The Sandwich Club involves smashing sandwiches that are not altered from the natural state from which they were served. A modification consists of placing anything on top of the sandwich that does not serve any practical purpose other than to pose as a modification. A legal smash consists of smashing another member's sandwich that has not been modified. The member must be given a fair amount of time to alter their sandwich; the sandwich must be assembled and resting by itself, free of any packaging. Modifications can only be removed by an act of God. Smashing is prohibited in table service restaurants. Illegal smashes on modified sandwiches, non-members, non-sandwiches or in non-sanctioned areas will be settled by a double–axe handle smash. To join the Sandwich Club you must say the exact catch phrase which is, "What is the Sandwich Club?" or "What's the Sandwich Club?" Gentlemanly tactics must be used when attempting to acquire new members to the Sandwich Club. Non-members may perform a legal smash on a current member to smash into membership. To terminate your membership you must offer your sandwich to a member for a double-axe handle smash, and then eat it. Smashed sandwiches cannot be replaced. Full rules and current members are listed on the website.

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