts in Box | <i>LifeSmarts in a Box</i> provides activities to complement curriculum and enhance classroom instruction, and provides educators with a working set of consumer concepts, keywords, and content vocabulary activities to enliven instruction within the classroom, club meeting, chapter meeting, judging event, and other settings. |
| LifeSmarts Logo | The official symbol which has been registered as a service mark by the NCL; the logo includes the following terms: LifeSmarts: Learn it. Live it. The logo cannot be altered. |
| LifeSmarts U | Available year-round, this is the virtual LifeSmarts classroom, featuring complete lesson plans in all five LifeSmarts content areas. May be used in the classroom, as teen-led activities, as group activities, or as self-guided lessons. |
| Lightning Round | A fast-paced event where teams answer rapid-fire questions. Five points are awarded for each correct answer. |
| Match | A competition of at least two teams. |
| National LifeSmarts Championship | A competition planned by LifeSmarts in which the state champions compete to determine the national LifeSmarts champion. Held over four days in a major American city, teams compete several times in a variety of formats for recognition and prizes. |
| NCL | The National Consumers League; NCL sponsors the LifeSmarts program to educate the next generation to be consumer savvy. |
| Officials | Volunteers who help run the LifeSmarts competition. Decisions of the officials are final. |
| Online Competition | All participants begin online. The first level of the competition takes place online in the timeframe specified for each state. Coaches register, create teams, and then students register to compete. Team scores are used to invite top-scoring teams to the state competitions. |
| Practice Competition Rounds | Retired competition rounds of questions. |
| Reasonable Accommodations | Adaptations made to include any player or coach with a physical or mental disability. Please notify the state coordinator and/or National program staff at least four weeks prior to the competition if a team member or coach needs equipment or assistance to participate. LifeSmarts reserves the right to adjust any rule to accommodate persons with disabilities. |
| Repeating of Questions | Questions will be repeated for the other team when the first team gives an incorrect answer. You also must wait for your name to be |

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| | called when you buzz in. At the state level, when multiple choice questions may be used, a team may ask for two of these questions to be repeated per match. |
| Question Master | The person who asks the questions for the competition. |
| Question of the Day Calendar | Each month between September and May, LifeSmarts posts a question-and-answer calendar highlighting specific LifeSmarts subtopics. These questions and answers provide a starting point when studying and preparing for competition. |
| Referee | This person knows and understands all the rules of LifeSmarts. This person watches to ensure that all rules are followed. |
| Round | A series of questions asked in a match. There are typically two to three rounds in each match which may include individual, team, team-plus, team-link, lightning, and challenge questions. |
| Scorekeeper | This person tracks all points earned by each team and ensures that correct scores are posted throughout the competition. |
| Sister Team Activity | Used at the National LifeSmarts Championship, this collaborative activity pairs two teams to complete an educational activity. Both teams are awarded the same points. |
| SpeedSmarts | A series of activities which teams complete in a round-robin fashion. Teams move from one activity to the next every few minutes. A full round of SpeedSmarts includes five different types of activities; each format is played twice. This competition format is used in the National LifeSmarts Championship, and can be modified to work in other settings. States also may use SpeedSmarts but generally only use four activities for state competitions. https://lifesmarts.org/resources/speed-smarts/ |
| Sponsor/Donor | A company or organization that supports the LifeSmarts program with funds or in-kind contributions; NCL is the owner of the LifeSmarts program and also noted as a sponsor; State Sponsors also support LifeSmarts at the local level. |
| Sportsmanship | Good sportsmanship is always required. Poor sportsmanship can result in player or team disqualification. We encourage teams to cheer for one another and shake hands following a match. Please support and respect all the participants and officials. Disrespect, harassment, name calling, cyber bullying, etc., will not be tolerated and will be cause for immediate disqualification. A participant engaging in prohibited behavior will be sent home immediately from live events at the participant's own expense. (https://lifesmarts.org/lifesmarts-spirit-of-sportsmanship-team-award/) |
| State Competition | A competition held at the state level, or in the District of Columbia, to determine the state champion team. The state champion team is eligible to compete in the National LifeSmarts Championship. |

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| State Coordinator | The designee of the LifeSmarts licensed partner; this person or persons serves as the LifeSmarts State Coordinator in the state and is responsible to carry out the duties of the LifeSmarts agreement between NCL and the coordinator's organization. |
| State Partner | The organization or individual that has signed the LifeSmarts agreement with NCL. |
| Sweepstakes Team | Second place state Varsity team invited by the LifeSmarts program staff to participate in the National LifeSmarts Championship based on state program participation and size, competition rigor within the state, and other factors. |
| Team-Link Question | An open-ended question with at least four correct answers is asked of a team, and, without conferring, each team member gives one answer. Correct answers are worth five points. |
| Team Members | If your team wins the state competition, the same students will move on to the national competition. You must have at least four and no more than five students to participate in state and national competitions. Substitutions must be approved by the National LifeSmarts Program staff. |
| Team-Plus Question | Open-ended question asked initially to one person on the team, with follow-up questions asked to the entire team. The captain provides the team answers. |
| Team Question | A multiple-choice question asked to one entire team. The team may confer, and the team captain provides the team's answer. |
| Tie-Breaker Round | Teams with tied scores will compete in the tie-breaker round, where questions are again open-ended. Three tie-breaker questions will be asked with each correct answer worth one point. |
| Timekeeper | This person tracks the time in which answers are given. The timekeeper also runs the buzzer system if one is used. |
| Varsity | The LifeSmarts program offered to high school students in grades 9-12. |
| Wild Card Team | Teams that have completed an application process and been accepted to compete at the National LifeSmarts Championship. |
| Word of the Day | Each day a new vocabulary word is highlighted to serve as a study guide. |