



PRESENTED BY Wellmark 

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.
 - **Sand Volleyball**
 - **Dodgeball**
 - **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**
 - **Bowling, Speed Puzzle**
- 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**
 - **Ping Pong**
- 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

4th	200
5th	50
6th	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 Class, Fitness Walk, and Yoga

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

5. Cross Country Race – 5K

- 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:

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

- . 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
1st	60
2nd	40
3rd	30
4th	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
1st	60
2nd	40
3rd	30
4th	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
1st	180
2nd	120
3rd	90
4th	60
5th	30
6th	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, 50-59, 60+**
- 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	100
2 nd	90
3 rd	80
4 th	70
5 th	60
6 th	50
7 th	40
8 th	30
9 th	20
10 th	10

- Participation points will be awarded for all teams participating in relays. To receive **20** 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	350
4 th	300
5 th	250
6 th	200

9. Volunteer Points

- **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. A company can earn a max of **1,000** volunteer points each year. Companies can still claim volunteer spots after they have reached 1,000 volunteer 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.**
- **Volunteer Penalty Points: Fifty points will be deducted for each volunteer who does not show up for their assigned event.** Companies can still be deducted points for no-shows if they have reached 1,000 volunteer points. Companies can claim spots to get back to 1,000 points.

10. 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 Bowling and Golf**. 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
Tug of War	-250	Bowling	-150
Dodgeball	-250	Basketball 3-on-3	-150
Sand Volleyball	-250	Bags	-50
Speed Puzzle	-150	Pickleball	-50
Golf 4 Person Best Shot	-150	Ping Pong	-50

11. 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.