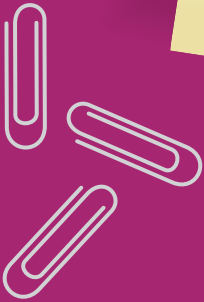


Office Decathlon

SHOW THEM HOW TO PLAY
Instructions: Zoom Edition



Welcome to Office Decathlon!

...where you get to show the office who's boss! This game is designed to find the perfect events for your remote group. Bring your team back together for lots of laughs, improved (home) office productivity, and virtual team building over your next Zoom meeting.

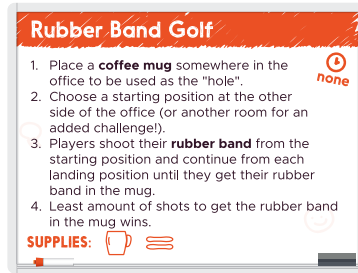
For updates and videos go to
graymattersgames.com/officedecathlon



- 120 challenge cards
- 25 scorecards
- 3 medals

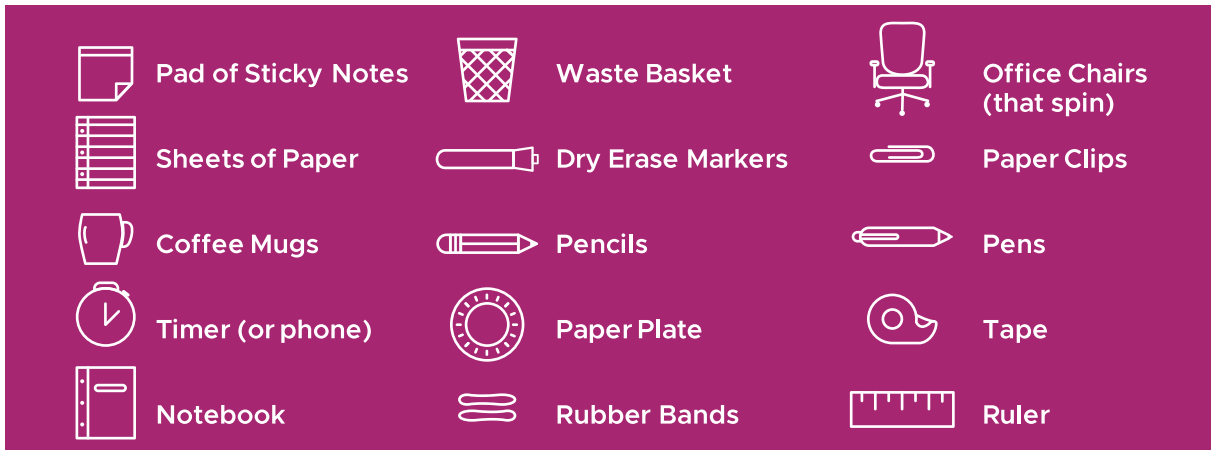
Before You Compete:

- Choose a Master of Ceremonies to organize the event and coordinate **Zoom breakout rooms** if playing in teams.
- The **event cards** are color-coded (see side of card box) and organized between **Individual** vs. **Team** events and in categories like **Team Building**, **Ice Breakers** and **Just for Fun**.
- Choose your 10 **event cards** based on your group size and goals



x10

- Instruct players to collect the following office supplies in advance (may vary based on the events you select)



TEAM EVENTS (6 players or more)

- Explain breakout rooms to pre-assigned teams.

# OF PLAYERS	RECOMMENDED SIZE
6-11	Teams of 3
12-18	Teams of 4
19-24	Teams of 5

- Give teams one minute to come up with a fun team name.
- Fill in team names and events on the scorecard.

INDIVIDUAL EVENTS (5 players or less)

- Fill in individuals names and events on the scorecard.

Compete & Score

Complete each event one at a time and record scores as shown below by filling in the results and assigning places for each event. Refer to the score sheet on how points are assigned for each place.

EVENT NAME	PLAYER/TEAM 1			PLAYER/TEAM 2			PLAYER/TEAM 3		
	RESULT	PLACE	POINTS	RESULT	PLACE	POINTS	RESULT	PLACE	POINTS
PAPER FOOTBALL	6 MADE	—	—	4 MADE	—	—	12 MADE	1ST	3
STICK IT TO THE MAN	42 SEC	3RD	1	27 SEC	1ST	3	33 SEC	3RD	1
TEAM SPELLING BEE	² CORRECT	—	—	⁹ CORRECT	2ND	2	⁸ CORRECT	3RD	1
OFFFICE TRIVIA	¹ CORRECT	—	—	⁷ CORRECT	1ST	3	² CORRECT	—	—
	TOTAL POINTS 1			TOTAL POINTS 8			TOTAL POINTS 5		

Add up the points for each team and determine the overall first, second and third place winners.

INDIVIDUAL EVENTS

Each player completes each event in view of their computer screen using their phone as a timer. Players report their time to the Master of Ceremonies who will keep overall score for all players.

TEAM EVENTS

For physical challenges, teams break into their breakout rooms to compete. Teams choose one player to represent the team while another player keeps time. For relay events, one player on the team starts the timer and says “Go”, another player completes their “lap” and says “Done!” until each player has completed their lap of the relay. The timekeeper stops the time and reports back to the Master of Ceremonies.


For mental challenges, teams break into their groups and compete together. One player writes their answers down to show the group. The team with the most correct answers wins that event.

Our Favorite Zoom Events

Rubber Band Shootout

timed

1. Set up three pieces of folded **paper** as targets at the end of a table.
2. Set up a pile of **rubber bands** 10 feet from the targets.
3. Players must knock over the three targets by shooting rubber bands at them.
4. Fastest time to knock down all three wins.

SUPPLIES: 

Individual Challenge

Coffee Mug Volley

timed

1. Make a piece of **paper** into a ball
2. Say "Go!" and start the **timer**
3. Using the bottom of the **coffee mug**, players underhand serve the paper ball into the air.
4. While the ball is in the air, turn the mug over and try to catch it in the mug.
5. Player with the fastest time to get the ball in the mug wins.


SUPPLIES: 

Individual Just for Fun

Lie Detector

none

1. Each player shares two truths and one lie about themselves.
2. All other players write down which fact they think is the lie.
3. Player with the most correct answers wins.


SUPPLIES: 

Individual Ice Breaker

Coffee Mug Race

timed


1. Set up a table with plenty of room on all sides.
2. Fill a **coffee mug** $\frac{3}{4}$ full with water (or coffee, if you dare!).
3. Say "Go!" and start the **timer**.
4. Players hold their coffee mugs and race one lap around the table. *If a player spills they must restart the lap.*
5. Fastest time wins.

SUPPLIES: 

First Paycheck

none

1. All players write down their first job on a **sticky note**.
2. One person collects all the sticky notes and reads them aloud while players write down who they think coincides with each job.
3. Player with the most correct answers wins.

SUPPLIES: 


Spelling Bee

none

1. Teams attempt to **spell** these words by writing them down:

Chrysanthemum	Entrepreneur
Plagiarism	Pharaoh
Misspell	

 Tiebreaker (Closest to the number wins.)
 How many letters is the longest accepted English word? A: 45
Pneumonoultramicroscopicsilicovolcanoconiosis
2. Team with the most spelled correctly wins.

SUPPLIES: 

Team Building

The Boss Says

none


1. Assign a person to be The Boss.
2. The game then plays like "Simon Says", except say "The Boss Says" before asking everyone to perform a task.
3. Any player who performs an task without The Boss saying "The Boss Says" first is eliminated.
4. The last remaining player wins.

SUPPLIES:

Sum It Up

none


1. Grab a piece of **paper** and **pencil** to add up your answer to the following questions:
 - Q: For how many dollars per share did Google IPO for in 2004? A: 85
 - Q: As of 2020, how many years has Warren Buffett been Chairman of Berkshire Hathaway? A: 50
 - Q: How many episodes of The Office aired? A: 201
 - Q: How many years did Jeffrey Skilling, former CEO of Enron, spend in prison? A: 12
 - Q: How many companies make up the Dow Jones Industrial Average? A: 30
2. Closest (without going over) to the total answer of 378 wins!

SUPPLIES: 

Smiling Contest

timed

1. Assign one player from your team to be the "non-smiler".
2. Say "Go!" and start the **timer**.
3. All other teams do anything to get the "non-smiler" to smile or laugh. Time stops when the "non-smiler" smiles or laughs.
4. Longest time without smiling wins.


SUPPLIES: 

Team Ice Breaker

Office TV Trivia

none

1. Teams write their answers to the following questions:
 - Q: What are two items that the olympic medals were made of on the show *The Office*? A: Paper clips and yogurt lids
 - Q: Who took over for one year as host of *The Apprentice* after Donald Trump left to become president?
A: Arnold Schwarzenegger
 - Q: What company does Richard work for in the show *Silicon Valley* before leaving to start Pied Piper? A: Hoail
 - Q: On the tv show, *Shark Tank*, what is Kevin O'Leary's nickname?
A: Mr. Wonderful
 - Q: What is the name of the show that Jim Cramer hosts on CNBC?
A: Mad Money
 Tiebreaker (Closest to the number wins.)
 Q: In what year did *Undercover Boss* first premier in the US? A: 2010
2. Team with the most correct answers wins.

SUPPLIES: 



Award Ceremony

Award ultimate bragging rights for first place, bragging rights for the day to second place, and a thumbs up for third place.

Creating homemade medals out of paper clips and yogurt lids like in *The Office* and playing patriotic music in the background is highly encouraged!

We'd love to see your Office Decathlon photos and videos - send them to:

info@graymattersgames.com

to be featured on Instagram and Facebook!

#OFFICEDECATHLON



@graymattersgames



FAQs

Q: What if there is a tie in an event?

A: Break the tie with a good ole fashioned best of three Rock, Paper, Scissors!

Q: Where can I get more medals?

A: Go to graymattersgames.com/officedecathlon to order more medals.

Q: How do breakout rooms work?

A: Go to support.zoom.us/hc/en-us/articles/206476313-Managing-breakout-rooms for more detailed information on breakout rooms.

More fun from our office



Learn more at graymattersgames.com



**GRAY
MATTERS
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BRIGHTEN YOUR PLAY

Game Design By: Joe Barron
Art Design By: Idea Monster Co.
Production By: Alena Lyons

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