



## BAGS TOURNAMENT RULES

### Introduction

The City of Clive Parks and Recreation welcomes your team to the Des Moines Corporate Games tournament. Please review the following rules and materials with your teammates. The Parks and Recreation Department reserves the right to make alterations. Company administrators will be notified of any changes. If you have any questions, please feel free to call the Parks and Recreation Office at (515) 223-5246.

### Eligibility

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

### General Rules

1. Teammates must stand on opposite sides.
2. Team listed second throws first.
3. Each player will throw 4 bags per inning.
4. Players may throw from either side of the board. You must throw from the same position at the beginning of each inning.
5. Player's feet must remain behind the front of the board upon the release of the bag.
6. The team that scores will throw first – if it's a tie the preceding team will throw again.
7. One game to 21 will be played..
8. No Baggos (bag cannot hit the ground first and roll onto the board).
9. 15-minute time limit per game – if the 15-minute time limit is up, the team leading at the end of the current inning will be declared the winner of that game.
10. Teams may bring their own bags to use.

### Scoring

1. Hole-Ins = 3 points
2. On-the-Board = 1 point
3. In cancellation scoring, bags in-the-hole and on-the-board cancel each other out
4. First team to 21 points is the winner

### DMCG Point System

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

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	50

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

Event	Participation Points
Bags	50/Team

- o DMCG 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 city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Bags	-50





## 3 ON 3 BASKETBALL RULES

### TEAM RESPONSIBILITIES

1. Captains from each team are required to report to the scorekeeper prior to the start of the game to complete score sheet.
2. Each team is required to provide a game ball.
3. All players must be regular employees (full or part-time), interns or retirees of companies registered for the DMCG.
4. Information pertaining to on court activities:
  - A. Play can be stopped for safety reasons by event staff or court monitors with the existing score declared final.
  - B. Each team consists of three players and three substitutes. (A substitute is not mandatory.) Substitutions may be made only on dead ball situations
  - C. Players may appear on only one roster. Players may be required to present proof of identification (driver's license) at tournament check-in and upon request throughout the tournament.
5. Teams are expected to be ready to play at game start time. **Forfeit time is at the scheduled start time of your team's game, providing both teams are done with their previous game**
6. All games must **start and finish with at least 2 players** on each team.
7. Teams are encouraged to wear matching colored shirts with numbers on the front or back, but it is not required.
8. The DMCG is the final authority on all matters regarding rule and regulation disputes. Any areas or matters not specifically covered within the rules will be at the sole discretion of the tournament committee.

### PLAYING RULES

#### SCORING / CLOCK MANAGEMENT:

1. The game will consist of 11 points scored or a 10-minute running clock except during time-outs. A coin flip will determine first possession. The alternate possession rule will be in effect after the coin toss.
  - A. All baskets will be 1 point unless clearly shot from behind the 19' 9" line. Baskets made from behind this line are worth 2 points.
  - B. If neither team has reached 11 points by the end of the 10-minute regulation, the team with the most points at the end of the time limit will be declared the winner.
  - C. **Overtime:** If the teams are tied at the end of regulation, a 1 minute, running clock overtime will be played to determine the winner (no cap of 11 points). If no winner is determined after one overtime period, the second overtime will result in sudden death. A coin flip will be used to determine first possession at the start of each overtime.
  - D. Each team is allowed 1 time-out per game (30 seconds in length).  
The clock will stop during time-outs, and time-outs can be taken any time during regulation play. Teams will not have a time-out during overtime periods.  
The clock will stop in the event of an injury.
  - E. The court monitor will be the official timekeeper and scorer.

#### "TAKING BACK", "CHECKING", BALL POSSESSION, AND FOULS:

1. **The ball must be taken back behind the 2 point arc on each change of possession.**
  - A. Change of possession includes a defensive rebound, made basket, "air ball" recovered by the defensive team, a turnover or a stolen ball by the defensive team.
  - B. Taking back means both feet of the ball handler must be behind the check line. Failure to do this will result in loss of possession.
  - C. After all out-of-bounds, fouls, and made baskets, the ball must be taken back to the top of the 2 point line and "checked". **"Checking" consists of bouncing the ball to the defense who then bounces the ball back to the offense.**
  - D. The ball must be passed in after being "checked" by the opposing team on a made basket or dead ball situation. If the ball is dribbled in, the ball must be rechecked then put into play, no change of possession should occur.
  - E. The back side of the backboard is out-of-bounds; if the ball goes over the backboard or comes in contact with any of the basket supports, it is out-of-bounds. However, the sides and bottom of the backboard are in-bounds.
  - F. A jump ball will be awarded by alternate possession following the coin-toss to open the game.
2. **Officials will call fouls and violations.**
  - A. Anytime a basket is MADE and a FOUL is called, the basket counts and possession goes to the defensive team.
  - B. Anytime a basket is MISSED and a FOUL is called, the player who is fouled will shoot one, dead-ball free throws worth one (1) point. Possession will alternate following the free throw and the defensive team will take over.
  - C. Non-shooting fouls - On or after the 7<sup>th</sup> team foul - teams will enter a bonus situation and be awarded a free throw worth one (1) point. If made the free throw is made, possession goes to the defense. If the free throw is missed, the offensive team retains possession.



- D. If any individual player **commits 4 personal fouls**, he/she is to be considered “fouled out” of that game and must leave the court. The player will be allowed to play again once a new game for their team starts.
- E. **Intentional/Flagrant/Technical Fouls** will result in ejection from the game and award the opposing team two points and the ball. A second offense will result in ejection from the tournament.
- 3. **NO DUNKING ALLOWED AT ANY TIME.** If this occurs, point and possession will be lost. Dunking during pre-game will result in a technical foul.
- 4. Any player or fan involved in fighting or continuous misconduct during a game (including: abusive behavior and/or language; flagrant and/or excessive fouls; rough play; and abusive behavior toward the court monitors, tournament officials, event staff and all other players) will be disqualified from the tournament. All disqualified players or fans must leave the tournament site.
- 5. **Stalling during a 3 on 3 game defies the principles of street basketball.** An unwritten 30 second clock is in effect at all times, and may be enforced by the court monitor at his/her discretion. Failure to attempt a shot in 30 seconds, after being warned by the court monitor, will result in a loss of possession.

**DMCG POINT SYSTEM**

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

Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	150

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in basketball are as follows:

Event	Participation Points
Basketball 3-on-3	150/Team

- o DMCG 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 city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Basketball 3-on-3	-150



## BLOOD DONATION CHALLENGE

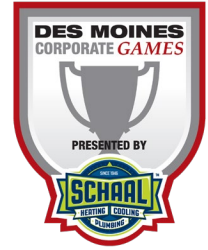
### Introduction

The Des Moines Corporate Games Blood Donation Challenge will take place from May 1 – July 31 of the competition year. No participation points are awarded for the Blood Donation Challenge. However, the company logging the donated units will be presented with the “Des Moines Corporate Games Blood Donation Challenge” award. LifeServe Blood Center will administer the Challenge.

### General Guidelines

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. At the end of the challenge, whichever company from each division has the most donated units wins the “DMCG Blood Donation Award.” The winning companies in each division will receive an award at the Iowa State Fair during the DMCG Awards Ceremony.



## BOWLING RULES

This tournament will be conducted in accordance with the United States Bowling Congress (USBC) rules. Only the DMCG additions listed below are to have precedence over USBC rules. For a copy of USBC rules, visit <http://www.bowl.com/rules/>.

### Eligibility

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

### General Rules

1. Teams will be made up of 5 players. Coed teams must have a minimum of two women. If a company's teams play at the same time, employees can only bowl on one team.
2. Participants will bowl two games. Team scores from both games will be added up to create a final team score.
3. Results will be based on team score within each DMCG division.

### DMCG Point System

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

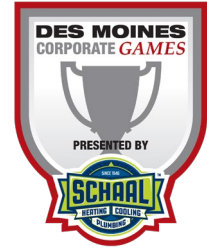
Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	250

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in bowling are as follows:

Event	Participation Points
Bowling	250/Team

- o DMCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events, as well as bowling.**

Event	Penalty Points
Bowling	-250



## 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	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





## CROSS COUNTRY RACE – 4K & 8K

### 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. All ages and genders of the 8K will run together in one race starting at 8:00 am.
2. All ages and genders of the 4K will run together in one race starting at 9:00 am.
3. DMCG participants may run both races if desired.
4. Races will be chip timed.
5. 99% of the course is grass. Spikes may be worn but are not required.

### DMCG Point System

- The Cross Country 4K and 8K Race will be held as a single event. Individuals will compete within their age group against competitors from all divisions
  - **Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

<b>4K Cross Country Race</b>	
<b>Place</b>	<b>Points</b>
<b>1<sup>st</sup></b>	<b>60</b>
<b>2<sup>nd</sup></b>	<b>40</b>
<b>3<sup>rd</sup></b>	<b>30</b>
<b>4<sup>th</sup></b>	<b>20</b>

<b>8K Cross Country Race</b>	
<b>Place</b>	<b>Points</b>
<b>1<sup>st</sup></b>	<b>60</b>
<b>2<sup>nd</sup></b>	<b>40</b>
<b>3<sup>rd</sup></b>	<b>30</b>
<b>4<sup>th</sup></b>	<b>20</b>

- Participation points will be awarded for individuals in the 4K and 8K Race. To receive **10** participation points, individuals must complete the course as designed.



## CYCLING TOUR RIDE

### Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines 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. Course will be approximately 6 miles each way on paved paths near Captain Roys in Des Moines. You may ride one way or both. Maps available at <http://www.dmccorporategames.org>
4. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.
5. Participants will check in at the DMCG table at Captain Roys. You may ride an alternative route of your choosing but must check-in at Captain Roys to earn points. Check in times will be listed on the Des Moines Corporate Games cycling tour ride webpage.

### DMCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.



## DISC GOLF RULES

This tournament will be conducted in accordance with the Professional Disc Golf Association (PDGA) rules. Only the DMCG additions listed below are to have precedence over PDGA rules. For a copy of PDGA rules, visit <http://www.pdga.com/rules>.

### Eligibility

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

### General Rules

1. Teams will be made up of 2 men or 2 women. Coed teams will be made up of 1 male and 1 female.
2. Men will play from the long tees, women from the short tees.
3. Format will be Best Shot Doubles
4. Tee times will be assigned, with two teams teeing off every 7 minutes. You must be checked in and ready to play 20 minutes before your tee time.

### DMCG Point System

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

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	50

- o Participation points will be awarded for all individuals or teams in the DMCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Individual or Doubles (per team) Competition are as follows:

Event	Participation Points
Disc Golf	50/Team

## **DODGEBALL POINTS OF EMPHASIS**

Each game begins with 6 players (3 men and 3 women).  
Best 2 out of 3 games. Games will have a time limit of 3 minutes.

### **Initial Rush**

On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

### **Elimination**

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the head.
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
- Stepping out of bounds to avoid being hit.

### **Dead Balls**

A ball is "dead" if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won't eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them, but the ball is still live until it hits something to render it dead. If a thrown ball is deflected off a held ball (blocked) and it hits a player, including the player who blocked the ball, that player is eliminated. If a ball is dropped due to blocking a thrown ball, the player dropping the ball is eliminated.

### **Catching A Ball & Re-Entry Rule**

If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. **Players must re-enter the game in the order they were knocked out.**

### **Retrieving Balls**

During play, all players must remain within boundary lines with the following exception:

- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED "LIVE" and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.
- Players must be within boundary lines to throw a ball

*Complete set of rules are posted on the venue and the [DMCorporateGames.org](http://DMCorporateGames.org) Website*

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Each game begins with 6 players (3 men and 3 women).  
Best 2 out of 3 games. Games will have a time limit of 3 minutes.

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- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
- Stepping out of bounds to avoid being hit.

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Players may use a held ball to block live balls being thrown at them. Once a thrown ball hits a held ball, the thrown ball is considered dead and the player holding the held ball is not eliminated. If the thrown ball hits the player before hitting the held ball, that player is eliminated.

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- Players must be within boundary lines to throw a ball

*Complete set of rules are posted on the venue and the [DMCorporateGames.org](http://DMCorporateGames.org) Website*



# DES MOINES CORPORATE *GAMES*

## DODGEBALL RULES

The following is the Des Moines Corporate Games addition to the Official NADA Rule Book. Only the DMCG rule additions listed below are to have precedence over the NADA Rules. All other rules will follow the Official NADA Rule Book.

### **Eligibility**

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

### **Rules Enforcement & Court Monitors**

DMCG rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.

### **Timing and Winning a Game**

Play will consist of matches in a "best-of-three" format in which the first team to win two (2) games will be declared winner of the match. The first team to legally eliminate all opposing players will be declared the winner.

A 3 minute time limit has been established for each contest. If neither team has been eliminated at the end of regulation, the team with the greater number of players will be declared the winner. If an equal number of players remain after regulation, a sudden-death overtime match will be played.

### **Overtime Procedure**

The sudden-death overtime match will begin with all original players, who started the game, on the court. The first team to eliminate one (1) opposing player will be declared the winner.

### **Official Rules & Regulations**

#### **RULE 1: Players, Field and Equipment**

##### **Team**

Teams will be made up of 6-12 players. Each game begins with 6 players (3 men and 3 women preferred) competing on a side; others will be available as substitutes. Teams may begin with fewer than 6 players. No more than 3 men are allowed on the court at one time.

Substitutes may enter the game only during time-outs or in the case of injury. When a substitution is made, males are required to substitute for males and females substitute for females. Players who started the game and have been eliminated may not substitute. Eliminated players may only re-enter the game on a caught ball or to begin overtime.

##### **Boundaries**

Field of play is 60 feet long by 30 feet wide. Attack lines will be 10 feet from the center line.

A player shall not:

- Cross the side-line or end-line with both feet or will be considered out.
- Leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch, a ball.
- Have one foot cross over the center-line and contact the ground on their opponent's side of the court.

*\*Exception* during the "opening rush" many players will cross the center-line. Court monitors should refrain from calling players OUT at this time unless a definite advantage is gained by the action; such as a whole foot across the center-line.

Team will switch side after each games.

##### **Equipment**

Balls will be provided. Balls are not to be intentionally altered or manipulated. All clothes/uniforms are considered part of the player's body

##### **Retrieving Balls**

During play, all players must remain within boundary lines with the following exception:

- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED "LIVE" and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.



# DES MOINES

## CORPORATE *GAMES*

- Players must be within boundary lines to throw a ball

Balls leaving the playing area may be rolled back onto the playing area by anyone (reserve players or spectators) around the court.

### **RULE 2: Game Play**

#### **The Game**

##### **Initial Rush**

On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. This avoids potential collisions. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

##### **Elimination**

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the head:  
**NOTE:** *if a player ducks or takes a position with their head below where their shoulders would normally be when standing, ie. Crouching, kneeling, sitting, diving, rolling or laying and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.*
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball. (Usually occurs when a ball is being used to block a thrown ball).
- An opposing player stepping out of bounds to avoid being hit.

##### **Catching A Ball & Re-Entry Rule**

If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. Players must re-enter the game in the order they were knocked out. Balls may not be caught off of a deflection of another player or wall.

##### **Dead Balls**

A ball is "dead" if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won't eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them, but the ball is still live until it hits something to render it dead. If a thrown ball is deflected off a held ball (blocked) and it hits a player, including the player who blocked the ball, that player is eliminated. If a ball is dropped due to blocking a thrown ball, the player dropping the ball is eliminated.

If a team possesses all six (6) balls, they must return at least one ball to the opponent's side of the court.

##### **Time-Outs**

Each team will be allowed (1) 20 second time-out per match.

##### **Scoring**

Play will consist of matches in a "best-of-three" format in which the first team to win two (2) games will be declared winner of the match.

Total number of players remaining on the winning team will be recorded. **Example:** *If Team 'A' eliminates Team 'B' and still has three players left standing, Team 'A' receives a game 'win' and a (3) rating and Team 'B' receives a game 'loss' and no rating. Any team winning an overtime game, receives the number of players remaining at the end of regulation for their rating.*



# DES MOINES CORPORATE *GAMES*

## DMCG Point System

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

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	250

- Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in dodgeball are as follows:

Event	Participation Points
Dodgeball	250/Team

- DMCG 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 city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Dodgeball	-250



## DUATHLON RULES

Triathlon Federation USA Rules will be followed, with the right to make exceptions. Common rule violations are listed below for your convenience. Visit <https://www.teamusa.org/USA-Triathlon> for further information.

This is not a sanctioned race. Note: Helmets must be worn during the cycling portion of the competition. For safety reasons, no headphones/iPods etc. will be allowed on any part of the course. Participants should leave their running shoes in the transition area.

### Eligibility

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

### Competition Information

1. In order to participate in the Duathlon, participants must complete the online check-in. Visit the DMCG Triathlon page for more details. Race packets will be located in the transition at the participant's bike spot. No formal in-person check in will take place.
2. Two competition options are available for the duathlon:
  - a. Individual Competition
    - i. Participant will compete in all three events (run, bike, run)
  - b. Team Competition
    - i. Three individuals from the same company choose to run, bike, or run. Times for each portion are combined into a team time.
    - ii. Team can compete with team two members if desired
    - iii. At least one female participant is required for each coed team.
  - c. There is no limit on individual participants or teams per company

### DMCG Point System

- o The duathlon will be held as a single event. Individuals will compete within their age group against competitors from all divisions
  - **Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+**
- o Points will be awarded to the top four finishers in each age group (**by division**) as follows:

Place	Points
1 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

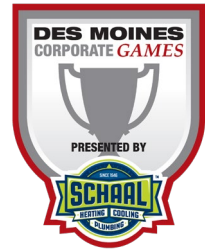
- Participation points will be awarded for all individuals participating in the duathlon. To receive **20** participation points, individuals must complete the duathlon as designed.

### **Team Competition**

- o Points will be awarded to the top four men's, women's, and coed **teams (by division)**. These points will go toward your company's Duathlon points as follows:

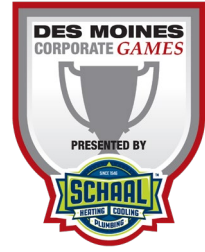
Place	Points
1 <sup>st</sup>	180
2 <sup>nd</sup>	120
3 <sup>rd</sup>	90





4 <sup>th</sup>	60
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- Participation points will be awarded for all teams participating in the Duathlon. To receive **30** participation points per team, teams must complete the duathlon as designed.



## FITNESS WALK

### Eligibility

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

### 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.
2. Participation per company is unlimited. If multiple walks are held, you may participate and earn points in each walk.

### DMCG Point System

- Participants will be awarded **25** participation points for each walk. No medals will be awarded.



# DES MOINES CORPORATE *GAMES*

## GOLF – FOUR PERSON SCRAMBLE

This tournament will be conducted in accordance with the United States Golf Association (USGA) rules. Only the DMCG additions listed below are to have precedence over USGA rules. For a copy of USGA rules, visit <http://www.usga.org/rules-hub.html>.

### Eligibility

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

### General Rules

1. Companies are limited to one men's, one women's, and one coed (2 male and 2 female) team. For Coed, Maximum of 2 men in the group and only 1 stroke per person per shot attempt.
2. Tee times will be assigned. Please arrive early. You must check in 30 minutes before your tee time.
3. Local scramble rules will apply.
4. Participants are responsible for cart rental. Cart fees and payment information will be listed on the DMCG website.
5. There is a 2 putt max. If everyone on the team misses the first putt, pick up and move onto the next hole. The ball must be on the green to be part of the 2 putt max. Balls putted from off the green/fringe are not included in the 2 putt max.

### DMCG Point System

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

Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	150

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in golf are as follows:

Event	Participation Points
Golf Four Person Best Shot	150/Team

- o DMCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events, as well as Golf.**

Event	Penalty Points
Golf 4 Person Best Shot	-150



## Learn and Earn Webinar

### Eligibility

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. This is an informational webinar. You may watch the webinar with-in the timeframe listed on the DMCG webinar
2. Links to view the webinars will be posted on the DMCG website and in the designated weekly email with an end date and time that it must be watched by, in order to earn points
3. In order to earn company points, each participant must check-in using the online check-in system.

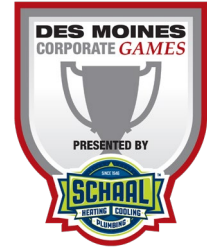
### DMCG Virtual Tally Tracking/Point Scoring

- 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 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



## MEALS FROM THE HEARTLAND CHALLENGE

### Introduction

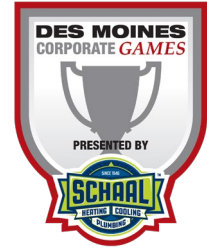
The Des Moines Corporate Games Meals from the Heartland Challenge will take place from June 1 – July 31 of the competition year. No participation points are awarded for the Meals from the Heartland Challenge. However, the company logging the most volunteers to pack meals will be presented with the “Des Moines Corporate Games Meals from the Heartland Challenge” award. Meals from the Heartland will administer the Challenge.

### General Guidelines

1. Send volunteers to help at an “Open Pack Shift” at the Meals from the Heartland location in West Des Moines **from June 1 – July 31, 2023**. Volunteers can register beginning in April 2024 for the June and July calendar. When registering, please use “DMCG + Company Name” in the “Team Name” option. Visit <http://community.mealsfromtheheartland.org/site/Calendar> to register. Groups of 8-10 people work best for packaging teams, but smaller groups and individuals are always welcome too.
  - a. Meals from the Heartland will keep a tally of each volunteer shift.
  - b. Open Pack shifts run for 2 hours with start times as follows:
    - i. **Tuesdays | 9:30 am and 6:00pm**
    - ii. **Wednesdays | 2:30 and 6:00 pm**
    - iii. **Thursdays | 2:30 and 6:00 pm**
    - iv. **Fridays | 9:30am and 1:00 pm**
    - v. **Saturdays | 9:00 and 9:30 am**
    - vi. **\*\*If shift times reach capacity, a second shift will open 30 minutes later**
2. Host/Sponsor a "Mobile Meal Packaging Event" with Meals from the Heartland at your company location during the months of June and July. Funding is required at .25c/meal for Mobile Meal Packaging Events. This is a great way to increase participation, maximize your impact, and minimize downtime.

Packaging meals is a fun, social, hands-on and competitive way to give back and serve others. Family and friends are welcome to package meals for your company. This event is great for anyone ages 5 and up.

Participants must register with your company in order to be counted. At the end of the challenge, whichever company from each division has the most volunteers wins the "Des Moines Corporate Games Meals from the Heartland Challenge" award. The winning companies in each division will receive an award at the Iowa State Fair during the DMCG Awards Ceremony.



## PICKLEBALL RULES

### Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines 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. DMCG will provide pickleballs.
3. Teams will consist of 2 players.
4. Each participating company will be allowed 1 Men's, 1 Women's team 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 8 points
7. The tournament format will be double elimination.

### DMCG Point System

- o 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 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	50

- o Participation points will be awarded for all individuals or teams in the DMCG. 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

- o DMCG 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 Des Moines area 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



# DES MOINES CORPORATE *GAMES*

## DOUBLES PING PONG RULES

### Eligibility

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

### General Rules

1. Current ITTF rules will apply unless noted below.
2. Players will be required to provide their own paddles. DMCG will provide Ping Pong balls.
3. Teams will consist of 2 players.
4. Each participating company will be allowed 1 Men's and 1 Women's team
5. Players must alternate hitting the ball and allow it to bounce on their side of the table before returning it.
6. In doubles, the serving and receiving players must alternate after every two points, and each player must serve for an entire sequence of points. The sequence starts with the right-hand server serving to the right-hand receiver. After 2 points, the server switches sides with his/her teammate. The teammate serves from the right side. After 2 points the serve switches to the other team and they complete the same sequence. The serve must cross from right to left diagonally or vice versa. Switch sides of the table each time all 4 players have completed their 2 serves.
7. The team listed on top of the bracket has choice of serving first or side of table.
8. There is a 10-minute time limit per game
9. Winner's Bracket Format
  - a. 1 game to 21 – Win by 2 (Cap of 25)
10. Consolation Bracket Format
  - a. 1 Game to 15 points – Win by 2 (Cap of 17)
11. The tournament format will be double elimination.

### Scoring

The “**servicing team**” scores a point if...

1. The service is missed by the receiving team after hitting in the court of play.
2. A shot is hit into the net by the receiving team.
3. A shot is hit out of the court of play by the receiving team.
4. The receiving team hits out of order.
5. The receiving team lets the ball bounce twice in the court of play.
6. The ball is hit beyond the white line this includes the edge or side of the table.

The “**receiving team**” scores a point if...

1. A shot goes off the table without touching the court off the serve and/or return.
2. A shot is hit into the net on the serve.
3. The serving team hits out of order during the return.
4. The serving team lets the ball bounce twice in the court of play.
5. The ball is hit beyond the white line this includes the edge or side of the table.
6. The serve fails to land in the box on the right-hand side.

### DMCG Point System

- o 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 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	50





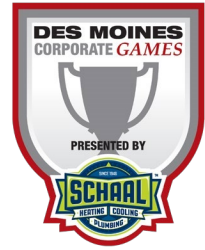
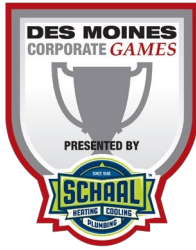
# DES MOINES CORPORATE *GAMES*

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

Event	Participation Points
Ping Pong	50/Team

- o DMCG 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 Des Moines area 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
Ping Pong	-50



## ROAD RACE – RULES

### Eligibility

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

### General Guidelines

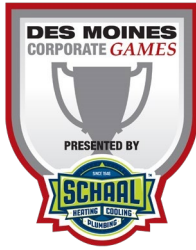
The road race will be held as a subdivision of the Clive Running Festival. Route details and additional information will be posted on the DMCG website.

### DMCG Point System

- Individuals will compete within their age group against competitors from all divisions.
  - **Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

5K Road Race	
Place	Points
1 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

- Participation points will be awarded for individuals in the 5K race. To receive **10** participation points, individuals must complete the course as designed.



## SAND VOLLEYBALL (4V4) RULES

### Eligibility

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

### General Rules

1. Currently USA Beach Volleyball Rules will apply. Visit <https://www.volleyballreftraining.com/> for a copy of these rules.
2. Teams should consist of 4 players with 2 men and 2 women. Maximum of 2 men on the court at one time. Maximum roster size of 12 players.
3. Teams will play one game to a score of 30 points with a cap of 35 (must win by two). Consolation bracket will be 1 game to 21 points with a cap of 25. Rally scoring will be used in all games.
4. The tournament format will be double elimination.
5. Games will be self-officiated by the teams playing. If a call cannot be agreed on, replay the point.

### DMCG Point System

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

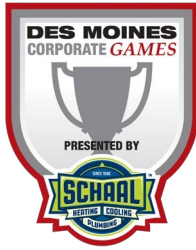
Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	150

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Team Competition are as follows:

Event	Participation Points
Sand Volleyball	150/Team

- o DMCG 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 city 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
Sand Volleyball	-150



## TRACK & FIELD RULES

### Eligibility

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

### General Rules

1. Current USA Track & Field rules will apply unless otherwise noted. A copy of these rules can be found at <http://www.usatf.org/About/Competition-Rules.aspx>.
2. **Individual Events:** Each company may enter 2 males and 2 females in each individual event in each age group. For the 50+ age group, companies may enter 4 males and 4 females.
3. **Relays:** There are no age groups for relays. The 4x100 will be split into a men's and women's division. The 4x400 and Distance Medley will be coed (two men and two women) and may run in any order by gender. Companies may enter one team in each relay.
4. **Spike Requirements:** 1/4-inch pyramid spikes only. No needle spikes or spikes longer than 1/4 inch.
5. **Implement:** The Des Moines Corporate Games will supply the men's and women's shot puts.

### Competition Information

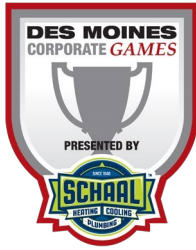
Track participants are reminded that events are "running races" and not intended for walkers. To ensure the meet finishes in a timely manner, any walkers in a race will be asked to step off the track once all runners cross the finish line.

### Age Groups

Men's and Women's divisions. Age groups are 18-29, 30-39, 40-49, 50+. Age based on the day of the meet.

### DMCG Medals, Scoring, & Event Details

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- Categories for competition (medals and scoring) in the Track & Field Meet are as follows:
  - Medals will be awarded to the **top three finishers** (individual and relay).
  - The **top eight finishers** for individual events (by division) within the Track and Field Meet will be awarded points toward your company's point total.
  - The **top ten finishers** for relays (by division) within the Track and Field Meet will be awarded points toward your company's point total.
  - Track and Field events offered are as follows:
    - **400M** – Men's & Women's
    - **800M** – Men's and Women's
    - **Long Jump** – Men's and Women's
    - **Shot Put** – Men's and Women's
    - **4 X 100m Relay** – Men's and Women's
    - **Distance Medley Relay (200-200-400-800)** – Coed
    - **4 x 400m Relay** - Coed



**DMCG Point Scoring Breakdown**

- **Individual Points:** The below table represents the individual place scoring.
- **Note:** 10 participation points will also be awarded for all individuals participating in individual events.

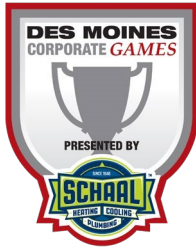
Individual Points	
Place	Points
1st	10
2nd	8
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

- **Relay Points:** The below table represents the relay place scoring.
- **Note:** 20 participation points will also be awarded to teams participating in relays

Relay Points	
Place	Points
1st	100
2nd	90
3rd	80
4th	70
5th	60
6th	50
7th	40
8th	30
9th	20
10th	10

- **Bonus Team Points:** The below table represents the bonus team scoring. Points will be awarded to the top six companies based on **total placing points** (individual and relay) earned during the track meet within each division as follows:

Bonus Team Points	
Place	Points
1st	500
2nd	400
3rd	350
4th	300
5th	250
6th	200



## TRIATHLON RULES

Triathlon Federation USA Rules will be followed, with the right to make exceptions. Common rule violations are listed below for your convenience. Visit <https://www.teamusa.org/USA-Triathlon> for further information. This is not a sanctioned race. Note: Helmets must be worn during the cycling portion of the competition. For safety reasons, no headphones/iPods etc. will be allowed on any part of the course. Participants should leave their running shoes in the transition area.

### **Eligibility**

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

### **Competition Information**

1. In order to participate in the Triathlon, participants must complete the online check-in. Visit the DMCG Triathlon page for more details. Race packets will be located in the transition at the participant's bike spot. No formal in-person check in will take place.
2. One competition option is available for the triathlon:
  - a. Individual Competition
    - i. Participant will compete in all three events (swim, bike, run)
    - ii. There is no limit on individual participants

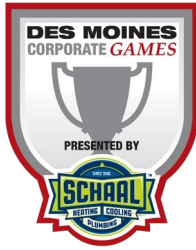
### **DMCG Point System**

#### **Individual Competition**

- The Triathlon will be held as a single event. Individuals will compete within their age group against competitors from all divisions
  - **Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

Place	Points
1 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

- Participation points will be awarded for all individuals participating in the Triathlon. To receive **20** participation points, individuals must complete the triathlon as designed.



## TRIVIA RULES

### Eligibility

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

### General Rules

1. Companies are allowed one team of 8 players of any gender. Companies may participate with less than 8 players. Due to space constraints, no spectators will be permitted.
2. Trivia will consist of 4 rounds of 10 questions per round.
3. Cell phones or mobile devices are not allowed during trivia. Those needing to take a phone call should step outside of the room and come back at the end of the round.
4. Spelling errors are permissible, but answers must be legible.
5. Each correctly answered question will be worth 10 points.
6. The teams with the highest cumulative scores in each company division of all 4 rounds will be declared the winners.
7. Tie-breaker procedure: If teams are tied after all 4 rounds are completed (1st-4th places only), a 1-question tiebreaker will be given. The team with the answer that is closest to correct will win the tie-breaker.

### DMCG Point System

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

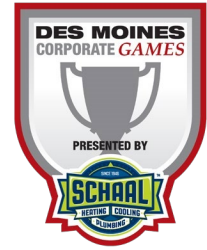
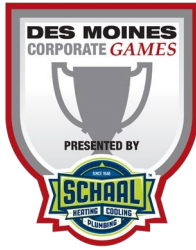
Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	250

- o **Bonus Points:** In team trivia, points earned during the competition will be added to the DMCG points earned.
- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Trivia are as follows:

Event	Participation Points
Trivia	250/Team

- o DMCG will assess Penalty Points to those companies whose team does not show up for Trivia.

Event	Penalty Points
Trivia	-250



## TUG OF WAR RULES

### Eligibility

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

### General Rules

1. Companies may enter one coed team into the event. At least three females should be on the team.
2. A 2,000 pound weight limit per team will apply.
  - a. Weigh-In
    - i. All team members will weigh in, as a team, on one scale.
    - ii. The only articles of clothing that can be removed during weigh-in are shoes and shirts (women must wear sports bras if removing their shirt)
      - Team has at least 3 women: Total weight limit 2000lbs
      - Team has at least 2 women: Total weight limit 1800lbs
      - Team has at least 1 woman: Total weight limit 1600lbs
      - Team has zero women: Total weight limit 1400lbs
3. Athletic shoes (i.e. running, tennis, cross trainers, hiking), aqua socks, work boots or bare feet only. No spikes or cleats will be allowed.
4. Gloves are allowed and recommended.
5. No wrapping of the rope around hands or waist. Serious injury may occur.
6. Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping is not allowed.
7. Participants may use feet or hands only to gain foothold in the sand. No tools will be allowed. Extensive time will not be set aside to dig in and get set.
8. One-minute time limit per tug. The winning team will pull another team four feet across the center line. If no team has been pulled over the line at the end of the one-minute time limit, the tug will go to the team who has the advantage at that time.

### DMCG Point System

- o Points will be awarded to the top six teams within each division, as follows:

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	250

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Tug of War are as follows:

Event	Participation Points
Tug of War	250/Team

- o DMCG 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 city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Tug of War	-250





# DES MOINES CORPORATE *GAMES*

## Ultimate 4's Rules

### Eligibility

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

### General Rules

1. USA Ultimate 4's rules will apply. As always, Spirit of the Game should prevail for both players and spectators. Click [HERE](#) for complete rules.
2. In the winner's bracket, one game will be played to 9 points, or a 20-minute time limit. In the loser's bracket, one game to 7 points, or a 15-minute time limit. Each team will be awarded one 60 second timeouts per game.
3. The tournament format will be double elimination.
4. Each team will play with 4 players on the field at one time. A maximum of 3 males per team can be on the playing field at one time.

### DMCG Point System

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

Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	150

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Ultimate 4's are as follows:

Event	Participation Points
Ultimate	150/Team

- o DMCG 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 city 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
Ultimate	-150



## VIRTUAL FITNESS CLASSES

### Eligibility

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. Virtual classes are non-competitive, participation events.

### 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 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.

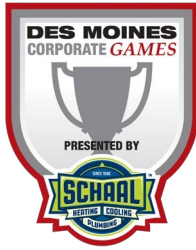
Final Virtual Event Scoring	
1st	500 pts
2nd	400 pts
3rd	300 pts
4th	200 pts
5th	50 pts
6th	50 pts



**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



## Virtual Fitness Walk Rules

### Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines 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.

### 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 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

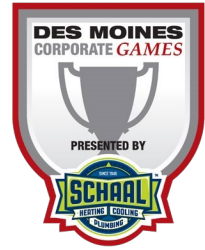
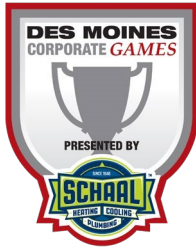
- At the end of games, tally tracking points from all four virtual events will be combined, totaled, and scored. The top six companies placing in each division will earn points to be added to the DMCG Leaderboard. If there is a tie, teams will split both placing points evenly.
- See below for virtual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

<b>Team</b>	<b>BYT</b>	<b>Virtual L&amp;E</b>	<b>Virtual Walk</b>	<b>Virtual Fit Class</b>	<b>Tally Points</b>	<b>DMCG Scoreboard points</b>
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



## YOGA

### Eligibility

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

### DMCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.