RULES AND REGULATIONS
INDIVIDUAL COMPETITORS
(SENIOR AND JUNIOR)

HOT KITCHEN K1

RESTAURANT DESSERTS
RULES AND REGULATIONS

Individual Competitors Senior and Junior

HOT KITCHEN EVENT K1

RESTAURANT DESSERTS K2

THE ITALIAN CUISINE CHAMPIONSHIPS 2020 – 5th Edition of the cuisine exhibition open to all chefs, professionals and students, that are current members of FIC working in Italy and/or abroad.

The event is an official competition organized by the Italian Cooks Federation and recognised by WorldChef – World Association of Chefs Societies.

TO ENROL IN THE COMPETITION YOU MUST

BE A 2020 MEMBER OF FIC

For any information regarding the 2020 Italian Cuisine Championships please look at our website www.fic.it or contact us via mail: concorsi@fic.it

For technical questions linked to the presentation of the work during the event please write to: infocampionati@fic.it
GENERAL RULES

DATES AND TIMES
The 2020 Italian Culinary Championships will take place between Saturday 15th February and Tuesday 18th February.

THE EVENT IS OPEN DAILY
For the competitors opening time is at 7.00 am until the end of the award ceremony.
For visitors on Saturday, Sunday and Monday opening time is at 10.00 until 7.00 pm. On Tuesday 10.00 until 6.00 pm.

DAILY AWARDS CEREMONY
The daily Awards Ceremony will be held on the centre stage from approximately 5.30 pm.

CLOSING CEREMONY
The closing ceremony with the awarding of the 'Italian champions', followed by the giving of (only) the gold medals will be held on Tuesday the 18th February immediately after the daily award ceremony.

CONTACTS
Italian Cooks Federation Office
Piazza delle Crociate, 15 – 00162 Roma
Tel: 064402178 – 06 44202209 – fax 0644246203
Email: concorsi@fic.it

INFORMATION
For general or enrolment information please write to Valeria at concorsi@fic.it
For technical information or information about the work presented during the event please write to: infocampionati@fic.it

All the questions regarding the technical part and the work presented will be collected by the FIC admin office, divided into categories and each week the answers will be published under the FAQ section of the FIC website -www.fic.it- keeping the questions anonymous.

The subject of the email will need to include the following information:
Name, Surname/Team + Category reference, programme and association.
Emails will be collected but not answered directly, therefore the competitors will need to refer to the FAQ section on the website before they send an email asking a question as the answer they are looking for might already be on the website www.fic.it

AGE OF COMPETITORS
Senior: You must be 25 years old by the start of the competition – 15th February 2020.

ACCREDITATION AND IMPORTANT STEPS TO TAKE ONCE YOU HAVE ENTERED THE FAIR.
• 7.00 am - Arrival at the fair, accreditation at the FIC admin desk and collection of entrance number and position.
• For some competitors the above step could be brought forward to the night before (Fic reserves the right to communicate this to the competitors in advance).
• Collection of the official FIC Italian cuisine Championships 2020 jacket from the FIC store.
• Walk towards the assigned post to meet the jury group.

DRESS CODE AND BASIC CONDITIONS OF THE COMPETITORS
All competitors will receive from FIC, free of charge, only one official chef jacket for the Italian championships 2020 even if competing in more events.
Competitors will need to indicate their size for the chef jacket on the enrolment form. The Championships chef jacket can be collected from the FIC store after the accreditation process inside the fair. All competitors are obliged to wear, during the event and the award ceremony, the official Italian cuisine Championships 2020 chef’s jacket, black trousers, black shoes and white chef’s hat. It is forbidden to wear earrings, trainers, watches, jewellery and any other item according to the HACCP rules and FIC code of ethics; therefore, whoever does not comply with the dress code will not be allowed to compete or be part of the awards ceremony. The competitors are obliged to collect their prize dressed according to the dress code.

COMPETITORS ALLOWED TO COMPETE
Only 2020 FIC members can enrol.

REGISTRATION, BOOKING AND REGISTRATION FEE
By participating to the Championships, the competitors accept the Terms and conditions of the event. To enrol you must complete the on-line registration form found on the FIC website (www.fic.it)

CLOSING DATE TO REGISTER 13/01/2020
Enrolment to the competition must be done according to the guidelines and by the 13th January 2020 (while spaces are available). By enrolling you accept the rules and regulations of the competition.

CONFIRMATION OF PARTICIPATION
The organizing body will decide, taking into consideration the logistical and organizational needs, to increase or decrease the daily number of the competitors that will be accepted. The organizing body will confirm to each competitor the admission to the competition and the date that has been assigned to them. If a registered competitor can’t attend the competition it will not be possible to refund the registration fee after the 18th January 2020. Participants will be given confirmation of their enrolment to the chosen program by the 17th January 2020.
By not accepting these guidelines you will be disqualified. The same rules and regulations apply for both junior and senior competitors. Each Junior competitor must be able show some valid identification if asked by a head judge as proof of age. If junior competitors are not able to prove their age they could be excluded from the competition.

FEES
Participation fees are set as follows:
Individual competitors Hot Kitchen event (Cat. K1-K2): €80.00 (Senior and Junior)

PAYMENT OF REGISTRATION FEE
Payment of the registration fee must be made by bank transfer:
payable to FEDERAZIONE ITALIANA CUOCHI
UBI BANCA - Branch 5681 - V.le delle Provincie, 34 - 00162 Rome
IBAN - IT89K031110321200000001542
SWIFT - BLOPIT22 (only for foreign bank transfers)
Purpose of the payment: Name and surname / Team + ref. Category, Program and Association.

The entry form must be completed on-line and proof of payment must be attached in the specific section provided.The organising body will inform, in an automated way, the competitors, the regional unions, the provincial associations and delegations/teams from abroad, of the enrolment to the Championships by the 17th January 2020.

Please note: Registration forms submitted without proof of payment will not be considered.

WHAT IS INCLUDED IN THE REGISTRATION FEE?
For individual competitors: access by own means of transportation inside the fair for the time needed to load and unload
materials (with a deposit of €100.00 to be paid at the entrance and which will be returned upon exit), entry into the fair for 1 competitor and 1 assistant for one day; certificate of attendance. In the event the Championships are cancelled, or the registration form is not accepted, the fee will be returned in full. Complementary Italian Cuisine Championships chef jacket.

**PARKING**
On-site car parking – fees apply.

'CASA FIC'
The organising body is pleased to host 1 competitor for 1 dinner at 'Casa FIC' – Hotel Sporting, Viale Amerigo Vespucci, 20 – Rimini.

**RIGHTS OF THE ORGANISING BODY**
The organising body reserves all rights to the recipes used, all photos and film taken of any food preparation.

**PHOTOGRAPHY RIGHTS**
The organising body (as well as the press officially invited) has the right to photograph, film, publish (for example on the 'il Cuoco' magazine, social media or other) or the photos and/or videos of the participants.

**PHOTO POINT**
After having tidied up the kitchen the competitor will have to go to the photo point with a clean uniform including chef's hat, their dish and its registration code. The violation of this point is punished by the president of the jury with 5% deduction of accumulated points.

**RIGHTS OF THE ORGANISING BODY IN CASE OF CHANGES**
The organising body reserves the right to cancel the event, postpone or modify the length or opening times of the competition or any other type of technical changes.

**RESPONSIBILITY**
The organizing body accepts no responsibility for any damage or loss of plates, silverware or any other valuable used during the competition. The organising body will take no responsibility for personal belongings on show or any other valuables. The competitors are responsible for their own equipment.

**LABORATORIES AND EQUIPMENT FOR HOT KITCHEN EVENT**
The organising body will make an open kitchen with standard basic facilities and equipment available to the hot kitchen competitors. The equipment included is as follows: porcelain dishes, cookware and mini equipment. It will be the responsibility of the organising body to publish on the website www.fic.it, about two months before the competition, the open kitchens and the list of equipment made available to competitors.

It is advisable to think and create recipes based on the 'Standard' equipment made available by the organizing body within the laboratories. The laboratories are NOT equipped with special equipment (moulds, piping bags, icing piping bag nozzles, aprons, kitchen towels, etc) or special plates or porcelain which every competitor will need to get independently.

It is possible to ask for additional equipment, while stocks last, by showing your identity document and a deposit of €50.00. The organising body cannot guarantee extra equipment other than that made available in the laboratories for all the teams or competitors. The equipment must be returned to the person in charge at the end of the demonstration. Any shortages will be charged to the competitors.

**RIGHT OF THE ORGANISING BODY REGARDING EXTRA EQUIPMENT**
The organising body reserves the right not to guarantee extra equipment other than that made available in the laboratories for all teams or competitors.
COMPETITORS’ PERSONAL EQUIPMENT
It will be possible to bring into the laboratories, with the exception of equipment already present, 1 electric scanbox and a maximum number of 3 pieces of 220V electrical equipment that must not go against the equipment provided by the FIC partners. Competitors who decide to bring extra equipment, even non-electric from home must consider that the latter must not conflict with the FIC partners.

NIGHT LABORATORY AVAILABLE TO COMPETITORS
The night before the event a fully equipped laboratory will be made available to all competitors in order to finish or complete the cold components; the same rules and regulations found in the manual for the cold display Individual competitors’ event (culinary and pastry art) apply, therefore if the laboratories are used the competitor must be aware of the regulations.

RECIPES
Before the event, each competitor must deliver to the president of the jury a copy of the recipe that will be prepared for four people accompanied by a photo of it. The recipe must be written by filling out the form that can be downloaded from www.fic.it and accompanied by a photo of the dish; everything must be sent by email to concorsi@fic.it 15 days before the start of the Italian Championships – i.e. 31/01/2020

HACCP PLAN
Each individual competitor will be obliged to provide the person in charge chosen by the jury the self-control plan for food management and HACCP for the administration of food. Failure to submit the appropriate form will result in the exclusion of the competitor. The form can be downloaded online at www.fic.it when registering for the competition.

RAW MATERIAL
Raw materials for the display, the decorations and the service are the responsibility of the competitors and must strictly comply with the HACCP rules for their transport and certify them in the self-control plan. Raw materials are not allowed in the original packaging with trademarks or logos. Food previously prepared and brought into the competition must be packaged and labelled for traceability according to health and hygiene regulations. No food, other than that introduced into the kitchen and checked by the jury in the morning, can be brought into the kitchens during the competition. Each food introduced during the event will incur 3 penalty points on the total score. The organising body will provide competitors with the ‘obligatory’ ingredients on the day of the event. For the dish prepared with aspic the competitors will have to get their own ingredients.

DISHES FOR THE HOT KITCHEN K1 AND RESTAURANT DESSERTS K2 EVENT
The organising body reserves the right to promptly inform all individual competitors if, through the FIC partners, they are given the opportunity to use specific porcelain and a series of suitable plates for the presentation of dishes during the ‘individual’ competition. (The organizing body will publish the plates made available a month before the competition on the website www.fic.it)

EXHIBITION DISHES WITH ASPIC
The dish that will be displayed is for advertising purposes and therefore can be prepared in advanced using aspic, but it must be identical to what was declared in the work presented for the competition. The dishes with aspic can be prepared the previous evening in the kitchens made available for the cold display. Upon request the kitchens can be kept open during the night. The times will be communicated by the organising body according to the requests.
INTERNATIONAL JURY
The international jury is composed of WorldChef accredited professional judges, joined by collaborators and event commissioners. By taking part in the Championships, the competitors accept the rules and their conditions. Every day, representatives of the jury will be available to competitors for questions about their programme. The judges’ decision is final and unappealable.

FEEDBACK
The feedback, only for the dishes with aspic, will be communicated before the awards ceremony by two members of the jury.
HOT KITCHEN K1
(INDIVIDUAL COMPETITORS SENIOR AND JUNIOR)

Main course or starter? (meat, fish, vegetarian).
Each competitor can choose to present a main course or a starter.

OBLIGATORY INGREDIENTS
Competitors are obliged to use:
• For the fish dish: as the main element of the dish - Halibut fillet from Greenland, natural frozen in IQF of Royal Greenland, it is possible to also use other fish, crustaceous and shellfish as complementary elements.
• For the meat dish or vegetarian: PROVOLONE VALPADANA DOP cheese as a complementary element.
The organising body will provide the obligatory ingredients (halibut and provolone) on the day of the event.

WHERE TO COLLECT THE INGREDIENTS
The information regarding where to collect the obligatory ingredients is available on the website www.fic.it

COMPOSITION OF THE WORK
Starter: 50% of the work must be hot/warm while the rest can be cold; the total weight must be 120/150gr each (divided between protein elements, vegetables, sauces and decorations.)
Main course: Hot work with a total weight of 220/250gr each (50% carbohydrates, 50% vegetables and fruit (optional) plus sauces and decorations. The presentation has to be made 'on the plate' and in single portions for a total of 2 portions, one for tasting and the other one with aspic for the photo and the exhibition; bread and breadsticks or other things served aside will not be counted in the carbohydrate count. In the K1 Mediterranean kitchen event, all the preparations must be made in the laboratories at the fair apart from what follows.

COMPETITION TIMES
• 6.30 entry to the fair
• 7.00 meeting with the jury
• 8.00 beginning of the event
• The event will last 1 hour. 50 minutes for the preparation and presentation of the dish and 10 minutes to tidy up.
• If the competitor goes over 50 minutes, he/she will be penalised by having 1 point taken away for every extra minute for a maximum of 5 minutes. If a competitor goes over 5 minutes the work will be removed and not considered by the jury.
• After tidying up the kitchen the competitor must go to the photo point with the dish prepared with aspic and the relative identification badge.
• Positioning of the dish on the exhibition table with its identification card.
• After the event, before the awards ceremony, feedback by the jury will be given on the dishes with aspic.

WHAT IS ALLOWED
• Peeled, washed but not cut vegetables, turned or portioned, except for vegetables with seeds that will be removed.
• Washed and peeled salads but not mixed.
• Boneless meat but not portioned. Bones can be brought already cut into small pieces.
• Gutted and decapitated fish but not filleted (except for large-sized fish such as tuna-amberjack, etc...)
• Scalded but not shelled crustaceans and molluscs.
• Ready broths and stocks but not reduced or seasoned.
• Sponge cake, raw and cooked puff pastry, biscuits, meringues, uncut or portioned. Unsweetened fruit purees, fruit
peeled but not cut or turned, dried shelled fruits.
• Decorations, sugar, chocolate, waffles must be worked on sight.
• Food is not allowed in the original packaging with trademarks or logos.
• Long rest doughs will have to be proven.
• It is advised to carry out beforehand some express kitchen preparations.

SCORES FOR HOT KITCHEN K1 INDIVIDUAL COMPETITORS

MIS EN PLACE AND CLEANLINESS 10 points
Ability to organise one’s work; respect of execution times; ability to prepare and rearrange equipment; compliance with established schedules and programmes; cleaning and order during the processing phases; compliance with hygiene standards.

PROFESSIONAL PREPARATION 25 points
Proper handling and storage of food; correct cooking of foods (meat, fish, vegetables, etc); correct use of weights and portions; effectiveness of the techniques used; correct recipe setting.

SERVICE 5 points
Clean and tidy arrangement of food on the plate without artificial seals; use of effective packaging techniques that do not involve unnecessary loss of time; use of sober and suitable plates and porcelain to enhance the food they contain; ability to respect the times set for the service.

AESTHETIC APPEARANCE 10 points
Aesthetic appearance and chromatic impact pleasant and elegant, must be of good presentation, harmony of colours, right palatability, which invites tasting.

TASTE 50 points
Pleasant taste and in harmony with the type of food used; correct use of condiments.
Half points will not be awarded.

Total 100 points

SCORES AND AWARDS
The score is thus assigned and distributed:
• 100 points gold medal with diploma and mention
• 99.99 to 90.00 points gold medal with diploma.
• 89.99 to 80.00 points silver medal with diploma.
• 79.99 to 70.00 points bronze medal with diploma.
• 69.99 to 60.00 points Diploma.
RESTAURANT DESSERT K2
(INDIVIDUAL COMPETITORS SENIOR AND JUNIOR)

Each competitor has to present a dessert composed of: main piece (the cake) plus fruit and an oven complementary element (hot or cold), sauce and if wanted decoration.

OBLIGATORY INGREDIENTS
It is obligatory to use at least 3 of the following ingredients which will be made available by the organising body: Savoiardi biscuits, amaretti and ‘Bonomi’ shortcrust pastry.

WHERE TO COLLECT THE INGREDIENTS
The information regarding where to collect the obligatory ingredients is available on the website www.fic.it.

COMPOSITION OF THE WORK
Dessert: work prepared with different consistencies, temperatures, with fruit and sauces; the total weight must be 100/120gr each. The presentation must be made ‘on the plate’ and in single portions for a total of 3 portions, two for tasting and one with aspic for the photo and the exhibition. Sauces can be served separately. The recipe must be written by filling out the form that can be downloaded from www.fic.it and accompanied by a photo of the dish; everything must be sent by email to concorsi@fic.it 15 days before the start of the Italian Championships – i.e. 31/01/2020. For the k2 restaurant dessert event, all the preparations must be made in the laboratories at the fair apart from what follows.

WHAT IS ALLOWED:
• Sponge cake, biscuit, meringues, uncut and not portioned. Unsweetened fruit purees, fruit peeled but not cut or turned, dried shelled fruits.
• The decorations, sugar, chocolate, waffles must be prepared on the spot.
• It is allowed to use pre-packaged products that require long proven processing times.
• It is preferable to make express cooking preparations.
• It is allowed to pre-weigh all the dry ingredients for the recipe.
• Raw food materials are not allowed in the original packaging with trademarks or logos.
• Long rest doughs will have to be proven.

COMPETITION TIMES
• 7.00 entry to the fair
• 7.30-8.00 meeting the jury
• 8.00 beginning of the event
• The event will last 1 hour. 50 minutes for the preparation and presentation of the dish and 10 minutes to tidy up.
• If the competitor goes over 50 minutes, he/she will be penalised by having 1 point taken away for every extra minute for a maximum of 5 minutes. If a competitor goes over 5 minutes the work will be removed and not considered by the jury.
• After tidying up the kitchen the competitor must go to the photo point with the dish prepared with aspic and the relative identification badge.
• Positioning of the dish on the exhibition table with its identification card.
• After the event, before the awards ceremony, feedback by the jury will be given on the dishes with aspic.

SCORES FOR RESTAURANT DESSERT K2 INDIVIDUAL COMPETITORS

MIS EN PLACE AND CLEANLINESS 10 points
Ability to organise one’s work; respect of execution times; ability to prepare and rearrange equipment; compliance with established schedules and programmes; cleaning and order during the processing phases; compliance with hygiene standards.
PROFESSIONAL PREPARATION 25 points
Proper handling and storage of food; correct cooking and treatment of food; correct use of weights and portions; effectiveness of the techniques used.

SERVICE 5 points
Clean and tidy arrangement of food in the plate without artificial seals; use of effective packaging techniques that do not involve unnecessary loss of time; use of sober and suitable plates and porcelain to enhance the food they contain; ability to respect the times set for the service.

AESTHETIC APPEARANCE 10 points
Aesthetic appearance and chromatic impact pleasant and elegant, must be of good presentation, harmony of colours, right palatability, which invites tasting.

TASTE 50 points
Pleasant taste and in harmony with the type of food used; correct use of condiments. Half points will not be awarded.

Total 100 points

SCORES AND AWARDS
The score is thus assigned and distributed:
• 100 points gold medal with diploma and mention
• 99.99 to 90.00 points gold medal with diploma.
• 89.99 to 80.00 points silver medal with diploma.
• 79.99 to 70.00 points bronze medal with diploma.
• 69.99 to 60.00 points Diploma.
CAMPIONATI della CUCINA Italiana 2020

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