



# Official Rules

MANDATORY Team Captain Meeting will be Saturday, April 6th at 11:00 AM at Capstone Crossfit located at 5827 50th Street. We will summarize the day's planned activity, and any Q&A. All times listed below are Lubbock, TX local time, Central Daylight Time (CDT).

## Purpose

Please do not forget that the Cookoff is a charity fundraiser. This year, the 2019 Caveman Cookoff will be raising funds to benefit Tough as Nails: A non-profit organization which benefits children with childhood cancer. For more information about this cause, you can visit [www.betoughasnails.com](http://www.betoughasnails.com).

## Booth Setup & Preparation

- Entry teams may have as many team members as they want. However, for the purpose of related publicity or for awards presentations, only 2 team members will be considered "official" team members.
- Team Locations: Team booth areas are first come first serve. There will be a designated area for all cookoff teams an overhead view of the competition area will be included for reference (TBD at a date prior to the event). MAX cook dimensions of each team's lane will be 12 foot in width by 21 foot depth. Please plan accordingly so that all teams can be accommodated.
- Teams will be authorized to begin setting up their booth area from 7:00PM to 9:00PM on Friday, April the 12th. Any teams wishing to set up on Saturday, April 13th may do so at 6:00AM until 8:00AM.
- EQUIPMENT SET-UP / STAGING: Up to two (1) vehicles/trailer are permitted in the contest area for set up purposes only on Friday evening and before the competition begins on Saturday morning. After set up, all vehicles, driven, towed and any others must be moved to festival parking area. Enclosed Trailers must be removed from cooking site, unless your cooker is permanently attached.

# Judging & Awards

- Meats judged in the 2019 Paleo Cook-Off are Beef, Chicken and Pork.
- All meats must be prepared on-site and will be judged on taste, cut, tenderness and appearance.
- All meat must be raw and uncooked at check in. Prior preparation, such as marinating and seasoning, is permitted.
- **DIP/SAUCE \*\*\*PLEASE PAY CLOSE ATTENTION!!!\*\*\*: DURING PREPARATION:** You may COOK with sauce/dip. DO NOT add sauce, dip, marinade, sop or juice to meat or container once the meat is prepared. Please provide it on the side. We are asking them to judge the meat and not your sauce.
- All final counts will be done twice and will be final.
- All teams should be present for awards at 4:00 p.m., Saturday.
- There will be 2 awards to be given: 1) People's Choice 2) Overall winner. People's Choice Judges will be the competitors in the Caveman Clash and will begin at 11:00am. Overall Winner will be chosen via blind taste test by a panel of celebrity judges. The time for the overall judges to score will be determined and announced at a later date.
- Judging will end at 3:30pm. Winners for both categories will be announced at the Awards Ceremony at 4:00 p.m.
- Overall Winners will receive \$500 for first place, \$350 for 2nd place and \$250 for 3rd place along with a certificate.
- People's choice winners will receive the Caveman Clash Club and certificate.

# General Rules

- Contestants and/or sponsors may not sell food, drink, souvenirs or other items to the public. ANY AND ALL SALES ARE PROHIBITED. NO FOOD CAN BE SOLD at the event and any attempt constitute disqualification from the event.
- Since we are a private parking lot alcoholic beverages, are allowed. However, NO sales of alcohol is allowed.
- Teams, Participants and Contestants in the Paleo Cook-Off are responsible for the CLEAN UP of their area immediately following the contest. Each team is responsible for keeping the contest area clean and policed before leaving event (no ashes, hot or cold, shall not be left on site). Trash cans are on site for use. Bring your own trash bags for your stations.
- Utilities (Water and Electric) are not available. You will need to provide both if you need either. The gym has a couple bathrooms for use.
- EQUIPMENT REMOVAL: Cooking equipment may be moved to a side street for vehicle pick up after cooking. NO VEHICLES ALLOWED IN THE COOKING AREA to remove items because of safety concerns for pedestrian traffic.
- Each cooking team will be required to have a fire extinguisher (A,B,C) in full view at all times.
- Cleanliness of all team members, cookers and the cooking area is mandatory. Proper hand washing and the use of disposable food safe gloves shall be used at all times when handling food products, raw or cooked. Gloves should be changed often, especially when working with different products and when handling ready to eat foods after handling raw foods.

- Absolutely no tobacco products allowed during the preparation, handling, cooking or presentation of the contest entries.
- Clothing, including, but not limited to: shirts and shoes must be worn in all food preparation areas, while handling any food.
- All athlete areas must be kept open and free from traffic during the competition. There will be a back access for any items too heavy to carry to your booth.
- Once a team's entry fee is received, there are NO REFUNDS of any kind, in any amount, for any reason, in any time frame. Entries will be processed on a first paid basis.
- No pets or small animals are allowed in cooking area.
- No political advertisements/signs/etc. in cooking area.
- As we are located within the city limits, you will also need to adhere to city code as far as cooking, set up and clean-up. You can find the city ordinance on food preparation and distribution on the Clash and Cook-Off Website: <https://www.capstonecrossfit.com/ccf/>
- We cannot think of every little detail, but we will try to make your contest experience as enjoyable and fair as it can be. Maximize your enjoyment with the intent to return next and subsequent years!
- Please contact the Paleo Cook Event Coordinators if you have further questions or are in need of assistance for the 2019 contest.
- Capstone Caveman Clash Personnel reserve the right to amend these rules and regulations as situations warrant. Intent to circumvent these rules or amendments will not be tolerated.
- For any questions, please contact us at [john@capstonecrossfit.com](mailto:john@capstonecrossfit.com)
- Lastly, and most importantly, HAVE A GREAT DAY and HAVE FUN!!!

## Proposed Schedule of Events

(Subject to Change)

### April 12th

- 7:00PM      Cooking stations may arrive and begin setting up. If the cookers are lit, someone must be present at all times that the cookers are lit.
- 9:00PM      Final for the night will be accepted and parked in their appropriate space

### April 13th

- 6:00AM      Cooking stations may begin arriving for the day
- 7:00AM      Cook off check-in will begin. Meats will be inspected to make sure they are raw and uncooked upon arrival. Cooking may begin upon completion of the inspection.
- 8:00AM      Final Trailers will be checked in
- 11:00AM     Caveman Clash competitors will be allowed to begin sampling
- TBD          Celebrity Panel will perform a blind taste test
- 3:30PM      Final scoring for the awards will be submitted
- 4:00PM      Awards Ceremony