



Last updated: January 20th, 2026

HOSA Bowl

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 40 minutes (still 50 questions) at FLC only.
2. Written test will take place online and be open book at FLC only.
3. Only the written test portion of the event will be evaluated at FLC.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S SECONDARY/POST-SECONDARY VIRTUAL CONFERENCE:

1. Written test time shortened to 40 minutes (still 50 questions).
2. Written test will take place online and be open book.
3. Only the written test portion of the event will be evaluated.

*****DISCLAIMER: virtual secondary competitor participation in any Competitive Event through the virtual membership is not ranked and not eligible to advance to the International Leadership Conference (ILC)*****

HOSA Bowl



Teamwork Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Team Event: 4 competitors per team	Round 2: Buzzer Bracket	



New for 2025 - 2026

The 10th edition of DHO has been released. Editorial updates have been made.

Event Summary

HOSA Bowl allows members to gain knowledge and skills on various topics and situations in health, current health topics, HOSA, and parliamentary procedure. This competitive event consists of two rounds, and each team consists of exactly four (4) members. Round One is a written test. Top-scoring teams advance to Round Two and compete by responding appropriately to items presented by a moderator in a “buzzer style” round. These items may be in the form of questions, incomplete statements, and/or definitions and may be multi-answer items. Winners will be determined by a series of elimination rounds as described in the event tournament bracket. This event aims to inspire members to be proactive future health professionals and motivate them to participate in teams while learning about health, HOSA, current health topics, and parliamentary procedure topics.

Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for [proper dress](#). All team members must be properly dressed to receive the bonus points. Teams who are not dressed appropriately for Round Two may not be allowed to compete.

Competitors Must Provide:

- [Photo ID](#) for both rounds
- Two #2 lead pencils (not mechanical) with an eraser for the test.

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The references below are used in the development of the test questions for the written test and buzzer rounds.
 - a. [Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., Morris, L. DHO: Health Science. Cengage Learning, Latest edition.](#)
 - b. [Ehrlich, A., and Schroeder, C. Medical Terminology for Health Professions, Cengage Learning, Latest edition.](#)
 - c. [Taber's Cyclopedic Medical Dictionary, Edited by Donald Venes, M.D., F.A. Davis Company, Latest edition.](#)
 - d. [NIH Medline Plus Magazine: Publications \(current school year editions\).](#)
 - e. [Robert's Rules of Order Newly Revised In Brief, Latest edition.](#)
 - f. [HOSA website:](#) Content from the [HOSA website](#), including HOSA publications, HOSA Handbook, HOSA and HOSA, Inc. Bylaws, Policy and Procedures Manuals, current edition of the ILC Guide (published in February each year) and editions of the HOSA E-Magazine for the current school year.
 - g. [Stanhope and Turnbull. Introduction to Medical Terminology. Goodheart-Willcox. Latest edition.](#)
 - h. <https://www.cnn.com/health>
 - i. <https://www.nbcnews.com/health>

ROUND ONE: TheTest

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.

4. Test Plan

The test plan for the written test and Round 2-6 questions are:

- HOSA Related – 20%
- Parliamentary Procedure - 10%
- Current Health Topics - 10%
- Health-related - 60%
 - History of Medicine
 - Health care systems
 - Health careers
 - Legal and ethical issues
 - Medical terminology
 - Anatomy and physiology
 - Nutrition and diets
 - Safety
 - Infection control
 - Math Conversions

5. **TIME REMAINING ANNOUNCEMENTS:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center, and competitors are responsible for monitoring their own time.

6. Sample Round One Test Questions

1. What type of shock is due to a decreased blood volume caused by internal or external bleeding? (Taber's pp 1214)
 - A. Anaphylactic
 - B. Hypovolemic**
 - C. Cardiogenic
 - D. Septic
2. When is it appropriate for a President/Chairman of a group to vote? (RRORNR IB pp 69)
 - A. During an election of officers
 - B. If the motion deals with allocating funds
 - C. To make or break a tie vote**
 - D. When the vote pertains to the organization bylaws
3. All of the following are included in the HOSA mission statement to empower HOSA-Future Health Professionals to become leaders in the global health community, except which one: (HOSA)
 - A. Collaboration
 - B. Experience
 - C. Education
 - D. Recognition**

ROUND TWO: Buzzer Competition

7. The top teams from Round One will advance to Round Two. The number of advancing teams will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.
8. The team test score average from Round One will be used to qualify the team for Round Two. The teams progressing to Round Two will be seeded according to their scores in Round One. The test is only used to advance teams to Round Two and is NOT part of the final score.
9. Beginning with Round Two, two (2) teams compete against each other.

10. The number of teams selected for Round Two is determined by the number of entries in order to avoid a "bye" in the second round. There are usually 32 secondary and 8 postsecondary/collegiate teams seeded for Round Two.
11. If using a 8-team bracket, the 9th and 10th ranked teams shall be the alternate teams. If using a 16-team bracket, the 17th and 18th ranked teams shall be the two alternate teams. If using a 32-team bracket, the 33rd and 34th ranked teams shall be the two alternate teams.
12. Round Two requires a paired match-up. If a team is more than 5 minutes late to their Round Two appointed time, the team forfeits their right to compete in accordance with the [GRRs](#).
13. ALL teams (including alternate teams) must report to and remain in the holding room until their numbers are called for them to compete.
14. During competition, teams are seated at a table facing the moderator. Each individual team member has a buzzer to respond to the moderator's question. Before each round begins, each team member should be asked to check their buzzer to confirm it is working correctly.
15. Each of the four (4) team members will be identified as "Team Member A, Team Member B, Team Member C, and Team Member D". Letter identification cards will be drawn by each team member before the start of each round and will be placed on the table in front of each team member.
16. For eight (8) minutes, Team Members from each team will compete head-to-head against each other with questions alternating between the four team members - Team Member A vs Team Member A, Team Member B vs Team Member B, Team Member C vs Team Member C, and Team Member D vs Team Member D. The last two (2) minutes of the 10-minute round are open to all four team members and the entire team will compete against the other team. During these final two (2) minutes, any of the four (4) team members may buzz and answer questions. The team member who buzzes in must be the one who responds.
17. Subsequent rounds will be ten (10) minutes total and include up to 50 questions.
18. The moderator presents one item and then:
 - A. Five (5) seconds is allowed after the moderator has finished presenting each item for a team member to push the buzzer.
 - B. The team member who pressed the buzzer has five (5) seconds to respond.
 - C. If a team member pushes the buzzer before the completion of the question, the moderator will stop reading immediately, and the competitor must answer in five (5) seconds. If a team member buzzes in when it is not their turn; it will be treated like a wrong answer, and the other team will be able to respond.
 - D. Only the first answer given by the team member is to be judged. If the team member has started to respond when the 5-second timer buzzes, the judges may allow the team member to complete their response.
 - E. If answered correctly, the team earns one point.
 - F. If the answer is incorrect, or if the team member does not respond in five (5) seconds, the question will be reread in full for the other team member with the same letter. The team member may buzz in before the full question is completed, and the moderator will stop reading the question at that time. That team member will have five (5) seconds to buzz in, following the same steps noted above. If a wrong answer is given during the team vs team competition, anyone on the other team can then respond. This is the only instance in which an item may be repeated unless the judges specifically ask for an item to be re-read.
 - G. If no team member pushes the buzzer before five (5) seconds have passed, no points are given and the next question will be read.
19. Team members may talk to one another during the final two (2) minutes of the round only (not during the first 8 minutes), however, they are cautioned to speak softly enough to avoid being overheard by the other team, and to be mindful of the timing noted above. Teams are *not* permitted to use or write notes.

20. The same list of questions are asked of each team in each section during a round starting with question 1A. The team that has the highest number of points in a ten (10) minute match is declared the winner of that match. The timekeeper will announce when there are two (2) minutes remaining in the round and all team members may answer. If the ten (10) minute time is completed in the middle of an answer, the team is allowed to respond to the item. If missed, the other team is allowed to answer.
21. The points shall be kept by the judges on a rating sheet. Scorekeepers may also be used so that the team can see the scores.
22. In the event of a tie score, five (5) tiebreaker items are asked. During the tiebreaker round any of the four (4) team members may buzz and answer questions. If at the end of the first tiebreaker, the round remains a tie, the highest averaged test score will be used to determine which team advances in the bracket.
23. The moderator will not give the correct response to an item if neither team can answer correctly.
24. All members of the winning teams of each match, must return to the holding room until recalled. Waiting winning teams are not allowed to communicate with other teams.
25. Please refer to the [GRRs](#) regarding the use of study materials in this event.
26. There will be no observers during the entirety of the event.

Final Scoring

27. **SEMI-FINAL ROUNDS:** When 4 teams are remaining in the event, the semi-final rounds begin. There will be two matches. The winning team from each match returns to the holding room to face each other in the championship round. The two losing teams return to holding to face each other to determine 3rd and 4th place in the consolation match of the final round.
28. **FINAL ROUND:** The two semi-final losing teams play each other. The winner is 3rd place and the losing team is 4th place. Following the consolation match, the two undefeated teams play each other in the championship match.
29. The questions shall not be given to a participating team prior to the competitive event. Judges will be furnished with a copy of the questions. Judges make all rulings. A lead judge will respond to the competitors' answer by saying correct or incorrect. Only judges are allowed to challenge answers (competitors may not challenge any answer or the event process). Judges will call time to make a ruling.
30. The ten (10) finalists will be the eight (8) teams remaining at the beginning of Round 4 plus the two teams that did not advance from Round 3 with the highest test average score from Round 1. The placing of the 5th through 8th, and 9th and 10th, place finalists will be determined by the Round One test score. The third (3rd) place team will be determined by playing a consolation round between the losing semi-finalist teams. The first (1st) and second (2nd) place will be determined in the final round.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

HOSA BOWL SCORE SHEET

Round: _____
 Red Team = ID # _____

Section: _____
 Green Team = ID # _____

Question #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Red Team																				
Green Team																				

Question #	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Red Team																				
Green Team																				

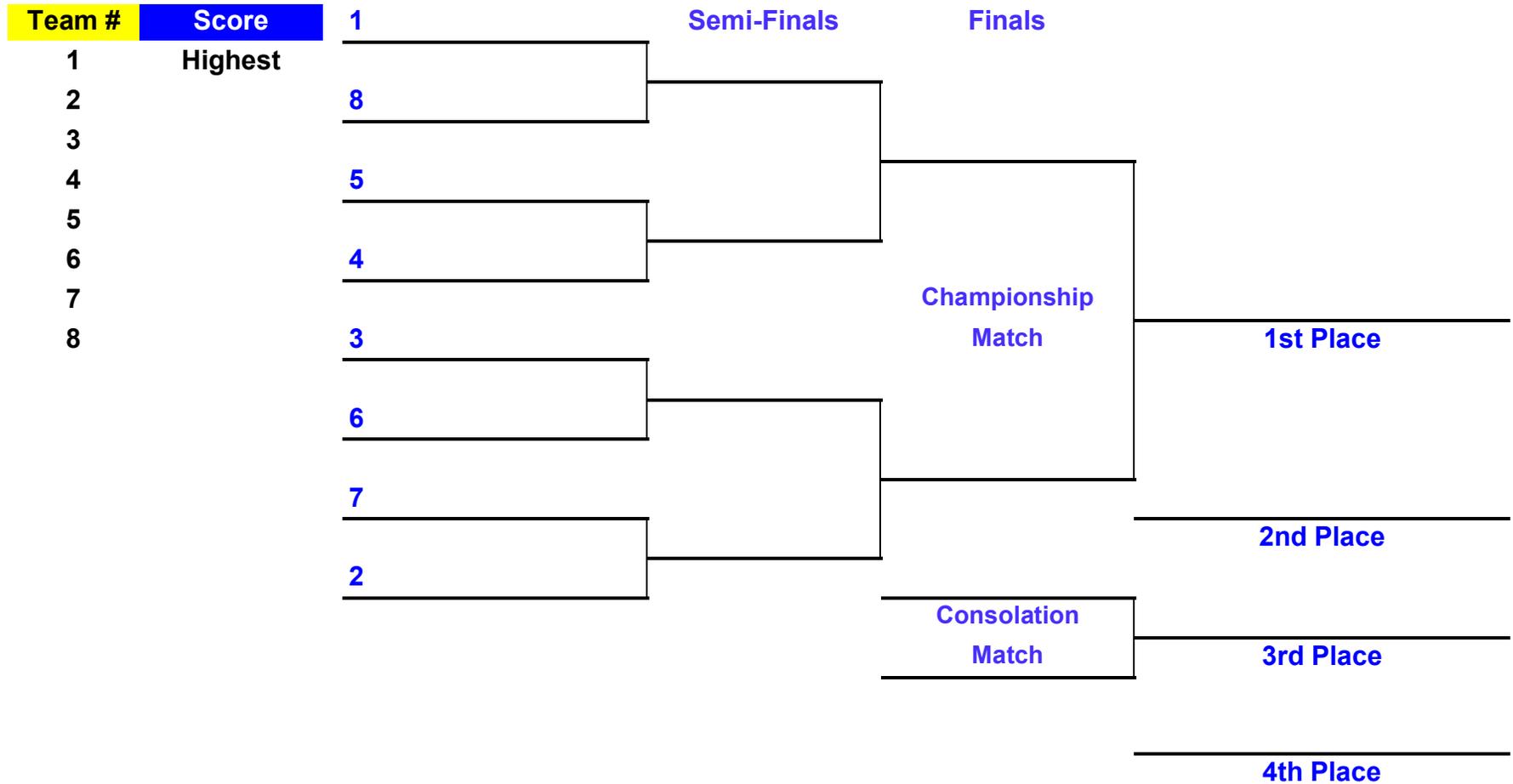
Question #	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
Red Team																				
Green Team																				

TOTAL SCORE
Red Team _____
Green Team _____

Winning Team = ID# _____

Judge's Signature: _____

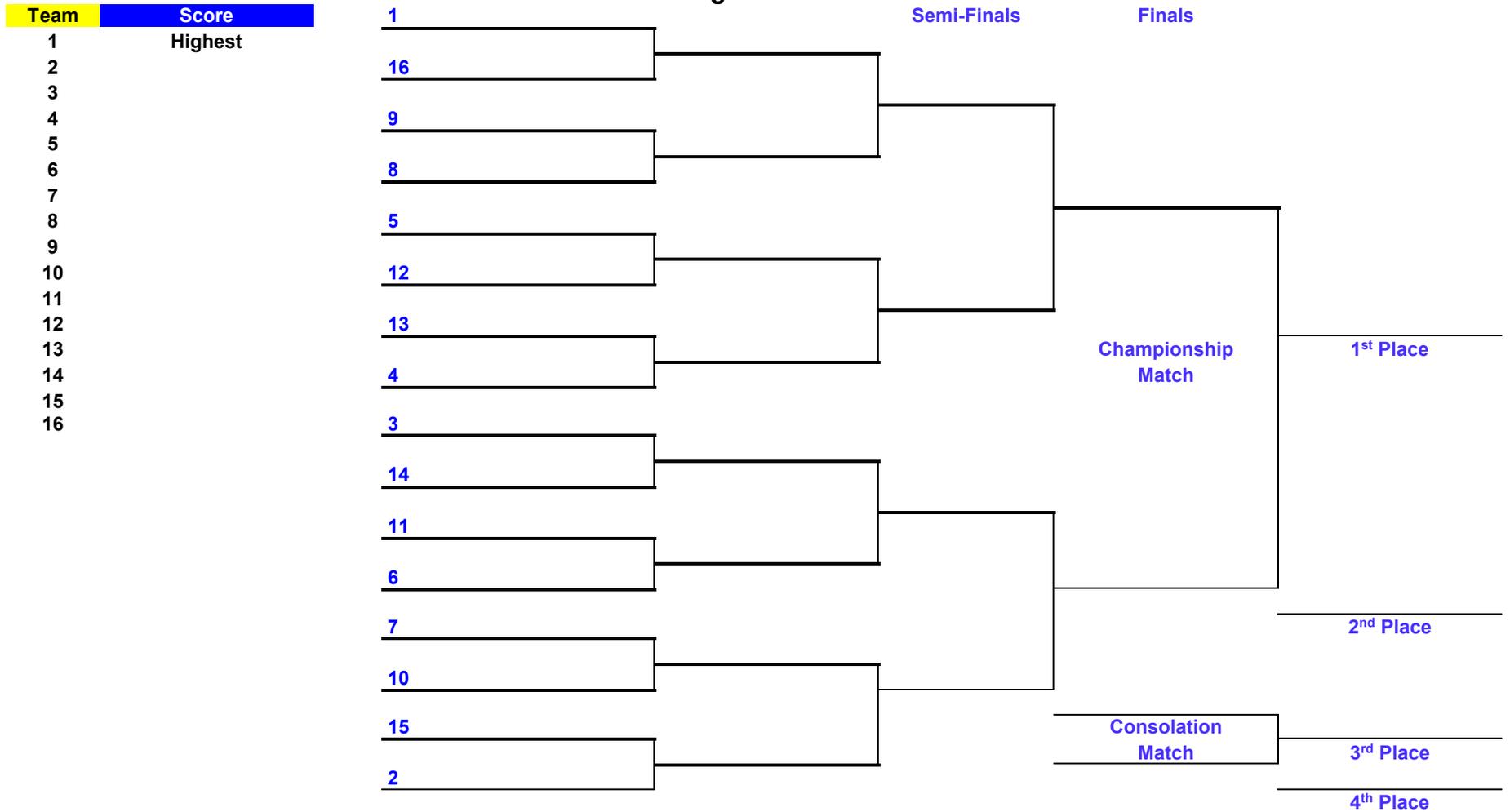
HOSA Bowl Seeding Chart for 8 Teams



Instructions: Add the scores of team members to arrive at a team total, and then divide by the number of team members to get the team average. Sort team averages from highest to lowest scores. The team with the highest score after the test is seeded #1, the team with the next highest score is seeded #2, and so on until the chart is filled with the top 8 teams.

Note: The electronic version of the HOSA Bowl seeding process is available at the [CE Useful Tools](#) page.

HOSA Bowl Seeding Chart for 16 Teams



Instructions: Add the scores of team members to arrive at a team total, and then divide by the number of team members to get the team average. Sort team totals from highest to lowest scores. The team with the highest score after the test is seeded #1, the team with the next highest score is seeded #2, and so on until the chart is filled with the top 16 teams. The winners of each bracket play for 1st and 2nd place, the winner of the consolation match is the 3rd place team.

Note: The electronic version of the HOSA Bowl seeding process is available at the [CE Useful Tools](#) page.

HOSA Bowl Seeding Chart for 32 Teams

