



QUAD CITIES CORPORATE GAMES

STEP CHALLENGE Sponsored by Live Healthy Iowa

Eligibility

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games.

General Guidelines

1. Teams of 2-10 employees compete in a web-based competition tracking steps. Companies can have as many teams as they wish. Each team member will have access to a personal online dashboard to record data throughout the challenge.
2. Participants who record at least once per week for three of the four weeks will count towards company participation points.

BYT Point System

- o Participants in this category will only compete against teams in their respective company's division.
- o Place tracking varies based on company division size (see table below).
- o Placing will be determined based on the percentage of total company employees that complete the Step Challenge (recording at least once per week, 3 of the 4 weeks) and will be used to determine the number of tally tracking points earned by a company for the overall virtual event scoring. (tally tracking defined below).
- o Place tracking totals will used as a placement tracking mechanism and not be added to the QCCG Leaderboard.
- o See tables below for tracking details and examples.

Division	Points per 1%	Example
1	50	Total # of employees = 1500 Total # of employees that complete 3 of 4 weeks = 300 % of employees that complete 3 of 4 weeks = 20% Total Points = 20% * 50 = 1000 points
2	25	Total # of employees = 300 Total # of employees that complete 3 of 4 weeks = 150 % of employees that complete 3 of 4 weeks = 50% Total Points = 50% * 25 = 1250 points
3	10	Total # of employees = 100 Total # of employees that complete 3 of 4 weeks = 90 % of employees that complete 3 of 4 weeks = 90% Total Points = 90% * 10 = 900 points

- Additionally, placing points will be awarded to the top 6 companies (based on % of total employees recording 3 of the 4 weeks) within each division as follows

Final Virtual Event Scoring	
1st	500 pts
2nd	400 pts
3rd	300 pts
4th	200 pts
5th	50 pts
6th	50 pts