

What's New for 2019 Competition Changes at a Glance

The following provides a review of information added to the 2019 CA ProStart Cup rules. Please see below.

Culinary

- Scoring
 - The Team Presentation/Work Skills/Organization point total has been updated from 20 to 25 points to include Proper Knife Usage points
- Menu Planning and Preparation for Culinary Competition
 - Menus must be distinct and not significantly repetitive of previously submitted work (pg. 8)
 - An explanation of a starter has been provided:
 - A first course: soup, salad, appetizer
 - Size appropriate: 4-6 ounces total edible weight
 - An explanation of a dessert has been provided:
 - A little something sweet served at the end of the meal
 - Size appropriate: 3+ ounces total edible weight
 - Judged characteristics of a plated meal have been detailed. These include:
 - Oral: Flavor, Texture, Temperature
 - Visual: Color, Shape
- Workspace and Equipment
 - Smart watches are now included on the prohibited equipment list
- Menu and Recipe Presentation
 - MLA formatting is requested for all citations or sources
 - Do not use plastic pockets to hold pages
 - Please list the year of the competition on the cover of the menu and recipe folders
 - Knife Skills form is no longer required
- Competition Flow
 - The time between reporting and the start of product check-in has been reduced to 15 minutes
- Meal Production
 - Knife Skills requirements and cuts are no longer specified. Instead, teams will be judged on their proper knife usage across the competition. Judges will monitor and assess each team member's consistency, accuracy, safety, and waste when utilizing knives
- Culinary Competition Penalties and Disqualifications are detailed

Management

- Written Proposal
 - Please list the year of the competition on the cover of the written proposals
 - Organizational charts should not be hand-drawn
- Written Proposal Contents
 - MLA formatting is requested for all citations or sources
 - Please do not utilize stock photos, clipart, or other pre-published images in submission of menu item photographs
 - Poster sizes have been specified as 24 x 36 inches

Innovation

- Visual Display
 - Tri-fold boards are no longer required. Instead, teams will be required to create one poster that will be able to roll up.
 - Poster size has been specified as 24 x 36 inches.