



# DES MOINES CORPORATE *GAMES*

## DUATHLON RULES

Triathlon Federation USA Rules will be followed, with the right to make exceptions. Common rule violations are listed below for your convenience. Visit <https://www.teamusa.org/USA-Triathlon> for further information.

This is not a sanctioned race. Note: Helmets must be worn during the cycling portion of the competition. For safety reasons, no headphones/iPods etc. will be allowed on any part of the course. Participants should leave their running shoes in the transition area.

### Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

### Competition Information

1. In order to participate in the duathlon, packets must be picked up on the day prior to the competition. Visit the DMCG Duathlon page for more details. You will confirm your registration and receive your race number at packet pickup.
2. Duathlon is a run-bike-run combination. Individual competition only, no teams.
  - a. There is no limit on individual participants per company.

### COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

### DMCG Point System

- The 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 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

- Participation points will be awarded for all individuals participating in the duathlon. To receive **10** participation points, individuals must complete the duathlon as designed.