

Rules for H.O.E.S.

(Hands on an Eggplant Sub)

Thou shall not remove hand from sub.

Thou shall not wear a glove.

Thou shall not sit.

Thou shall not smoke.

Thou shall present onself with gentility and decorum.

No swearing or crude behavior or mistreating in any way your fellow competitors..

Thou shall not mess oneself.

There will be scheduled bathroom breaks every ten hours, if you "let loose" before aforementioned break, thou art out.

Thou shall not conspire to a simultaneous removal of hands

That's cheating and will be considered forfeit.

