



4th Annual Oklahoma Elks State Association

Youth Cook Off

Ardmore Elks Lodge #1906

Saturday, October 10, 2026, at 12:00 pm



The Oklahoma Elks Association, Youth Activities Team welcomes you as a contestant in the 4th Annual Youth cook off!

Below is information you will need to compete. Each contestant parent/guardian and responsible adult for designated Team should read this information carefully. Please go over each item together so that everyone knows and understands the rules. If you have any questions, you may email chad_speaks@yahoo.com. Also, specific questions will be answered at the cooks meeting on Saturday.

ENTRY INFORMATION

- All entries must be completed and post marked or received by **October 2, 2026**
- Entry fee per contestant for Div. 1 is \$20, Div 2 is \$30, and Div 3 is \$45. Each entry will receive two (2) wrist bands for Saturday one for the child and one for the Adult who will be assisting the child during the contest. Additionally, each entry will receive protein and supplies (see below for further detail)
- **Registrations are on a first come/first served basis. There are 25 total spots available and will fill quickly. (So, register early to ensure your spot!)**
- All Youth Competitors must be accompanied by a Parent or Guardian or designated responsible Adult during the contest.

CONTEST RULES AND REGULATIONS

There are three age groups - contestant must be at the age noted at the time of the contest, not the time of registration. Each entry submitted for 6-10 and 11-15 will consist of one cook only, in the Age group 16-20 you will be allowed to have up to 5 participants only 1 Parent/Guardian or Responsible Adult must be present per team.

Categories:

Ages 6-10 will be provided hamburger meat.

Each entry will receive 24oz of raw hamburger meat. All entries must be submitted in the box that was provided at check-in. There are no rules on garnish.

Ages 11-15 will be provided steak.

Each entry will receive 16oz of steak. There is no margin of error. The entries will need to be submitted in the box that was provided at check-in. There are no rules on garnish.

Ages 16-20 will be provided Hamburger and steak.

This age group will be allowed to have up to 5 people to a team,

Each entry will receive 24oz of raw hamburger meat, and about 16oz of steak.

All entries must be submitted and both meats must be turned in using the boxes that are provided at check-in.

Rules/Regulations:

- All children will cook in a designated area on grills provided. Grills given to the contestants at the end of the cook
- Protein will be provided. All submissions for the competition **MUST** use the meat/protein provided by the competition Staff.
- A parent or guardian or responsible Adult must be present for the child during the entire cooking competition. Our cooking space is limited and for safety reasons, we want to give the kids as much space between each other as possible.
- Each Contestant may only have the designated adult/guardian at their space at any given time during the contest.
- Due to space limitations, parents and guardians or responsible Adults cannot bring folding chairs or other seating into the Kids cook area. Adults who wish to stay within the cooking area must remain standing. Folding chairs must remain outside the cooking area.
- Each participant may bring one storage container for supplies. Containers will be stored underneath the participant's table. Please select a container small enough to fit under the table.
- Entries will be submitted in the numbered turn in containers/clam shells provided by the Competition Staff.
- Each contestant will be required to turn in 6 portions for judging in the turn in box.
- Slicing meat for presentation is not required. If needed, judges will be equipped to slice the meat presented at the judging table.
- Judging will be based on appearance, tenderness/texture and taste.
- Scoring will range from six (highest) to one (lowest).
- All contestants and parents/guardians or responsible Adults must wear closed toed shoes and any PPE (proper protective equipment) needed during fire preparation, and gloves during food preparation and plating.

PREPARATION

- The **child** must prepare, cook, and present each entry. If a child is unable to do this, he/she is too young to cook. Children will place his/ her meat on the grill, turn his/her meat on the grill, remove meat from the grill and garnish. If your child cannot do this, then the child should not participate in the contest.
- The **parent or guardian** or responsible Adult may help with lighting the fire or slicing. Other than slicing, the adult should not be touching any food. This is a children's cooking contest, not an adult one. If an adult is caught handling the food, there will be a verbal warning. Second time caught, the child and adult will be disqualified and asked to leave. Please don't get your child disqualified because you can't let the child do his/her own cooking.
- Children who require ADA assistance are encouraged to compete. Each child will be assigned an assistant other than the supervising adult, if needed. The child must first attempt, multiple times on their own, to perform a task. Only if unable to perform that task will the assistant help. The assistant will help as little as possible and will encourage the child to complete as many task on their own as possible.

SUPPLIES

What To Bring:

- Garnish, Gloves for Participant and Parent/Guardian, Utensils/Knives, Seasoning/Marinades, Hot pads/Oven gloves, Folding chair - **only** to be used outside the cooking area. May not be placed or used inside the cooking area.

What To Leave at Home/ Prohibited Items:

- Protein - Must use protein provided by
- Your Own Grill
- Flame Throwers/Torches

What the Competition Staff Provides:

- * Grills the Competition Staff
- * Protein (Steak or Hamburger Meat)
- * Clamshells for Turn-In

SCHEDULE OF EVENTS

Saturday, October 10, 2026
12:00pm to 4:00pm

HOSTING LODGE



Ardmore Elks Lodge #1906
2526 S Commerce St, Ardmore, Ok 73401

“All contestants, parents, Guardians and/or Responsible adult must be present at/before check-in time.”

12:00pm - Check-in -----

12:30pm - Cooks Meeting-----

Meat and boxes will be handed out at this time. Grills and Charcoal will be provided.

12:45pm - Start grills and begin cooking

1:30pm - Turn-in for ages 6-10 (Hamburger Meat) ----- Hall

2:00pm - Turn-in for ages 11-15 (Steak) ----- Hall

2:30pm – Turn-in for ages 16-20 (Hamburger Meat and Steak) ----- Hall

3:15pm - Judging completed.

3:30pm - Awards Ceremony ----- Hall

Schedule subject to change

“Oklahoma Elks Association or Hosting Lodge or their Affiliates will not be held responsible for any liability, lost, stolen or damaged merchandise, or any injury incurred during the event. “