



Sub Jammers Rules and Regulations

Eligibility Requirements

1. Only Sandwich Artists™ and Managers will be eligible for the Prizes. Franchisees, BD's, FC's and DAI/FWH team members will only compete for prestige and recognition.
2. Sub Jammers must wear the provided Sub Jammer T-Shirt or uniform shirt, apron and approved Subway® headwear. They must have the correct pants and shoulder length hair, or longer hair must be restrained appropriately according to current uniform specifications.
3. Gloves must be worn when handling food products.

Contest Requirements

1. All Sub Jammers are timed and scored on the speed of production, visual appeal, correct formula, neatness of work area and amount of waste left behind.
2. Each Sub Jammer may choose his/her own pre-cut bread from the supply at the competition.
3. The sandwich unit will be laid out in accordance with current standard layout.
4. The sandwich unit will be fully stocked with fresh vegetables. Sub Jammers will not be permitted to touch the food or paper products in any way (other than the bread they select) prior to their turn. The Sandwich Build Specialist will ensure no unfair advantage takes place before the individual's turn (ie clumping of vegetables, positioning of the paper etc).
5. Timing begins when the MC says 'Go'. A Subway Foot Long® sandwich is then prepared to exact Subway® formulas, sealed with a sticker, anchored with two (2) napkins and placed on the counter.
6. Timing ends when the Sub Jammer's hands are free from the sub. Each Sub Jammer is required to make a Subway Foot Long® Ham with all

the standard toppings. The standard formula as specified in the Operations Manual must be followed and in this order (top and bottom means which side of the bread the item is to be placed):

Bread: Pre-cut in the proper 45° angle hinge cut

Ham: 4 slices, folded and placed end to end (top)

Lettuce: 42g fluffed end to end (bottom)

Tomatoes: quantity to cover, placed end to end (bottom)

Pickles: 6 chips placed end to end (bottom)

Capsicum: 6 strips placed end to end (bottom)

Olives: 6 slices placed end to end (bottom)

Onions: 14g fluffed end to end (bottom)

Salt & Pepper: Sprinkled liberally end to end on top of the vegetables

* **NOTE:** Subway Foot Long® will NOT be cut in half

7. No items are allowed on the cutting board prior to start of timing.
8. Sandwich must be wrapped tightly in one (1) sheet of sub wrap so none of the sandwich is exposed.
9. The sandwich must be anchored with two (2) napkins, sealed with sticker and placed on the counter.
10. Once timing ends, Sub Jammers may NOT touch the sandwich unit or cutting board. The Judge then evaluates the amount of waste left on the cutting board and inspects the Cambro® pans for possible penalties (ie pickles were thrown in the olive pan in haste).

Disqualification Items

1. Profanity is used verbally or in music chosen.
2. Meat or any entire vegetable/item is missing (eg no tomatoes on the sub).



How to Hold a Sub Jammer Contest at Restaurant Level

The Sub Jammers contest instills the "need for speed" that all Sandwich Artists™ should be aware of when working on the line. These materials should be shared with your team member to ensure they know exactly what is expected of them during the competition. By sharing these materials and making a stopwatch accessible to your team member, they are able to time themselves and rate themselves according to the guidelines set within. While this program seems fun, we want to be sure to enforce to team members that speed isn't the only critical piece; formulas, proper order and visual appeal play a major role as well. So we want our team members to be fast and make a picture perfect sandwich at the same time!

After your team member has had a few weeks to practice and has selected their music, you can hold a contest using the following guidelines to determine who is the fastest sandwich maker in your restaurant. If you are a multi-unit owner, or wish to compete with other restaurants in your area, feel free to take the contest to this next level by setting up that competition. This is a great motivator for team member, so keep the excitement about increasing productivity alive!

Resources a Franchisee Needs to Hold Contest

- Team Members Needed:
 - 1 Time Keeper / Sandwich Build Specialist / Final Production Analyst
 - 1 Restocker / Disc Jockey
- 1 Stopwatch
- Docking station & speakers suitable for music devices
- Additional copies of score sheets
- Calculator
- Optional: Camera - to take pictures to hang in restaurant or for a newsletter.
- Recommended: Prizes to award to the top winner - This will help boost motivation and excitement for the contest!

Roles of the Judges

- **Time Keeper / Sandwich Build Specialist / Final Production Analyst**
Timing should begin when the contestant touches the first item, whether it be the precut bread or the deli paper. Timing ends when the the sandwich is wrapped and sealed with

a sticker, is placed on the counter and the contestant's hands are free from the sub. **Raw time** should be entered on the score sheet. This same judge needs to monitor the movement of the sandwich or **Performance**, noting the amount of waste left on the cutting board, if toppings are returned to the wrong Cambro® pan, if vegetables/condiments are placed out of order, if deli paper is used and if the correct amount of condiments are used. This position also rates the final visual appeal of the sandwich. The **Performance and Visual Appeal** sections of the score sheet will be completed by this judge. This position is also responsible for taking the sandwich apart after it is made and ensuring the following: there are two (2) napkins, one sheet of wrap was used neatly and tight, items are placed on the right side of the bread and the correct amount of vegetables were used. These items are rated on the score sheet under **Formula/Presentation**.

- **Restocker/Disc Jockey**

This position needs to ensure that all the products are prepped perfectly and each Cambro® pan is filled up to the fill line before each contestant begins. They should also ensure that the cutting board is free of any waste and all products are placed in the sandwich unit in accordance with the current standard layout. This position also collects the music from the contestant, establishes the point at which the song should begin and then proceeds to play the music during the competition.

During the Timings

- Be sure all Sandwich Artists™ are in full uniform and are comfortable with the Rules and Regulations before competition begins.
- The sandwich unit will be laid out in accordance with current standard layout.
- Vegetables must be prepped to exact Subway® standards. The vegetables must be filled up to the chill lines prior to each contestants timing.
- All breads must be pre-cut. No knives can be placed on the sandwich unit - sandwiches will not be cut in half.
- Proper handwashing procedures must be followed prior to the timing and gloves must be worn.



How to Hold a Sub Jammer Contest at Restaurant Level

Example of Timing One (1) Contestant

- Contestant gives music selection to the Disc Jockey and selects a piece of bread. They place the bread down at the beginning of the sandwich unit (the breads' hinge is closed).
- Time Keeper begins timing when contestant touches the first item, whether it be the pre-cut bread or the deli paper.
- As the contestant makes the sandwich, the Sandwich Build Specialist observes and rates all the areas under **Performance and Visual Appeal** on the score sheet.
- Once the sandwich is completed, wrapped, sealed with a sticker and placed on the counter, the Time Keeper stops the timer and records the **Raw Time**.
- Once the sandwich is completed, the Final Production Analyst reviews the **Formula and Presentation** section of the score sheet and rates accordingly.
- The final score is calculated based on any additions or deductions of seconds noted on the score sheet.

Next Steps - After the Contest is Held at the Restaurant Level

- Once the final scores are calculated, determine the top winner! Remember ... this is the contestant with the lowest Final Score!
- Announce the winner and award prizes (if applicable).

As a Franchisee, if you are able to fund a trip for your winner to attend the Subway® 2023 Australia & New Zealand Convention held in Melbourne, you should personally contact your Business Development Agent / Territory Manager to sign up the winner from your restaurant for the Competition. Competition dates are 19 - 21 May 2023 (Melbourne, Australia).



Sub Jammers Score Sheet

Sub Jammers Name: _____

Restaurant Name/Number where Sub Jammer works: _____

Territory Represented: _____

Raw Time

_____ : _____

Performance

Amount of waste left on cutting board

_____ Rate on a scale of 0, 2 or 5 seconds
(0 = none, 2 = minimal waste, 5 = total mess)

Toppings returned to wrong Cambro® pan

_____ Add 1 second per violation
(ie 4 pickle chips found in olive pan = 4 second violation)

Meat/Vegetable/Condiment out of order

_____ Add 3 seconds
(ie pickles placed before tomatoes)

Salt/Pepper not added

_____ Add 3 seconds

Visual Appeal

_____ Picture Perfect (Subtract 2 seconds)

_____ Very Good (Add 0 seconds)

_____ Some Imperfections (Add 4 seconds)

_____ Sloppy (Add 6 seconds)

_____ Unacceptable (Add 10 seconds)

Formula/Presentation

For each violation, add 3 seconds

Sealed with sticker _____

Napkins +/- 2 _____

Wrap not tight or neat _____

More than 1 sheet of wrap _____

Items on wrong side of bread _____

Lettuce (42 g by formula) _____

Tomatoes end to end _____

Pickles +/- 6 chips _____

Capsicum +/- 6 strips _____

Olives - less than 6 or more than 12 _____

Onions (14g by formula) _____

Meat - quantity/folded on an angle _____

Disqualification Items

Circle if any of the following occur

- Meat slices are not folded individually
- Profanity is used verbally or in music choice
- Meat or any entire vegetable is missing (ie no tomatoes on the sub)

Final Score

Raw Score _____ + Penalty Points _____ = Final Score