



DES MOINES CORPORATE *GAMES*

POINT SYSTEM

The point system for the DMCG is divided into categories, as follows:

1. Major Team Competition

- Contestants in this category will compete only against teams in their company division.
 - **Bowling – Men’s, Women’s or Coed**
 - **Dodgeball – Coed**
 - **Kickball – Coed**
 - **Tug of War**
 - **Ultimate**
- Medals will be awarded to the top three teams in each division. Points will be awarded to the top four teams within each division, as follows:

Place	Points
1 st	600
2 nd	500
3 rd	400
4 th	300

- 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 Major Team Competition are as follows:

Event	Participation Points
Kickball	100
Tug of War	100
Ultimate	70
Dodgeball	60
Bowling	50

2. Team Competition

- Contestants in this category will compete only against teams in their company division.
 - **Basketball 3-on-3 – Men’s and Women’s**
 - **Golf Four Person Best Shot – Men’s, Women’s or Coed**
 - **Sand Volleyball – Coed**
- Medals will be awarded to the top three teams in each division. Points will be awarded to the top four teams within each division, as follows:

Place	Points
1 st	500
2 nd	400
3 rd	300
4 th	200

- 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
Golf Four Person Best Shot	40
Sand Volleyball	40
Basketball 3-on-3	30

3. Doubles Competition

- Contestants in this category will compete only against teams or individuals in their company division.
 - **Bags**
 - **Disc Golf – Men’s and Women’s**
 - **Spikeball**
- Medals will be awarded to the top three finishers in each division. Points will be awarded to the top four teams within each division, as follows:

Place	Points
1 st	250
2 nd	200
3 rd	150
4 th	100

- 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
Bags	20
Disc Golf	20
Spikeball	20

4. Basketball Hotshot & Free Throw

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
 - **Age Groups: 18-29, 30-39, 40-49, 50-59, 60+**
- Medals will be awarded to the top three finishers in each division. Points will be awarded to the top four finishers in each age group (**by division**) as follows

Place	Points
1 st	200
2 nd	175
3 rd	150
4 th	125

- Ten participation points will be awarded for individuals in Basketball Hotshot & Free Throw.

5. Cycling Tour Ride, Mud Run, Fitness Walk, Yoga and Zumba

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

6. Cross Country Race 4K & 8K

- 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:

4K Cross Country Race	
Place	Points
1 st	200
2 nd	175
3 rd	150
4 th	125

8K Cross Country Race	
Place	Points
1 st	200
2 nd	175
3 rd	150
4 th	125

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

7. 5K Road Race

- o The 5K Road Race will be held as a single event. Individuals will compete within their age group against competitors from all divisions. Results are based on the total time of the top finishers for each company as follows:
 - Small Division: Top 2 finishers
 - Medium Division: Top 3 Finishers
 - Large Division: Top 4 Finishers
- o Points will be awarded to the top four companies based on their total team time (**by division**) as follows:

5K Road Race	
Place	Points
1 st	200
2 nd	175
3 rd	150
4 th	125

- o Participation points will be awarded for individuals in the 5K Road Race. To receive ten participation points, individuals must complete the course as designed.

8. Triathlon/Duathlon

- o The Triathlon/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	200
2 nd	175
3 rd	150
4 th	125

- Participation points will be awarded for all individuals participating in the Triathlon or Duathlon. To receive **ten** participation points, individuals must complete the triathlon as designed.
- o Additional points will be awarded to the top four Triathlon **teams** overall (**by division**). These points will go toward your company's Triathlon points as follows:

Place	Points
1 st	300
2 nd	250
3 rd	200
4 th	150

- Participation points will be awarded for all teams participating in the Triathlon. To receive **thirty** participation points per team, teams must complete the triathlon as designed.

9. Track & Field Meet

- o Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
 - **Age Groups: 18-29, 30-39, 40-49, 50-59, 60+**
- o Categories for competition in the Track & Field Meet are as follows:
 - **100M** – Men's & Women's
 - **400M** – Men's & Women's
 - **1600M** – Men's and Women's
 - **Long Jump** – Men's and Women's
 - **Shot Put** – Men's and Women's
 - **4 X 100 m** – Coed
 - **4 X 400 m** – Coed
- o Medals will be awarded to the top three finishers. The top four finishers for **individual events (by division)** within the Track and Field Meet will be awarded points toward your company's Track & Field total as follows:

Place	Points
1 st	200
2 nd	175
3 rd	150
4 th	125

- Participation points will be awarded for all individuals participating in individual events. To receive **ten** participation points, individuals must complete the event as designed.
- Medals will be awarded to the top three relay teams. The top four relay teams (**by division**) within the Track and Field Meet will be awarded points toward your company's Track & Field total as follows:

Place	Points
1 st	400
2 nd	350
3 rd	300
4 th	250

- Participation points will be awarded for all teams participating in relays. To receive **forty** participation points per team, teams must complete the relay as designed.

10. Burst Your Thirst

- Contestants in this category will compete only against teams in their company division.
- Points will be awarded to the top four companies (based on % of total employees recording 5 of the 6 weeks) within each division, as follows:

Place	Points
1 st	500
2 nd	400
3 rd	300
4 th	200

- Participation points will be awarded for individuals in the Burst Your Thirst Challenge. To receive ten participation points, individuals must record at least 5 of the 6 weeks.

11. Volunteer Points

- **Ten points will be awarded for each volunteer who assists with the DMCG.** Your company will be assigned a specific number of volunteers to an event and that Volunteer Assignment will be released on the DMCG website on Friday, May 20.
 - The number of volunteers required will vary by division, but will remain constant within divisions. Each company will have the opportunity to score equal volunteer points against other companies in their division. Volunteers will be required to sign a waiver when they report to their assigned event. These waiver forms are then used to calculate volunteer points. **Please stress to your volunteers the importance of reporting to a DMCG Representative when they arrive to an event and to sign the waiver form.**
- **Volunteer Penalty Points: Ten points will be deducted for each volunteer who does not show up for their assigned event. Volunteer Points will be awarded at the conclusion of the Games.**

12. Penalty Points

- DMCG will assess Penalty Points to those companies which commit a team, but competitors **do not show up for bracketed events, as well as Golf and Bowling.** 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	Event	Penalty Points
Kickball	-100	Golf 4 Person Best Shot	-40
Tug of War	-100	Sand Volleyball	-40
Ultimate	-70	Basketball 3-on-3	-30
Dodgeball	-60	Bags	-20
Basketball	-50	Spikeball	-20
Bowling	-50		