Process for Awarding Competitive Event Dress Bonus Points:
- For all competitive events, five (5) bonus points will be added in Tabulations once per competitor and/or team for appropriate dress. In team events, all team members must be properly dressed to receive the bonus points. Exceptions are as noted in the event guidelines.
- At the ILC, dress bonus points are awarded unless a dress violation is agreed upon by the Event Manager and a member of the HOSA CE staff. The Event Manager must notify the Event Lieutenant or Category Chair. When dress points are not awarded, this must be indicated on the HOSA Event Section Summary form, and signed by a member of the CE Program staff.
- Judges are NOT responsible for the awarding of dress bonus points; this is handled by competitive event personnel.

Competitive Events Dress Tips:
No policy can possibly cover all contingencies so HOSA members must use a certain amount of judgment in their choice of clothing to wear for HOSA competition. HOSA members who experience uncertainty about acceptable HOSA attire should ask his/her HOSA local or state advisor.

Note about HOSA’s Dress Code Policy:
Head covers that are required for religious purposes or to honor cultural tradition are allowed.

Official Function Dress (Workshops, HOSA Expo and Social Activities):
Appropriate business attire is required for official functions including the HOSA Expo and workshops in conjunction with the ILC. Social activities dress code will include everything EXCEPT: athletic clothing, swim wear, sheer or mesh clothing, tank tops, muscle shirts, crop tops and clothing with obscene or suggestive printing. Shirt straps must be two inches wide and the length of shorts and skirts must be at minimum to the fingertip.

General Session Dress (REQUIRED):
Official HOSA Uniform Policy:
- Tailored navy blazer with emblem affixed over the heart.
- Matching navy slacks or navy knee-length skirt
- White, closed-neck, tailored dress shirt suitable for tie or scarf
- Accents: maroon HOSA scarf or maroon or navy long tie
- Closed-toe blue or black shoes (hose optional)
- Belt (blue or black)
- Head covers that are required for religious purposes or to honor cultural tradition are allowed.

Non-uniform Alternative:
- Black or navy blue suit
- White, closed-neck, tailored dress shirt suitable for tie or scarf
- White blouse (can be member’s choice)
- Accents: maroon HOSA scarf or maroon or navy long tie
- Members may choose to wear knee-length skirt or slacks
- Closed-toe blue or black shoes (hose optional)
- Belt (blue or black)
- Head covers that are required for religious purposes or to honor cultural tradition are allowed.

Competitive Events Dress Attire:
Delegates must adhere to the policy as specified in the individual competitive event guidelines for the orientation and event in which they are competing. If the competitive event guidelines identify business attire is appropriate, competitors can either wear the official HOSA uniform or any of the following dress is acceptable (color is not specified for clothing or shoes for competition):
- Suit
- Shirts
- Sports Jackets
- Pants
- Skirts
- Dresses
- Jackets
- Shoes (closed-toe or open-toe heeled sandals)

Clinical or Occupational Attire:
If the competitive event guidelines identify clinical uniform or attire appropriate to the occupational area for skill events, the following dress is acceptable (can be of any color/design, with or without a HOSA emblem):
- Scrubs, EMS attire, CERT attire
- Khaki pants with polo top
- Clinical or tennis shoes
- Shorts and flip-flops are not acceptable HOSA clinical attire.

Unacceptable Attire for Competition
This list is not limited to these specific examples:
- Casual tank, crop or tubetops
- T-shirts, sweatpants, sweatshirts
- Shorts, Capri pants, or other shortened pants.
- Denim clothing or canvas shoes
- Beach or swim wear, athletic wear, sheer or mesh clothing
- Clothing revealing excessive skin or under garments.
- Torn, dirty or frayed clothing
- Clothing with obscene, offensive or suggestive art or print
- Flip-flops or thong sandals

Official HOSA Uniform and Dress Code
HOSA’s dress code policy has different areas of emphasis: general session dress; competitive events dress; and official function dress (workshops, HOSA expo and social activities). Refer to our poster for a visual dress code at hosa.org/dresscode.