I think this is a good way to base off our coding style and quality to. There is some very useful tip. For example using strict coding guide that does not allow for complex function use because of high chance of malfunctioning.

I also like the fact that they do not encourage deadline because it press the programmer to meet a deadline. He will most likely hack some of the coding to meet this timeframe. This process will make the programmer retain these bad habit over time and his programs will not be optimal.