



# DES MOINES CORPORATE *GAMES*

## Company Limits

Sport/Event	Limits	Minimum Roster	Maximum Roster
Bags (Cornhole) (2v2)	2 Open teams	2	2
Basketball – 3 on 3	1 Men's and 1 Women's team (2 Men's and 2 Women's teams in Large Division)	3	6
Basketball – hot shot & free throw	Unlimited		
Blood Drive	Unlimited		
Bowling	1 Men's, 1 Women's team, 1 Coed team	5	5
Burst Your Thirst	Unlimited	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
Dodgeball (6v6)	1 Coed team	6	12
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
Kickball	1 Coed team	10	12
Mud Run	Unlimited		
Road Race – 5K	Unlimited		
Sand Volleyball (4v4)	1 Coed team	4	8
Spikeball (2v2)	2 Open teams	2	2
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, 50-59, 60+). One Coed team per relay		
Triathlon	Unlimited		
Tug of War	1 Coed team	2000 lb. Weight Limit	
Ultimate	1 Open team	7	20
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