

# INTERNATIONAL HOSA

## Uniform Requirements for National Conference Events

### Official Dress Code for ALL General Sessions:

The official dress code for the student members for all general sessions at the NLC will be either the following:

- HOSA uniform (see below)

**OR**

- Black or navy blue suit with a white shirt (the white shirt can be the member's choice)
- Closed-toe blue or black shoes (hose optional)
- Male members **MUST** wear a tie.
- Female members may choose to wear knee-length skirt or slacks.

**Student delegates** not adhering to the above dress policy for all general sessions at the NLC will **NOT** be admitted.

HOSA Uniform Policy:

- Tailored navy blazer with emblem affixed over the heart.
- Shirt/blouse for females (white tailored or short-sleeve white jewel neck shell)
- Shirt for males—white closed-neck, man-tailored dress shirt, suitable for use with a tie
- Accent for female members - maroon HOSA scarf or tie is optional but not required
- Accent for male officers - navy or maroon long tie
- Matching navy slacks for males and matching navy slacks or skirts for females
- **Closed-toe** blue or black shoes (hose optional)

### Competitive Event's Dress Attire:

Delegates must adhere to **the Dress Code** as specified in the individual competitive event guidelines for the **orientation and event** in which they are competing. Bonus points will be given according to the individual guidelines.

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.

- School tags, state badges or ID's must be removed or completely covered during competition.

### Other Conference Attire:

Conference delegate attire should be proper and appropriate since it reflects directly upon the State Association and National HOSA. Conference delegates are strongly encouraged to wear HOSA uniforms or appropriate business attire to all conference activities (other than the general sessions where the official dress code for general sessions must be adhered).

Under no circumstances will blue jeans, shorts, or other casual attire be accepted at any Conference function (with the exception of tours, HOSA's dances, and other recreational activities). Delegates dressed in such casual attire will not be permitted to participate in official HOSA conference meetings.

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

The following include other tips concerning the HOSA Dress Code.

- No denim clothing or canvas shoes will be acceptable. Denim pants in colors other than blue are not permitted. Blue jean skirts and dresses are NOT acceptable.
- Dressy pants of different lengths that are part of a suit/ensemble may be acceptable but “shorts” are not acceptable.
- Casual tank or tube tops, t-shirts, sweat pants/shirts, or tennis shoes are never acceptable.
- Business-casual attire may include khaki pants and polo tops.
- Clothing that works well for the beach, yard work, dance clubs, exercise sessions, and sports contests is NOT appropriate for HOSA events, meetings, and conference sessions.
- Clothing that reveals too much cleavage, your back, your chest, your stomach or your underwear is not appropriate for HOSA delegates.
- Clothing should be pressed and never wrinkled. Torn, dirty, or frayed clothing is unacceptable. Any clothing that has words, terms, or pictures that may be offensive to HOSA delegates or guests is unacceptable.
- Open-toed shoes and heeled sandals are permitted. Flip-flops are not.

**Definition of Flip-Flops:** Flip-flops and thong sandals 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 the first (big) and second toes and around either side of the foot.

**Casual Dress Code for Social Functions**

Appropriate dress for official social functions in conjunction with the NLC will include everything

**EXCEPT** the following:

- Tank tops
- Halter tops
- Shorts and skirts must be at minimum to the fingertip
- Shirt straps must be two inches wide

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