



MWIKOS & JIKOS: 2.0 RULES & REGULATIONS FOF 2024

Registration & Team Format

1. Registration fee for the competition will be 8000/- per team which will include EVERYTHING. All ingredients, water to cook with, jikos and all relevant equipment.
2. Each team must consist of 8 members and it is mandatory to have:
 - a. 2 males
 - b. 2 juniors (under 12)
 - c. 1 senior (60+)
 - d. The other 3 can be of any age and gender

If you are a participant less, you can still participate, at your own disadvantage, but you MUST still meet the above criteria.

General Rules

1. No spices, sauces, utensils or pre prepped ingredients are allowed - EVERYTHING will be provided by the organizers.
2. Only vegetarian food will be cooked and served. It will be at the discretion of each team if they would like to use onions and garlic as an option.
3. Drinking water will be provided for teams, while other beverages shall be on sale. Red Ginger will have a cash bar serving only non-alcoholic beverages in the halls.
4. Participants are supposed to display the name and ingredients of each dish they have prepared using the labelling items provided to them on the day.
5. All contestants will need to arrive at Red Ginger and check in with the FOF team no later than 5:30 p.m. on the day of the event (Tuesday November 12, 2024).
6. The competition begins precisely at 6:00 p.m. The FOF team will ring the bell to indicate the start.



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Cooking Format & Judging Criteria

1. The competition will take place in 2 rounds of 60 mins each (including both prep and cook time). How this time is used is at the discretion of the individual team.
 - a. The first round involves preparing starter and soup
 - b. The second round involves preparing a main and dessert
 - c. Further information to be given on the day
2. During each round 2 participants will be called out at a given time based on their participant numbers to play some cooking games. The scores of these games will add onto your teams final scores!
3. All teams will receive an identical set of ingredients at the start, none of which will be replenished. No additional ingredients will be provided to any team. Therefore, teams will be required to plan themselves well and utilize the same ingredients for BOTH rounds
4. All teams will be provided with identical equipment, while larger, unique, limited equipment, will be set up at a COMMON STATION for teams to utilize in an orderly manner throughout the competition.
5. COMMON STATION equipment will only be available to utilize for a **maximum of 15 minutes** per team per round.
6. Each team will be provided with two Jikos, which will be lit prior to the competition; however, maintaining the temperature of the Jiko during the competition will be at the discretion of each team
7. Participants will be required to prepare TWO identical plates of the same dish, for each round. The FIRST dish should be presented to the four judges, while the SECOND dish will be utilized for spectator tasting.
8. Each team will have their dish presented to the judges in a blind tasting format.



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9. Judges will rate each dish individually on a points-based system. The categories and points are:
 - a. Originality and creativity (10 points)
 - b. Taste and aroma (10 points)
 - c. Overall Presentation (10 points).

THIS WILL TOTAL 30 points per dish, per judge

10. The organizing team will tally the score cards. Winners will be announced directly following the final judging.
11. The team with the highest points overall will take the title of 2024 Mwikos & Jikos Champions followed by a runner up. Appreciation will also be given to the best dishes in each round.
12. All judging is final. This contest is held in good faith and in compliance with the FOF guidelines, principles and ethos.

House Rules

1. Any violation of the above rules and regulations will result in an immediate disqualification as per the organisers decision with no mechanism of appeal.
2. The use of any electronic device or recipe books is prohibited.
3. Each community's spectators will be able to reserve bandas downstairs at a fee (5,000/- which will then be deducted from their spend amount). These reservations must be made directly with Red Ginger on **0779 444 444**.
4. Participants are reminded that there should be **NO** consumption of alcoholic beverages. Participants are also reminded to be kind and courteous towards teammates, competing teams, spectators, judges and organizers. NO use of foul language will be tolerated. Should there be any issues KINDLY address them in a calm manner, and bring them to the attention of an event organizer.