2022-2023 MI HOSA Regional Leadership Conference
Competitive Event Breakdown
Healthy Lifestyle (PS/SS/MS)

All regional information can be found at [www.michiganhosa.org/regionals](http://www.michiganhosa.org/regionals)

**Event Breakdown:** (based off [National HOSA guidelines](http://www.hosa.org/guidelines))

- **Competitor’s MUST present a photo ID or proof of identity when checking in to their competitive event.** A clear picture of a photo ID is acceptable. If a student does not bring a photo ID, the student’s advisor may be asked to report to the event manager or HOSA Headquarters and verify the student’s identity.
- **There is NO TALLO upload requirement for this event.**
- Please report to the testing room at the time listed in your regional conference program. NO resources are allowed in the testing room (this is NOT an open note/book test).
- The test will NOT be used as a preliminary to Round Two. **Everyone will advance to the second round.** The test score will be combined with the Round Two score for final placement.
- For Round Two, please report to the room at the time listed in the conference program (available at the conference). Event manager(s) will check competitors in.
- Competitors will follow the Round Two Presentation for Judges process outlined in the event guidelines (pages 4 & 5).
- Any additional information you may need to know about the event will be given by the event manager.
- A timekeeper will not be provided for this event. Judges have been instructed to inform competitors of the time(s) remaining.
- Judges will use the Rating Sheets provided in the Healthy Lifestyle event guidelines ([www.hosa.org/guidelines](http://www.hosa.org/guidelines)).
- No notes of any kind are allowed in the room with judges. Only the supplies you are required to bring are allowed.
- Competitor rubrics are confidential and will not be shared with students after competition. Any feedback judges wish to give students will be written on a “Judge Feedback Card” and given to the HOSA advisor following the awards ceremony.
- Absolutely NO spectators are not allowed to watch presentations. The only authorized personnel in the competitive event room are judges, event manager(s), HOSA staff and the competitor/team.
Dress Code:
As Future Health Professionals, HOSA members should present themselves in a professional manner. Competitors shall wear official HOSA uniform or proper business attire for judge presentations. Bonus points will NOT be awarded, but event managers will make note if competitors are NOT in proper dress which could result in overall point deduction.

General Regional Conference Reminders:
- Michigan HOSA members can compete in only ONE competitive event. At the State and International levels, they can compete in their competitive event and as many Recognition events they want.
- Teams MUST compete with the number listed in the event guidelines. No more, no less. If it is a two person team event, you must compete with two people. If the student cannot find a last minute replacement, we will allow them to participate in another event at Regionals, such as a knowledge test.
- If you have specific questions about your competitive event, first, look at the event guidelines. Second, check the specific event modifications link at the top of this page for any specific notes we have about the event for the regional level. Third, check out the Competitive Events FAQs page. If you did not find your answer, please email samantha.pohl@mhc.org or hosa@mhc.org.
- It is HOSA policy that judge rating sheets and other material remain confidential. Michigan HOSA will try to provide Judge Feedback Cards, but it is not a guarantee.