



## League of Fire Pepper Eating Contest Official Rules

All contestants agree to take part in the contest under the following rules:

1. Contestants must be 18 years of age or older.
2. Contestants must not appear inebriated or not completely lucid prior to the start of the contest.
3. Contestants may not eat or drink anything during the contest other than what is supplied in the planned rounds.
4. Contestants may not smoke or vape once the contest commences.
5. The contest will consist of a series of rounds with contestants able to withdraw at any stage either during a round or before the next one begins.
6. The peppers will generally begin at mild heat and will increase based on the Scoville Scale as rounds progress but superhot pepper(s) and a hot sauce shot may be presented at any round.
7. Each pepper round should last a few minutes but not exceed a time limit of 5 minutes.
8. Contestants will be allowed to finish any pepper remaining in their mouth if time is called and provided they clear their mouth within that time called, they will be allowed to progress to the next round.
9. Each contestant will receive the pepper(s) for each round at the beginning of that round - they may remove the stem(s) by hand prior to eating the pepper(s).
10. Contestants may only begin eating the pepper(s) when the round is officially initiated by the host. If there are multiple peppers in the round, they can only put them in their mouth one at a time. They don't need to have an empty mouth before they can start the next pepper.
11. Contestants will be required to eat the entire pepper: flesh, seeds & membrane.
12. Contestants must place the stems of their peppers eaten with no parts of pepper still attached on the table in front of them so that they can be checked by the host/judge.
13. Contestants must be seen chewing the peppers and not attempting to swallow large chunks/whole peppers. It could result in a warning (2 strikes means out).
14. Contestants may not ask to swap their pepper for another due to size difference compared to those given to other contestants - they may only ask to swap if a pepper is bruised or soft.
15. Contestants are permitted the use of a straw for the hot sauce shot rounds.
16. The winner will be determined by being the last remaining contestant willing to continue in the contest.
17. Any remaining contestants after the planned rounds will agree to a tie-break speed round - a race with a selection of identical, multiple peppers which is weighed. The contestants may have multiple peppers in their mouth at one time - they do not have to finish one pepper before advancing to the next. No pepper must fall or spew from their mouth at any time. The contestants must remain seated during the race. First contestant to finish all the peppers fully to the stalk, swallow, and show an empty mouth to the host/judge will be declared the winner. Contestants will not be allowed to stand up from their seats until a host/judge declares them the winner once their mouth is checked.
18. The speed round will have a time limit of 5 minutes and if contestants do not eat fast enough and not one contestant finishes the selection of peppers within that time limit, the host/judge will end the race at 5 minutes and weigh the leftover peppers to determine the winner.
19. Contestants may not coat the inside of their mouth with any kind of protective coating and will be disqualified if caught doing so.
20. Contestants may listen to music via earphones but the use of only one earphone is permitted. Contestants must be able to hear, understand, and respond to what is being communicated by the host/judge.
21. Each contestant will be given a bottle of milk to consume when desired, but drinking any liquid including the milk provided will result in automatic disqualification.
22. Contestants will be allowed to stand up from their seat and stretch their legs momentarily but they won't have the freedom to move around the stage in the duration of the comp due to health and safety, and risk of distraction to others on stage.
23. Any contestant who vomits at any time will be disqualified. Excess drooling and spitting is not allowed, their wiping of their face and lips is allowed but not spitting and drooling into napkins.
24. If a contestant involuntarily ejects some pepper due to a cough or splutter, the host/judge will decide if the quantity ejected is large enough to warrant a disqualification.
25. There will be no family members or friends allowed on stage.
26. Contestants may not swear or display lewd behaviour - there will be families with children, and cameras present. (2 strikes means out).
27. The judge's decision is final.