**4-H Grill-a-thon Rules**

Age Divisions: 8-10, 11-13 & 14-18

1. To participate, the youth must be an enrolled member of Sampson County 4-H and be between the ages of 9-18. They must have reached their 9th birthday but not had their 19th birthday prior to January 1st of the current year.
2. Youth can enter one of the following categories:
   1. Pork Char-Grill
   2. Chicken Char-Grill
   3. Beef Char-Grill
   4. Turkey Char-Grill
3. Youth may participate in no more than one presentation area per year.
4. The decision of the judges in each category are final.
5. *MEAT WILL NOT BE PROVIDED!*
6. *Participants must provide their own equipment including the grill.*

***BEEF CHAR-GRILL RULES:***

* Must prepare at least ¾ pound of beef using a charcoal or gas grill.
* Grill must be lit safely by the participant. ADULT MUST NOT ASSIST AT ANY POINT!
* Demonstrate how to properly prepare food and demonstrate food safety skills.

***PORK CHAR-GRILL RULES:***

* Must prepare at least ¾ pound of pork using a charcoal or gas grill.
* Grill must be lit safely by the participant. ADULT MUST NOT ASSIST AT ANY POINT!
* Demonstrate how to properly prepare food and demonstrate food safety skills.

***CHICKEN / TURKEY CHAR-GRILL RULES:***

* Must prepare 1-2 pound(s) whole chicken halves OR two ¼ - 1 pound pieces of turkey breast/ filets/ tenderloins using a CHARCOAL GRILL**. GAS GRILL MAY NOT BE USED FOR THIS CATEGORY.**
* Grill must be lit safely by the participant. ADULT MUST NOT ASSIST AT ANY POINT!
* Demonstrate how to properly prepare poultry for consumption.
* Demonstrate knowledge on nutritional values of poultry products.
* *ORAL PRESENTATION IS REQUIRED FOR AGES 14-18.*

***WHAT YOU NEED TO GET STARTED:***

* **Grill**
* **Lighter**
* **Charcoal / Fuel source**
* **Table**
* **Recipe (for display for judges)**
* **Equipment for grilling**
* **Equipment to cover food**

**For more information, please call Elizabeth Merrill at the Sampson County Cooperative Extension Office at 910-592-7161.**