

TEENS FOR CHRIST NORTHWEST

A Resource for Bible Quizzing Coaches

Bible Quizzing Coach's Manual

TEENS FOR CHRIST NORTHWEST

Bible Quizzing

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Introduction

Bible Quizzing is a kind of Bible Jeopardy game that motivates teenagers to memorize and study the Word of God. Quizzers meet weekly in teams of 5-7 to encourage one another, study the material they are memorizing, and practice quizzing. Monthly competitions take place from October through March among the teams. Questions are based on the memorized material and must be answered word-perfectly according to the text in twenty to thirty seconds. (For further details, study the rules of Bible Quizzing in the resource section of this manual)

The competitive aspect of Bible quizzing acts as an incentive, encouraging quizzers to memorize whole chapters of the New Testament. Most participants end up memorizing over one hundred verses throughout the 6-7 month program. Many teens memorize two hundred, even as many as three or four hundred verses. Weekly Bible studies facilitated by adult coaches help quizzers to better understand what they are memorizing and apply the principles to their lives. Those participants who begin the program as 6th graders and continue on through their senior year in high school will have the opportunity to memorize and study large portions of every New Testament book except Revelation and Mark.

Bible Quizzing is also a Bible immersion program; so much time spent memorizing, reviewing, studying, and answering questions on the Word helps the quizzer to become more conformed to the Word. Their walk with God is strengthened; their knowledge of Scripture is deepened; regular devotional habits are established; and their life is impacted by a greater love for and understanding of the Word of God and for God Himself.

In addition to the spiritual benefits of Bible quizzing, participants also learn sportsmanship and the ability to think under pressure. They develop greater self-confidence and the willingness to try again when they've failed. The time spent in memorization is excellent training for the brain, strengthens study habits, and may thus help them to excel academically. Self-discipline, goal setting, prioritizing, and time management skills are still other benefits of participating in Bible quizzing.

Coaches are the key to Bible quizzing. The coach who has a vision for discipleship, who models a love for God and His Word, can make an eternal difference in a teenager's life.

Understanding Your Teenagers

It is important to understand where your team is at developmentally so you can help them grow spiritually.

Each quizzier is a unique individual, divinely created by God to serve and love Him. Since quizziers do not come from a mold, it would be impossible to view them collectively. This means a coach cannot attempt to form a team of identical quizziers, or expect the same response from all the quizziers. For some coaches, this is the hardest lesson to learn. One method of encouragement will not work with all teenagers. A creative approach to coaching is a must.

Young teens, especially young boys, usually have trouble with abstract reasoning. They may be able to observe facts about God's Word - answer "who, what, when, and where" questions - but not be able to think of principles and applications based on those facts. Thus, during the Bible study, allow your younger teens to answer the simpler questions; save the more difficult application questions for your older teens.

Teenagers need to see that the Bible is relevant to their lives and needs. When they discover this, they will be more likely to internalize the truths and principles of the Word. Bible quizzing can help accomplish that goal. Coaches have the opportunity to point these growing teens to the Bible, and even more, to Jesus. Encourage them to do more than memorize. Help them to realize that the verses they spend so much time reviewing have a deeper meaning that can help them in their day to day life.

The Place of Competition in Bible Quizzing

What makes Bible Quizzing appealing to teenagers?

The initial appeal of Bible quizzing to teens is mostly competitive. It would be hard to get most of the teens to study the Word of God in depth without the competition. The greatest incentive in quizzing is quizzing itself.

How do you reconcile the strong Bible study emphasis of the adult leaders with the decided competitive approach of the quizzers? They are both important. Even with the primary emphasis upon Bible study, the competitive aspect cannot be ignored. There would not be Bible quizzing without the competition - just Bible study. Competition has proved to be a powerful pull for teenagers; so the competition and study must work together.

Competition can be a healthy motivation. All through life people face competition. You fill out a job application and you are in competition for that job. To move up the authority line at work you face competition. Competition causes us to strive to do our best and to be our best. It is an important part of life. Bible quizzing can teach a teen to cope with the wins and losses of life. It can teach the proper way to win and the gracious way to lose. Because competition is important, we provide monthly tournaments as well as a Regional and National tournament.

The Coach's Role

In coaching a Bible Quizzing team, you reap what you sow. Plan how much you will be able to sow into your team this year.

A coach has the amazing opportunity to develop teenagers into men and women of God. You have been entrusted with individual lives, not only with a team. Teenagers are looking for direction and someone who will care about them as a person, not just as a success or failure. Show them what it is to live a life in obedience to God. You will be an influence in their life. If your philosophy lines up with that of Jesus', the time you spend with them will affect their entire life. Competition is a secondary priority. The major emphasis needs to be on the individuals.

Whether your philosophy is made up of casual ideas or well thought out conclusions reached after much soul searching, they still represent an approach that you will take in coaching your Bible quizzing team. Each coach must consider the necessity of a firmly established quizzing philosophy

ASK YOURSELF THESE QUESTIONS:



1. Why am I coaching?
2. What is the point of Bible Quizzing?
3. What do I hope, through the Spirit of God, to accomplish in the lives of each of the teens I am coaching?

Areas for coaches to develop within themselves

Sense of Purpose - The coach should understand the purpose of Bible quizzing and be committed to see the purpose fulfilled in the lives of the teenagers he or she is specifically working with. The mission of Bible quizzing is to see the youth of this generation draw closer to the living God. Their faith will be deepened through Bible memorization and study, mentorship and discipleship by their coach, and their connection to a group of peers who will challenge them to live a Christ-like life, thereby facilitating the strengthening and development of families and churches throughout the West.

Stability - The coach should be one who is stable in his or her Christian life and is a stabilizing influence during the ups and downs of the quiz team. The strength of the coach will help inspire the team to reach the goal.

Love for memorization - A coach should work on memorizing at least a short chapter throughout the year. This helps them to better understand their quizzers' struggles. Not only that, it can have the same life-changing effects for the coach as they want to see fostered in the lives of their teenagers.

Love for teenagers - You, as the coach, have an amazing gift. You get to spend two solid hours every week with a select group of teenagers, influencing their lives. It would be highly ineffective if you thought yourself limited to those two hours with the teens on your team. Take time out to be with them. Have you ever wished to pour into the life of another? Here is your chance. Bible Quizzing is about getting teenagers to memorize. But more than that, Bi



ble Quizzing needs to draw them closer to God and help them to mature into men and women of God. Take a little extra time to get to know the kids on your team. You will be amazed at their response when they find out that you care about them and not just their scores at the tournament. Think about planning an event for your team. Perhaps ice skating, a board game night, a beach BBQ (when it is warm), bowling, celebrating their birthday, making cookies for another team, singing in a rest home, having a Christmas party, the activities could go on and on. Please don't do this by yourself, involve the parents of the teens on your team. We know you are busy, don't extend yourself beyond what you are able, but work with the teens and their parents to help the team reach the goals you have set at the beginning of the year. Keep in mind, teenagers don't give a lot of feedback. Don't gauge your effectiveness on what they tell you (or don't tell you); be faithful to God.

Areas coaches can develop within their team

Motivation to memorize ~ It is important to help a new quizzer reach the 20-30 verse threshold. If a coach can help their quizzers to memorize at least this many by the first few meets they will be in a good position. If the quizzers know these verses well and by reference, they will be able to jump and answer questions in a meet. Success at a quiz meet gives a quizzer more motivation than any other factor. Identify and do things that will bring your quizzers success. Be willing to work with them until they cross into the realm of self-motivation. However, if a quizzer wants to be competitive through the end of the season, they should probably have at least 100 verses memorized. There are many ways to motivate quizzers to memorize. Some coaches agree to shave their head or dye their hair if every member on the team memorizes a certain amount of verses, others dress up crazy for the quiz meet. Sometimes offering candy or a team party is a simple enough motivation. If you set a goal for the team, the quizzers begin to motivate each other and it makes your job easier. Also, suggest the teens grab a study partner and call each other throughout the week to memorize and review.

Memorization Techniques ~ Heavily involve the parents in this process. Parents can be a lot of help to you if you let them know what is expected of their teenager. A large number of parents help their children study for meets; this bonds the family together and alleviates the responsibility of doing everything from your shoulders. Look for the Art of Memorizing handout at the end of this manual for more helpful ideas. This is a resource you can copy and give your quizzers if they need more ideas on how to memorize.



Healthy Competition ~ Competition is what makes Bible quizzing so exciting. Do not discourage competition; seek to focus and balance it so that teens keep their eyes on Christ and His Word. Many teenagers have not learned how to compete in a healthy and uplifting way. Before the first competition try and find out how mature each quizzer is in this area. Throughout the year you will then be prepared to deal with each teenager on their own level of maturity. Some teens need just a word of wisdom about competition while others need a constant example to change and grow.

At the competition, let the quizzers know that you care for them as people, that you are for them, win or lose, that the loss is not one person's fault. Encourage your team to compete hard, but at the same time, to congratulate and cheer on other teams. When the competition is over, let the team discuss the problems

encountered during the competitions.

Confidence ~ Mentally, the quizzers need confidence in themselves. This is best achieved if they have studied hard and if the coach expresses confidence in them. No matter what happens, a coach should always be positive with his or her team at the competitions. If a quizzer makes a mistake he is usually plenty discouraged. He needs your encouragement to bounce back. Don't ever tear down a quizzer in front of the team or on the sidelines. Build them up by challenging them to improve.

You may get the quiet timid quizzer who won't jump no matter what you try. Work with them one on one. Encourage them. Don't pick them out for their lack of jumping in front of the team. It could take all year before they jump fast enough to get a question. Never stop encouraging them. Think of the incredible opportunity you have with this teenager. With encouragement they will learn to speak up, make friends, have fun, and quiz well. Without the positive reinforcement they will either drop out early, or not quiz the next year. If they catch on and begin to jump with confidence you will begin to see that confidence spread to other areas of their life.

The best way to teach your team how to jump is to ask a veteran quizzer to come to your practice and work with your team.

Jumping ~ Only by memorizing verses and building confidence will a quizzer be able to jump quickly and answer questions correctly. By working verses and confidence into a quizzer, the jumping instruction goes by very quickly. Look on page 15 for more instruction on jumping.

Forming Questions ~ Without a proper understanding of how the questions are formed, a quizzer cannot pre-jump in the tournaments. In the resource section of this manual there is a How to Form Questions handout. This might be a helpful page for you to copy and give to your quizzers. One way to work with them is to play a jeopardy-like game. Having them read straight out of the Bible is fine because the objective is for them to learn how to form questions. Give the quizzers the answer and have them form the question. You could also put them in partners and have one person ask a question and the other answer, only using the Bible. Learning how to form questions is an ongoing process and some quizzers catch on quicker than others. As with everything, patience is the key.

Tournament Responsibilities

1. Prepare lineups.
2. Use time-outs or make substitutes when necessary.
 - Sometimes a "clever" substitution can enable a fifth person on your team to answer correctly, earning a 20-point bonus.
3. Encourage the team- also keep substitutes involved by having them keep score.
4. Keep score of the quiz; know when your team needs a bonus, etc.
5. Lead prayer between halves.
6. Practice, pray, prepare or watch quizzes quietly when your team has a bye.
7. Turn in to the computer site the number of verses each quizzier memorized on your team. The form you can use to make it easier is in the resource section at the end of this manual.
8. If your team has set-up clean-up for that tournament, make sure that your site is organized how it was when you came in.

Quiz Practice

For many quizzers, quiz practice is the highlight of their week. Learn how to make your practice the most effective possible.

- | | |
|------------------|---|
| Why | 1. To have fun |
| | 2. To get to know each other better |
| Have | 3. To study the Scriptures they are memorizing |
| | 4. Answer any questions the team may have |
| Quiz | 5. To pray about the quizzers' needs |
| | 6. To record the verses they have memorized |
| Practice? | 7. Help struggling quizzers learn how to memorize |
| | 8. To practice quizzing skills |

QUIZZING SKILLS

 Jumping

 Question Forming

 Question Answering

 Memorizing

Quizzers will need to have tournament style questions asked of them, learn to answer questions, develop their jumping ability and be encouraged. Sometimes you will be spending more time on one area than another but shoot for balance.

Quiz practice should run between one and a half hours and two hours, once a week. Any less time than one and a half hours and you will find that quizzers will not quite understand the game and will not be able to memorize verses with as much enthusiasm. Team support is important.

Sample Practice Ideas

PRACTICE ONE

- | | |
|------------------------------------|----------------|
| 1. Prayer requests and prayer time | 10-20 minutes |
| 2. Bible Study | 15-20 minutes |
| 3. Improving quiz skills | 50-60 minutes |
| 4. Snack/fellowship time | After Practice |

PRACTICE TWO

- | | |
|---|------------|
| 1. Chat over snack (teens sign up to bring food) | 15 minutes |
| 2. Cover business (while still snacking) | 5 minutes |
| 3. Pray together about any needs of quizzers | 10 minutes |
| 4. Bible Study | 30 minutes |
| 5. Quiz* - During quizzing cover
first three quizzing skills | 60 minutes |

*During quizzing time parents or helpers take quizzers out, one at a time to hear and record their verses. Parents can act as quizmaster while coach hears verses so that he or she can keep up with how each quizzer is doing and help and encourage them as needed. Sometimes, when another helper isn't available, the team captain or older quizzer can step in as a temporary quizmaster.

Setting up Quiz Practice

TIME .

Finding the right time to schedule quiz practice on a consistent regular day can be a difficult job in a ministry whose schedule is already overcrowded. The normal length of quiz practice is two hours. Be sensitive to the quizzer's schedule, ask them when they can't practice and try to work around that. If you are insensitive to their time constraints you will find that not many teenagers will be able to come. **The important thing is to have a weekly quiz practice that is part of each person's regular schedule.**

PLACE .

The same location for quiz practice is highly recommended. For the most part, all practices are held in a home or a local church. If you do not have enough room in your house try calling the quizzer's parents. Ask them if they would be willing to host their child's team for the year. It is a great way to get the parents involved and it will be a help to you if the parents show interest and would like to assist you during practices.

EQUIPMENT.

1. A solid, well-balanced chair is needed for each quizzier. Folding steel chairs work the best. Be careful that they are not the style that tips easily when you sit on the front edge of the chair. The hard chairs help them to develop a better jumping technique and help them to adjust to the chairs that will be used at the meet. Avoid cushioned chairs. When working with electronic jump equipment they prevent accuracy with the jump pads.
2. It is helpful (though not necessary) to have practice in a room large enough for you (the coach) to sit 5-10 feet away while practicing quizzing. This allows the quizzers the opportunity to work on reading a quizmaster's lips from this distance.
3. Electronic seats are almost a must for the quizzers to truly develop their jumping technique for the tournaments. You can call the Teens for Christ office (354-3075) and ask to share lights with another team if you do not already have access to lights. Some teams like to buy their own lights so that they can always have quiz lights on hand. When ordering the lights, keep in mind that Teens for Christ uses the 15-seat model.

Quiz-Time Systems
P.O. Box 551, Benton Harbor, MI 49023
Phone 1.888.925.9255
www.quiztime.com

Conducting Quiz Practice

It is very difficult to accomplish much at quiz practice if your quizzers have not studied prior to the practice. Studying consists of memorizing and reviewing their assigned verses. Getting them to be consistent in their study habits will be the toughest motivational job the coach will face. The coach needs to know how to help the quizzers set goals. He/she needs to be willing to do whatever it takes to see them reach those goals. The turning point in a rookie quizzier's year often comes when they realize that they really can memorize, and that when they memorize, they are able to answer questions correctly. This point usually comes after they have memorized 20-30 verses early on in the year. The coach needs to have a store of study methods that can be used to help each quizzier find what approach works best for them to memorize and study the Bible.

Try to help quizzers to see their part on the team. From some quizzers, you can and should expect a quiz-out most of the time. From others, one question per quiz would thrill you. There may be some novices who can only memorize 10-20 verses before the first meet. Emphasize that those are "their" verses, and they should get every question they can out of those verses. Whatever you hope for from a quizzier, you will be more likely to get it if you tell the quizzier. Set reasonable goals, and then encourage quizzers to meet those goals. Be extra careful though, because goals that are too high can also discourage quizzers. Be sensitive and encouraging, whether they meet your goals or not.

Distributing the quiz material

Before quizzers start to memorize make sure they each have a different chapter.

Divide up the chapters between team members. Veteran quizzers generally have a chapter preference and a basic idea how many verses they want each month. New quizzers usually want the shortest chapters. Do your best to give them each what they need.

If you have quizzers who can learn more than one chapter, give them chapters that are uncovered. If there are no uncovered chapters, you can either put them on a chapter with another competitive quizzers on your team so they will both encourage each other to jump faster or you can team them up with a weaker quizzers. Then assign them to be study partners. This mentorship system is vital to a weak quizzers's growth, even if the better quizzers does not have the same chapter.

If you have no quizzers who can learn new chapters and you still have a few uncovered it is not a big problem. It will do the quizzers the most good if they can be successful with all the verses out of one chapter rather than few out of every chapter. Even if the team loses a few questions, you can probably still pick up enough points to win, as long as they are confident on the chapters they know.

Setting Study Goals

Most people need a little more self-discipline in life. Quizzers are no exception to this rule. The greatest help you can give your team in the early weeks will be in the area of setting goals.

Self-discipline begins with setting goals. At the first meeting of the quiz team, when you are orienting the quizzers to the program, you should help them set study goals for the coming week. A week is a realistic period of time to a teen - a year is not. Do not get carried away with enthusiasm and have them plan a year's study schedule on the first day. Use the Week's Study Planning Schedule and Goal Setting Sheet in the resource section of this manual. Have it reproduced and use it weekly with each quizzers for at least the first two months of the program (some may want to use it all year). Once the habit of setting goals and reaching them is established, a periodic check is all that is needed to help them maintain good study habits.

Find out how long it takes them to memorize a verse. This usually takes working with them to memorize a verse. Many teenagers can memorize a verse in only 5-10 minutes. However, without previous exposure to memorizing they may think it takes longer or shorter than it really does. After you find out the teenagers memorization speed ask them how many verses they think they can memorize in one day . Help them also to realize that they don't have to memorize every day. Oftentimes they will have a really busy day during the week. If they have been studying on the other days they can skip that day without worrying about it. Many say they don't have time to memorize. Simply ask them if they watch TV (not in a condemning way but in a curious way). Ask them if it would be possible to

If a quizzer can

memorize a verse in 5 minutes, and they spend 10 minutes a day memorizing they will have 2 verses a day, 14 verses a week, 56 verses a month and 360 verses for the year. This is not to set the long-term goal, but to show them how much they can accomplish if they would take 10 minutes a day.

take out 10 minutes of TV watching and help their team. Most won't refuse the suggestion.

There are many other down times where a teenager can find 10 extra minutes (bus ride, video games, in the car, waiting in lines, shopping for their little sister's Easter dress; the list goes on and on). Help them to take a look at what their weekly schedule is by using the handout in the resource section of this manual.

You may have to help them be creative to set up a time for study. One quizzer memorized and reviewed all year in the shower because she was so busy. Once a time is established, follow up the next week and ask how it went. It may take awhile to stick but keep encouraging them until they develop a habit and experience success.

It is important that the quizzers set the goals and write out their study plans at practice.

Many would forget to do it by the time they got home. Have them bring the chart to the next quiz practice for evaluation. It is more important for them to have met the weekly goal than the daily goal. Even with goal setting there will be practices where some quizzers will have done no studying at all. Don't get discouraged. Check with the other coaches to see how they motivate their quizzers to memorize. Every person has a different personality; every quizzer has a different style that works best for them. As a coach, it is your job to work with them until they have found the best way and time for them to memorize.



Study Methods

To complete the week's study planning schedule and goal setting sheet, the quizzier will need help with study ideas. Most teens do not have experience with this type of study.

For a quizzier to be successful in memorization and study they must do a few things:

FOLLOW A SCHEDULE.

Consistent, systematic memorization is one of the keys for a successful Bible quizzier. A definite number of verses should be memorized every week, plus reviewing the previous week's material. Use the week's study planning schedule and goal setting sheet, with the coach's help, to set realistic goals for each week. Do not forget to include review along with the new material. Space it out. One suggestion is to divide the material according to the number of days. For example, if there are six days in which the quizzier must know fourteen verses then he must learn two verses per day, plus review.

REVIEW CONTINUALLY.

Develop a system of review that would have them reviewing at least one chapter each week. Without review, everything the quizzier has learned will be quickly forgotten. Quizzers often think, "The more verses I memorize the more questions I will get right." This mindset is not right. It is only with a consistent knowledge of their previously memorized material that they will continue to experience success in answering questions correctly.

SEEK TO UNDERSTAND THE MATERIAL THEY ARE STUDYING.

This may be accomplished in various ways. This aspect takes work but is vital to establish in the life of a quizzier. It is easy to allow memorization to become merely a tool for competition rather than a way to gain a deeper understanding of God. Many quizzers might not have the self-motivation to study in-depth, the chapters they are memorizing. That is why it is important to have a team Bible study every week.

Numerous quizzers have used the following study methods with differing degrees of success. Some may work for your quizzers just as they are written below. Others may have to be adjusted or used as a springboard to other ideas. At least you will have some suggestions for them as they complete their schedule. These study suggestions are given with the realization that they are just tools to understanding. Having a general knowledge of the material is key to quizzing successfully. If you impress this fact upon your team, the foundation for good quizzing is laid. Make sure each quizzier understands what he studies. Understanding the Word is the key to spiritual growth

which is our primary motive in the quiz program.

MEMORIZATION AND REVIEW IDEAS

1. Have the quizzers write their verses or questions on 3 x 5 cards (reference on front, verse in back or question on front, answer on back). This way the quizzer can study the material while he is waiting for a friend, riding in the car, etc.
2. Have teens quote verses to you in random order.
3. A cassette recorder is another effective tool. Many learn best by hearing. Have the parents or possibly yourself make a tape for the quizzers. Read their verses (accurately) onto a tape, then they will be able to listen to them in the car, at home, before bed, etc.
4. Quizzers can make their own tapes too. Music and sound effects add to the fun and make the material more memorable.
5. Have quizzers "pair off" at practice to ask each other questions. This multiplies your efforts.
6. "Preach" (recite) passages or chapters to an imaginary or live audience (stuffed animals, empty fields, and living room walls are very patient audiences).
7. Quizzers who enjoy drawing may benefit by making a visual representation for the verse they're working on.

PLACES TO MEMORIZE	
	Car
	Shopping
	Waiting
	Home

For a more thorough handout find the Art of Memorization handout in the resource section of this manual.

Improving Quizzing Skills

This is where all of the hard work that the quizzers do while memorizing and reviewing pays off. About half of the practice is devoted to improving quizzing skills.

In Bible quizzing there are four main skills that need to be developed in your team; memorizing (covered in the last chapter), question forming and answering, and jumping. Many of these skills take years to come to fruition, so please don't get discouraged if you do not get the immediate results you hope for. We have provided a few ideas and guidelines to help you get started. The best resource is a fellow coach. Talk to other coaches and share with them your concerns and struggles. They will be the quickest to help because they have been there before.

How to Jump

The approach you take to jumping depends entirely upon the experience the teens on your team have in quizzing. Usually, rookie quizzers need to be encouraged to jump. Correct answers and errors are celebrated with the same enthusiasm. On the other hand, veteran quizzers often jump too much on material they have not fully memorized. Nothing does more harm to a Bible quizzing team than individuals who jump like the wind, yet consistently error on the question. Errors are unavoidable but every effort should be made to keep the error percentage as low as possible. The less you know the material, the slower you should jump.

THE FULL JUMP POSITION SHOULD INCLUDE THE FOLLOWING ELEMENTS:

- They should sit forward on their chair with their feet slightly in front of the forward edge of the chair and one foot slightly in front of the other, with about six inches between them.



- The body weight must be balanced over the feet. This means that when their leg muscles are tensed for the jump, only a minimal portion of their weight is actually resting on the quiz seat. Their balance in this position should be such that you, as the coach, could pull the chair out from under them without causing them to lose their balance. Therefore, maintaining the center of gravity directly above the base formed by their feet is very important.
- At the full jump position, their first motion should trigger the quiz light. This means that the first part of the body that moves should be the quizzers' bottom. Many quizzers with apparently fast jumps are seldom up first in an official quiz because their first movement is usually in their head or shoulders. These parts should move after the light has been triggered, not before. This is very important. This extra movement can alert a good jumper to react and even beat the quizzers who responded first but has the extra body movement.
- It is illegal for quizzers to jump with their hands or feet touching the chair. It is also illegal for them to rest their hand on the ground while the question is being read. Keep this in mind to tell your quizzers so they do not get comfortable quizzing in a style that is against the rules.
- If the lights are in good condition, only one of the two “buttons” inside each seat pad need to be held down to keep the light off. Have quizzers experiment with their fingers to see how little pressure is needed to turn the light on and off.

Since there is a wide difference in jump styles and in body builds, it is impossible to define the exact way in which this initial jump motion should be made. Help them find the best form that will allow them to snap off that chair. The more sensitively the quizzers sit on the seat, the less body motion will be needed to trigger the light. Jumping is usually best demonstrated in person by a veteran quizzers or even a graduated quizzers. If your team is having problems and do not know any current quizzers who can help you out, feel free to call the TFC office and we will get an experienced quizzers to your practice to help you out.

Creating healthy competition for your quizzers.

Quizzers need to be prepared to face pressure and to be competitive. If they draw back in competition, the results are obvious. Take the liberty of inventing new ways of scoring and competing. Quizzers need to know the rules for actual competition, but they need to find some enjoyment through variety at practice. Some ways of helping them face pressures of tournaments are:

1. Require them to jump on 2-4 words every time
2. Have a distraction in the room (i.e., young toddler, cat, radio). Many coaches see distractions at practice as bad; however, if used wisely and sparingly, your team will benefit greatly. It will be far easier for them to

focus at the tournaments when someone sneezes or shuts the door while they are answering a question.

3. Use others as a quizmaster for your team so they do not become used to one voice. (or simply change your voice a little bit: slow down, speed up, use an accent, etc.)
4. Make some bad decisions -- see if the captain or team catches this (be sure to tell them what you did after the quiz).
5. Invite another team to come to practice, but don't tell your own team.

Quizzing Games

KING PIN.

King Pin is a favorite of many teams. It works with any size team and, as is true with the rest of these games, it works best when the team has studied. There are several different versions to this game:

1. The far left or far right chair is the King Pin chair. Choose before you start the game. When a quizzer answers a question right, they exchange seats with the person next to them (the one closest to the King Pin chair). Their goal is to answer enough questions to make it all the way to the top chair. However, any quizzer who makes an error goes all the way to the bottom chair and must work their way back up. This version works well with a combination of skilled and unskilled quizzers. Usually the top quizzers answer a lot of questions but get quite a few errors. This forces them to work harder to get to the top because they often find themselves at the bottom of the rung. Those who are not the most competitive quizzers also find themselves moving to the top. You usually play this version until people get tired or a winner is declared. A winner is usually declared when the quizzer in the King Pin chair has answered two questions correctly while sitting in the top chair.
2. Almost identical to version 1, this game rewards those who pre-jump (jumping before the question has been completed. Anyone who interrupts the question and finishes and answers correctly, moves up two chairs. The quizzer who waits for the whole question to be asked only moves up one chair when he or she gets the answer correct.
3. The chair at the far left is the King Pin chair. Regular questions are asked and when a question is answered correctly the quizzer moves to the King Pin



chair. Once in that chair, he must answer five questions correctly to freeze the chair so that no one can take it away from him. When a quizzer moves to the King Pin chair, all the others slide down to the right, filling the empty chair. When a quizzer misses a question, the person on his right has the bonus opportunity. If the bonus is answered correctly, the two quizzers exchange chairs. When a quizzer moves to the last chair everyone below him moves up one chair.

4. King Pin may be played on a time limit, after which two teams are formed. The top half of the line forms one team and the bottom half the second team.

AIR HEADS .

This is another very popular game, especially among those teams who get quite a few errors. You use all of the normal quiz rules. However, in this game, your whole team is quizzing against an imaginary team called the Air Heads. Your team's scoring can work the same if you choose. But for every error they make, The Air Heads get 20-40 points, depending on how daring you are. You might be surprised at how well the Air Heads will do. This will help develop accuracy by slowing the team down slightly to avoid errors. For a rookie team who is scared of making errors, this may not be the best game to play at the beginning of the year.

LONER .

This game can be very challenging to the whole team. Have one quizzer go against the rest of the team in a ten-question quiz (or five minute quiz). The lone quizzer will be under the regular rules. The rest of the quizzers will form one team, but have one additional rule -- if a quizzer on the team makes an error, he or she will be out of the quiz. Otherwise, the regular rules apply to them as well. This will accomplish two things: it will cause the lone quizzer to become very sensitive towards pressure and force the other quizzers to become very cautious. They will want to out-jump and out-score the loner, but at the same time they will try to be sure they know the question before jumping.

ADVANTAGE .

When quizzing with two or more teams at a time, give one team a sixty point advantage or give the other team a negative score. Continue the match as normal.

DISADVANTAGE .

This game is not the opposite of advantage despite the similar name. When scoring your team give ten points for a right answer and minus twenty points for a wrong answer. The bonus could be worth five.

INDIVIDUAL .

Let each quizzer be a team by himself in a ten-question quiz. All the regular quiz rules apply. If a quizzer scores nothing one week, he or she will try not to repeat that the following week.

S H O R T T I M E .

To play this game, cut the starting time to begin answering a question to three seconds and the total answer time to fifteen seconds. Again, this helps them work under pressure.

R E W A R D .

This game offers a reward to the top quizzier of a particular day. Bring candy or something else inexpensive but motivational to teenagers. This is best if unannounced, but the quizzers know it is coming sometime.

Q U O T E S O N L Y .

Use all the verses as quotes, not just the regular quotes, to encourage quizzers to memorize. Often this is best done one-on-one, since it takes a lot of time and quizzers may not all memorize equally.

R E G U L A R T E A M S , R E G U L A R R U L E S .

It is highly recommended to combine your practice with another team's at least once every two months. This has dual side effects. The members of your team will get to know more quizzers and their level of competition will rise as they quiz against teams that they have not experienced before.