



4/11/2020



KANSAS CITY BARBEQUE SOCIETY

www.ironmanbbq.com

The IRONMAN BBQ Rules

1. El Biggo Rulo Numero Uno (that's Spanish) – No Electric! That means no.....
 - a. Pellet Grills
 - b. BBQ Draft Controls of any type – i.e. Stoker, BBQ Guru, Flameboss, etc.
 - c. Rotisseries (unless hand cranked)
 - d. Constant stay-in style thermometers ala Redi-Check/MAVERICK
 - e. Electric/Battery assisted vacuum marinade machines, including vacuum marinade tumblers
 - i. Footnote – vacuum marinade machines that are hand pumped will be allowed
 - ii. 2nd footnote – the committee has reached out to the BBQ community on this particular rule as the electric vacuum marinade machine is more a matter of prep than cooking; the overall response from BBQ'ers has been that allowing electric devices like these doesn't "feel" (one guy even said "icky") right for the type of competition we are trying to put together, but because it involves prep, we are allowing manual vs. electric vacuum units.
 - f. Electric or battery powered knives **WILL NOT** be permitted. At this level, everyone should know how to use a sharp knife.
 - g. Thermopens WILL be allowed. This is a food safety issue as much as anything else, not to mention that no one has been able to show that a Thermopen is a distinct advantage for the user vs. a dial meat thermometer that reads temp in 8 seconds.
 - h. Propane torches **WILL NOT** be allowed for starting fires. Boy Scouts will be available for consultations regarding alternate means of fire starting.
 - i. Every one of the competitors has voluntarily agreed to the Go Naked IRONMAN format and most have expressed their desire to do this comp because no electric will be allowed. The idea is back to the basics – know your equipment, know your meat, know your flavor profile, and control your fire to maintain a constant temp in conjunction with weather conditions present. So I think this will be obvious, but this must be written down (I'm told that makes for civilized society) – **ANY VIOLATIONS OF THE NO ELECTRIC RULE WILL LEAD TO IMMEDIATE THE REQUEST FOR IMMEDIATE PAYMENT OF THE FULL ENTRY AMOUNT (\$400 additional) OR FACE DQ** – and a serious blow to your BBQ credentials! (Also, I will then feed your turn-ins to the unwashed masses of BBQ fanatics that will be at the Open House and will tell

- them all that you will be happy to help them with their BBQ questions, regardless of how annoying they are!)
- j. If you are unsure if any of the equipment you will be using will be considered as 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. El Biggo Rulo Numero Dos (again, Spanish...that makes it serious!) – **IRONMAN!**
 - a. That's right – I MADE THAT UP! This is the first and only Ironman BBQ Challenge that I know of! What exactly does that mean? It means we will check your cooler for/and you can only cook and turn in.....
 - i. Seven (7) pieces of chicken!
 1. We allow one extra piece for Pitmaster tasting.
 - ii. One (1) rack of pork ribs!
 1. Either Spares or Baby Backs...but only one rack.
 - iii. One (1) Pork Butt (or should I say Pork Shoulder Blade Roast? Ugh.)
 1. Present whatever you want in the box, but it has to come from the (1) Pork Butt you cook.
 - iv. One (1) Beef Brisket!
 1. Again, whatever you want in the box – burnt ends, etc. – but from the (1) Brisket you cook.
 - b. Can you bring multiple pieces of meat? – NO!
 - i. Choose your meat carefully BEFORE you arrive here.
 - ii. We will only inspect your competition meats, any other meats found in the cooler will be confiscated...or something like that.
 - c. Can you cheat? – NO!
 - i. Well I suppose so, but shame on you if you do. The idea here is to turn in what you cook! i.e. get it right the first time, the one time, the only time, without the crutch of additional backup meats!
 - ii. **Anyone who voluntarily agreed to the The IRONMAN format and is caught using electric or additional meats will be required to pay \$400 immediately or face disqualification for not paying full entry fee. Upon payment of the \$400, that team will only be eligible for the lower prize amounts.**
 - d. Can you cook dinner? – YES, so long as it is not chicken, pork ribs, pork butt, or brisket.
 3. Full KCBS rules apply – so garnish away!
 - a. Any questions regarding KCBS rules can be answered by KCBS at www.kcbs.us.
 4. That's about it for our rules if you have questions or concerns or we have been way too vague about something, please feel free to email your questions to info@ironmanbbq.com.
 5. Thanks.