

Olympic Shoe Flinging Rules 2025

Section 1 - General Provisions

Article 1.1 - Nature of the Game

Shoe Flinging is a playground game where players use the momentum generated from a swing set to fling their shoes as far as they can.

Article 1.2 - Authority

These rules govern all official Olympic Shoe Flinging matches and shall be interpreted and enforced by consensus among participating players. All participants are responsible for fair play and using competitive integrity to resolve disputes.

Section 2 - Rules

Section 2.1 - Playing Environment and Round Structure

Article 2.1.1 - Swing Set Requirements

The match shall be conducted on a swing set with a minimum of two (2) swings.

Article 2.1.2 - Flinging Field Allowances

All permanent obstacles natural or manmade shall be considered a feature of the field.

Article 2.1.3 Round Structure

Article 2.1.3.1 - Standard Rounds

Each match shall consist of ten (10) rounds of flinging two (2) shoes per player per round.

Article 2.1.3.2 - Overtime Rounds

When required, overtime shall consist of indefinite rounds until there is a leader at the end of a round.

Article 2.1.3.3 - Concurrent Players

An equal amount of players from each team shall be on the swings at each time switching out after all of their flings.

Article 2.1.3.4 - Fling Rotation

No player shall fling their second shoe before any player has flung their first shoe.

Article 2.1.3.5 - Ambidexterity

Each player must fling one shoe from each foot.

Section 2.2 - Match Objectives and Scoring

Article 2.2.1 - Round Scoring Timing

Rounds shall be scored after all players have flung both shoes.

Article 2.2.2 - Round Scoring

Each shoe shall contribute one (1) point per other shoe of less distance plus one (1) to the team of the flinging player.

Article 2.2.3 - Contribution Caps

The combined points of a single player's shoes in a round shall be limited to twelve (12) points.

Article 2.2.4 - Method of Measurement

A shoe's distance shall be measured as the length of the shortest line possible from a point on the shoe frame to the line coincident to the line connecting the midpoints of the swings.

Section 2.3 - Conduct

Article 2.3.1 - Out of Turn

The penalty for playing Out of Turn as a violation of Article 2.1.3.4 shall be to cancel the fling and replay it in the correct turn order.

Article 2.3.2 - Distractions

If a player is distracted by another player's actions during a fling, they may cancel the fling and replay it before any other player flings.

Article 2.3.3 - Measurement Manipulation

If a player's shoe is physically moved in a way that could affect its measurement before all shoes are measured, that fling shall be canceled and either

- i. Be re-flung immediately if the movement was unintentional

- ii. Be completely disregarded while calculating the round scoring in Section 2.2 if the movement was intentional.

Article 2.3.4 - Rule Manipulation

Any attempt to undermine the spirit of the game through the interpretation or enforcement of rules shall be penalized on the first occurrence by a warning and on the second offence immediate forfeiture of the match.

Section 3 - Event Format

Article 3.1 - Team Structure

Each team shall consist of two (2) players who must fling an equal number of times.

Article 3.2 - Match Series

The event shall be played as a best of one (1) series.

Article 3.3 - Medal Scoring

The first team to win a series shall be awarded the gold medal in the event. The opposing team shall be awarded the silver medal.