

## **Official Wing Eating Contest Rules**

Eating competitions are inherently dangerous activities, and all participants expressly and voluntarily assume the risk of any and all injury and damage that may result from the participation in eating competitions. Participants understand that such risks include, but are not limited to possible bodily injury, partial or total disability, paralysis, death or other injuries or damages. Selection of participation in the event and the risks of loss, damage or injury shall at all times remain with and be borne by each participant. Participants will be required to execute a Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement before participation.

### **Official Rules**

1. The wing eating competition is open to all amateur eaters 18 years or older who are in good health. Professional eaters, persons recognized by the AICE, the IFOCE or members of any professional eating organization are not eligible.
2. Any competitor with a serious ailment or health problem may not compete in the contest.
3. Competitors may eat sitting down or standing up in their designated areas. Any contestant leaving their designated area during the contest will be disqualified.
4. Competitors may not make physical contact with any other competitor at any time. Any competitor who deliberately makes contact with another competitor will be disqualified.
5. If a competitor vomits or regurgitates at any time during the competition or during the time period the wing count is being tallied, he or she will be disqualified.
6. The use of utensils is not allowed.
7. Chicken meat must be eaten directly from the bones. Stripping the bones of meat first and eating the meat at one time will not be allowed. In the case of the “wingette”, ONE (1) bone may be removed prior to eating.
8. To be considered an eaten wing, and to avoid excess waste, there must not be any breading left visible on the wing remnant. Failure to do so will result in the addition of one (1) ounce per “uneaten” wing to be added to the ending plate weight, before subtraction.
9. Competitors may not touch the wing basket or wings in the basket before the contest begins.
10. Competitors must place each and every finished chicken wing bone back in the wing basket. Failure to place wing bones back into the basket will result in disqualification.
11. If contingencies or disputes arise at the contest/before, during or after, that is not explicitly covered by these official rules, the Executive Judge’s decision will stand with the same finality as the rules.

## **The Contest**

### **Endurance Wing**

1. Each competitor will start with exactly twenty-eight (28) **Little Bones Wings**, fourteen (14) “drumettes” and fourteen (14) “wingettes”. Each will be covered in sauce (or not) predetermined by the contestant before the round begins.
2. Each contestant will have choice from three (3) sauce flavours. Only one flavour will be allowed per fourteen (14) wings.
3. Each container, once plated will be weighed directly before given to the contestant.
4. The contest will last exactly five (5) minutes.

5. Once the contest starts, the competitors will consume their allotted wings and place the eaten chicken wing bone back into the wing receptacle.
6. If a competitor finishes their allotted twenty-eight (28) wings before the contest is complete, they will be given an additional fourteen (14) wings to consume.
7. Once the contest is complete, each competitor's wing receptacle will be taken to be weighed by the Executive Judge.
8. The winners will be determined by the total weight of wing meat eaten, measured by an official contest scale in pounds and ounces by the Executive Judge.
9. In the event of a tie between competitors, there will be a 60 second "run off" to determine the winner.

### **Blitz Wing**

1. Each competitor will start with exactly seven (7) wings, four "wingettes" and three (3) drumettes. Each will be covered in sauce (or not) predetermined by the contestant before the round begins.
2. Each contestant will have choice from three (3) sauce flavours. Only one flavour will be allowed for all seven (7) wings.
3. Once the contest begins, contestants will race to finish eating their allotted seven (7) wings first.
4. To be considered an eaten wing, there must not be any breading or meat left visible on the wing remnant. (examples of an "eaten" and an "uneaten" wing can be found at <http://www.littleboneswings.com/wingfest.php>)
5. After each wing is eaten the bone is to be put back into its receptacle, when the last bone is put into the receptacle the competitor is finished.
6. Each contestant continues until they are finished and the top three (3) contestants win.
7. In the event of a tie, the tied contestants will compete in a sixty (60) second "run off"

### **Run off**

1. Each competitor will start with exactly seven (7) wings, four "wingettes" and three (3) drumettes. Each will be covered in sauce (or not) predetermined by the contestant before the round begins.
2. Each contestant will have choice from three (3) sauce flavours. Only one flavour will be allowed for all seven (7) wings.
3. Each container, once plated will be weighed directly before given to the contestant.
4. The contest will last exactly sixty (60) seconds.
5. Once the contest starts, the competitors will consume their allotted wings and place the eaten chicken wing bones back into the wing receptacle.
6. At the moment the time ending indicator sounds, contestants must stop eating immediately, and place their wing remnant into the receptacle.
7. Each competitor's wing receptacle will be taken to be weighed by the Executive Judge.
8. The winners will be determined by the total weight of wing meat eaten, measured by an official contest scale in pounds and ounces by the Executive Judge.