



"Back from the Ashes"

The Ironman BBQ Rules

1. NO electric, no use of electric devices (NO MEANS NO), including:
 1. Pellet grills
 2. BBQ draft controls of any type (ex: stoker, BBQ Guru, Flame Boss, etc.)
 3. Rotisseries (unless hand-cranked)
 4. Constant stay-in-style thermometers like Redi-Check/Maverick
 5. Electric or battery-powered knives are not permitted, proficiency with sharp knives is expected.
 6. Thermopens are allowed for food safety reasons. There are no advantages given to the user over a dial thermometer.
 7. Propane torches are not allowed to start fires. Help can be provided for those who struggle to make fire the old-fashioned way.
 8. All competitors have voluntarily agreed to the Ironman format and must have expressed their desire to do this competition because no electric will be allowed. The idea is back to basics-know your equipment know your meat, know your flavor provide, and control your fire to maintain a constant cook temp. In conjunction with the weather conditions present.

This is an obvious must to be written down:

- ANY VIOLATION OF THE NO ELECTRIC RULE WILL LEAD TO AN IMMEDIATE REQUEST FOR THE FULL ENTRY AMOUNT AND AN ADDITIONAL \$350 OR FACE DISQUALIFICATION AND A SERIOUS BLOW TO YOUR BBQ REPUTATION

If you are unsure of the equipment you'll be using, may be ineligible, please ask before using! Anything questionable will be reviewed quickly and a ruling will be made on the spot! IF IT DOESN'T FEEL RIGHT, THINK TWICE!!

2. Big rule #2: This is IRON MAN! That's right the same Iron Man created by Eric Forrester at Mason Dixon BBQ, just a new location.
 - We will check your cooler and participants must adhere to specific meat requirements.
 - Seven (7) pieces of chicken, allowing one extra piece for tasting.
 - One (1) rack of pork ribs, either spares or baby backs, but only one rack.
 - One (1) pork butt (present whatever you want in the box, but it MUST all come from 1 pork butt that you cooked).
 - One (1) Beef Brisket (again, turn in whatever you want in the box, but it must come from the brisket you cook).
 - Bring multiple meat pieces is not allowed, choose from your meats carefully before arriving.

- We will inspect your competition meats and any other meats found in your cooker will be confiscated.
- Cheating is discouraged, the focus is on turning in what you cook without backup meats.
- **Anyone who voluntarily agrees to the Iron Man format and is caught using electricity, or additional meats will be required to pay \$350 immediately or face disqualification for not paying the full entry fee. Upon payment of the \$350, that team will only be eligible for the lower price payouts!**
- **Participants may cook dinner as long as it's not chicken, pork ribs, pork butt or brisket.**
- **Full KCBS rules apply-for any inquiries regarding KCBS rules refer to: www.kcbs.us**

If you have any questions or concerns, please feel free to email:
Thowdyshell916@gmail.com