

Grill-off Competition Rules

Below are the rules for participation in the Middletown Seventh-day Adventist Grill-off.

Rules

- Cooking must be done using charcoal, wood, or a gas grill. Electric grills are not allowed to be used.
- Meat thermometers are allowed, but meat must not be injected unless specified.
- Gloves must be worn while handling food.
- Cooks must maintain a clean area.
- All meat must be kept at safe temperatures (below 40°F or above 140°F) at all times
- Each category must include 3 portions of meat to be judged (whole or sliced, depending on the category).
- No garnishes, sauces, or decorations unless specified

Judging

- Judges score on a 1–9 scale (KCBS style) or equivalent in these categories:
 - Appearance
 - Tenderness/Texture
 - Taste/Flavor
- All criteria are weighted equally unless otherwise specified

Disqualification

A cook may be disqualified for:

- Serving undercooked or unsafe food.
- Using pre-cooked or pre-seasoned meat. (Meaning not grilled by contestant, bought already cooked from a restaurant or store)
- Displaying unsportsmanlike behavior or violating health/safety protocols

Winning

- Winners will be announced for each category and an Overall Grand Champion may be named.
- Prizes or trophies will be awarded based on total points.