



## BURST YOUR THIRST 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 Des Moines Corporate Games.

#### General Guidelines

1. Teams of 2-10 employees compete in a web-based competition tracking water consumption and minutes of physical activity. 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 “Place Tracking” System

- o Participants in this category will only compete against teams in their respective company’s division.
- o A “Place Tracking” mechanism has been set in place to determine companies overall event placing.
- 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 Burst Your Thirst 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 DMCG 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% Place Tracking Total = 20% * 50 = 1000
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% Place Tracking Total = 50% * 25 = 1250
3	25	Total # of employees = 200 Total # of employees that complete 3 of 4 weeks = 50 % of employees that complete 3 of 4 weeks = 25% Place Tracking Total = 25% * 25 = 625
4	10	Total # of employees = 100 Total # of employees that complete 3 of 4 weeks = 90 % of employees that complete 3 of 4 weeks = 90% Place Tracking Total = 90% * 10 = 900
5 & 6	10	Total # of employees = 50 Total # of employees that complete 3 of 4 weeks = 5 % of employees that complete 3 of 4 weeks = 10% Place Tracking Total = 10% * 25 = 250



### DMCG Virtual Tally Tracking/Point Scoring

- There will be four virtual event (Burst Your Thirst, Learn & Earn, Virtual Fitness Walk, and Virtual Interval Class) that will be score in combination at the conclusion of the Des Moines 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 DMCG 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 DMCG 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

### 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	DMCG Scoreboard points
Company A	3rd = 8pts	1st = 10 pts	4th = 7pts	1st = 10 pts	35 pts (1 <sup>st</sup> )	500 pts
Company B	1st = 10pts	2nd = 9 pts	6th = 5pts	5th = 6 pts	30 pts (3 <sup>rd</sup> )	300 pts
Company C	2nd = 9pts	3rd = 8pts	5th = 6pts	3rd = 8pts	31 pts (2 <sup>nd</sup> )	400 pts
Company D	4th = 7pts	4th = 7 pts	3rd = 8pts	6th = 5 pts	27 pts (6 <sup>th</sup> )	50 pts
Company E	6th = 5pts	5th = 6 pts	2nd = 9pts	2nd = 9 pts	29 pts (4 <sup>th</sup> )	300 pts
Company F	5th = 6pts	6th = 5pts	1st = 10pts	4th = 7pts	28 pts (5 <sup>th</sup> )	50 pts