

# **RULES AND REGULATIONS**

## **2015 Housekeeping Olympics**

**There are five housekeeping competition events that will earn 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.**

1. Bed Making Competition
2. Mop Race
3. Vacuum Race
4. Buffer Pad Toss
5. Executive Challenge

### **Teams will earn for each event:**

**100** points for placing **FIRST**

**75** points for placing **SECOND**

**50** points for placing **THIRD**

### **HOUSEKEEPING COMPETITION OVERALL AWARD**

Team trophy will be given to the team with the highest total points

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Overall Competition Winners**

### **Cheerleader Competition (Spirit)**

The cheerleader's performance will be judged separately from the events.

Individual medals will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> team winners.

Team trophy will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams.

Scores will be posted as they are tallied by scorekeepers.

# Event 1-Bed Making Competition

## 2 minute time limit-ONE CONTESTANT

### Required Equipment:

1 Queen Size bed	1 Queen Size blanket
2 Queen Size Flat sheets	2 Standard size pillowcases
2 Poly Standard size pillows	**No bedspread is necessary**
1 chair or table to stack linen on	1 Stop Watch

### Objective:

Participant makes the best looking bed in the least amount of time following all rules and guidelines.

### Bed Making Rules

1. Contestant will begin from behind the line at the head of bed. Linen will be placed 2 ½ feet from foot of bed stacked on a chair in proper sequence. When signal is given, participant will begin.
2. The first (bottom) sheet must be placed at the edge of the foot of the bed. The sheet must be tucked in on both sides and the head of the bed with hospital corners.
3. The second (top) sheet must be placed at the edge of the head of the bed.
4. The blanket must be placed approximately one hand length from the head of the bed. The top edge of the sheet and the top edge of the blanket must be straight.
5. Fold the top of the second (top) sheet over the blanket.
6. Tuck in the second sheet and blanket, just at the foot of the bed, with hospital corners. (Do not tuck in on sides.)
7. Insert pillow in pillowcase and tuck-in open end. (The pillow may not be placed on the floor or held under the chin while inserting it in the case.)
8. Place the pillows centered at the head of the bed. The open end of the pillowcase is to be placed toward the center of the bed. The 2 open ends will meet in the center of the bed.
9. When bed is completed, participant must step back to the starting position. (Once the participant has returned to the starting position, they may not touch the bed again.)
10. This time will be used as the basis for scoring. Penalty seconds will be added for infractions.
11. **Whistle will blow at 2 minutes and each participant must stop and return to the starting position.**
12. Before participant starts the event, Head of bed will be pointed out, as well as, all Rules and Regulations will be reviewed.
13. Participant must be a non-management employee.

# Event 1-Bed Making Competition

## Scoring:

**Finish Time: 2:00 minutes or less**

**A 5 second penalty will be added if (# of infractions x 5 seconds)**

- The head of the bed is not facing the contestant starting position.
- Pillow was placed on the floor or under chin while putting the pillowcase on.
- Pillowcases are not neat with open end tucked neatly in and/or not facing center of bed.
- Blanket and top sheet edge are not tucked in at bottom/foot of bed only with hospital corners. (Sides should not be tucked.)
- Blanket and top sheet edge are not folded straight and approximately one hand length from the head of the bed.
- Bottom sheet is not tucked neatly on sides of bed with hospital corners at head of bed

Total Time

**10 second penalty-Management participation**

**(Hourly or Salaried member of management may not participate.)**

**1<sup>st</sup> place time= 100 points**

**2<sup>nd</sup> place time= 75 points**

**3<sup>rd</sup> place time= 50 points**

**In the event of a point and time tie, a coin toss will be used as the tiebreaker.**

# Event 2-Mop Race

## 30 second time limit-ONE CONTESTANT

### Required Equipment:

15 oz dry floor mop w/handle

Blue Painters Tape

Stop Watch

Whistle

7 Wet Floor Signs

### Objective:

Contestant is to push a dry wet floor mop through an obstacle course. The contestant that finishes with the quickest time, including penalties, will win.

### Mop Race Rules

1. The course consists of 7 wet floor signs set in a straight line with 18" between signs. The mop MUST LAY FLAT on the floor during the entire race-it CANNOT come off the floor. The contestant will stand behind a line that is 32" from the 1<sup>st</sup> Wet Floor Sign in front of them.
2. When signal to start game is given, the participant will start the races with the mop/handle in their hand. The participant will push the dry floor mop from the start line to the left of the first sign, to the right side of the 2<sup>nd</sup> sign, the left side of the 3<sup>rd</sup> sign, the right side of the 4<sup>th</sup> sign, the left side of the 5<sup>th</sup> sign, the right side of the 6<sup>th</sup> sign, and the left side of the 7<sup>th</sup> sign, turn around and go back down the course to the finish line.
3. Contestant MUST follow mop around the wet floor sign-contestant will be disqualified if the ARM or BODY of the contestant goes over the top of the sign.
4. One the contestant returns back to the start line, they must step OVER the start line and raise the MOP in the air to indicate that they have finished the course. Once the contestant has raised the mop in the air, the time keeper will STOP the time on the stop watch. This time will be used as the basis for scoring. Penalty seconds will be added for infractions.
5. **Whistle will blow at 30 seconds and each participant must stop and return to the starting position.**
6. Contestants must complete the course by the time the "End of Game" whistle is blown. **Contestants NOT completing the course in the allotted time will NOT receive any points.**
7. All Rules and Regulations will be reviewed with the participant before event begins.
8. Participants must be a non-management employee.

# Event 2-Mop Race

## Scoring:

**Finish Time: 30 seconds or less**

**A 5 second penalty will be added**

- Each time the mop head comes off the floor during the race.
- Each time the mop or participant touches or knocks over a wet floor sign.

Off the floor infractions (# of infractions x 5 seconds):

Hit or knock over the wet floor sign infractions (# of infractions x 5 seconds):

Total Time

**10 second penalty-Management participation**

**(Hourly or Salaried member of management may not participate.)**

**1<sup>st</sup> place time= 100 points**

**2<sup>nd</sup> place time= 75 points**

**3<sup>rd</sup> place time= 50 points**

**In the event of a point and time tie, a coin toss will be used as the tiebreaker.**

# Event 3-Upright Vacuum Relay

## 1.5 minute Time Limit-ONE CONTESTANT

### Required Equipment:

1-Upright Vacuum	1-Power Source (Strip or Outlet)
1-4'x6' Walk Off Matt or Designated Area	Stop Watch
1-12oz cup of paper confetti	Blue Painters Tape
Extension Cord	Whistle

### Objective:

To vacuum the 4'x6' area free of confetti and then return to the start line with the vacuum turned off and cord wrapped around cord hooks within 1.5 minutes.

### Upright Vacuum Relay Rules

1. Participants will stand start line with vacuum 2 feet in front of them.
2. When the signal is given, each participant will go from start line to the vacuum, unwrap as much cord as needed and then plug in the vacuum and proceed to designated area.
3. Participants will turn on the vacuum and attempt to vacuum up all of the confetti from the designated area.
4. When participants have finished vacuuming, they are to turn off the vacuum, go to the power source, unplug the vacuum, wrap the cord around both of the cord hooks (not in a figure 8 style) and then return to behind the start line with the vacuum.
5. Once the participant is behind the start line with the vacuum, they may not touch the vacuum again.
6. **Whistle will blow at 90 seconds and each participant must stop and return to the starting position.**
7. Participant must be a non-management employee.

# Event 3-Upright Vacuum Relay

## Scoring:

**Finish Time: 90 seconds or less**

**A 5 second penalty will be added if (# of infractions x 5 seconds)**

- The 4'x6' area is not completely free of confetti.
- The cord is not wrapped correctly.
- Pulling the cord to unplug the vacuum rather than unplugging from the power source.

Total Time

**10 second penalty-Management participation**

**(Hourly or Salaried member of management may not participate.)**

**1<sup>st</sup> place time= 100 points**

**2<sup>nd</sup> place time= 75 points**

**3<sup>rd</sup> place time= 50 points**

**In the event of a point and time tie, a coin toss will be used as the tiebreaker.**

# Event 4-Buffer Pad Toss

## 30 second time limit-TWO CONTESTANTS

### Required Equipment:

5 Red Buffer Pads (20 inch red)	Blue Painters Tape
1 plunger	Whistle
1 blindfold	Stop Watch
One 4'x6' taped off square on the floor	

### Objective:

From a distance of 20', a blindfolded person is to toss all 5 buffer pads (1 pad at a time) to a partner holding a toilet plunger. The partner must catch the buffer pads while staying in the 4'x6' marked rectangular space.

### Buffer Pad Toss Rules

1. Participants will stand behind the start line with 5 buffer pads held in the hand not used for tossing.
2. When the start signal is given, the blindfolded tosser will throw one pad at a time to their partner in the 4'x6' box. Each participant is limited to 5 tosses.
3. The catcher will use the toilet plunger to catch pads. The plunger must be held by the RUBBER BASE, NOT the handle. The catcher's hand must NOT touch the wooden handle of the plunger at any time. Touching the wooden handle will result in NO point awarded for that catch.
4. The catcher will attempt to catch the pads without stepping out of the designated area. If the catcher STEPS OUT of the 4'x6' area and CATCHES a pad, NO points will be awarded for the catch.
5. If the signal to stop tossing has not occurred, as soon as the last pad is thrown to the catcher, the time keeper for that team will stop time on the stop watch.
6. **Whistle will blow at 30 seconds and each participant must stop and return to the starting position.**
7. Participant must be a non-management employee.



# Event 4-Buffer Pad Toss

## Scoring:

Buffer Pads Caught- 20 points per pad

20 points x 5 pads = 100 points

**1<sup>st</sup> place = Most Pads and \*Best Time**

**2<sup>nd</sup> place = 2<sup>nd</sup> Most Pads and \*2<sup>nd</sup> Best Time**

**3<sup>rd</sup> place = 3<sup>rd</sup> Most Pads and \*3<sup>rd</sup> Best Time**

**Participant will be disqualified if able to see under blindfold.**

**10 second penalty-Management participation**

**(Hourly or Salaried member of management may not participate.)**

**1<sup>st</sup> place time= 100 points**

**2<sup>nd</sup> place time= 75 points**

**3<sup>rd</sup> place time= 50 points**

**In the event of a point and time tie, a coin toss will be used as the tiebreaker.**

# Event 5-Cheerleading Competition

## 1.5 minute time limit-6 CONTESTANTS and 1 MASCOT\*

### Requirements:

Costumes

Enthusiasm

Interaction with spectators

Creativity

CD of music must be provided by August 17<sup>th</sup>. No longer than 1.5 minutes (90 seconds)

### \*Optional:

Mascot

Music

Pom Poms

Posters/Banners

### Objective:

An interactive opportunity to show your property's team spirit and encourage your team with enthusiasm and cheers!

### Cheerleading Competition Rules:

1. No more than 6 cheerleaders and one mascot per team.
2. Perform a 1.5 minute (90 second) program which will be held in between the events.
3. The Emcee will announce the name of the team to perform. The cheerleaders will proceed to the center floor facing the audience.
4. If music is being used, the CD must be brought in by the team no later than 8/17/15 (boom boxes or personal amplification devices are not allowed).
5. The cheerleader's performance will be judged separately from the other events. Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> team winners.
6. Participants must be a non-management employees.

# Event 5-Cheerleading Competition

## Scoring:

<b>Uniformity</b> (choreography) of 1.5 minute performance	Up to	25 Points
<b>Appearance</b> /Costumes/consistent with theme	Up to	25 Points
<b>Interaction</b> /Enthusiasm during events	Up to	25 Points
<b>Creativity</b> of performance	Up to	25 Points

**10 second penalty-Each Management participation  
(Hourly or Salaried member of management may not participate.)**

**1<sup>st</sup> place time= Highest Score**

**2<sup>nd</sup> place time= 2<sup>nd</sup> Highest Score**

**3<sup>rd</sup> place time= 3<sup>rd</sup> Highest Score**

**In the event of a point and time tie, a coin toss will be used as the tiebreaker.**

**1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Cheerleaders who win a medal will be asked to stay for pictures at the end of the event.**

# **EXECUTIVE CHALLENGE**

One contestant from each property

Designated by Property-Salaried Supervisor or Above

**NO PRACTICE REQUIRED**

**SURPRISE CHALLENGE**

1<sup>ST</sup>, 2<sup>ND</sup>, AND 3<sup>RD</sup> place mean more than just fun. The Executive Challenge will be used for a tiebreaker (if needed) for the Overall Winner.