



# DES MOINES CORPORATE *GAMES*

## Event Limits and Important Dates

Sport/Event	Team Limits	Minimum Roster	Maximum Roster	Company Deadline*	Schedule Available
		(Per Team)			
Bags (Cornhole) (2v2)	2 Open teams	2	2	7/3/19	7/5/19
Basketball – 3 on 3	1 Men's and 1 Women's team (2 Men's and 2 Women's teams in Division 1)	3	6	6/5/19	6/7/19
Basketball Shooting Competitions	Unlimited				
Blood Donation Challenge	Unlimited				
Bowling	1 Men's, 1 Women's team, 1 Coed team	5	5	5/22/19	5/24/19
Burst Your Thirst	Unlimited Teams per Company	2	10		
Cross Country Race – 4K & 8K	Unlimited				
Cycling Tour Ride	Unlimited				
Disc Golf (2v2)	1 Men's and 1 Women's team	2	2	6/12/19	6/14/19
Dodgeball (6v6)	1 Coed team	6	12	5/29/19	5/31/19
Duathlon	Unlimited				
Fitness Walk (Ames & Des Moines)	Unlimited				
Golf – four person best shot	1 Men's and 1 Women's team, 1 Coed team	4	4	7/10/19	7/12/19
Road Race – 5K & 10K	Unlimited				
Sand Volleyball (4v4)	1 Coed team	4	8	6/5/19	6/7/19
Spikeball (2v2)	2 Open teams	2	2	7/10/19	7/12/19
Track and Field (100, 400, 1,600, long jump, shot put, 4x100, 4x400)	2 Males, 2 Females per age group (18-29, 30-39, 40-49), 4 Males, 4 Females for 50+. One Coed team per relay			6/24/19	6/25/19
Triathlon	Unlimited				
Trivia	1 Open Team	8	8	7/3/19	NA
Tug of War	1 Coed team	2000 lb. Weight Limit		7/17/19	7/19/19
Ultimate	1 Open team	7	20	6/19/19	6/21/19
Yoga	Unlimited				
Zumba (Ames & Des Moines)	Unlimited				

Open = Any combination of men or women

Coed = Equal number of men and women, except bowling which is a minimum of 2 women and tug of war which is a minimum of 3 women. More women than men is always allowed for coed events.

\*At 5 pm on the date listed, your company's answer for a specific team sport and all of its divisions (men, women, coed) will be frozen. Your company will be responsible to provide the number of teams listed at that time. No shows may incur forfeit points. Schedules will be posted by 5:00 pm on the "Schedule Available" date.