

Welcome to the competition! This rule sheet outlines everything you need to know for a fair, fun, and competitive cook-off. Please read these rules carefully as they will be strictly enforced to ensure a level playing field for all teams.

1. Team Composition

- Teams will consist of 1-4 members. It is encouraged for all team members to be assigned to the same squadron but this is not mandatory. Likewise, there is no limit on how many teams can come from the same squadron.

2. Category requirements

There will be separate categories for beef, chicken, and pork. Competitors may choose to enter one event of their choice, two events of their choice, or all three events.

- Chicken Thighs: Turn in a minimum of 5 bone-in or boneless thighs. They should be presented skin side up.
- Baby Back Ribs: Turn in a minimum of 5 individual bone-in rib portions, sliced apart so judges can easily grab a single bone.
- Tri-Tip: Turn in a minimum of 5 distinct slices, cut against the grain, approximately pencil-thick). Teams may choose to include burnt ends in their box, but the 5 slices are the only requirement.

3. Captains' Meeting

- A mandatory meeting will be held at 1400 on 4 September with at least one representative from each team in attendance. Teams are welcome to stage their equipment at the conclusion of this meeting

4. Meat preparation

- To keep the competition fair, all competition meat is provided by 90 FSS.
 - The Draw: During the Captains' Meeting on September 4th, head cooks will draw numbers out of a hat. Teams will choose their cut of meat based off their number in the draw. A separate drawing will occur for the beef, chicken, and pork categories. Teams will take their meat with them after this meeting.
 - On-Site Prep Only: All meat must remain raw, untrimmed, unseasoned, and sealed in their original packaging until 07:30 AM on September 5th. Pre-trimmed or pre-seasoned meat is strictly prohibited.
 - No Swapping: Competitors must only cook the meat provided to them.

5. Equipment, Power & Fuel

- What 90 FSS will provide: All meats for the competition, 10-15 amps of 110v electricity per team (if required), turn in boxes.

- What You Bring: Teams must supply their own grill/smoker, wood, charcoal, pellets, prep tables, utensils, canopies, chairs, coolers, rubs/spices, sauces, etc.

- Competitors may choose to use commercially produced sauces, rubs, marinades, etc., or they may choose to use their own homemade recipes. Homemade recipes can be prepared in advance of the competition, but these will not be applied to any of the meat before 07:30 AM on September 5th.

**Warning: High-draw items such as hotplates, electric griddles or coffee makers are prohibited. Overloading the circuit will trip breakers and will kill the power to everyone's work stations.*

- Space Footprint: Each team will be allocated a designated 12' x 12' space within an asphalt parking lot.

6. Turn-In Rules

- All entries must be submitted using the turn-in boxes that are provided by 90 FSS.

- The No Garnish Rule: To keep the meat the star of the show, all garnish and sides are strictly prohibited. Turn-in boxes must contain meat, and only meat.

- Sauce policy: Sauce is optional, but if used, it must be cooked onto the meat. No pooling, extra dipping cups or side sauces are allowed in the turn-in container.

7. Event Timeline & Key Times

- **Prior to 07:00 AM:** Teams Arrive & Setup (Canopies, tables, grills, and gear).
- **07:00 AM:** Cooler Inspection.
- **07:30 AM:** Fire Up! (Grills may be lit; trimming and seasoning begins).
- **11:00 AM - 11:10 AM:** Category 1 Turn-In: **Chicken Thighs**
- **12:00 PM - 12:10 PM:** Category 2 Turn-In: **Tri-Tip**
- **01:00 PM - 01:10 PM:** Category 3 Turn-In: **Baby back Ribs**

8. Grading Rubric & Awards

- All dishes will be judged on taste, tenderness, and appearance. Up to 10 points will be awarded for each grading category. The highest cumulative score will determine the winner for each of the three proteins. In the event of a tie, the team that scored highest in "taste" will be declared the winner. If there is still a tie, the edge will go to whoever scored highest in "tenderness" and finally "appearance" if needed.

- Prizes will be awarded for 1st, 2nd, and 3rd place finishes in each of the three meat categories.

- One team will be declared the Grand Champion of the 2026 F.E Warren Triple B BBQ Competition. The team that has the highest cumulative score across all three categories will be crowned the champion. Teams must compete in all three categories to be eligible for this award.

Please contact Mr. Edward "Eddy" Tompkins at (307) 773-4837, or email edward.tompkins.2@us.af.mil if you have any questions.