

ELIGIBILITY

These rules apply to Regional and National competitions however it is encouraged that districts and clubs adopt them where possible

Teams will consist of 2 members who must be full junior or senior members and do not exceed their 28th birthday on the date of the competition

Team members competing in subsequent rounds of any Competition must comprise at least 50% of the team competing in the previous round.

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Once a competitor has represented a qualified team, they cannot represent at National for another qualified team at this competition in the same year

SCORING CRITERIA

In judging each article, the judges will be asked to allocate marks as follows:-

Taste, Texture & Flavour - Main dishes & extra dishes	40 marks
Balance of Dish	20 marks
Appearance of Finished Dishes	10 marks
Hygiene, tidiness & methodical preparation of the meal	10 marks
Technical skills	10 marks
Team work	10 marks

Total 100 marks

PROCEDURE

1. Teams will be given 1 full hour to complete the completion. However the first 10 minutes are for preparation time only – no cooking or ingredient prep is allowed. 48 minutes will then be allocated for cooking time followed by a 2 minute plate up time.
2. x2 teams per Region may enter National Final.
3. Judges, whose decision will be final.
4. A Bag of 8 ingredients will be given to each team with a minimum of 5 to be used during the competition – **TEAMS MUST NOT BRING ANY ADDITIONAL INGREDIENTS.**
5. Teams must present a main course dish after the competition is complete however additional or complimentary dishes or courses may also be made.
6. No Mobile Phones, books or computers will be allowed.
7. Teams will be given 1 oven, 2 induction hobs and store ingredients which include;

Salt & Pepper

Cornflower

Butter

Natural Yogurt

Milk

Flour (Plain & SR)

Vegetable Oil

Various Herbs/Spices/curry power

Eggs

Tinned Tomatoes

Onion

Caster Sugar

8. Ovens will be preheated to 200 Degree Celsius prior to start of the competition.
9. Competitors are provided with a reporting time prior to the competition and are expected to arrive in plenty of time. Teams who arrive 10 minutes late or more will be disqualified.

National Competition Date: 28th of February 2026

Entry Deadline: 13th of February 2026

Entry Fee: £20

Entry Criteria: Region to National