

LA HOSA's OFFICIAL DRESS CODE POLICY

LA HOSA's dress code policy has different areas of emphasis: general session dress; competitive events dress; and function dress (workshops, HOSA expo and social activities).

General Session Dress **(REQUIRED)**:

Men

- Tailored black, navy, or dark gray blazer (or suit)
- Matching black, navy, or dark gray slacks
- White, closed-neck, tailored dress shirt suitable for tie
- Accents: solid color long tie
- Blue or black dress shoes
- Belt (blue, black, or brown)
OR
- Official HOSA Uniform may be worn.



Ladies

- Black, navy-blue, or dark gray blazer
- White blouse (can be member's choice)
- Accent: (optional) maroon HOSA scarf
- Members may choose to wear knee-length skirt or slacks
- Closed-toe blue or black shoes (hose optional for women) • Belt if pants have loops (navy, black, or brown)
OR
- Official HOSA Uniform may be worn.

Competitive Events Dress:

- 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
 - Skirts
 - Pants
 - Dresses
 - Jackets
 - Shoes (closed-toe heeled sandals are permitted but not preferred)
 - Official HOSA Uniform

If the competitive event guidelines identify clinical uniform or attire appropriate to the occupational area for skill events, the following dress is acceptable (scrubs can be of any color/design, with or without an emblem):

- Scrubs
- Clinical shoes or tennis shoes
- Khaki Pants with Polo Top
- Note: Shorts and flip-flops are not acceptable HOSA clinical attire.

Process for Awarding Competitive Event Dress Bonus Points:

- For all competitive events, five (5) bonus points will be added once per competitor and/or team to the tally sheet 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.
- 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.

Unacceptable clothing for competition (but not limited to):

- Casual tank, crop or tube tops
- Torn, dirty, or frayed clothing
- T-shirts
- Blue Denim pants
- Clothing that has obscene or suggestive printing or pictures that may be offensive.
- Sweat pants/shirts;
- “Shorts”, “capri pants” and other short pants
- Beach wear; athletic clothing, swimwear, sheer or mesh clothing and sports clothes
- Blue jean skirts and dresses
- Revealing clothing i.e. excessive cleavage, back, chest, stomach, under-garments, etc.
- Flip-flops and Thong sandals: shoes that are flat, backless, made of rubber or leather, plain or embellished with beads, etc., consisting of a flat sole held loosely on the foot by a Y-shaped strap, like a thin thong, that passes between any of the toes and around either side of the foot.

Note about HOSA’s Dress Code Policy:

- Head covers that are required for religious purposes or to honor cultural tradition are allowed.
- A competitor should dress appropriately, based on the dress standards outlined for the gender to which they identify.

Official Function Dress: (Workshops, HOSA Expo and Social Activities):

Appropriate business attire is required for official functions including the HOSA Expo and workshops

Closing session: must wear attire listed above for General Sessions.

NO JEANS, GYM SHOES, t-shirts, ETC.

No jackets, hoodies, or nametags etc. may be worn on stage if getting medals.

Dance

See information page for the Dancing Through The Decades..

Look and Be Professional!