



Sponsor's **IRON CHEF** Competition Rules

- All items must be prepared and cooked on site within the timeline (timeline to be announced).
- Teams may cook and / or prepare using any method of cooks' choice.
- Teams will provide all seasonings, marinades and anything necessary to prepare protein provided.
- Teams may present on or in any platter or tray they choose for turn-in (platters and trays can be picked back up after judging is complete).
- Teams must attend cooks' meeting (time to be announced).
- **IRON CHEF** contestants will be given guidelines to follow for food safety.

For further assistance, please call Big Jim @ 404-386-2531 or email bareknucklesbbq@yahoo.com with "Iron Chef" in the subject line for immediate response.