

There are two age divisions

- 10 and under, known as Kid's Q
- 11 through 16, now known as Junior Q

Mission

- The mission of youth contests is to support youth in their quest to learn to cook and barbeque in a safe and fair competition, while continuing to build the future of BBQ, cooking, and the American Way of Life.

Kid's Q Division

- The younger kids will prepare, cook, and box their entries from their sponsor team's site. Parents should let the kids do as much as they are capable of, given age and abilities.
- The emphasis in this age group is bonding with their family/friends, learning how to cook and growing their skills with familiar mentors.
- The focus should be to encourage kids to have fun while learning.

Junior Q Division

- The older kids will get to compete in a kid-only environment, and allowed to challenge their peers much like they do in any other sport or activity that hosts competitions and tournaments.
- Parents can encourage their children, but cannot help/do any of the cooking. Each entry shall be cooked by one child only.
- The child must do the preparation, cooking, and presentation. This means that the child should be able to put his/her own protein on the

grill/smoker, turn his/her own protein on the grill/smoker, remove the protein from the grill/smoker, and do all garnishing (if garnish is being used).

- Must be able to temp and flip their own food.
- Are allowed to bring written or pictorial notes with them for guidance but must be able to read/follow it themselves. It helps if the children make these note sheets themselves.
- Competitors should trim any of their meats, as needed, and volunteers will be available to help as necessary.
- For any child who has any disabilities, or other condition that may prohibit them from being able to compete solely on their own, it is recommended their parent or guardian reach out to the Rep and/or Organizer as early as practical so that reasonable accommodations can be made.

Kid's Que Cook's Packet/Letter (to be delivered prior to the competition):

All of the above information shall be included in a "cook's packet" for the Kid's Que competitors. In addition, this packet/letter should include:

- A list of items needed: This shall include (but is not limited to):
 - Rubs, sauces, and other ingredients to be used in preparation of entry
 - Garnish, if used
 - Cutting boards - if not provided by organizer
 - Gloves

The type of meat being cooked, and if provided, the quantity/weight of product.

Garnish is optional. If used, the standard KCBS garnish rules apply.

Organizers may adjust garnish rules for the younger kids as they see fit. This could allow for different garnish, box decorating, etc. in order to increase the fun and creativity for the younger division.

Volunteers in Cooking Arena (Older age group)

- Organizers should ensure that there will be enough volunteers in the Junior Q area to:
 - assist with cutting
 - open and close grill and vents, if requested by Junior Que Cook
 - Assist with fire management (starting fires, etc.)
 - remind kids to wear/change gloves and wipe up blood or juices to avoid cross contamination
 - pick up dropped food for disposal.
- No temping instruction can be given due to the variance of individual instruction styles. It is the competitor's responsibility to be aware of any minimum food safe temperature.
- This staff shall be chosen by the organizer in conjunction with the KCBS Rep to avoid family friends of competitors, fellow cook teams, or anyone else who may be inclined to over-assist the cooks.

- These volunteers must be CLEARLY briefed on their scope before the contest starts.
- These rules and guidelines will provide the kid competitors a fair and safe space to learn what we already have a love of BBQ and competitive cooking.

Set up /Space requirements (Older age group only)

Contest Space and Setup per (2) Competitors:

- 4'x8' Table with a tape line in the middle that creates (2) 4'x4' spaces
- Trash receptacles in enough quantity that kids can easily use during prep process
- At tape line, to be shared by both competitors:
 - Roll of paper towels
 - Tube of sanitizing wipes
- Kids are responsible for bringing their own pit, that they are comfortable with. Alternatively, if a sponsor would like to provide/donate grills, that is acceptable.
- Grills should be pre lit. This can be accomplished by using chimney scoops of coals drawn from a larger grill or raised fire pit. Whatever process is used, there should be ample prep so that grills can be at temp before cooking begins.
- A first aid kit and a fire extinguisher must be available to the volunteers even if it is shared. The first aid kit must include instant cold packs.

Space Around Competitors:

- Establish a hard perimeter around the cooking area, preferably at least 20 feet. Obviously, work within the space available and adjust as necessary. This can be marked by ribbon tape or a temporary fence.
- Parents MUST stay behind this perimeter.
- Parents shall be informed that they cannot communicate cooking related instructions with their child during the Kids que. If parents are caught providing excess help, the KCBS reps may take any steps necessary to remedy the situation, up to and including, disqualification of the Junior competitor. The Reps are the final arbiter of a contest, and their decisions are final.



**KANSAS CITY
BARBEQUE
★ SOCIETY ★**

**2026
Official Rules and Regulations**

Youth BBQ

The following rules, regulations and judging procedures will be used at all KCBS Sanctioned Contents effective November 10, 2025.

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CREED

Rules are designed to be fair and equal to all cookers. Integrity of the Contestants, Judges, KCBS Contest Representatives and Organizers is essential.

For questions or guidance, please reach out to Rules@kcbs.us.

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*For all contests starting
11/10/2025 through 12/31/2026*