



2021 Michigan ProStart Invitational® March 22nd – 25th 2021

Culinary Competition Procedures and Rules

Participating teams, educators and mentors are responsible for understanding and following all the procedures and guidelines contained in this document. Please read through these rules carefully to avoid receiving penalties during the competition.

Questions regarding competition rules should be sent to Jake Osburn

Josburn@mrla.org or 517.377.3924 **PRIOR** to the start of the competition.

2021 Michigan ProStart Invitational Procedures and Rules

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Purpose

Students participating at the Michigan ProStart Invitational (MPSI) will demonstrate their knowledge of, passion for, and creativity in the restaurant industry through the Culinary competition. Participation reinforces the skills and knowledge learned from the ProStart program and the “Foundations of Restaurant Management and Culinary Arts” curriculum.

Eligibility

Students

1. High school students who are currently enrolled in a ProStart program recognized by both the Michigan Restaurant & Lodging Association Educational Foundation (MRLAEF) and the National Restaurant Association Educational Foundation and who have been certified by the MRLAEF’s ProStart Director to represent their school and/or career and technical center at the state competition are eligible to compete.
2. Students may compete at MPSI for only two, consecutive or non-consecutive, years.

Teams

1. Participating teams consist of from two (2) students to four (4) students.
2. Teams have one educator-advisor and one optional restaurant/foodservice industry mentor.

Event Personnel

1. Event Organizers: MRLAEF staff members
2. Timekeepers: Personnel designated and trained by the MRLAEF, who are charged with keeping the official time for assigned teams during all segments of the competition.
3. Judges: Sourced from post-secondary education and the restaurant and foodservice industry.
 - a. All judges will be consistent from team to team (i.e. judges scoring team presentation/work skills will be responsible for that category across all competitors).
See Exhibit H for sample Culinary Competition Rating Sheet.

General Disqualifications

1. Teams and all associated competitors must be eligible to compete as defined by the eligibility terms above. Teams found to be ineligible will be disqualified. Additionally, any individual students found to be ineligible will result in complete team disqualification.
2. No team member can receive coaching or any form of communication from anyone, including spectators, educators, mentors, or coaches during the competition from the team's report time until after the competing team receives feedback from the judges. The determination of what constitutes coaching or communication is solely at the discretion of the MRLAEF and the judges. No warnings will be provided; violations will result in immediate team disqualification.
3. Misconduct including, but not limited to, any nonprescription drug use, alcohol use, unsportsmanlike conduct, or any activity that is illegal under federal, state or local laws at the event, during competition, during unsupervised free time, during supervised competition social activities or in activities or locations related to the event will result in the disqualification of the team. Should such alleged misconduct come to the MRLAEF's attention, the matter will be investigated as the MRLAEF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including team disqualification, is at the sole discretion of the MRLAEF and is final.
4. By entering into the contest, the student and the team he/she represents accepts all conditions and requirements of the Michigan ProStart Invitational.

Final Scoring

Judges have been carefully selected by the Event Organizers for their related skills, experience, and expertise. Judges have reviewed the rules in advance of the competition and have participated in an orientation and training session. By participating in the competitions, each team and its participants acknowledge that, while every effort will be made to provide fair and impartial judging, some discretion and subjectivity is present in any judged competition. All decisions and scoring by judges are final. Any questions about scoring should be submitted to the Michigan ProStart Director, Jake Osburn josburn@mrla.org

Schedules

Competition schedules will be distributed in advance of the event once teams have been identified. The schedule will include assigned start and finish times for competition segments. All schedules are subject to change.

General Provisions

Teams will be using tools that may cause cuts, burns or injury if not used appropriately. Proper safety techniques must be followed by all team members. No horseplay or hazardous behavior will be allowed or tolerated. The mentors, teachers, chaperones, and families are expected to ensure that team members comply with all applicable laws, rules and regulations. Team members shall comply with all other written and verbal instructions or warnings provided by the Event Organizers.

2021 MPSI Culinary Competition

Description

Teams demonstrate their culinary knowledge, skills, and creative abilities during the competition through the demonstration of skills and the preparation of a unique entrée or dessert. Performance during the culinary event is observed and rated by judges from the foodservice industry and post-secondary schools. Teams demonstrate their ability to work together while creating and presenting their selected dish while utilizing a provided market basket. The market basket for competition will be announced Friday, March 12th, 2021. A sample market basket is included here and a second sample will be distributed Friday February 12th, 2021.

Culinary Market basket 1 of 3

Red quinoa
Chicken Breast
Baby Spinach
Granny Smith Apples

Dessert Market Basket 1 of 3

Whole Almonds
Red wine vinegar
Nectarines

Scoring

1. A maximum of 100 points can be earned by a team during the culinary competition. Menu costing is worth fifteen (15), Team Presentation/Work Skills/Organization is worth twenty-five (25), Safety and Sanitation is worth fifteen (15). Your selected dish (entrée or dessert) is worth thirty-five (35) and Menu and Recipe Presentation is worth ten (10).
2. In the case of a tie, the tying teams will each be interviewed by a panel of judges for further insights into their performance. Teams will be asked questions (to be answered verbally) about the methods, preparation and presentation of their meal. Judges will discuss and make a group decision about the ranking of final winner(s).

Menu Planning and Preparation for the Culinary Competition

1. Each team develops a unique entrée or dessert item utilizing the ingredients found in the MRLAEF market basket. Basket ingredients will be announced 1 week before the submission deadline. Menu items must be distinct and not significantly repetitive of previously submitted work. Submitting work or parts of work, which was previously submitted, will result in immediate disqualification.
2. Each team prepares one entrée or dessert item, garnished and served appropriately. Submission is evaluated by the judges.

3.
 - a. An entrée consisting of:
 - i. Center of the plate item: 4-6 ounces suggested
 - ii. Accompaniments such as vegetable or starch: 2-3 ounces each suggested
 - iii. Sauce
 - iv. Presented on a round white plate 8"-12" diameter.

(OR)

 - b. A dessert consisting of:
 - i. A little something sweet served at the end of the meal
 - ii. Size appropriate: 3± ounces total edible weight
 - iii. Presented on a round white plate 4"-8" diameter.

Each submission will be evaluated for:

 - a. **Visual:** Color, Shape, Continuity
 - b. **Technique:** basket ingredient creativity, plating, knife cuts

4. Teams must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté.
 - a. Additional techniques are also permitted.
 - b. Molecular gastronomy in the competition:
 - i. Use of liquid nitrogen is not allowed.
 - ii. Spherification, foams, and meat glue (transglutaminase) are allowed.
5. Teams must obtain all ingredients necessary to prepare the menu they have developed. *See Product Check-In for information on permitted vs. prohibited ingredients.*
6. Educator and Mentor participation:
 - a. May assist teams in preparing for the competition.
 - b. May not develop the menu.
 - c. Expertise is limited to menu suggestions and technique advice.
7. To allow officials and judges adequate time to review your menu, an electronic copy of the menu, recipes, and photographs of the dishes must be submitted to josburn@mrla.org **no later than Monday, March 22nd, 2021**. Minor adjustments and corrections to the recipes are allowed, but changes to the menu are not allowed after submission.

Workspace and Equipment

1. The workspace consists of:
 - a. One (1) eight-foot tables set up within a 10' x 10' space.
 - i. The station tables are covered with a tablecloth, which must remain in use during competition.
 - ii. Table may not be moved during competition.
 - b. Food preparation must be done within the workspace allowed.
 - c. Equipment and supplies must be contained within the allotted 10' x 10' space unless otherwise directed by event staff.
 - d. Team members may only work on the table from the interior of the space.
2. Team must provide:
 - a. All necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, small hand tools, cookware, gloves, and enough cloths for competition and clean-up.

Permitted Equipment

- Handheld whipped cream chargers
- Digital scales and thermometers
- Handheld butane/propane torch for finishing any item, sweet or savory
- Metal, stone or other types of plates or apparatus to extend the cooking surface of the burners
- Dry ice
- Audio recording device to record the critique and feedback sessions
- Electronic devices which contain no communication abilities (e.g. basic calculator or timer)
- Additional sheet pans
- Camping oven and/or smoker attachments for provided burner

All equipment must be used in a safe manner and not obstruct proper butane function.

Prohibited Equipment

- Fueled or mechanical heat sources other than provided event burners or handheld torch for finishing
- MRE heater packs
- Electric, battery-operated or compressed air/gas devices (exceptions: handheld whipped cream chargers, digital scales, digital thermometers)
- Plastic or Plexiglas for the purpose of covering tables
- Cell phones, tablets, smart watches, or other communication devices
- Additional speed racks or equipment exceeding the external dimensions of 2 ft width x 4 ft length x 3 ft height
- Cutting guides i.e. cutting boards with rulers or other aids

Menu and Recipe Presentation

Each team must prepare a digital folder saved as team's state or region, name, and year.

Teams must submit digitally **no later than March 22nd, 2021 no exceptions.**

Each team's digital folder must contain:

1. Recipes: all recipes for the presentation typed and submitted on the official recipe template.
 - a. Acknowledgements and sources must be listed on each recipe in MLA formatting.
 - b. Must be written in a logical sequence
 - c. See *Exhibit C for Recipe example.*
2. Recipe Costing: all recipe costing sheets for the meal presentation. Recipe cost must be calculated for each individual recipe, typed and submitted on the official costing template. See *Exhibit D for Recipe Cost example.*
 - a. Small amounts of common dry spices and herbs may be priced at 1% of the total recipe cost.
 - b. Oil for frying may be priced at 2% of the total recipe cost.
3. Menu Pricing: based on the recipe costs and calculated at a 33% food cost percentage. See *Exhibit E for Menu Price example.*
 - a. Each course on the presentation menu is priced separately.
 - b. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price.
 - c. Final calculation before rounding must be indicated on costing template.
 - d. Selling price should be calculated using all products in market basket & pantry at a 33% food cost percentage.
4. High resolution plate photographs: an 8½" x 11" color photo of each plate. Final plates presented to the judges are compared to the photos provided.
5. Menu with prices: a simple, typed menu with menu prices on an 8½" x 11" margined PDF.
6. Please place all materials together by course. E.g. recipe, recipe costing, menu pricing, and color photograph of the dish would be placed together.

Digital folders must be submitted to Josburn@mrla.org not later than March 22, 2021.

Uniform

Competing students should dress to emulate their schools professional classroom.

1. Appropriate required apparel consists of:
 - a. Clean and presentable chef coats
 - i. Logos and sponsor names are permitted on chef coats
 - ii. Accent colors are permitted
 - b. Checkered or black pants
 - c. Clean nonporous, closed toe, non-slip, hard sole shoes
 - d. Aprons and hats
2. Failure to be fully uniformed or in appropriate uniform components will result in a penalty. See *Culinary Competition Penalties.*

Competition Flow

Day of Competition:

Mise En Place (done before competing)
 Technology zoom check (5 mins)
 Introduction (5 mins)
 Cook (50 Minutes – may present up to 3 minutes early)
 Skills & Organization Critique (10 minutes)
 Recipe & Menu Critique (5 minutes)
 Sanitation Critique (5 Minutes)

1. See Exhibit G for Sample Culinary Competition Timeline.
2. Feedback occurs:
3. Team members are encouraged to ask questions during Feedback to learn from the experience.
4. A maximum of three (3) people comprised of designated teacher(s), mentor(s), and state coordinator(s) are allowed to be present to observe only during the Tasting & Menu critique sessions.
 - a. *Communication with the team is still prohibited.*

1. Ingredients:

Permitted Ingredients	Prohibited Ingredients
<ul style="list-style-type: none"> • Team-prepared stocks • Team-prepared clarified butter • Pre-measured staple dry goods: flour, sugar, salt, pepper, baking powder, baking soda, cream of tartar • Pre-measured butter and oil • Pre-washed produce* • Dry ice • Commercially manufactured food items such as jams, bread crumbs, bases and mayonnaise in the original, sealed container or packaging. Must be used as an ingredient, not as a finished product. 	<ul style="list-style-type: none"> • Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured • Reductions, finished sauces, and clarified broths • Items that risk food illness
<p><i>*Team may also wash produce during Production Mise en Place.</i></p>	

Team & Menu Introduction

Each participating team has five (5) minutes to verbally present its menu to the judges. During that time, students can anticipate:

- a. Telling what each team member is charged with executing
- b. Describing their submission

Production Mise en Place

1. Teams will pre-set their station for production before competing. All of the team's equipment must be contained within the 10' x 10' workspace.

2. During Production Mise en Place:

Teams are allowed to:

- Set their station
- Obtain water and ice from designated areas on the competition floor
- Obtain sanitizing solution from designated areas on the competition floor (provided by Event Organizers)
- Measure dry and liquid ingredients
- Wash produce at the vegetable washing station

Teams are not allowed to:

- Talk to any spectators, coaches, educators, or mentors
- Heat water or any liquid
- Marinate any food (all marinating must be done during the 60-minute meal preparation period.)
- Perform any knife work
- Begin cooking any items
- Mix any ingredients

3. Improper Mise en Place can result in penalty or general disqualification.

Meal Production

1. Final production and all plating must be completed within the fifty (50) minute time period provided. A MRLAEF-assigned timer will announce the time at 15-minute intervals. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced.

- a. Teams may bring a manual or battery-operated timer; however, Event Organizers will keep and display the official time.

3. A team is considered done cooking when

- a. The food is plated.
- b. All team members have stepped away from the plate

4. Judges will evaluate the plates.

Culinary Competition Penalties

The following are fixed deductions.

1. The team is not dressed in uniform – 5 pts
2. Finishing late – ¼ pt to 10 pts
 - a. ¼ point is deducted per 15 seconds
 - b. After 10 minutes, team is disqualified
3. Starting early – 1pt to 10 pts
 - a. 1 point is deducted per minute
 - b. After 10 minutes, team is disqualified
4. Use of disallowed pre-prepared ingredients – 5 pts
5. Use of unauthorized dishes/glassware – 5 pts
6. Menu does not meet specifications – 5 pts
7. Alternate touches or the handling of equipment or food when not allowed – 5 pts

Culinary Specific Disqualifications

1. Team submitted work, or parts of work, that was previously submitted.
2. Team starts more than 10 minutes early or finishes Meal Preparation more than 10 minutes late.
3. Violation of the General Disqualifications on page 5.

Exhibit A – Culinary

Culinary Station Blueprint

- A. Culinary station workspace (10ft x 10ft)
 - a. Teams must keep all materials inside designated area. Teams may store equipment under and around the tables.
- B. 2- 8' foot tables
 - a. Teams may not move or otherwise rearrange or readjust their table.

Note: This is a sample layout. The locations of tables, doorways, observer spaces, etc. are subject to change; however, general configuration will remain consistent. Image not to scale.

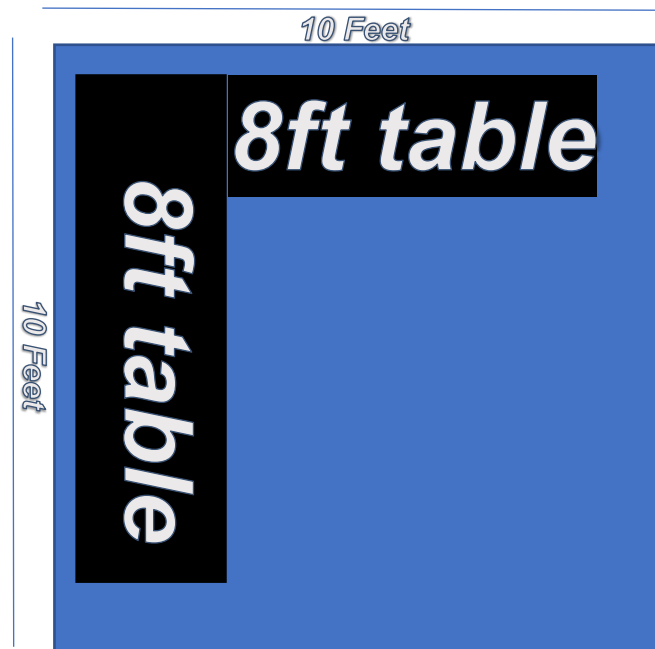


Exhibit B – Culinary

Deliverables Checklist Present at Product Check-In

Digital Folder submitted to josburn@mrla.org by March 22nd, 2021

- School or Career & Technical Center Name, and Year on cover page and saved as document title
- Menu with Prices - Simple typed menu 8½ x 11
- Plate Photographs - A High resolution color photograph pdf on 8½" x 11"
- Recipes typed on official template
- Recipe Costing Sheets typed on official template
- Menu Price Sheets typed on official templates

Exhibit C – Culinary

Recipe Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-In.

State Name	Awesome State
Educator Name	Chef Jane Doe

Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces
Cooking Method(s)	Sauté		
Recipe Source (MLA)	Lagasse, Emeril. "Ratatouille." <i>Food Network</i> , http://www.foodnetwork.com/recipes/emeric-lagasse/ratatouille-recipe0.html . Accessed 30 September 2016.		

Ingredients	
Item	Amount
Olive oil	¼ c
Yellow onion, small dice	1 ½ c
Garlic, minced	1 tsp
Eggplant, medium dice	2 c
Thyme	½ tsp
Green bell pepper, diced	1 c
Red bell pepper, diced	1 c
Zucchini squash, diced	1 c
Yellow squash, diced	1 c
Tomatoes, peeled, seeded, and chopped	1 ½ c
Basil, chiffonade	1 tbsp
Parsley, chopped	1 tbsp
Salt and black pepper	TT

Procedure
<p>Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the yellow onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes.</p> <p>Remainder of procedures...</p>

Exhibit D – Culinary

Recipe Cost Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-In.

State Name	Awesome State		
Educator Name	Chef Jane Doe		
Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Olive oil	51 oz / 6.375 c	\$16.79	\$2.634 / cup	¼ cup	\$0.658
Yellow onion, small dice	1 lb / 4 cup	\$1.40	\$0.35 / cup	1 ½ cup	\$0.525
Garlic, minced	1 head	\$0.50	\$0.10 / tsp	1 tsp	\$0.100
Eggplant, medium dice	1 lb / 3 cup	\$2.05	\$0.683 / cup	2 cup	\$1.367
Thyme	1 bunch / 18 tsp	\$2.09	\$0.116 / tsp	½ tsp	\$0.058
Green bell pepper, diced	1 lb / 4 cup	\$2.30	\$0.575 / cup	1 cup	\$0.575
Red bell pepper, diced	1 lb / 4 cup	\$1.07	\$0.268 / cup	1 cup	\$0.268
Zucchini squash, diced	1 lb / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Yellow squash, diced	1 lb / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Tomatoes, peeled, seeded, and chopped	1 lb / 2 cup	\$2.40	\$1.20 / cup	1 ½ cup	\$1.80
Basil, chiffonade	1 bunch / 1 cup	\$1.54	\$0.096 / tbsp.	1 tbsp	\$0.096
Parsley, chopped	1 bunch / ½ cup	\$0.53	\$0.066 / tbsp.	1 tbsp	\$0.066

Subtotal	\$7.057
1 % for small amounts of spices (Q Factor)	\$0.071
Total Recipe Cost	\$7.128
Portion Cost	\$1.188

Exhibit E – Culinary

Menu Price Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-In.

State Name	Awesome State
Educator Name	Chef Jane Doe

Menu Category	<input type="checkbox"/> Starter	<input type="checkbox"/> Entrée	<input type="checkbox"/> Dessert
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Recipe	Portion Cost
Ratatouille	\$1.188
Couscous (from additional recipe and costing sheets)	\$0.972
Garnish (from additional recipe and costing sheets)	\$0.127

Total Plate Portion Cost	\$2.287
Menu Price at 33% Food Cost	\$6.930
Actual Price on Menu	\$7.50

Exhibit F – Culinary

Product Check-In Inventory List

Product Check-In Inventory Lists must be completed and contain the inventory list of every item, IN ALPHABETICAL ORDER contained in each cooler or other container holding food items. Inventory forms must be attached to the inside and outside of the cooler and/or container. The list must be attached in a plastic sleeve.

State Name	Awesome State
Educator Name	Chef Jane Doe

Container Purpose	<input checked="" type="checkbox"/> Refrigerator	<input type="checkbox"/> Dry Storage
Number of Items in Container/Cooler	11	

Inventory List	
Item	Confirmed <i>(This column for judge use only)</i>
Basil	
Eggplant	
Garlic	
Green Bell Pepper	
Parsley	
Red Bell Pepper	
Thyme	
Tomatoes	
Yellow Onion	
Yellow Squash	
Zucchini	

Exhibit G – Culinary

Sample Culinary Competition Score Sheet

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Mise en Place						
Team Presentation/Work Skills/Organization						
Team Appearance Including but not limited to: <ul style="list-style-type: none"> • White chef coats, long sleeve • Black or checkered pants • Uniform clean & presentable • Hard sole shoes • Hats, aprons, and arm band (provided) • Team uniformity 	1	2	3	4	5	
Work Organization/ Teamwork Including but not limited to: <ul style="list-style-type: none"> • Utilization of a team plan • Mastery of skills required for individual tasks • Workload evenly distributed • Team cohesiveness • Communication • Professionalism • Proper Production Mise en Place • Proper time management 	1	2	3	4	5	
Proper Cooking Procedures Including but not limited to: <ul style="list-style-type: none"> • Appropriate cooking method for product used • Required cooking techniques used minimum of two cooking methods from provided list • Cooking procedures done in a time efficient manner • Proper amount of product for recipe requirements • Effective use of remaining product • Proper pans and tools for intended use 	1	2	3	4	5	
Proper Knife Usage <ul style="list-style-type: none"> • Consistency • Accuracy • Safety • Waste 	1	2	3	4	5	
Degree of Difficulty Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques • Preparation of item during competition rather than using commercial product 	1	2	3	4	5	

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Safety and Sanitation						
Follows Safety and Sanitation Procedures Including but not limited to: <ul style="list-style-type: none"> • Personal hygiene • Proper knife safety • Proper use and handling of food contact surfaces 	1	2	3	4	5	
Proper Food Handling Including but not limited to: <ul style="list-style-type: none"> • Proper use of gloves • Appropriate temperature control of ingredients • Proper sanitation practices regarding food contact surfaces • Proper storage of food • Avoidance of cross contamination 	1	2	3	4	5	
Work Area Maintained	1	2	3	4	5	
Finished Product Entree or Dessert						
Appearance Including but not limited to: Use of Market Basket Ingredients <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion size 	1-6	7-13	14-21	22-29	30-35	

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Menu and Recipe Costing						
Including but not limited to: <ul style="list-style-type: none"> • Menu Pricing • Recipe Costing 	1-3	4-6	7-9	10-12	13-15	
Menu and Recipe Presentation						
Presentation Including but not limited to: <ul style="list-style-type: none"> • Typewritten • Recipe structure • Menu presentation • Within food cost guidelines • Sources and acknowledgements listed 	1-2	3-4	5-6	7-8	9-10	

DISQUALIFICATION
Reason for Disqualification:
_____ Team received coaching during the event.
_____ Team used an electric/battery operated device or additional butane burner.

_____ Team started Meal Production more than 10 minutes early.
_____ Team completed Meal Production more than 10 minutes late.
_____ Team did not arrive at proper time.

_____ General disqualifications listed on page 5.
PENALTY
Reason for Penalty:
_____ Menu does not meet specifications or was not submitted on time. 5 points.
_____ Team not dressed in uniform. 5 points.
_____ Team did not leave station in a sanitary manner. 3 points.
_____ Team begins any competition segment before their assigned start time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team did not complete within allotted time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team started early. 1 point/min. up to 10 minutes.
_____ Team used prohibited pre-prepared ingredient. 5 points.

_____ Team used dishes/glassware other than those required. 5 points.
_____ Replacement product did not meet requirements and was discarded. 3 points.
_____ Team did not utilize knife cuts in final plate presentation. 2 points
_____ Team manager handled equipment or food during competition. 5 points