

Surgical Technologist



Health Professions

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Solo Event: 1 competitor	Round 2: Skill Demonstration	



NEW Event for 2025 - 2026

Event Summary

The Surgical Technologist event allows members to gain essential knowledge and skills required for the field of Surgical Technology. This competitive event consists of two rounds. Competitors will take a written test for Round One. Top-scoring competitors will advance to Round Two for a clinical skills assessment. This event aims to inspire members to learn more about Surgical Technologist careers, enhance critical thinking skills, and prepare to become allied health professionals capable of effectively assisting in surgical settings.

Sponsorship

HOSA-Future Health Professionals appreciates the sponsorship of this event by the [Association of Surgical Technologists](#).



Dress Code

Bonus points will be awarded for [proper dress](#).

Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area

Round 2: Attire appropriate to the occupational area (Surgical Scrubs)

Competitors Must Provide:

- A [photo ID](#) for both rounds
- Two #2 lead pencils (not mechanical) with eraser for the test.
- Sterile Surgical Gloves (x2), surgical cap or bouffant cap, surgical gown, shoe coverings, mask, goggles, safety glasses, eye shield, or face guard and surgical scrub brush (no soap).

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#)

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).
2. Additional Opportunity:
The HOSA Scholarship program has funding available for HOSA members who have an interest in surgical technologist careers! The application process begins January 1, 2026 and can be found here: <https://hosa.org/scholarships/>

Official References

3. The references below were used in the development of the test questions and skill rating sheets.
 - a. [Association of Surgical Technologists. Surgical Technology for the Surgical Technologists: A Positive Care Approach. Cengage Learning. Latest edition.](#)
 - b. [Renee Nemitz. Surgical Instrumentation: An Interactive Approach. Saunders. Latest edition.](#)

Round One Test:

4. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.

5. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center, and competitors are responsible for monitoring their own time.

6. **Written Test Plan**

The test plan for the Surgical Technologist is:

- Profession of CST 10%
- Perioperative Preparation 30%
- Intraoperative Procedures 30%
- Post Operative Procedures 10%
- Ancillary Duties 5%
- Equipment Sterilization & Maintenance 5%
- Surgical Anatomy & Physiology 10%

7. **Sample Test Questions**

1. Who is the certifying body for the CST exam? (AST pp 7)
 - A. AST
 - B. NCCT
 - C. **NBSTSA**
 - D. ACCME
2. Which of the following instrument categorization is used for exploring a structure, opening, or tract? (Nemitz pp 4)
 - A. Cutting and Dissecting
 - B. **Probing and Dilating**
 - C. Grasping and Holding
 - D. Retracting and Exposing
3. When performing the surgical scrub, hands and arms are considered: (AST pp 366)
 - A. **Surgically clean**
 - B. Sterile
 - C. Disinfected
 - D. Sanitized

Round Two Skills

8. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.
9. Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

Skill I: Identifying Equipment (Including name of instrument and purpose or use)	15 minutes
Skill II: Surgical Scrub Methods	6 minutes
Skill III: Open Gloving Technique	3 minutes
Skill IV: Gowning & Gloving	5 minutes
Skill V: Passing Surgical Instruments	5 minutes
Skill VI: Loading & Passing Surgical Sutures	4 minutes

Skill I: Numbered Instruments (15) or photos from list:

Electrosurgical Pencil	Harmonic Scalpel	Halstead Forceps	Crile Forceps
Kelly Forceps	Rochester-Pean Forceps	Carmalt Forceps	Mixer Forceps
Adson Forceps	Straight Mayo Scissors	Curved Mayo Scissors	Curved Metzenbaum Scissors
Lister Bandage Scissors	Wire Scissors	No. 3 Knife Handle	No. 3 Long Knife Handle
No. 7 Knife Handle	No. 10 Blade	No. 11 Blade	No. 12 Blade
No. 15 Blade	No. 4 Knife Handle	No. 20 Blade	Beaver Handle
Plain Adson Tissue Forceps	Toothed Adson Tissue Forceps	Brown-Adson Tissue Forceps	Plain Tissue Forceps
Toothed Tissue Forceps	DeBakey Tissue Forceps	Bonney Tissue Forceps	Ferris-Smith Tissue Forceps

(FOR ALL SKILLS, BODY FLUIDS WILL BE A SIMULATED PRODUCT)

10. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. Some scenarios may involve the combination of multiple skill sheets. An example would be competitors would not need to identify the patient twice. A sample scenario can be found [here](#).
11. Timing will begin when the scenario is presented to the competitor and will be stopped at the end of the time allowed.
12. The scenario is a secret topic for the skill(s) to be performed. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the [GRRs](#).
13. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to the patient's condition and will be included in the scenario or judge script.

Final Scoring

14. The competitor must earn a score of 70% or higher on the combined skill(s) of the event to be recognized as an award winner at the ILC.
15. The final rank is determined by adding the round one test score plus the round two skill score. In case of a tie, the highest test score will be used to determine the rank.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

SURGICAL TECHNOLOGIST

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Initials _____ Total Points (45 poss.) _____

Skill I: Identify Surgical Instruments/Equipment (Time: 15 minutes)

	Name of Instrument	Points (1 each for name & spelling)	Purpose or Use	Points (1 point for correct purpose/use)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
TOTAL: ID & Spelling (30 poss.)			TOTAL: Purpose (15 poss.)	

SURGICAL TECHNOLOGIST

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Initials _____

Skill II Surgical Scrub Methods (Time: 6 minutes)		Possible	Awarded
1.	Assembled equipment.	1 0	
2.	Donned all PPE		
	a. Tucked in scrub top	1 0	
	b. Rolled sleeves up 2" above elbows	2 0	
3.	Removed any jewelry	2 0	
4.	Inspected the integrity of hands and arms to rule out presence of non-intact skin	2 0	
5.	Inspected nails and cuticles	2 0	
6.	Open brush package and place in convenient location	2 0	
7.	Turned on water to wet hands and arms and lather 2" above elbows	2 0	
8.	Used the nail cleaner to carefully clean subungual areas of both hands while holding the hand under the running water	2 0	
9.	Discarded the nail cleaner in the proper receptacle.	2 0	
10.	Unwrapped the scrub sponge and dispense soap unless sponge is impregnated with soap	2 0	
11.	Started timing or counting strokes scrub technique (2 minutes per arm)	2 0	
12.	Began scrub with the nails, passed fingernails back and forth across the sponge.	2 0	
	a. Kept hands above elbows and elbows bent to allow water to run off	2 0	
	b. Each finger has four planes. Scrubbed each plane of each finger individually, between the fingers in the web spaces.	2 0	
	c. Divided arm into three sections with four planes up to 2" above elbow	2 0	
13.	Transferred brush to the scrubbed hand and repeated the process on the opposite extremity before discarding the brush	2 0	
14.	Rinsed one extremity from the fingertips to elbow while keeping elbows bent and hands above elbow.	2 0	
	a. Avoided touching body, faucet, and sides/edges of sink.	2 0	
	b. Repeated rinse on opposite extremity.	2 0	
15.	Proceeded to the operating room (O.R.) with elbows bent and hands between mid-chest and waist level.	2 0	
	a. Entered O.R. by opening door by turning back to the door, pushing it open, and rotating into the operating room	2 0	
	b. Did not touch anything including scrub suit, one arm to other, crossed arms, until gowned and gloved	2 0	
	c. Kept elbows flexed and proceeded to gown and glove	2 0	
*Judge states "Skill completed".			
TOTAL POINTS -- SKILL II		46	
70% Mastery for Skill II = 32.2			

SURGICAL TECHNOLOGIST

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Initials _____

Skill III Open Gloving Technique (Time: 3 minutes)		Possible	Awarded
1.	Assembled equipment.	1 0	
2.	Removed any jewelry	2 0	
3.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
4.	Opened outer non-sterile wrapper and delivered the inner sterile wrapped gloves onto a clean, dry surface	2 0	
5.	Opened the inner wrapper to create a small sterile field, up to 2" of the perimeter are considered nonsterile	2 0	
	a. Touched only the outer edges of the inside wrapper	2 0	
	b. Secured the first glove from the wrapper by pinching the cuffed edge and lifted the glove up and away from the wrapper.	2 0	
	c. Oriented the fingertips of the glove downward.	2 0	
6.	Applied the glove to the opposite hand by inserting the fingers and pulling the glove over the palm without touching the glove exterior.	2 0	
7.	Unfolded the cuff of the glove without touching the exterior.	2 0	
8.	Retrieved the second glove from the wrapper by inserting the fingertips of the already gloved (sterile) hand under the cuffed edge of the glove.	2 0	
9.	Kept the gloved thumb tucked under the cuff or well out of the way.	2 0	
10.	Lifted the glove up and away from the wrapper.	2 0	
11.	Applied the glove in the manner previously described, making minor adjustments without touching the nonsterile hand.	2 0	
TOTAL POINTS -- SKILL III		27	
70% Mastery for Skill III = 18.9			

SURGICAL TECHNOLOGIST

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Initials _____

Skill IV Gowning & Gloving (Self) (Time: 5 minutes)		Possible	Awarded
1.	Approached the sterile field with caution.	2 0	
2.	Donning Gown:		
a.	Grasped the gown at the center neck without touching the glove or the wrapper.	2 0	
b.	Lifted the gown from the wrapper and stepped back with the gown still folded.	2 0	
c.	Held the inside of the gown near the shoulders and allowed the gown to unfold (did not shake gown open)	2 0	
d.	Began donning the gown by slipping the hands and arms into the sleeves. Slide the gown over the arms using a "swimming" motion.	2 0	
3.	Keep hands within the cuff of the gown. Flex the elbows to hold the gown in place.	2 0	
4.	Donning Gloves:		
a.	Begin closed gloving, did not protrude fingers outside the knitted cuff of the gown.	2 0	
b.	Approached the sterile field with caution.	2 0	
c.	Opened the glove wrapper, grasped the two center edges, opening outward and everting package slightly to expose the gloves keeping fingers from entering the cuff of the gown	2 0	
d.	Secured the first glove without fingers entering the cuff of the gown.	2 0	
e.	Aligned the glove on the palm of the hand that will be gloved first with thumb side of the glove toward your palm and the fingertips toward your elbow.	2 0	
f.	Pulled the cuff of the glove over the cuff of the gown.	2 0	
g.	Unfolded the cuff of the glove to completely cover the cuff of the gown.	2 0	
h.	Grasped the glove and the gown at the wrist level. Worked the fingers into the glove as the glove is being pulled into position.	2 0	
5.	Secured the second glove and apply using closed gloving technique with the other hand.	2 0	
6.	Checked both gloved hands for any sign of punctures or tears.	2 0	
7.	Repeated process to always ensure double gloved.	2 0	
8.	Pulled tie to release from paper tab, passed the gown tab to the Circulator (judge) and turned, securing gown ties.	2 0	
TOTAL POINTS -- SKILL IV		36	
70% Mastery for Skill IV = 25.2			

SURGICAL TECHNOLOGIST

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Initials _____

Skill V Passing Instruments (Time: 5 minutes)		Possible	Awarded
1.	Demonstrate hand signal: hemostat, forceps, scissors, suture, scalpel	2 0	
2.	Properly passed Ringed Instruments: a. Ensured instruments are in locked position	2 0	
	b. Passed by holding box lock of instrument and placed the rings in the palm of the surgeon's open receiving hand using a quick snap of the wrist.	2 0	
3.	Passed instruments appropriately in accordance to where the Surgeon is positioned: a. If the Surgeon is on the same side of the table and to the left of the CST - passed to Surgeon's right hand using your right hand and passed to Surgeon's left hand using your right hand. OR b. If the Surgeon is on the same side of the table and to the right of the CST - passed to Surgeon's left hand using your left hand, and passed to Surgeon's right hand using your left hand. OR c. If the Surgeon is across from the CST - passed to the Surgeon's right or left hand depending on the dominant hand of the Surgeon. *Judge states which hand is the Surgeon's dominant.	2 0	
4.	Properly passed Retractors: a. Placed the handle of the hand-held retractor in the Surgeon's hand.	2 0	
	b. Ensured when passing the retractor, blade was pointed toward the patient's incision.	2 0	
5.	Properly passed Sponge Stick: a. Passed sponge stick with sponge to surgeon demonstrating immediate use.	2 0	
6.	Properly passed Scalpel: a. Demonstrate no-hands technique where scalpel is placed in a neutral zone, retrieved, used by Surgeon, and returned to neutral zone	2 0	
	b. Held the scalpel on top above blade with blade facing self	2 0	
	c. Used thumb and index finger to protect blade	2 0	
	d. With palm of the passing hand facing the O.R. table and the scalpel blade edge also facing toward the O.R. table, away from the palm, ensured blade rests in the open area formed by the cupped hand.	2 0	
	e. Securely placed the knife hand in the Surgeon's hand.	2 0	
	f. When Surgeon has securely grasped the blade, moved passing hand up and away from the blade.	2 0	
TOTAL POINTS -- SKILL V		26	
70% Mastery for Skill V = 18.2			

SURGICAL TECHNOLOGIST

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Initials _____

Skill VI Loading & Passing Surgical Sutures (Time: 4 minutes)		Possible	Awarded
1.	Loaded needle at the tip of the needle holder	2 0	
2.	Set at a 90-degree angle to the long line of the needle holder, ensuring the correct direction for left or right handed suturing technique.	2 0	
3.	Made sure the box is fully locked before passing.	2 0	
4.	Treated needle holder as a ring instrument, ensuring it is passed by grasping the lock box and using a quick snap of the wrist to place rings in Surgeon's palm.	2 0	
5.	Prior to passing, suture is draped over the back of your hand to ensure the delivering hand prohibits the suture from entering the Surgeon's hand with the instrument.	2 0	
6.	Controlled long sutures until the Surgeon has full control of the suture to prevent suture contamination.	2 0	
7.	Ensured a neutral zone is maintained to minimize incidents of sharp injury.	2 0	
TOTAL POINTS -- SKILL VI		14	
70% Mastery for Skill VI = 9.8			