



QUAD CITIES CORPORATE *GAMES*

Fitness Walk Rules

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games in order to receive team points.

General Guidelines

1. This is a non-competitive walk. You may walk at your own pace and choose your own path.

QCCG Virtual Tally Tracking/Point Scoring

- There will be four virtual events (Burst Your Thirst, Learn & Earn, Virtual Fitness Walk, and Virtual Interval Class) that will be scored in combination at the conclusion of the Quad Cities Corporate Games.
- Points won't directly be scored from each specific event, but instead a "point tracking tally" will be kept for each and will be based on the total number of participants that check in and/or completed the given virtual event.
- The top six companies in each division will receive "tally tracking points." These points will be used as a placement tracking mechanism and not be added to the QCCG Leaderboard.
- See below for virtual event tally tracking points.

Virtual Event Tally Tracking	
1st	10 pts
2nd	9 pts
3rd	8 pts
4th	7 pts
5th	6 pts
6th	5 pts
7th+	0 pts

- At the end of games, tally tracking points from all four virtual events will be combined, totaled, and scored. The top six companies placing in each division will earn points to be added to the QCCG Leaderboard. If there is a tie, teams will split both placing points evenly.
- See below for virtual event final scoring.

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



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Final Combined Scoring Sample

1. Below you will find a sample of the four events tallied, totaled, and scored.

Team	BYT	Virtual L&E	Virtual Walk	Virtual Fit Class	Tally Points	QCCG Scoreboard points
Company A	3rd = 8pts	1st = 10 pts	4th = 7pts	1st = 10 pts	35 pts (1 st)	500 pts
Company B	1st = 10pts	2nd = 9 pts	6th = 5pts	5th = 6 pts	30 pts (3 rd)	300 pts
Company C	2nd = 9pts	3rd = 8pts	5th = 6pts	3rd = 8pts	31 pts (2 nd)	400 pts
Company D	4th = 7pts	4th = 7 pts	3rd = 8pts	6th = 5 pts	27 pts (6 th)	50 pts
Company E	6th = 5pts	5th = 6 pts	2nd = 9pts	2nd = 9 pts	29 pts (4 th)	300 pts
Company F	5th = 6pts	6th = 5pts	1st = 10pts	4th = 7pts	28 pts (5 th)	50 pts