



# DES MOINES CORPORATE *GAMES*

## Event Limits and Important Dates

Sport/Event	Team Limits	Minimum Roster (Per Team)	Maximum Roster	Company Deadline*	Schedule Available
<b>Bags (Cornhole) (2v2)</b>	2 Open teams	2	2	7/3/24	7/9/24
<b>Basketball – 3 on 3</b>	1 Men's and 1 Women's team (2 Men's and 2 Women's teams in Division 1)	3	10	5/22/24	5/24/24
<b>Blood Donation Challenge</b>	Unlimited				
<b>Bowling</b>	1 Men's, 1 Women's team, 1 Coed team	5	5	6/26/24	6/28/24
<b>Burst Your Thirst</b>	Unlimited Teams per Company	2	10	5/30/24	
<b>Cross Country Race – 4K &amp; 8K</b>	Unlimited				
<b>Cycling Tour Ride</b>	Unlimited				
<b>Disc Golf (2v2)</b>	1 Men's, 1 Women's team and 1 Coed team	2	2	7/10/24	7/12/24
<b>Dodgeball (6v6)</b>	1 Coed team	6	12	6/12/24	6/14/24
<b>Duathlon</b>	Unlimited				
<b>Fitness Walk</b>	Unlimited				
<b>Golf – Teams Competing 6/30</b> (Division 3 Women, Division 4 & 6 Coed)	1 Men's and 1 Women's team, 1 Coed team	4	4	6/19/24	6/21/24
<b>Golf - Teams Competing 7/27 &amp; 7/28</b> (All Divisions not listed above)		4	4	7/17/24	7/19/24
<b>Learn and Earn</b>	Unlimited				
<b>Pickleball</b>	1 Men's, 1 Women's, 1 Co-ed team	2	2	5/29/24	5/31/24
<b>Ping Pong</b>	1 Men's and 1 Women's	2	2	7/10/24	7/12/24
<b>Road Race – 5K</b>	Unlimited				
<b>Sand Volleyball (4v4)</b>	1 Coed team	4	12	5/22/24	5/24/24
<b>Track and Field (100, 400, 800, long jump, shot put, 4x100, Sprint Med.)</b>	2 Males, 2 Females per age group (18-29, 30-39, 40-49), 4 Males, 4 Females for 50+. One Coed Team per relay			6/5/24	6/7/24
<b>Triathlon</b>	Unlimited			5/15/24	5/17/24
<b>Trivia</b>	1 Open Team	1	8	6/5/24	6/7/24
<b>Tug of War</b>	1 Coed team	2,000lb limit**		7/17/24	7/19/24
<b>Ultimate 4's</b>	1 Coed team	4	20	6/12/24	6/14/24
<b>Virtual Fitness Walk</b>	Unlimited				
<b>Virtual Interval Class</b>	Unlimited				
<b>Yoga</b>	Unlimited				

\*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 in Corporate Games Manager. 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. If you miss the company deadline, reach out ASAP. We will do our best to add teams if possible. Schedules may change after the deadline. Schedules become final 72 hours prior to the event.



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## Roster Definitions

Open = Any combination of men or women

Coed = Total number of men participating cannot exceed 50% of the of the total number of allowed participants per team competing at one time. More women than men is always allowed for coed events.

- Bowling: Maximum of 3 men on the coed team
- Sand Volleyball: Maximum of 2 men on the court at one time
- Dodgeball – Maximum of 3 men on the court at one time
- Golf – Maximum of 2 men in the group and only 1 stroke per person per shot attempt
- \*\*Tug of War
  - Team has at least 3 women: Total weight limit 2000lbs
  - Team has at least 2 women: Total weight limit 1800lbs
  - Team has at least 1 woman: Total weight limit 1600lbs
  - Team has zero women: Total weight limit 1400lbs
- Ultimate 4's – Maximum of 3 men on the field at one time