Foundations of HOSA Bowl

Event Category: Teamwork

Eligible Divisions: Middle School	**Round One:** 35 Q test (60 minutes)	**Digital Upload:** NO
Team Event: 4 competitors per team	**Round Two:** Buzzer Bracket (6 mins per round)	**Allowed Buzzer Round Materials:** None

New for 2026-2027

The First Fifty Years has been added as a resource for HOSA history. *Body structures and Functions* by Scott & Bell has been added as a resource. *Medical Terminology for Health Professions* by Ehrlich & Schroeder has been retired. Editorial updates have been made.

Event Summary

Foundations of HOSA Bowl enables **Middle School Division** HOSA members to acquire knowledge and skills on various health-related topics and situations, including HOSA and current health issues. This competitive event consists of two rounds, and each team has 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 questions, incomplete statements, and/or definitions, and may be multi-answer items. Winners will be determined through a series of elimination rounds, as described in the event's 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 and HOSA.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress. All team members must be appropriately dressed to receive the bonus points. Teams 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 test • Neon colored foam earplugs, NOT earbuds, for noise control (Rd1-optional) HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions and buzzer round. • Winger and Blahnik. *Introduction to Health Science: Pathways to Your Future*. Goodheart-Willcox Publisher. Latest Edition. • Scott, A., Bell, T. *Body Structures and Functions*. Cengage Learning. Latest Edition. • 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. • First Fifty Years 1976-2026 HOSA Publication. • Marshall and Roe. *Health Science Concepts and Applications*. Goodheart-Willcox Publisher. Latest Edition.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

ROUND ONE- Test

Test Instructions	All competitors will be given a test and test answer sheet. The written test will consist of 35 multiple-choice items in a maximum of 60 minutes. See test instructions here. The team's 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.
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.
Written Test Plan	The test plan for both the written test and Round 2 – 6 of Foundations of HOSA Bowl is: ● HOSA Related- 30% ● Health-related- 70% o History and Trends o Health Care Systems o Health Careers o Legal and Ethical Issues o Medical Terminology o Anatomy and Physiology o Nutrition o Safety o Infection Control o Math Conversions
Sample Test Questions	1. A patient has been diagnosed with chronic cystitis and was referred to which specialist for further evaluation? (Ehrlich pp 241) A. Cardiologist B. Neurologist **C. Nephrologist** D. Hematologist 2. What are the tubes that keep arteries open? (Wingard pp 14) A. Catheters B. Cannula **C. Stents** D. Sphygmomanometer 3. What year was HOSA incorporated? (Hosa.org History) A.1975 **B.1976** C.1985 D.1986

ROUND TWO- Buzzer Competition

1. The team's 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. Round Two finalists will be announced on-site at ILC per the conference agenda.

2. The number of entries determines the number of teams selected for Round Two to avoid a "bye" in the second round. Depending on registration numbers, there are usually 8, 16, or 32 middle school teams seeded for Round

3. If using an 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.

4. Round Two Process:
    a. Beginning with Round Two, two (2) teams compete against each other.
    b. 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.
    c. All teams (including alternates) must report to and remain in the holding room until their numbers are called for them to compete.
    d. During the competition, teams are seated at a table facing the moderator. Each 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 that it is working correctly.
    e. 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.
    f. Competitors may not talk to one another before the competitor who buzzed answers the question. If other members of the team speak to each other once the buzzer is pressed, the violation will be treated as a wrong answer.
    g. For four (4) 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 6-minute round are open to all four team members. The entire team will be competing against the other team. During these final two (2) minutes, any of the four(4) team members may buzz in and answer questions. The team member who buzzes in must be the one who responds.
    h. Subsequent rounds will be 6 minutes in total, following the above format, and will include up to 35 questions.

5. The moderator presents one item and then:
    a. Five (5) seconds are 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 will first be recognized by the moderator, and then will have 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, recognize the competitor, 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 given a chance 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.

6. Team members may talk to one another during the final two (2) minutes of the round only (not during the first 4 minutes); however, they are cautioned to speak softly enough to avoid being overheard by the other team and to be mindful of all timing rules. Teams are *not* permitted to use or write notes.

7. The exact list of questions is asked of each team in each section during a round, starting with question 1A. The team with the highest number of points in a six (6) minute match is declared the winner. The timekeeper will announce when two minutes remain in the round, and all team members may answer.The team can respond to the item if the six (6) minute time is completed in the middle of an answer. If missed, the other team is allowed to answer.

8. The judges shall record the points on a rating sheet. Scorekeepers may also be used so that the team can see the scores.

9. 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 in and answer questions. If, at the end of the first tiebreaker, the round remains tied, the written test scores will be used to determine which team advances in the bracket.

10. The moderator will not give the correct response to an item if neither team can answer correctly.

11. 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.

12. Please refer to GRRs regarding the use of study materials in this event.

13. There will be no observers during the entirety of the event.

Final Scoring

1. SEMI-FINAL ROUNDS: When four teams remain in the event, the semi-final rounds begin. There will be two matches. The winning team from each game returns to the holding room to face each other in the championship round. The two losing teams return to the holding area to face each other in a consolation match to determine 3rd and 4th place in the final round.

2. 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 compete in the championship match.

3. The questions shall not be given to a participating team before 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 can challenge answers (competitors may not challenge any answer or the event process). Judges will call time to make a ruling.

4. 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) places will be determined in the final round.

Foundations of HOSA Bowl Score Sheet

Round:	Section:
Red Team- ID #:	Green Team- ID #:

Question #	1A	1B	1C	1D	2A	2B	2C	2D	3A	3B	3C	3D	4A	4B	4C	4D	5A	5B	5C	5D
Red Team																				
Green Team																				

Question #	6A	6B	6C	6D	7A	7B	7C	7D	1 T	2 T	3 T	4 T	5 T	6 T	7 T	TB 1	TB 2	TB 3	TB 4	TB 5
Red Team																				
Green Team																				

Total Red Team Score:	Winning Team- ID #:
Total Green Team Score:	Judge Signature:

HOSA Bowl Seeding Chart for 8 Teams

Team #	Score	1	Semi-Finals	Finals	
1	Highest				
2		8			
3					
4		5			
5					
6		4			
7				Championship	
8		3		Match	1st Place
		6			
		7			
					2nd Place
		2			
				Consolation	
				Match	3rd Place
					4th Place

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

Team	Score	1	Semi-Finals	Finals	
1	Highest				
2		16			
3					
4		9			
5					
6		8			
7					
8		5			
9					
10		12			
11					
12		13			
13				Championship	1st Place
14		4		Match	
15					
16		3			
		14			
		11			
		6			
		7			2nd Place
		10			
		15		Consolation	
				Match	3rd Place
		2			
					4th Place

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

HOSA Bowl Seeding Chart for 32 Teams

Team	Score	1	Semi-Finals	Finals	Semi-Finals	2
1	Highest					
2		32				31
3						
4		17				18
5						
6		16				15
7						
8		9				10
9						
10		24				23
11						
12		25		Championship Match for 1st & 2nd		26
13						
14		8				7
15						
16		5				6
17				The two teams who did not make it to the Championship match play in the consolation match		
18		28				27
19						
20		21				22
21						
22		12				11
23						
24		13				14
25						
26		20		1st Place		19
27						
28		29				30
29			2nd Place			
30		4			Consolation	3
31				3rd Place		
32			4th Place			

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