

# Nutrition

## Arizona HOSA Event Guidelines Supplement

### Individual Event

This supplement is written exclusively for Arizona HOSA Events.  
For full details refer to the Official Event Guidelines

Conference	Available	Required Upload Deadline	Details at a Glance
Regional Leadership Conference	NO	N/A	N/A
Online Test	NO	N/A	N/A
State Leadership Conference	YES	NONE	Competitors will compete per the official event guidelines at SLC.
International Leadership Conference	YES	NONE	Competitors will compete per the official event guidelines at ILC.

**Dress Code:** Competitors shall wear proper business attire or official HOSA uniform. For full details see the [HOSA Dress Code Appendix D](#).

**Competitors MUST bring to STATE AND INTERNATIONAL Leadership Conference:**

1. Photo ID
2. Two #2 pencils (not mechanical)

**AzHOSA will provide**

1. Clock with hour : minute : seconds (for time monitoring)
2. Test booklets
3. Answer document

**Regional Leadership Conference Event Flow (see official guidelines for more information):**

1. This event is NOT held at the Regional Leadership Conferences

**State Leadership Conference Event Flow (see official guidelines for test plan and more information):**

1. Competitors will arrive at the State Leadership Conference and Check - In at the event room with the Event Manager at the START of the posted event time frame.
2. Competitor will provide a photo ID to the Event Manager during check-in
3. Event staff will issue a test booklet to the competitor
4. Event staff will seat the competitor and write the official START time on the top of the answer sheet and test booklet
5. Competitors will have 90 minutes to complete the test - they are responsible for monitoring the time using the provided clock.
6. Competitor will return the test booklet and answer document to the Event Staff when finished.
7. Competitors should complete the event survey and leave the competition area.

**NOTE: Competitors may begin the test the moment they are seated. There will be competitors starting and ending at various times in the room. The room will NOT be guaranteed to be a quiet testing environment.**

**International Leadership Conference Event Flow - SEE OFFICIAL GUIDELINES FOR ALL INFORMATION**

**Frequently Asked Questions**

1. Can I bring more than one pencil to the event? Yes, you may bring as many as you think you will need. It is NOT recommended to bring mechanical pencils as they tend to not be very dark.
2. I arrived a few minutes late. Can I still start? Yes, the format of the testing room is considered to be a “rolling start”. Check in for the event will start promptly at the posted time and competitors will start the test once they are seated.
3. I do not need the full 90 minutes - do I have to sit there and wait for the time to end? No, once you are finished with the exam you may return it to the event staff and leave the testing area.