



DES MOINES CORPORATE *GAMES*

TRACK & FIELD RULES

Eligibility

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

General Rules

1. Current USA Track & Field rules will apply unless otherwise noted. A copy of these rules can be found at <http://www.usatf.org/About/Competition-Rules.aspx>.
2. Each company may enter 2 males and 2 females in each individual event in each age group. For the 50+ age group, companies may enter 4 males and 4 females.
3. Relays - There are no age groups for relays. Companies may enter one team in each relay. Relays are coed (two men and two women) and may run in any order by gender.
4. 1/4-inch pyramid spikes only. No needle spikes or spikes longer than 1/4 inch.

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.

Competition Information

Track participants are reminded that events are “running races” and not intended for walkers. To ensure the meet finishes in a timely manner, any walkers in a race will be asked to step off the track once all runners cross the finish line.

Age Groups

Men’s and Women’s divisions. Age groups are 18-29, 30-39, 40-49, 50+. Age based on the day of the meet.

DMCG Point System

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
 - Categories for competition in the Track & Field Meet are as follows:
 - **100M** – Men’s & Women’s
 - **400M** – Men’s & Women’s
 - **1600M** – Men’s and Women’s
 - **Long Jump** – Men’s and Women’s
 - **Shot Put** – Men’s and Women’s
 - **4 X 100 m** – Coed
 - **4 X 400 m** – Coed
- Medals will be awarded to the top three finishers. The top four 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
1st	10
2nd	8
3rd	6



DES MOINES CORPORATE *GAMES*

4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

- 10 participation points will be awarded for all individuals participating in individual events.
- Medals will be awarded to the top three relay teams. The top four 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

- 40 participation points will be awarded for all teams participating in relays. ○ **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