



5. Mousemat Discus

You will need:

1. Up to 8 mousemat throwers
2. A tape measure (provided)
3. At very least 1 fairly soft mousemat

Rules and Instructions:

1. Each thrower will take it in turns to throw a mousemat as far as possible from a starting point.
2. Each thrower will have 3 attempts, all of which will be recorded on the score chart.
3. The longest throw by each thrower will be submitted and the people with the 3 longest throws will win the Gold, Silver and Bronze medals.



6. Carpet Longjump

You will need:

1. Up to 8 carpet longjumpers
2. A tape measure (provided)

Rules and Instructions:

1. Each long jumper will take it in turns jump as far as possible from a starting point without any run up.
2. Each jumper will have 3 attempts, all of which will be recorded on the score chart.
3. The longest jump by each jumper will be submitted and the people with the 3 longest jumps will win the Gold, Silver and Bronze medals.

NOTE: It MUST be a jump with both feet leaving the ground and landing at the same time. NOT A BIG LUNGE!



7. Paper Bin Basketball

You will need:

1. Up to 8 Paper Bin Basketball Players
2. A waste paper basket
3. 10 screwed up sheets of waste paper (maybe the aeroplanes from the Javelin event)
4. A chair

Rules and Instructions:

1. Place the bin 3 metres away from the chair.
 2. Each Player takes it in turn to throw 10 screwed up sheets of paper into the bin.
 3. Note the score on the wall chart. The 3 highest scores out of 10 win the Gold, Silver or Bronze medals.
- NOTE:** If any, or all of the top three are equal then the players will go into a sudden death tie breaker i.e take it in turns to throw and the first to miss loses.

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OFFICE HEPTATHLON 2012

RULES & INSTRUCTIONS



Be part of the fun...



Join us for a fun Challenge

Join Garnett Dickinson Print's Office Heptathlon, it will be fun for you and your colleagues and a great team building opportunity. All you need to take part is contained in this pack or you will easily find around the office. We have also added some useful links on our website for you to look at: www.gdprint.co.uk/officeheptathlon

Tell your colleagues about the fun Challenge, put your Score Sheet up, read these instructions, pick your teams, practice the events in your coffee breaks, set the day for the Heptathlon – maybe one lunchtime in the lead up to Christmas or as a fun New Year event, organise someone to take some video clips and/or photos so you can email you having fun and we can add to our You Tube Channel. You can find this at www.gdprint.co.uk

Most importantly – have a bit of fun and share it with us! You don't have to do the full Heptathlon if you don't want – just pick a few events and have fun. Champagne prizes for those having the most fun! Remember to check the website to see your entries and everyone else who has entered into the spirit! Email your photos/video clips to: suzanne.alexander@garnett-dickinson.co.uk by **24th Feb 2012**.



1. Staple Chase

You will need:

1. Up to 5 teams of 4 competitors
2. A Relay Course/Track
3. A stapler or office object of similar size and weight
4. A stopwatch

Rules and Instructions:

1. Create a relay course to suit your office space.
2. Each team must take it in turns to get the stapler from the start line to the finish by passing the stapler from one person to the next in relay.
3. Fill in the wall chart with the times, the fastest three times will win the Gold, Silver and Bronze medals



2. Paper Aeroplane Javelin

You will need:

1. Up to 8 paper aeroplane throwers
2. A tape measure (provided)
3. Enough paper aeroplanes, a tried and tested template is included which you can photocopy

Rules and Instructions:

1. Each thrower will take it in turns to throw a paper aeroplane as far as possible from a starting point.
2. Each thrower will have 3 attempts, all of which will be recorded on the score chart.
3. The longest throw by each thrower will be submitted and the throwers with the 3 longest throws will win the Gold, Silver and Bronze medals.



3. Malteser Football Tournament

You will need:

1. 8 Players
2. Football Pitch (Provided)
3. Straws (Provided)
4. Maltesers (Provided)
5. Winners Medals (Provided)
6. Tape Measure (Provided)

Rules and Instructions:

1. Lay out and tape down the provided pitch on a level surface.
2. Mark down each player's name on the score chart (provided).
3. Round 1: 8 players will play 4 games of Malteser football using the straws to blow the Malteser football around, the first to score 5 goals is the winner of the match and will go through to... Round 2: 4 players will play 2 games, the winners will go to the final and battle for Gold or Silver. The runners up from Round 2 will then battle for bronze.
4. Be sure to fill in the tournament score sheet and present the medals accordingly.

NOTE: We recommend that the pitch is lined with pens to help keep the ball in play. We don't recommend that the 'ball' is eaten after a match, especially towards the end of the tournament should it survive that long!



4. Office Chair Rowing

You will need:

1. Up to 5 teams of 4 competitors (3 rowers and 1 cox)
2. 4 office chairs
3. A stopwatch
4. A loud hailer (Provided)
5. Winners Medals (Provided)
6. A rowing course (you can mark 'start' & 'finish' using tape on the carpet)

Rules and Instructions:

1. Decide on a long straight rowing course free from obstacles with a start and a finishing line.
2. Arrange the 3 rowers chairs in a line (one behind the other) facing away from the finishing line and 1 chair facing the finishing line for the cox. The cox is provided with a loud hailer to help synchronise the rowers for a more efficient technique. See www.gdprint.co.uk/officeheptathlon to see how it's done.
3. Each team is to take it in turn to row the length of the course.
4. Time how long it takes each team to get all contestants over the finishing line.
5. Fill in the wall chart with the times, the fastest three times will win the Gold, Silver and Bronze medals.

Half-serious disclaimer:

Garnett Dickinson will not accept responsibility for; any transmitting of viral infections during malteser football; any groping which could result in a sexual harassment claim during office chair rowing; any accidental stapling to anywhere; any blindness caused by paper aeroplane javelin; any breakage or damage to any office furniture, equipment or Staff; and finally loss of mouse mats.