



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:

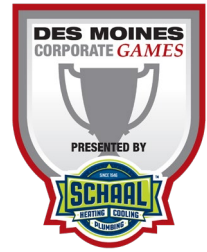
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- 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 st	180
2 nd	120
3 rd	90



4 th	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.