The MN State Regional Science Bowl is a regional event of the Department of Energy National Science Bowl. The rules of the event are the same as the rules of the National Science Bowl.

Please note the following clarification of the National Science Bowl Rules as applied to the MN State Regional Science Bowls.

- Teams must have 4 or 5 students to be eligible to participate in the MN State Regional Science Bowls. Four students must compete at all times during the entire tournament. Teams may not participate with less than four students. Teams will be disqualified if they do not meet the rules of the National Science Bowl and will not qualify to move on to participate in the National Science Bowl. For this reason, we highly recommend that you have an alternate player (team member 5) registered and available on event day. All students must have completed all registration materials and have them submitted by the registration deadline. Team rosters may not change after check-in on the day of the event. Students may not rotate or serve as alternates among or within different teams from the same school or group.
- In case of illness, contact the MN Academy of Science staff for approval of substitutions. A substitute is required to check-in with the team before the tournament begins with all of the completed and signed forms including: Student Medical Form or Adult Medical Form (if the student will be 18 years old by the date of the tournament and Parental Consent and Media Release Form.