WINGS RESTAURANTS & PUBS
25th Anniversary Edition — WINGS Eating Contest
Official Rules & Entry Conditions (2026)

1. ELIGIBILITY

Contest is open to all, 19 years or older. Employees of any WINGS Restaurant or Pub are not eligible to enter. Contestants may only enter one location, and may only participate once in the 2026 contest.

2. HOW TO ENTER

Hopeful participants can enter online at **greatwings.ca/wings-contest** and must submit their entry no later than January 15, 2026 at 11:59pm. No in-person, phone, or social media entries will be accepted. Completing the online form does not guarantee participation in the Local Round. Contestants will be selected at random from that location's entry pool. Only those randomly selected to participate will be contacted. If selected to advance to the Local Round, the participant must sign and complete all necessary documents including these Contest Rules, Liability Waiver, and Photo Release.

3. CONTEST FORMAT & DATES

Local Rounds: There are 14 participating locations, Abbotsford, Burnaby, Chilliwack, Kelowna (Rutland), Langley, Penticton, Port Moody, Quesnel, Richmond, Surrey, Tsawwassen, Terrace, Vancouver, West Kelowna.

Thursday, January 29, 2026 at 7:00 PM

- Each location will host its own competition.
- 5–8 contestants (or more at GM discretion) will be selected at random to compete.
- Every participant will receive a $25 WINGS Gift Certificate to their local WINGS.
- The winner from each location will receive a $100 WINGS Gift Certificate, Wings for a Year (1 lb/month), and advance to the Final Championship Round.
- Accommodation will be provided for winners that need to travel outside of the lower mainland.

Final Round: Held in the Lower Mainland. WINGS location TBD.

Thursday, February 26, 2026 at 7:00 PM

- All local winners are invited to compete for the title of 2026 WINGS Eating Champion.
- Grand Prize: $500 Cash Prize, trophy, and ultimate bragging rights.
- 2nd Place: $250 Cash Prize
- 3rd Place: $100 Cash Prize

4. COMPETITION RULES

- Contestants will race to be the first person to finish 2 pounds of Buffalo wings (drummettes only).
- Contestants may eat while sitting or standing, using hands and mouths only.
- Contestants may only drink water during the competition.
- Contestants must fully finish all meat from each wing before moving to the next.
- Judges may require additional cleaning of a wing if it is not sufficiently eaten.
- Contestants may not touch any wings before the official start signal.
- The final wing must be chewed and swallowed for the contestant to be eligible to win.
- If a contestant throws up, they are immediately disqualified.
- Tie-breaker: In the event of a tie, a 2-minute eat-off will determine the winner. Competitors will each receive 1 lb of wings; the fastest to finish wins.

5. GROUNDS FOR DISQUALIFICATION

Participants may be disqualified for:

- Providing false or incomplete entry information
- Starting before the official start signal

- Interfering with other contestants
- Being under the influence of any substance
- Throwing up
- Damaging property or equipment
- Unacceptable behaviour (swearing, taunting, spitting, etc.)
- Failure to sign the required waiver & photo release

WINGS reserves the right to disqualify any contestant at any time for behaviour deemed unsafe, inappropriate, or non-compliant.

6. PRIZING & AWARDS

Local Round Prizes:

- All selected contestants receive a $25 WINGS Gift Certificate valid at their participating location.
- Each location's winner receives:
  - $100 WINGS Gift Certificate valid at the participating location
  - Their name added to the Location Hall of Fame
  - Advancement to the Finals
  - Free Wings for a Year (1 lb/month) - to be presented when attending the final round
  - Automatic entry into the next WINGS Eating Contest Local Round

Final Round Grand Prize:

- 1st Place:
  - $500 Cash Prize
  - Championship Trophy
  - Official recognition as the 2026 WINGS Eating Champion – 25th Anniversary Edition
- 2nd Place: $250 Cash Prize
- 3rd Place: $100 Cash Prize

7. WAIVER, PHOTO CONSENT & LIABILITY

Contestant acknowledges that there are risks of personal injury, illness, and possible loss of life, and risks of damage to or loss of personal property, which may result from participating in this contest.

Contestant voluntarily enters the WINGS Eating Contest and assumes all of these risks. Contestant, as a condition of entry, agrees to indemnify, defend and hold harmless WINGS Restaurants & Pubs and affiliated companies, their vendors, their advertising, promotion and public relations agencies, co-sponsoring companies and their affiliates and agencies, and all officers, directors, employees and agents of the aforesaid entities, from any and all claims and costs, including lawyers' fees, relating to, arising from or in connection with participation in this contest or the receipt or use of any prize. In so doing, contestant releases and indemnifies the aforesaid entities and individuals from liability for injuries or damages of any kind arising from or in connection with participation in this contest or the receipt or use of any prize. In no event shall WINGS Restaurants & Pubs be liable for acts or omissions arising out of or related to the Contest or that contestant's participation in the contest.

8. FINAL AUTHORITY

WINGS Restaurants & Pubs has sole and complete discretion regarding all contest related matters. All decisions regarding qualifications, selection or disqualification of a contestant(s) or winner(s) shall be subject to the sole and complete discretion of WINGS.

Participant Name: _____ Date: _____

Participant Signature: _____ WINGS Location: _____