



DES MOINES CORPORATE *GAMES*

TRIATHLON 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 triathlon, packets must be picked up on the day prior to the competition. Visit the DMCG Triathlon page for more details. You will confirm your registration and receive your race number at packet pickup.
2. Two competition options are available for the triathlon:
 - a. Individual Competition
 - i. Participant will compete in all three events (swim, bike, run)
 - b. Team Competition
 - i. Three individuals from the same company choose to swim, bike, or run. Times for each portion are combined into a team time.
 - c. There is no limit on individual participants or teams 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.



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DMCG Point System

Individual Competition

- The Triathlon 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. To receive **10** participation points, individuals must complete the triathlon as designed.

Team Competition

- Points will be awarded to the top four men's, women's, and coed **teams (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

- 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.