

2022 SUB JAMMERS RULES AND REGULATIONS

ELIGIBILITY REQUIREMENTS

1. Only Team Members and Managers are eligible for the contest and the cash prizes.
2. Participants must wear the provided Sub Jammer T-Shirt. They must wear appropriate pants/shorts, and shoulder length or longer hair tiedback (headwear optional).
3. Gloves must be worn when handling food products.

CONTEST REQUIREMENTS

1. All participants are timed and scored on the speed of production, visual appeal, correct formula, neatness of work area and amount of waste left behind.
2. Each participant may choose his/her own **pre-cut** bread from the supply at the competition.
3. The sandwich unit will be laid out in the order that ingredients must be put on the sandwich (snake pattern).
4. The sandwich unit will be fully stocked with fresh vegetables. Participants will not be permitted to touch the food or paper products in any way, (other than the bread they select), prior to their turn. Judges will ensure no unfair advantage takes place before the individual's turn (e.g.: clumping of vegetables, positioning of the paper, etc.).
5. **The MC of the Event will begin the timing this year. Timing will begin when the MC says 'go'.** A footlong (30 cm) sandwich is then prepared to exact Subway® formulas, wrapped in sub wrap, anchored with 2 napkins, bagged, and placed on the counter.
6. Timing ends when the participant's hands are free from the bag. Each participant is required to make a footlong (30 cm) Turkey with all the toppings. The standard formula as specified in the *Operations Manual* must be followed and in this order: (Top and bottom means which side of the bread the item is to be placed.)

Bread: Pre-cut with the proper 45° angle hinge cut

Meat: 12 slices placed end to end (top)

Cheese: 4 Slices, alternate cheese placing the points facing outward and facing inward toward the hinge

Lettuce: 1.5 oz. (42 g) fluffed end to end (bottom)

Tomatoes: Wheels placed end to end (bottom)

Cucumbers: Slices placed end to end (bottom)

Pickles: 6 chips placed end to end (bottom)

Peppers: 6 strips placed end to end (bottom)

Olives: 6 to 12 slices placed end to end (bottom)

Onions: 0.5oz. (14 g) fluffed end to end (bottom)

Oil: 3 passes from end to end on top of vegetables

Salt & Pepper: Sprinkled liberally end to end on top of vegetables

*** NOTE: Footlong will not be cut in half**

7. **No items** are allowed on the cutting board prior to start of timing.
8. Sandwich must be wrapped tightly in 1 sheet of sub wrap so none of the sandwich is exposed. Deli Paper will be optional.
9. The sandwich must be anchored with 2 napkins, bagged, and placed on the counter.
10. Once timing ends, participants may NOT touch the sandwich unit or cutting board. The Judge then evaluates the amount of waste left on the cutting board and inspects the Cambro® pans for possible penalties (e.g.: pickles were thrown in the olive pan in haste).

DISQUALIFICATION ITEMS

1. Raw time is more than 80 seconds
2. Less than 10 or more than 14 slices of Turkey
3. Meat, cheese, or any entire vegetable/item is missing. (e.g.: no tomatoes on sub)