

Surgical Technologist



Event Category: Health Professions.....

Eligible Divisions: Secondary & Postsecondary/Collegiate	Round One: 50 Q test (60 minutes)	Digital Upload: NO
Solo Event: 1 competitor	Round Two: Skill(s) assessment	



New for 2026-2027

Round One test plan has been updated. Competitors Must Provide (Round Two) updated to include, level 3 sterile surgical gown, surgical tie mask, and surgical eye protection. Skill I list of instruments updated per AST recommendations. Editorial changes have been made.

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Make sure to read TEXAS General Rules and Regulations for updated “Electronic Device Policies” and “Extended Stay Preparation”.

Area Spring Leadership Conference

Round one online test for Area will be given in December. The top ten (10) competitors will advance to round two (2) in person at the Area Spring Leadership Conference. The top three (3) scores in each Area will advance to State.

Texas State Leadership Conference

A Round 1 written exam will be used to slate the top ten (10) competitors for Round 2. Both Round 1 and Round 2 for State will be in person in Irving. The top three (3) scores from State will advance to ILC.

Event Summary

The Surgical Technologist event allows members to gain essential knowledge and skills required for the field of Surgical Technology. This competitive event consists of two rounds. Competitors will take a written test for Round One. Top-scoring competitors will advance to Round Two for a clinical skills assessment. This event aims to inspire members to learn more about Surgical Technologist careers, enhance critical thinking skills, and prepare to become allied health professionals capable of effectively assisting in surgical settings.

Sponsorship

HOSA- Future Health Professionals appreciates the sponsorship of this event by the [Association of Surgical Technologists](#).



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 . • Round One: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area. • Round Two: Attire appropriate to the occupational area.
Competitors Must Provide	• A photo ID for both rounds • Two #2 lead pencils (not mechanical) with eraser for the test. • Neon colored foam earplugs, NOT earbuds, for noise control (Rd1-optional)

	• Sterile Surgical Gloves (x2) • surgical cap or bouffant cap • Level 3 sterile surgical gown • shoe coverings • Surgical tie mask, Surgical eye protection, safety glasses, eye shield, or face guard • Surgical scrub brush (no soap) 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 skill rating sheets: a. Association of Surgical Technologists. <i>Surgical Technology for the Surgical Technologists: A Positive Care Approach</i>. Cengage Learning. Latest edition. (Rd1 Test will focus on Chapters 1, 4, 7, 10, 11, and 16) b. Renee Nemitz. <i>Surgical Instrumentation: An Interactive Approach</i>. Saunders. Latest edition.

ROUND ONE- Test

Test Instructions	All competitors will be given a test and answer sheet. The written test will consist of 50 multiple-choice items in a maximum of 60 minutes. See test instructions here .
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 the Surgical Technologist is: • Profession of CST- 10% • Physical Environment and Safety Standards- 10% • Surgical Asepsis and Sterility- 20% • Instrumentation, Equipment, and Supplies- 30% • Hemostasis, Wound Healing, and Wound Closure- 10% • Surgical Anatomy & Physiology- 20%
Sample Test Questions	1. What is the name of the fibrous and serous capsule that covers the liver? (AST, pg 515, CH 16) A. Bowman's B. Glisson's C. Tenon's D. Articular 2. Contamination caused by the passage of microorganisms through a sterilized package by way of moisture wicking is termed: (AST, pg 134, CH 7) A. Saturation B. Strike-through C. Solubilization D. Sequestration 3. Weitlaner, 'Conner-O'Sullivanh, and Balfour are examples of: (AST, pg 267, CH 10) A. Bone-holding forceps B. Handheld Retractors C. Non-Crushing Clamps D. Self-Retaining Retractors

ROUND TWO- Presentation to Judges

1. The top competitors from Round One will advance to Round Two. The number of advancing competitors 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.

2. Round Two is a selected skill(s) assessment. The skills approved for this event are:

Skill I: Identify Instruments/Equipment (see list below)	15 minutes
Skill II: Surgical Scrub Methods	6 minutes
Skill III: Open Gloving Techniques	3 minutes
Skill IV: Gowning & Gloving (Self)	5 minutes
Skill V: Passing Surgical Instruments	5 minutes
Skill VI: Loading & Passing Surgical Sutures	4 minutes

3. For all skills, body fluids will be a simulated product.

Below is the list of equipment used for the **Skill I: Identify Instruments/Equipment**. This skill may be included with the Round One written test, to include 15 numbered photos of instruments and or equipment.. If this skill is administered with the Round One written test, the skill assessment allotted time will be added to the written test allotted time.

Electrosurgical Pencil	Harrington Sweetheart Retractor	Adson Tissue Forceps	Kocher-Ochsner Clamp
No. 7 Knife Handle	Richardson-Eastman Retractor	Toothed Adson Tissue Forceps	Halstead Mosquito Forceps
No. 3 Knife Handle	Deaver Retractor	Brown-Adson Tissue Forceps	Crile Forceps
No. 3 Long Knife Handle	Straight Mayo Scissors	Plain Tissue Forceps	Kelly Forceps
Beaver Handler	Curved Mayo Scissors	Deakey Tissue Forceps	Rochester-Pean Forceps
No. 15 Blade	Curved Metzanbaum Scissors	Bonney Tissue Forceps	Mixer Forceps
No. 10 Blade	Doyen Bowel Clamp	Ferris-Smith Tissue Forceps	Babcock Forceps
No. 20 Blade	Carmalt Forceps	Allis Clamp	Schmidt Tonsil Clamp

4. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. Some scenarios may involve the combination of multiple skills. In the event rating sheets are combined, it is not necessary to repeat a task a second time. An example would be that competitors would not need to identify the patient twice. A sample scenario is available [here](#).
5. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
6. Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)
7. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills, if the questions relate to patient's condition and

will be included in the scenario or judge script.

8. Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

Final Scoring

1. The competitor must earn a score of 70% or higher on the combined skill(s) in Round Two-Skill Assessment (excluding the test and ID equipment) in order to be recognized as an award winner at the ILC.
2. The final rank is determined by adding the round one test score plus the round two skill score. In the event of a tie, the highest test score will be used to determine the final placement.

Final Opportunities

The HOSA Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: <https://hosa.org/scholarships/>.

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.

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Skill I: Identify Instruments and Equipment

Time: 15 minutes

Competitor #: _____ Division: _____ Judge's Signature: _____

	Name of Instrument	Points (1 each for name & spelling)			Purpose of Use	One point for correct purpose/use	
1.		2	1	0		1	0
2.		2	1	0		1	0
3.		2	1	0		1	0
4.		2	1	0		1	0
5.		2	1	0		1	0
6.		2	1	0		1	0
7.		2	1	0		1	0
8.		2	1	0		1	0
9.		2	1	0		1	0
10.		2	1	0		1	0
11.		2	1	0		1	0
12.		2	1	0		1	0
13.		2	1	0		1	0
14.		2	1	0		1	0
15.		2	1	0		1	0
Total ID & Spelling (30 possible): _____					Total Purpose (15 possible): _____		
Total Points (45 possible): _____							

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Skill II: Surgical Scrub Methods

Time: 6 minutes

Competitor #: _____ Division: ____SS____PS/Collegiate Judge's Signature: _____

	Skill II: Surgical Scrub Methods	Possible	Awarded
1.	Assembled equipment.	1 0	
2.	Donned all PPE	1 0	
	a. Tucked in scrub top		
	b. Rolled sleeves up 2" above elbows	2 0	
3.	Removed any jewelry	2 0	
4.	Inspected the integrity of hands and arms to rule out presence of non-intact skin	2 0	
5.	Inspected nails and cuticles	2 0	
6.	Open brush package and place in convenient location	2 0	
7.	Turned on water to wet hands and arms and lather 2" above elbows	2 0	
8.	Used the nail cleaner to carefully clean subungual areas of both hands while holding the hand under the running water	2 0	
9.	Discarded the nail cleaner in the proper receptacle.	2 0	
10.	Unwrapped the scrub sponge and dispense soap unless sponge is impregnated with soap	2 0	
11.	Started timing or counting strokes scrub technique (2 minutes per arm)	2 0	
12.	Began scrub with the nails, passed fingernails back and forth across the sponge.	2 0	
	a. Kept hands above elbows and elbows bent to allow water to run off	2 0	
	b. Each finger has four planes. Scrubbed each plane of each finger individually, between the fingers in the web spaces.	2 0	
	c. Divided arm into three sections with four planes up to 2" above elbow.	2 0	
13.	Transferred brush to the scrubbed hand and repeated the process on the opposite extremity before discarding the brush	2 0	
14.	Rinsed one extremity from the fingertips to elbow while keeping elbows bent and hands above elbow.	2 0	
	a. Avoided touching body, faucet, and sides/edges of sink.	2 0	
	b. Repeated rinse on opposite extremity.	2 0	
15.	Proceeded to the operating room (O.R.) with elbows bent and hands between mid-chest and waist level.	2 0	
	a. Entered O.R. by opening door by turning back to the door, pushing it open, and rotating into the operating room	2 0	
	b. Did not touch anything including scrub suit, one arm to other, crossed arms, until gowned and gloved	2 0	
	c. Kept elbows flexed and proceeded to gown and glove	2 0	
*Judge states "Skill completed".			
Total Points- Skill II: 70% Mastery for Skill II: 32.2		46	

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Skill III: Open Gloving Technique

Time: 3 minutes

Competitor #: _____ Division: _____ SS _____ PS/Collegiate Judge's Signature: _____

	Skill III: Open Gloving Technique	Possible	Awarded
1.	Assembled equipment.	1 0	
2.	Removed any jewelry	2 0	
3.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
4.	Opened outer non-sterile wrapper and delivered the inner sterile wrapped gloves onto a clean, dry surface	2 0	
5.	Opened the inner wrapper to create a small sterile field, up to 2" of the perimeter are considered nonsterile	2 0	
	a. Touched only the outer edges of the inside wrapper	2 0	
	b. Secured the first glove from the wrapper by pinching the cuffed edge and lifted the glove up and away from the wrapper.	2 0	
	c. Oriented the fingertips of the glove downward.	2 0	
6.	Applied the glove to the opposite hand by inserting the fingers and pulling the glove over the palm without touching the glove exterior.	2 0	
7.	Unfolded the cuff of the glove without touching the exterior.	2 0	
8.	Retrieved the second glove from the wrapper by inserting the fingertips of the already gloved (sterile) hand under the cuffed edge of the glove.	2 0	
9.	Kept the gloved thumb tucked under the cuff or well out of the way.	2 0	
10.	Lifted the glove up and away from the wrapper.	2 0	
11.	Applied the glove in the manner previously described, making minor adjustments without touching the nonsterile hand.	2 0	
Total Points- Skill III: 70% Mastery for Skill III: 18.9		27	

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Skill IV: Gowning and Gloving (Self)

Time: 5 minutes

Competitor #: _____ Division: ____SS____PS/Collegiate Judge's Signature: _____

	Skill IV: Gowning and Gloving (Self)	Possible	Awarded
1.	Approached the sterile field with caution.	2 0	
2.	Donning Gown:	2 0	
	a. Grasped the gown at the center neck without touching the glove or the wrap	2 0	
	b. Lifted the gown from the wrapper and stepped back with the gown still folded.	2 0	
	c. Held the inside of the gown near the shoulders and allowed the gown to unfold (did not shake gown open)	2 0	
	d. Began donning the gown by slipping the hands and arms into the sleeves. Slide the gown over the arms using a "swimming" motion.	2 0	
3.	Keep hands within the cuff of the gown. Flex the elbows to hold the gown in place.	2 0	
4.	Donning Gloves:	2 0	
	a. Begin closed gloving, did not protrude fingers outside the knitted cuff of the gown.	2 0	
	b. Approached the sterile field with caution.	2 0	
	c. Opened the glove wrapper, grasped the two center edges, opening outward and everting package slightly to expose the gloves keeping fingers from entering the cuff of the gown	2 0	
	d. Secured the first glove without fingers entering the cuff of the gown.	2 0	
	e. Aligned the glove on the palm of the hand that will be gloved first with thumb side of the glove toward your palm and the fingertips toward your elbow.	2 0	
	f. Pulled the cuff of the glove over the cuff of the gown.	2 0	
	g. Unfolded the cuff of the glove to completely cover the cuff of the gown.	2 0	
	h. Grasped the glove and the gown at the wrist level. Worked the fingers into the glove as the glove is being pulled into position.	2 0	
5.	Secured the second glove and apply using closed gloving technique with the other hand.	2 0	
6.	Checked both gloved hands for any sign of punctures or tears.	2 0	
7.	Repeated process to always ensure double gloved.	2 0	
8.	Pulled tie to release from paper tab, passed the gown tab to the Circulator (judge) and turned, securing gown ties.	2 0	
Total Points- Skill IV: 70% Mastery for Skill IV: 25.2		36	

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Skill V: Passing Surgical Instruments

Time: 5 minutes

Competitor #: _____ Division: _____ SS _____ PS/Collegiate Judge's Signature: _____

	Skill V: Passing Surgical Instruments	Possible	Awarded
1.	Demonstrate hand signal: hemostat, forceps, scissors, suture, scalpel	2 0	
2.	Properly passed Ringed Instruments:	2 0	
	a. Ensured instruments are in locked position	2 0	
	b. Passed by holding box lock of instrument and placed the rings in the palm of the surgeon's open receiving hand using a quick snap of the wrist.	2 0	
3.	Passed instruments appropriately in accordance to where the Surgeon is positioned:	2 0	
	a. If the Surgeon is on the same side of the table and to the left of the CST- passed to Surgeon's right hand using your right hand and passed to Surgeon's left hand using your right hand.		
	OR		
	b. If the Surgeon is on the same side of the table and to the right of the CST- passed to Surgeon's left hand using your left hand, and passed to Surgeon's right hand using your left hand.		
	OR		
	c. If the Surgeon is across from the CST - passed to the Surgeon's right or left hand depending on the dominant hand of the Surgeon.		
*Judge states which hand is the Surgeon's dominant.			
4.	Properly passed Retractors:	2 0	
	a. Placed the handle of the hand-held retractor in the Surgeon's hand.	2 0	
	b. Ensured when passing the retractor, blade was pointed toward the patient's incision.	2 0	
5.	Properly passed Sponge Stick:	2 0	
	a. Passed sponge stick with sponge to surgeon demonstrating immediate use.	2 0	
6.	Properly passed Scalpel:	2 0	
	a. Demonstrate no-hands technique where scalpel is placed in a neutral zone, retrieved, used by Surgeon, and returned to neutral zone	2 0	
	b. Held the scalpel on top above blade with blade facing self	2 0	
	c. Used thumb and index finger to protect blade	2 0	
	d. With palm of the passing hand facing the O.R. table and the scalpel blade edge also facing toward the O.R. table, away from the palm, ensured blade rests in the open area formed by the cupped hand.	2 0	
	e. Securely placed the knife hand in the Surgeon's hand.	2 0	
	f. When Surgeon has securely grasped the blade, moved passing hand up and away from the blade.	2 0	
Total Points- Skill V: 70% Mastery for Skill V: 18.2		26	

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Skill VI: Loading and Passing Surgical Sutures

Time: 4 minutes

Competitor #: _____ Division: _____SS_____PS/Collegiate Judge's Signature: _____

	Skill VI: Loading and Passing Surgical Sutures	Possible	Awarded
1.	Loaded needle at the tip of the needle holder	2 0	
2.	Set at a 90-degree angle to the long line of the needle holder, ensuring the correct direction for left or right handed suturing technique.	2 0	
3.	Made sure the box is fully locked before passing.	2 0	
4.	Treated needle holder as a ring instrument, ensuring it is passed by grasping the lock box and using a quick snap of the wrist to place rings in Surgeon's palm.	2 0	
5.	Prior to passing, suture is draped over the back of your hand to ensure the delivering hand prohibits the suture from entering the Surgeon's hand with the instrument.	2 0	
6.	Controlled long sutures until the Surgeon has full control of the suture to prevent suture contamination.	2 0	
7.	Ensured a neutral zone is maintained to minimize incidents of sharp injury.	2 0	
Total Points- Skill VI: 70% Mastery for Skill VI: 9.8		14	