

Office Olympics Rules

Rules for the Office Olympics games to be published on the website.

Standing Long Jump

Description

Measured jump from stand still.

Scoring

Longest measurement of three attempts.

Published as?

Results table.

Rules

1. Distance jumped is measured from the marked line on the ground to the landing point nearest to the starting marked line.
 2. Stepping over the marked line results in a foul.
 3. No run-up permitted!
 4. Player must jump from behind the marked line and land with both feet at the same time.
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Table Tennis

Description

One-minute game of Pong on the East Anglian Daily Times website.

Scoring

Points scored over a one-minute period. For example, 3-8 will result in -5 points.

Published as?

Results table.

Rules

1. One entrant per team.

2. Entrants will play against the computer for one minute.
 3. Scores can drop below zero.
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Throwing Triathlon

Description

Javelin (paper plane), shot putt (paper ball) and discuss (card disc). Scores from all 3 events combined.

Scoring

Scores from all 3 events combined to give a total distance score.

Published as?

Video and results table.

Rules

1. Distance thrown is measured from the inside of the edge of the throwing circle to the place where the object first hits the ground.
 2. Player must take their throw from inside the edge of the throwing circle - failure to do so will result in a foul.
 3. Javelins and shot putts must be made out of a single sheet of A4 paper only.
 4. Paper discs will be provided.
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Sack Race

Description

Completing a P45.

Scoring

Form completed in quickest time.

Published as?

Results table. A scanned copy of completed forms will be available via a gallery.

Rules

1. Must not be played by HR or accountant!
2. A brief will be provided with all dummy information for completing the form.
3. All fields must be completed

4. A five second penalty will be added onto the overall completed time for each incorrect or missing field.
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Synchronised Swimming

Description

A two-minute synchronised swimming routine to be completed on the floor.

Scoring

To be judged by a non-independent judge after the event.

Published as?

Video and results table.

Rules

1. Teams must be between 3-5 people, one of which must be male.
 2. Event will consist of a two-minute routine.
 3. You will be judged on the following:
 - a. Presentation
 - i. Team costumes
 - ii. Hair adornments
 - iii. Facial expressions
 - b. Overall shaping
 - c. Body synchronisation
 - d. Leg action
 4. The judge's decision is final.
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Basketball

Description

Paper balls in a bin from a set distance.

Scoring

Amount of shots made out of 20 balls.

Published as?

Video and results table.

Rules

1. One entrant per team.
 2. Distance from line to bin will be 4 metres.
 3. Players feet must not cross the shooting line, doing so will result in disqualification.
 4. All 20 shots must be taken within a one-minute period.
 5. Entrant must not have played basketball professionally.
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Points Table

All games will be scored and points will be awarded according to the below table. Points will be added up for each team over the six events to produce a final score which will be fed in to an overall Office Olympics league table.

Position	Points
Gold	18
Silver	15
Bronze	12
4	10
5	9
6	8
7	7
8	6
9	5
10	4

11-20	1
21-25	0