



The 2025 National Final will be in September in the Culinary Challenge Arena at Fine Foods, Sydney International Convention Centre

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Disclaimer:

The committee of the Australian Culinary Federation and the Management of hosting venues shall not under any circumstances be responsible for any loss or damage to any exhibit, display, goods, equipment, tools, personal effects or injuries. The Competitor shall be responsible for all damage caused to the complex by any person in attendance at the competition (other than those under the control or direction of the Operator/Committee) and shall forward and pay to the organisers on demand the cost of rectification of any damage

COMPETITION RULES - CONDITIONS OF ENTRY

TO COMPETITORS & SUPERVISORS: READ THESE POINTS VERY CAREFULLY!

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules.
2. The Australian Culinary Federation (ACF) and the Competition Management shall not under any circumstances be responsible for any injuries, nor any loss or damage to any goods, equipment or personal effects.
3. Competitors are advised to consider appropriate insurance protection.
4. All entries must be on an official entry form and signed/verified by your local competition convenor.
5. All competition work, food and dishes, must comply with current health regulations.
6. The judges have the right to inspect, cut, open, test and taste all entries.
7. All judges' decisions will be final and no correspondence will be entered into.
8. ACF and the Chairman of the Organising Committee, reserve the right to rescind, modify or add to any of the rules and conditions, and their interpretation shall be final.
9. All correspondence for the competition must be directed to the responsible Convenor.
10. No additional electrical equipment other than stick blenders will be allowed into the kitchen. MUST BE TAGGED BY A CERTIFIED ELECTRICIAN. Noncomplying equipment will not be permitted.
11. The competitors will have been selected by the ACF Regions to represent the state
12. All competitors are required to use the product as stipulated in criteria.
13. The competitor agrees to participate in a photo, radio recording, video and/or film session, or to provide voice/written testimonials. The above hereby acknowledge that Australian Culinary Federation agrees has the right to use such photos, radio recordings, videos, films or voice/written testimonials in any medium and in any reasonable manner for any purpose as they may deem fit. The competitor also consents to the right of Australian Culinary Federation to use their names, voices or pictures, menu's & recipes
14. The Competitor agrees to allow the ACF to provide their name & email to participating sponsors upon request of such sponsor
15. Submission of a completed entry form with fees included constitutes acceptance of the conditions and terms, Bought to you by The Australian Culinary Federation
16. All submitted recipes will become the property of Australian Culinary Federation and may be used for promotional purposes.
17. Any communication between competitors and their respective coaches / teachers during the competition, as dictated by the Chief Judge will result in disqualification of the competitors
18. Competitors must produce portions of their team's dish as per supporting documents
19. All entries must be on official entry form & become the property of The Australian Culinary Federation and will be used in but not limited to promotions, media, sponsorship.

COMPETITION ENTRIES

1. APPRENTICE COOKS – SECTIONS 1, 2, 3:

Applicants must be -

- a) Employed as Apprentice Cook.
- b) Enrolled at a TAFE, Institute or Registered Training Organisation.

2. CULINARY STUDENTS - SECTION 4

Applicants must be –

- a) Studying full time CERTIFICATE III or IV in cookery
- b) Students must be enrolled in a TAFE or PRIVATE R.T.O. course.

3. AWARDS, CRITERIA & JUDGES:

- a) Judging panel: All judges are approved by the organising committee. ACF registered judges are preferred.
- b) Assessment: Will be conducted in accordance with guidelines for ACF Culinary Competitions.
- c) Medals Will be awarded to any entry which attains the following points:
Gold with honours (Super Gold) 100%
Gold 90% – 99%
Silver 80% – 89%
Bronze 70% – 79%
- d) Certificates: All Competitors will receive a certificate of participation
- e) Prizes: Will be awarded to the winner in each section & the overall best apprentice, prizes can include any of the following...trophies, cash, vouchers, gifts.

4. UNIFORM:

All competitors must comply with the following –

- Cooks uniform. Traditional whites must be worn, including long sleeved cook's jackets.
- Necktie
- Apron
- Hat
- Uniforms must be clean, pressed. **No logos**
- Footwear – clean and safe.
- Hair – covered, in hairnet, if necessary.
- No jewellery

Note: Non-conforming competitors will not be allowed to compete.

JUDGING CRITERIA

Each entrant starts with 100 points and points are deducted in accordance with the following measurable elements:

Mis En Place	5 points
Personal Presentation	1
Set up workstation	1
Correct Mise en place level	3
Hygiene & Food Waste	10 points
Correct Sanitation Processes	5
Correct Food Waste Separation	2
Utilizing Trim & Offcuts	3
Professional Preparation	20 Points
Technical skills displayed	5
Correct methods of preparation	5
Efficient utilisation of time/organisation skills	5
Service	5
Timeline adhered to, penalized one point for each minute delayed	
Presentation	10 Points
Suitable temperature	1
Originality/flair	2
Appropriate too class/true to menu description	2
Portion size	1
Clean arrangement & dish	2
Nutritional balance	2
Taste	50 Points
Does the major component taste good	8
Balance of textures	6
Does the sauce/garnish taste good	6
Balance of flavours	6
Do the complements add to the taste of the major component	6
Seasoning	6
Is there harmony of flavour combinations in the menu	6
Taste of food preserved	6

Medals will be awarded to the following levels for entrant

Bronze, 70-79 points

Silver, 80-89 points

Gold, 90-99 points

Gold with distinction, 100 points

SECTION 1

1st Year Apprentice

Each competitor to:

1. Prepare, cook and display two (2) servings of one hot main dish.
2. Provide 1 copy of recipes using templates provided. To be typed & presented in 1 x A4 clear plastic pocket.
DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

60 Minutes to prepare & cook main dish

30 minutes cleaning up.....Total: 2 Hours

Each competitor presents two (2) individually plated meals using Lamb Rump cap on with a jus or a sauce.

Each plate/serve must include:

- 1 portion appropriate starch/pulse
- A selection of vegetables

Special Points:

- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 2

2nd Year Apprentice

Each competitor to:

1. Prepare, cook and display two (2) servings of one entree and two (2) servings of one hot main course
2. Provide 1 copy of recipes using templates provided. To be typed & presented in 1x A4 clear plastic pocket.
DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

120 Minutes to prepare & cook entrée & main dishes

30 minutes cleaning up..... Total: 3 Hours

Each competitor presents two (2) individually plated portions of entree and two (2) individually plated portions of the main course using 1 x no 14 Chicken with a jus or a sauce.

You **must** use the chicken for entrée & main course, white & dark meat must be used in both dishes

The menu must include:

- appropriate starch/pulses
- A selection of suitable vegetables

Special Points:

- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 3

FINAL YEAR APPRENTICE

Each competitor to:

1. Prepare, cook & display two (2) servings of one entree
2. Prepare, cook and display two (2) servings of one hot main dish.
3. Prepare, cook & display two (2) servings of one dessert
4. Provide 1 copy of recipes using templates provided. To be typed & presented in 1 x A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

180 Minutes to prepare & cook entrée, main & dessert dishes

30 minutes cleaning up..... Total: 4 Hours

Each competitor to present two (2) individually plated portions of a vegetarian entrée

Each competitor presents two (2) individually plated portions of the main course using 1kg Pork Loin Roast with Belly Meat Attached Rind On

Each Competitor to present two (2) individually plated desserts using a Queen Product

The menu must include:

- appropriate starch/pulses
- A selection of suitable vegetables

Special Points:

- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 4

CULINARY STUDENT.

Each competitor to:

1. Prepare, cook and display two (2) servings of one entree and two (2) servings of one hot main course
2. Provide 1 copy of dish description & recipes using templates provided. To be typed & each copy in A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY

The time allocation: 30 minutes setting up.

120 Minutes to prepare & cook entrée & main Dishes

30 minutes cleaning up..... Total: 3 Hours

Each competitor presents two (2) individually plated portions of an entrée using two (2) individually plated portions of Main Course using 1 x no 14 Chicken with a jus or a sauce.

You **must** use the chicken for entrée & main course, white & dark meat must be used in both dishes

The menu must include:

- appropriate starch/pulse
- A selection of suitable vegetables

Special Points:

- Equipment provided is listed at end of document
- White China Plates will be provided

EQUIPMENT LIST

Available Equipment - Each Kitchen:

- 1 x 1.8m bench
- 1 x 4 burner gas stove with Oven
- 2 x shelves in upright fridge
- 1 x 10amp power point
- 2 x 2l Pots
- 2 x 24 CM Deep Fry Pan Solid Teknics
- 2 x Baking sheet aluminium 34 x 25.5
- 1 x S/S Mixing Bowls Set of 3
- 2 x Plastic Trays
- 1 x Cooling Racks
- 1 x 25 Cm pizza Trays
- 2 x white chopping board
- 1 x whisk
- 1 x male spoon
- 1 x female spoon
- 1 x wooden spoon
- 1 x ladle
- 2 x tongs
- 1 x spatula
- 1 x roll paper towel

To share if required

- Henkelman Jumbo 35 chamber vacuum machine with assorted sized vacuum bags
- Blast Chiller
- Robot Coupe Mixers
- Robot Coupe food processors
- Robot Coupe stick blenders
- Under bench Dishwasher

cleaning consumables

- 1 Broom
- 1 Broom & dustpan
- 4 Dishwashing detergent, squeeze bottle
- 4 scourers
- 4 sanitizer squirt bottles
- 2 silicon paper
- 1 box large gloves
- 1 box med gloves
- 2 clingwrap
- 2 alfoil

You are allowed to bring

- Moulds
- Cream Guns
- Tool Kit
- Baking Sheets
- Small Glasses/Ramekins
- Electronic scales
- Pasta machine NOT electric
- Assorted Ramekins/Shot Glasses/Gratins
- Takeaway containers/ spoons Sustainable packaging
- Gloves

INGREDIENT RULES

What you can bring in

- Basic stock – can be brought in, but not reduced, seasoned or thickened. Samples must be supplied for tasting
- Salads - cleaned, washed but not mixed or cut
- Vegetables, fruits, potatoes, onions
 - cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves
 - onions can be halved to check quality
 - vegetables like tomatoes may be blanched and peeled
 - broad beans may be shelled
 - vegetable/fruit purées can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples must be supplied for tasting
- Fish - gutted, scaled not filleted
- Shells - cleaned, raw in their shells
- Crustaceans - raw or boiled, not peeled
- Meat/Poultry
 - deboned, not portioned, meat not trimmed, minced or ground
 - sausages have to be made on site
 - raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen but not seasoned or marinated
- Pastry sponge, biscuit, meringue, dough
 - can be brought in, but not cut, sliced or chopped
 - macarons cannot be brought in
 - meringue as a décor has to be dried on site
 - plain dough can be premade but not rolled, shaped or flavoured
- Rice – can be brought in precooked & flavoured
- Fruit/vegetable pulps and fruit/vegetable purees
 - can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting.
- Decor elements - 100 % done on site
- Bones for stock - bones (including extra) can be brought in cut into small pieces
- Eggs - can be separated and pasteurized, but not processed in any other way
- Dry ingredients - can be weighed and measured

HYGEINE & FOOD SAFETY GUIDELINES

NOTES: Tasting judges do not share plates, 1 x plate will be as a sample and the other meals will be portioned by a Rookie Jury member or a dedicated waitperson

The Five Keys to World Chefs Food Safety in Competitions

The core messages of the Five Keys to Safer Food are: (1) keep clean; (2) separate raw and cooked. (3) cook correctly; (4) keep food at safe temperatures, and (5) selection of safe raw materials to produce the items.

1. Keep Clean

It takes over 2.5 billion bacteria to make 250 ml of water look cloudy, but in some cases, it takes only 15-20 pathogenic bacteria to make one sick

- a. Wash and sanitize all surfaces and cooking equipment in the preparation area of the kitchen.
- b. Fruits and vegetables need to be washed and packed in appropriate containers.
- c. The kitchen area needs to be spotless as it is a showcase of our profession.
- d. All the equipment, tools, utensils, or service wear, including knives and knife containers (wraps, etc....) you may be using, must be clean.
- e. Floor, walls, cabinets and refrigeration in the competition arena, and the cart or transport equipment must be kept clean.

2. Separate Raw and Cooked

Keeping raw and prepared food separate prevents the transfer of microorganisms. Cross-contamination is a term used to describe the transfer of microorganisms from raw to cooked food, and to the equipment used in the vicinity of the food items

- a. All food ingredients should be packed separately and labelled clearly by; name and date of packing, and if required, "use by" date.
- b. Raw poultry, fish, seafood, and meat proteins are to be housed in their own closed containers. These items must be transported and stored at $<5^{\circ}\text{C}$
- c. Various packed and labelled dry items can be stored on the same tray.
- d. Cooked food items must be stored above raw items to avoid drips and cross contamination. There should be no contact between the two items.

3. Cook Correctly

Correct cooking or care of food can kill almost all dangerous microorganisms, which ensure the jury, and guests in attendance, that the food is safe for consumption)

- a. A standard HACCP sheet should be used in the preparation and cooking of the proteins. Ideally this sheet should contain the following:

- i. Name of item being cooked
- ii. Temperature of item prior to cooking
- iii. Length of time during which the items were subjected to heat
- iv. The actual temperature upon cooking
- v. Time at which the cooking process was completed

- b. Blanched items should be shocked immediately in clean iced water to stop the cooking process, then drained and stored in a clearly labelled and covered container.

- c. If your National Cuisine needs a partially cooked item to be blanched /dried, then cooked again, please clearly highlight this to the jury members – for example Peking Duck. These items are to be held in a clean area to avoid bacteria.

4 Keep Food at a Safe Temperature

Microorganisms multiply quickly if food is not stored correctly. Holding food at a temperature below 5°C or above 60°C slows down or stops the growth of microorganisms but some dangerous microorganisms can still grow below 5°C .

5.

- a. As mentioned under Cooking Correctly, the HACCP sheet should be used in all food preparations.
- b. Raw proteins can only be left on the worktable if it is stored on ice, or ice pad, and covered with more ice pad or other cold systems. The temperature of this protein must be kept below 10°C (50°F).
- c. Cooked food needs to be held above 60°C to avoid microbial growth, and ensure the food is served hot to members of the jury and to the guests
- d. Cooked food can be served à la minute to avoid this.
- e. A HACCP sheet should be posted on each refrigerator and, or freezer door. Temperatures must be recorded every hour, and corrective actions must be taken if doors are left open too long.
- f. Hot food must be cooled to <5°C before it can be refrigerated.
- g. All food items to be refrigerated or kept in the freezer must be covered and labelled.

6. Selection of Safe Raw materials

Raw materials including ice may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals can form in moldy food like fruit and vegetables

- a. Temperatures of your produces should be recorded at the market, when you arrive in your preparation facility, and in your cooking competition kitchen – HACCP.
- b. Fruits and vegetables should be checked for worms, grubs and mold.
- c. Fish, seafood and meat proteins need to be <5°C and not bruised or damaged.
- d. Check that fish exhibit all signs of freshness and verify that they do not have worms or parasites. Verify for signs of freshness.
- e. All dry ingredients, and all fresh, frozen, cured, or smoked food should have the use by or expiring dates checked.

DRESS STANDARDS

Ideally, all members of a team should be dressed nearly identically.

1. Chef's jacket – The chefs or team of chefs should enter the competition arena wearing a clean white, pressed chef's jacket.
2. Chef's hat – Standard chef hats, or competition sponsored hats must be worn. Individual event skull caps may be worn.
3. White apron is the standard apron for competitions. Pale coloured ones, and butcher striped aprons are accepted.
4. Safety style, non-slip, must be worn. Sport shoes are not allowed in the kitchen.
5. Neckties
6. No visible jewelry is to be worn except for a wedding band, ear stud (no more than 7 mm diameter) or sleeper (small rings).
7. No watches to be worn in the competition kitchen.

PERSONAL HYGIENE

1. Male chefs should be clean shaven.
2. Chefs with beards must wear a beard net.
3. Chefs should be clean and showered and demonstrate good personal hygiene.
4. Hair which touch the collar, or fall below the collar, must be restrained and covered with a hair net.
5. After shave and perfumes must not be overpowering
6. Sleeves of chef's jackets must be a minimum of elbow length.
7. Correct footwear must be clean.

FOOD & DRINK DURING COMPETITION

1. All Food must be consumed outside the kitchen

GENERAL RULES TO FOLLOW

1. Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.
2. Remove a sample of a product from the container with one spoon.
3. Transfer the product sample onto a second spoon, away from the original food container or preparation area.
4. Sample the product by tasting.
5. Never re-use used spoons. Use clean and sanitary spoons for each tasting. Always use two spoons to ensure sanitary practices are being followed and the product is not contaminated.
6. Double dipping into sauces or food items with the same spoon is strictly prohibited.

7. Food items in transport, and stored, must be covered with clear plastic or a lid.
8. Ready To Eat food (RTE) should not be handled with bare hands.
9. Equipment acceptable for the handling of cooked food are: tongs, chopsticks, or tweezers.
10. Work areas should always be cleared of unnecessary items.
11. Basic spills should be cleaned up immediately.
12. Knives must always be kept clean.
13. Food trimmings should be identified and labelled.
14. Food trimmings from your mise en place, that may be used later, should be kept separately, not mixed, labelled, and stored at <5°C (41°F).
15. Hand paper towels to be used for work surface bench and hands wiping.
16. Cloth towels should only be used to handle hot items.
17. Cutting boards in PEHD (polyethylene high-density) material are preferred and should be color coded: green for vegetables, red for meat, blue for fish, brown for cooked meats, and violet for vegans.
18. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean.
19. Use of wooden cutting boards is not authorized.
20. Cardboard or any porous containers and boxes are not allowed to enter the kitchen.
21. Nothing is allowed to be stored on the floor.

FACE MASK / FACE SHIELD:

When requested by the local health authorities or the organisers

- a. These forms of PPE must be worn during the entire competition while in the competition arena.
- b. They must be changed:
 - i. In preparation for service
 - ii. If they are spoiled in any way
 - iii. Upon returning to the kitchen after any break

HAND WASHING:

It is a 30 second process which must take place.

- a. Upon arrival at the kitchen
- b. At the start of the actual competition
- c. When hands become soiled
- d. On the hour
- e. After handling raw proteins
- f. When each task is finished
- g. After mise en place has been set
- h. Before service
- i. After visiting the washroom
- j. After handling rubbish
- k. always upon returning to the kitchen.

SANITIZING:

Recommended chemical sanitizer must be applied for a minimum of 10 seconds before it can be wiped off with a paper towel or scrapper.

- a. All work surface must be sanitized upon arrival into kitchen.
- b. All benches must be sanitized at the start of the competition.
- c. All benches need to be sanitized as they become soiled.
- d. All benches must be sanitized at the completion of each task.
- e. All benches must be sanitized prior to starting service.
- f. All benches must be sanitized at the end of the competition.

APRONS:

- a. To enhance and promote our profession, and to avoid cross contamination, chefs should not be working with soiled aprons.
- b. Bib aprons can be used when cleaning proteins.
- c. Aprons should be changed:
 - i. At the start of the competition
 - ii. After working on proteins
 - iii. If they become heavily soiled at any stage
 - iv. Prior to service

GLOVES:

- a. Gloves do not give an automatic exemption to proper food handling techniques.
- b. Must be worn when handling hot or cold "Ready To Eat" food (RTE), which will be consumed by the jury/public.
- c. Gloves can be worn if working with dirty items, or items that stain, i.e.: beetroot.
- d. Hand injuries should be protected with a band aid/plaster and covered with a glove.
- e. Changing gloves is paramount to avoid cross contamination. It is not necessary to wear gloves during the mise en place or food items unless the food items will not receive any heat treatment.
- f. Gloves need to be changed.
 - i. If you start to use other equipment after touching proteins
 - ii. Before starting service
 - iii. Regularly during service
 - iv. Before and after cleaning dirty, or staining vegetables or marinades.

RUBBISH:

- a. Small bins are permitted on the work bench.
- b. Neither the small table bins nor the main kitchen bin may overflow.
- c. Rubbish needs to be bagged, and removed each hour of the competition, upon closing of the bags.
- d. Bins should be empty at the start of service
- e. Cleaned and washed at the end of service
- f. Sinks must be used for washing and not to hold dirty pots and rubbish.
- g. Rubbish must be separated – i.e.: paper, plastic, organic, not reusable plastic boxes and containers, organic, and disposed of in designated containers.

TEAM SPACING:

Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at times may be unavoidable.

GLASS POLICY:

- a. Control - No glass items are permitted in any format into the competition kitchen. This may pertain to wine, vinegar, soy sauce, tomato paste, oils, drinking vessels, and any other products.
- b. Items must be decentered into appropriate non-breakable packaging prior to stepping into the competition kitchen.
- c. If sponsored items are in glass, these will remain on the central ingredient table(s), away from the competition kitchen. Competitors will retrieve products from this area in non-breakable containers.

FOOD EFFICIENCY (LEFTOVERS):

- a. In some circumstances, some excess food is unavoidable, but this must be controlled. It is how you manage it that will be noted.
- b. If all your portions are not sold – there must be accountability, tickets Vs Sales Vs food remaining.
- c. 5% excess is acceptable due to several kitchen factors, spillage, replacement, wrong table.
- d. Be mindful when planning menus to avoid waste factor, i.e.: "Pommes Parisiennes" or smaller scooped vegetables or fruits.
- e. Useable trimmings / excess of preparations, must be properly packaged and labelled with date and name of product as a minimum.
- f. Such leftover food will be reviewed by the kitchen jury before it is taken away.
- g. Deduction for items thrown in the rubbish or tried to be washed down a sink.

TEAMS & COMPETITORS BEST PRACTICES

We are often asked what is 'Best Practices' these are the rules that help us govern our competitions and what members of the jury will be looking for as we move forward, these read in conjunction with the competition rules and regulations, will ensure you are on the right track.

The whole idea behind this document is to ensure all teams and competitors are on a level playing field and as to what the jury may be looking into during the competition.

Naturally, this document does not cover all aspects of the jury and marking scheme but looks into the 'Best Practices' for competitors which needs to be read with the Worldchefs Health and Food Safety Regulations.

1. **Plastic** is something that the world and gastronomy is eliminating.
 - a) Plastic Bags – avoid all unless necessary and required to pack your food items into OR is there an alternative solution.
 - b) Vacuum Bags – are for sous vide or for storage to enhance the shelf life, they are not for transporting items to a competition, to hold liquid etc., and should be avoided as much as possible, think of the waste and the cost.
 - c) Plastic Containers – are permitted to transport and store items in and must be reusable and are not to be thrown away after one use, they need to be cleaned and packed away.
2. **HACCP sheets** are required in most parts of the world in a commercial or professional kitchen. This is Best Practice for the recording of the temperature controls in place for raw, semi-raw, ready cooked and food storage.
 - a. Standard HACCP sheets are available on the WORLDCHEFS web page which are acceptable in any competition.
 - b. Temperature/storage sheets should show the temperature flow chart of food items from Fridge/freezer checklist, should be done at a minimum of every hour of the competition, with a corrective action when the temperatures are too high.
 - c. Storage of warm food must be made to ensure all international and local regulations are met to avoid any public concerns about food safety.
 - d. Sous Vide records are imperative due to the nature and at time low cooking temperature, the temperatures and times need to be recorded.
 - e. Jury members are at liberty to check and investigate these documents under any circumstance.
 - f. Jury members are at liberty to check and investigate these documents under any circumstance.
3. **Competition Timing/ on Time** – is an important part of our profession whether in a restaurant or competition, food served at the correct temperature and on time allows a pleasant eating experience for the guests.
 - a. In all competitions there are Service Points awarded on timing, however, if you far exceed this bracket, points will be deducted from competent preparation.
 - b. If your food items have too many hand movements and or components, it will affect the temperature of the food for service, which will lead to points deduction.
 - c. At the IKA & World Cup, your timing commences once the ticket is handed in at the pass, until that course leaves the pass.
4. **Food weight and Nutrition**
 - a. There are expected weights to be observed in the hot kitchen and on the chef's table, in a practical world, we should adhere to these weights, 20-30g either side is acceptable.
 - b. It is a cooking competition; therefore, skills are paramount, cooking skills, flavour profiles allowing the food to speak for itself and hand skills are necessary, repetition with moulds will be penalized under professional preparation
 - c. All food need to be nutritionally balanced along with the presentation on how it fits into the menu
5. **Plate temperature** – Good Practices is to have cold food and desserts served on room temperature plate to avoid condensation; warm food should be served on warm plates.

- a. If you serve a salad with a warm appetizer, think about how to support/protect the salad from wilting on a warm plate.
- b. All salads or herbal salad garnishes need some type of dressing or seasoning.