



CEDAR VALLEY CORPORATE *GAMES*

BLOOD DONATION CHALLENGE

Introduction

The Cedar Valley Corporate Games Blood Donation Challenge will take place from June 1st – July 31st of the competition year. No participation points are awarded for the Blood Donation Challenge. However, the company logging the most presenting donors in each company division will be presented with the “Cedar Valley Corporate Games Blood Donation Challenge” award. LifeServe will administer the Challenge.

General Guidelines

1. Sponsor/Host a blood drive with LifeServe
2. Send donors to the LifeServe location, register under your company name and donate.
3. Blood Centers 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 locations to donate and receive credit. At the end of the challenge, whichever company from each division has the most presenting donors wins the “CVCG Blood Donation Challenge Award.” The winning companies in each division will receive an award at the CVCG Awards Ceremony.



CEDAR VALLEY CORPORATE *GAMES*

CYCLING TOUR RIDE

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to ride in groups.

General Guidelines

1. This is a non-competitive tour ride. You may ride at your own pace.
2. Helmets are required.
3. Participants must check-in at the location noted on the event website.
4. Route is hard surface, mostly off-road trail.
5. You may ride one way or both. Maps available at qccorporategames.org. Note that due to construction, the map may not be a completely accurate representation of the route.
6. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.



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FITNESS WALK

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to walk in groups.

General Guidelines

1. This is a non-competitive walk. You may walk, jog, or skate at your own pace. Pets may accompany participants; however, they must be on a leash.

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.



CEDAR VALLEY CORPORATE *GAMES*

PICKLEBALL RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games.

General Rules

1. Current USA Pickleball rules will apply. Visit <https://usapickleball.org/what-is-pickleball/ifp-official-rules/> for a copy of these rules.
2. Players will be required to provide their own paddles. Pickleballs will be provided by QCCG. Please feel free to bring your own pickleballs.
3. Teams will consist of 2 players.
4. Each participating company will be allowed 2 Men's, 2 Women's, and 1 Co-ed team.
5. Winner's Bracket Format
 - a. 1 Game to 15 – Win by 2 (Cap of 17)
 - b. Switch sides once someone has 8 points.
6. Consolation Bracket Format
 - a. 1 Game to 11 points – Win by 2 (Cap of 13)
 - b. Switch sides once someone has 6 points.
7. The tournament format will be double elimination.

CVCG Point System

- Medals will be awarded to the top three finishers in each category per division. Points will be awarded to the top six teams within each category per division, as follows:

Place	Points
1 st	400
2 nd	300
3 rd	200
4 th	100

- Participation points will be awarded for all individuals or teams in the CVCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Pickleball competition are as follows:

Event	Participation Points
Pickleball	50/Team

- CVCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events**. It diminishes the spirit of the Games when a team or individual travels from across the Cedar Valley to participate in one of these events, only to have their opponent forfeit. Penalty points will be assessed for the following events:

Event	Penalty Points
Pickleball	-50



CEDAR VALLEY CORPORATE *GAMES*

YOGA

Eligibility

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

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.