



DES MOINES CORPORATE *GAMES*

WINTER CORPORATE CHALLENGE RULES

Winter Blood Donation Challenge Rules

The Blood Donation Challenge will take place from December 1 – March 1 of the competition year. No participation points are awarded for the Blood Donation Challenge. However, the companies logging the most donated units will be awarded with tally points based on their standings.

1. Sponsor/Host a blood drive with LifeServe Blood Center.
2. Send donors to a LifeServe Blood Center location, register under your employee code for your company and donate.
3. LifeServe Blood Center will keep a tally of each registered donor.

Any company who sponsors/hosts a blood drive will be awarded for each presenting donor, regardless of company affiliation. A company can also send donors into any of the LifeServe Blood Center locations to donate and receive credit.

Mall Fitness Walk Rules

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games to receive points.
2. This is a non-competitive walk. You may walk at your own pace and choose your own path.
3. Companies will earn tally points based on the number of employees who participated.
4. Participants are encouraged to stop and shop as they walk.

Fitness Class Rules

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games to receive points.
2. This is a non-competitive, participation event.
3. Companies will earn tally points based on the number of employees who participated.
4. The scoring for this event will go into the Winter Corporate Challenge tally system.

Cycling Tour Ride

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Game to receive points.
2. This event is open to the public and participants are encouraged to ride in groups.
3. This is a non-competitive cycling ride. You may ride at your own pace.
4. Helmets are required.
5. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions. If weather does not permit, we will postpone the event to the next weekend.
6. Participants may ride an alternative route, but must check in at the DMCG Check-in table at the designated check-in location to earn points. Check in times will be listed on the Winter Corporate Challenge webpage.



DES MOINES

CORPORATE *GAMES*

Skywalk Fitness Walk Rules

1. All players must be regular (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Game to receive points.
2. This is a non-competitive walk. You may walk at your own pace.
3. Participation per company is unlimited. Teams will earn tally points based on the number of participants.
4. There will be marked off routes of 0.5 miles, 1 mile, and 1.5 miles, however participants are allowed to walk any distance they desire.

Volunteering Challenge Rules

Both volunteering challenges will be grouped in the same tally scoring.

- **Iowa Wild Volunteering Challenge**

1. Companies will be given the opportunity for their employees to volunteer at Iowa Wild Games.
2. Companies can sign up by using the Sign-Up Genius [HERE](#).
3. Tally points will be given out based on the number of employees who volunteer.
4. If a registered employee fails to show up for their volunteering shift, their company will lose 2 points per no show employee from their volunteer tracking total.
5. The Volunteering Challenge will run from December 1 – March 1.

- **Many Hands Thrift Market Volunteering Challenge**

1. Companies will be given the opportunity for their employees to volunteer at Many Hands Thrift Markets in the Des Moines area.
2. To earn points, participants will have to work a minimum of a 2-hour shift. Teams are encouraged to bring groups; however, individuals will be able to volunteer alone.
3. Each participant who completes a 2-hour shift will receive tally points that will be added to their company's total points in the Many Hands Thrift Market category of the tally points system that will be added to their company's total points towards the Winter Corporate Cup.
4. If a registered employee fails to show up for their volunteering shift, their company will lose 2 points per no show employee from their volunteer tracking total.
5. The Volunteering Challenge will run from December 1 – March 1.
6. Please email mfrandsen@mh4h.org to sign up.