

22ND ANNUAL PROSTART CULINARY
TEAM COMPETITIONS

WAITER'S RELAY COMPETITION



WAITER'S RELAY COMPETITION

SUNDAY, MARCH 5, 2023

PURPOSE

Participating teams will demonstrate their ability to set a table with three designated place settings and three napkin folds while racing against the clock.

UNIFORMS

1. Teams must present a uniform appearance throughout the competition.
2. Appropriate apparel for front-of-the-house attire (such as apron, white shirt, black pants, and closed toe shoes) or Attire can also include polo shirts or dress shirts, dress pants/skirts and dress shoes. Sponsor logo T-shirts will be acceptable. Jeans are not acceptable.
3. The uniform examples listed above are examples and not required in their entirety. The emphasis is on team uniformity.

GENERAL RULES

1. Team will send all required information to the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) no later than February 3, 2023. If all required information is not received by 5:00 pm on February 3, the team will be removed from the Waiter's Relay Competition.
2. Only one (1) team per school may compete in the Waiter's Relay Competition. The team will consist of three (3) team members. All team members must be from the same school or career center. If the students are not from the same school or career center, the team will be disqualified.
3. A student may compete in only one (1) competition.
4. Participating students must be juniors or seniors in high school and may only compete a total of two years. Participating students must be enrolled in a Premier or Full ProStart® program during the 2022 – 2023 school year.

PROCEDURE

1. Competition schedules will be distributed in advance of the event. The school will include assigned start times. All schedules are subject to change without notice but changes will be communicated out with as much advance notice as possible.
2. Each team will set a table for three guests with these required place settings: American Place Setting, Russian Place Setting and French Place Setting. Examples are attached. These examples will be provided to the judges for comparison during the competition. They can also be found at this link: <https://frla.org/2022-napkin-folds-place-settings/>

3. There are three required napkin folds: **ELF HAT, HEART, and FOUR FINS.** Control/Click on the hyperlink to watch YouTube tutorials. Or cut and paste the link below into your browser. These examples will be provided to the judges for comparison during judging. Pictures of the napkin folds are attached. <https://frla.org/2024-napkin-folds-place-settings/>
4. It is up to the team's discretion as to which napkin fold is placed with each place setting. The only requirement is that each place setting and each napkin fold be demonstrated.
5. Stations will be set up throughout the relay. Various items needed to set the table can be found at the stations. **Past these stations will be a round 8-foot table set with three chairs.**
6. The FRLAEF will provide all items required to complete the relay (i.e. napkins, dishware, flatware, glassware, tablecloths and wrist coil key chain).
7. Prior to a team member beginning his/her leg of the competition, he/she must receive the team wrist coil key chain from the previous team member in order to proceed.
8. Teams will not be assessed penalties for how the team members carry any of the items to the table. For example, the team member carrying the glasses to the table does not have to carry them as if he/she were serving guests.
9. Judges will be placed throughout the relay to determine if a team member drops any items. If any item is dropped, the team will be given a 10 second penalty for each item dropped.
10. After the first round, the top 8 teams will advance to a second round. The top 8 teams will then run the relay again. The teams' scores from the second round will determine the event winners.

WAITER'S RELAY

1. FIRST LEG:

The first team member must take the wrist coil key chain and proceed to the table linen and dish area. The team member must bring a tablecloth and the required dishes to the table they are setting. When the team member arrives at the new table, he/she must put the tablecloth on the table. The tablecloth must cover the entire table top and not touch the ground. The team member must place the dishes on the table according to their designated place setting. The team member will be responsible for putting all of the dishes on the table. Once the team member completes the task, he/she must go back to the start/finish line to hand off the wrist coil key chain to the second team member.

2. SECOND LEG:

The second team member must take the wrist coil key chain and proceed to the silverware and glassware area. The team member must deliver all of the necessary silverware and glassware to the table he/she is setting. The

team member may make as many trips as necessary to collect all of the items. The team member must set the table exactly as the designated place settings require. Once the team member completes the task, he/she must go back to the start/finish line to hand off the wrist coil key chain to the third team member.

3. THIRD LEG:

The third team member must take the wrist coil key chain and proceed to the napkin area. The team member must pick up three (3) napkins and bring them to the table he/she is setting. The team member must then proceed to fold one of each of the three napkin folds. The three required napkin folds are Heart, Elf Hat, and Four Fins. The team member may place each napkin at the place setting of his/her choice. Once the team member completes the task, he/she must cross the start/finish line. When the third team member crosses the finish line, the timer will record the time.

SCORING

1. Each team will be timed while completing the Waiter's Relay Competition.
2. Any penalties will be added to the final time.
3. After the first round, the top eight teams will advance to the second round.
4. During the second round, each of the top eight teams will run the relay again.
5. The teams' scores from the second round will determine the event winners.

PENALTIES

1. Incorrectly setting items in the relay (i.e. incorrect placement of knives) during the leg. If a team member fixes the problem later the team still receives one (1) minute.

For example, if one knife is set incorrectly, the team receives 1 minute added to their final score. If more than one knife is set incorrectly, the team still only receives 1 minute added to their final score. The maximum penalty per item type is 1 minute.

- Addition of one (1) minute for dinner plates
 - Addition of one (1) minute for bread plates
 - Addition of one (1) minute for knives
 - Addition of one (1) minute for forks
 - Addition of one (1) minute for spoons
 - Addition of one (1) minute for glasses
 - Addition of one (1) minute for napkins
2. Napkin fold must closely resemble the designated napkin fold. If the judges decide the napkin fold does not resemble the designated napkin fold:

- Addition of one (1) minute per napkin not resembling the designated napkin fold. The maximum penalty is three (3) minutes. That is a one-minute penalty per incorrect napkin fold.
3. If any item is dropped, there will be given a 10 second penalty for each item dropped.
 4. If the tablecloth does not cover the entire table top and/or parts of the tablecloth touch the ground, a 10 second penalty will be assessed.
 5. Inappropriate attire (i.e., jeans) and/or no uniformity among team members:
 - Addition of one (1) minute.

DISQUALIFICATION

1. If team is not present at their appointed time to compete, the team is disqualified.
2. Team does not return all required paperwork by February 3, 2023, deadline.
3. The team is comprised of students from different schools or career centers.
4. Teams and all associated competitors must be eligible to compete, as defined by the eligibility terms above. Teams found to be ineligible will be disqualified. Additionally, any individual students found to be ineligible will result in complete team disqualification.
5. Misconduct including, but not limited to, any nonprescription drug use, alcohol use, unsportsmanlike conduct, or any activity that is illegal under federal, state, or local laws, at the event, during competition, during unsupervised free time, during supervised competition social activities or in activities or locations related to the event. Should such alleged misconduct come to the FRLAEF's attention, the matter will be investigated as the FRLAEF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of the NRAEF and is final.
6. Teams must participate in each event segment in the competition, or they will be disqualified. For details on competition segments see Culinary rules. Failure to compete in any segment will result in disqualification.
7. By entering the contest, the student, and the team he/she represents accept this requirement as well as all other conditions of the Florida ProStart Culinary Team Competitions.

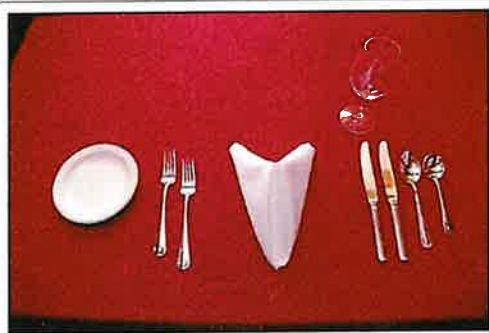
IN CASE OF A TIE

1. The teams will participate in a "finals" relay race. In the event of a tie, all the above rules will apply to this tie breaker.

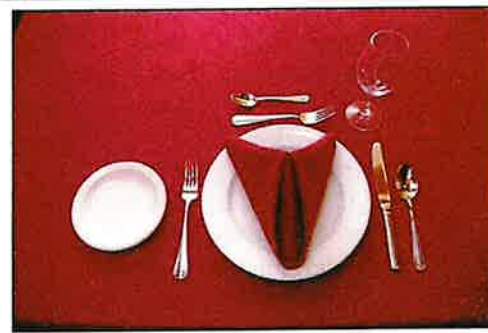
AWARDS

1. The teams that finish in the top five will receive medals from the FRLAEF.
2. Various colleges may also award scholarships.

2024 PLACE SETTINGS & NAPKIN FOLDS



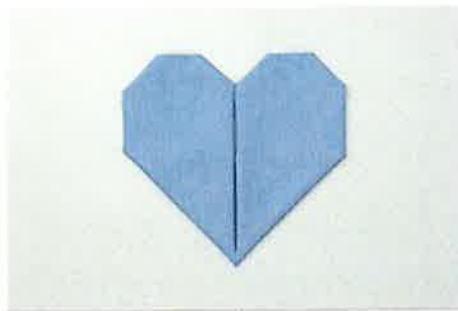
American



French



Russian



HEART



ELF HAT



FOUR FINS

WAITER'S RELAY SCORE SHEET

TEAM NUMBER: _____

RELAY TIME:	PLUS PENALTY TIME:	FINAL RELAY TIME:	
PENALTIES	DINNER PLATE	BREAD PLATE	KNIVES
ADDITION OF ONE MINUTE			FORKS
ADDITION OF ONE MINUTE	HEART	ELF HAT	FOUR FINS
ADDITION OF 10 SECONDS			NO TEAM UNIFORMITY
REASON FOR DISQUALIFICATION:	DID NOT ARRIVE AT COMPETITION ON TIME		
EXPLANATION OF PENALTIES	<p>Incorrectly setting items in the relay (i.e. incorrect placement of knives) during the leg. If a team member fixes the problem later the team still receives one minute added to their time. For example, if one knife is set incorrectly in the Russian setting, the team receives a one minute penalty. If more than one knife is set incorrectly in the Russian place setting, the team still only receives one minute added to their final score. The maximum penalty per place setting per item type is one minute. If a knife is set incorrectly in Russian and a knife is set incorrectly in American, a total of two minutes is added for knives.</p> <p>Teams are required to demonstrate the Heart, Elf Hat, and Four Fins napkin folds. The napkin folds must closely resemble the attached diagrams. The maximum penalty is three minutes--one minute per napkin fold.</p>		

DROPPED ITEM(S) -- tally each dropped item below;

TABLECLOTH - penalty if it doesn't cover entire table