



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**
 - **Kickball**
 - **Trivia**
 - **Tug of War**
- 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 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

- Participation points will be awarded to all teams in the DMCG. To receive **250** participation points, teams must complete the event as designed.
- **Bonus Points:** In team trivia, points earned during the competition will be added to the DMCG points earned.

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**
- 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 st	800
2 nd	600
3 rd	400
4 th	300
5 th	150
6 th	150

- Participation points will be awarded to all teams in the DMCG. To receive **150** participation points, teams must complete the event as designed.

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**
 - **Pickleball**
 - **Spikeball**
- 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 st	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

- Participation points will be awarded for all individuals or teams in the DMCG. To receive **50** participation points, individuals or teams must complete the event as designed.

4. Cycling Tour Ride, Fitness Walk, and Yoga

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

5. 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 & 8K Cross Country Race	
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- 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.

6. 5K Road Race

- The 5K Road Race will be held as a single event. 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 in each age group. In each distance (**by division**) as follows:

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

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

7. Triathlon/Duathlon

- 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+**
- 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 Triathlon or Duathlon. To receive **10** participation points, individuals must complete the triathlon as designed.
- Additional points will be awarded to the top six Triathlon **teams** overall (**by division**). These points will go toward your company's Triathlon points as follows:

Place	Points
1 st	180
2 nd	120
3 rd	90
4 th	60
5 th	30
6 th	30

- Participation points will be awarded for all teams participating in the Triathlon. To receive **30** participation points per team, teams must complete the triathlon as designed.

8. Track & Field Meet

- 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+**
- Categories for competition in the Track & Field Meet are as follows:
 - **100M** – Men's & Women's
 - **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 100 m** – Coed
 - **Sprint Medley** – Coed
- Medals will be awarded to the top three finishers. The top eight 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	10
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

- Participation points will be awarded for all individuals participating in individual events. To receive **10** participation points, individuals must complete the event as designed.
- Medals will be awarded to the top three relay teams. The top eight 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	40
2 nd	32
3 rd	24
4 th	20
5 th	16
6 th	12
7 th	8
8 th	4

- Participation points will be awarded for all teams participating in relays. To receive **40** participation points per team, teams must complete the relay as designed.
- **Team Points** will be awarded to the top four companies based on **total placing points** earned during the track meet within each division as follows:

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

9. Burst Your Thirst

- Contestants in this category will compete only against teams in their company division.
- Participation points will be awarded based on the percentage of total company employees that complete the Burst Your Thirst Challenge (record once per week for 3 of the 4 weeks)
- Points vary based on company division. See below for points 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% Total Points = 20% * 50 = 1000 points
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% Total Points = 50% * 25 = 1250 points
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% Total Points = 25% * 25 = 625 points
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% Total Points = 90% * 10 = 900 points
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% Total Points = 10% * 25 = 250 points

- o Additionally, placing points will be awarded to the top four companies (based on % of total employees recording three of the four weeks) within each division, as follows:

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

10. Virtual Events

- o Participants will be awarded **5** participation points for Learn & Earn, Virtual Fitness Walk, and Virtual Interval Class. **No medals will be awarded.**

11. Volunteer Points

- o **50 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 May 1. Companies may provide volunteers beyond the required amount. Additional volunteers will also earn **50** points.
 - 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. **Please stress to your volunteers the importance of reporting to a DMCG Representative when they arrive to an event.**
- o **Volunteer Penalty Points: Fifty points will be deducted for each volunteer who does not show up for their assigned event.**

12. Penalty Points

- o DMCG will assess Penalty Points to those companies which commit a team, but competitors **do not show up for bracketed events, as well as Bowling, Golf, and Trivia.** 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	-250	Golf 4 Person Best Shot	-150
Trivia	-250	Sand Volleyball	-150
Tug of War	-250	Basketball 3-on-3	-150
Dodgeball	-250	Bags	-50
Bowling	-250	Pickleball	-50
		Spikeball	-50

13. Non Point Earning Events

- Blood Donation Challenge
 - 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 most presenting donors will be presented with the “Des Moines Corporate Games Blood Donation Challenge” award. LifeServe Blood Center will administer the Challenge.
- Meals From the Heartland Challenge
 - 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.