



Foundations of HOSA Bowl

Teamwork Event

Eligible Divisions: Middle School	Round 1: 35 Q test in 60 minutes	Digital Upload: NO
Team Event: 4 competitors per team	Round 2: Buzzer Bracket	



New for 2024 – 2025

A new edition of Health Science Concepts and Skills has been released. The event will be permanently closed to observers at ILC. The test plan has been updated with the removal of Current Events. The MedlinePlus Magazine resource has been deleted. Clarification on buzzer rounds has been added. Editorial updates have been made.

TEXAS HOSA

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

Texas State Leadership Conference

A Round 1 written exam will be used to slate the top eight (8) teams for Round 2. Both Round 1 and Round 2 for State will be in person at Kalahari in Round Rock.

- Top three teams will advance to ILC.

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Event Summary

Foundations of HOSA Bowl allow members to gain knowledge and skills on various topics and situations in health, HOSA, and current health topics. This competitive event consists of 2 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 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 and HOSA.

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 eraser for the test.

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 and buzzer rounds.
 - a. [Winger and Blahnik. *Introduction to Health Science: Pathways to Your Future.* Goodheart-Willcox Publisher. Latest Edition.](#)
 - b. [Ehrlich, A., and Schroeder, C.. *Medical Terminology for Health Professions.* Cengage Learning. Latest Edition.](#)
 - c. 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.
 - d. [Marshall and Roe. *Health Science Concepts and Applications.* Goodheart-Willcox Publisher. Latest Edition.](#)

ROUND ONE: Test

3. [Test Instructions](#): There will be a maximum of 60 minutes to complete the 35-item multiple choice test.

_____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.

4. Test Plan

The test plan for both the written test and Round 2 – 6 or Foundations of HOSA Bowl is:

- HOSA Related30%
- Health-related.....70%
 - History and Trends
 - Health Care Systems
 - Health Careers
 - Legal and Ethical Issues
 - Medical Terminology
 - Anatomy and Physiology
 - Nutrition
 - 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 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

7. Beginning with Round Two, two (2) teams compete against each other.
8. 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 Two.
9. 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.
10. 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](#).
11. All teams (including alternates) must report to and remain in the holding room until their numbers are called for them to compete.
12. 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.
13. 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 prior to the start of each round and will be placed on the table in front of each team member.
14. 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 and 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 and answer questions. The team member who buzzes in must be the one who responds.
15. Subsequent rounds will be 6 minutes in total in the above format and include up to 35 questions.
16. 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 given a chance to respond according to rule #25F.
 - 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 in 17A and 17B. 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.

- F. If no team member pushes the buzzer before five (5) seconds have passed, no points are given, and the next question will be read.
17. 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.
 18. The exact list of questions is asked of each team in each section during a round, starting with the 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 per rule 16F.
 19. 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.
 20. 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 test scores will be used to determine which team advances in the bracket.
 21. The moderator will not give the correct response to an item if neither team can answer correctly.
 22. 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
 23. Please refer to [GRRs](#) and regarding the use of study materials in this event.

Final Scoring

24. **SEMI-FINAL ROUNDS**: When 4 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 holding to face each other to determine 3rd and 4th place in the consolation match of the final round.
25. **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.
26. There will be no observers during the entirety of the event.
27. 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.
28. 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.

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

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				Semi-Finals	Finals	
1	Highest		1				
2			16				
3							
4			9				
5							
6			8				
7							
8			5				
9							
10			12				
11							
12			13				
13						Championship Match	1 st Place
14			4				
15							
16			3				
			14				
			11				
			6				
			7				2 nd Place
			10				
			15			Consolation Match	3 rd Place
			2				4 th 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 1 st & 2 nd				26	
13											
14		8								7	
15											
16		5				The two teams who did not make it to the Championship match play in the consolation match				6	
17											
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						