



2023 DEKA MILE 赛事组别说明 2023 DEKA MILE Category Introduction

DEKA 作为一个对所有人友好的十项体能赛，没有阳光曝晒，没有泥泞沙土，可以帮助你更了解你的身体，也为日常训练增添更多动力。

DEKA is a dekathlon for all fitness levels. There is no sun exposure. There is no mire. It can help you to understand your body better and inspire training with motivation.

精英组 THE ELITE CATEGORY

精英组的选手渴望与高手中的高手竞争，并以此来发现自己的潜能和价值，同时，去赢取赛会设置的奖金，并且吸引潜在赞助商的关注和支持，登上DEKA十项体能赛积分体系的顶峰。

These athletes are competing to win prize money, test themselves against the best of the best, attract potential sponsors, and rise to the top of the DEKA Point Series.

精英组选手与所有 DEKA 参赛者一样，他们需要严格遵循运动精神，遵守比赛规则和指导方针。违反这些准则的选手将会被取消资格。

Elite Racers, like all DEKA athletes, commit to flawless sportsmanship and adhere strictly to the race rules and guidelines. Racers who fail to follow these guidelines risk disqualification.

年龄段组 THE AGE GROUP CATEGORY

年龄段组是位于精英组后出发的一个组别。年龄段组选手将遵循和精英组一样的参赛规则 and 标准。2023年，男子年龄段组将划分为 10 个年龄段：14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+。报名年龄段组的选手将根据以年份计算的年龄加入对应年龄段组。例如，A 选手1992年6月24日出生，A选手在2023年的比赛年龄为30岁，如果他参加年龄段组，那么他比赛的年龄段组别为30-34岁的年龄段组别。

The Age Group Category is a series of heats placed immediately after the Elite category. Age Group racers will follow the same rules and standards as the Elite racers. There are 10 Age Group categories for 2023: 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. All Age Group athletes must compete in their Age Group division corresponding to the athlete's age on December 31st, 2023. For example, if A born on June 24th 1993, he/she will compete in 30-34 age group in 2023.

年龄段组将由在场裁判执裁，并设置视频记录，年龄段组优胜者将获得登上领奖台的机会，领取激动人心的奖品。相比于精英组，年龄段组选手相信他们可以在与各自的年龄段组别中的精英竞争，并能够在这些特定组别中做到最好，赢得一席之地。

Age Group heats will be officiated by on-course referees, video review, and feature an Age Group points series with exciting prizes and podium awards. Age Group Racers believe they could win or place in a given race when stacked against only the best of the best within their designated age group.

公开组 THE OPEN CATEGORY

公开组适合所有人。我们欢迎所有人参加。参加公开组的勇士能够远离自己的舒适区，检验自己的身体极限，并体会到竭尽全力完成十个 DEKA 区的快感。

The Open category is for everyone. We welcome everyone to participate. The Open category offers the opportunity to get far outside your comfort zone, test your body's limits, and experience the pleasure of giving everything you have at the finish line.

所有参赛者的DEKA成绩都将计入现场主舞台大屏幕滚动播放的排行榜中。排行榜包括当日DEKA成绩男子排行榜、女子排行榜，赛事当日DEKA成绩排行榜，DEKA成绩总排行榜等等。

All competitors' DEKA marks will be recorded on the leaderboard. The leaderboard will be shown on the LED screen scrolling on the stage. The leaderboard includes the DEKA leaderboard for men and women on the day of the event, the DEKA leaderboard on the day of the competition, and the universal DEKA leaderboard and so on.

注：

•DEKA 体能赛的年龄限制为10 岁到70岁，其中10到13岁的选手参加青少年组，14 岁及以上的选手参加成人组。

NOTE:

•The age range of Deka is from 10 years old to 70 years old. Competitors aged 10 to 13 compete in the Youth Division, while those aged 14 and over compete in the Adult Division.

双人组团队赛 2-PERSON TEAM

双人组团队赛两人一组，团队成员可以由 2 男、2 女或 1 男 1 女构成，仅限成人（14岁以上）参加。双方通过合理分配共同完成 DEKA MILE 竞赛项目。成功完赛后，双人组内的两名成员均可获得一件完赛服和一枚 DEKA MILE 奖牌，但是由于比赛由两名队友共同完成，将不会收到 DAKA MILE 三色三分之一奖牌。

The 2-person team competition divide and conquer the DEKA course as a team of two and the team members can be composed of 2 men, 2 women, or Co-Ed. It is only available to adults (over 14 years old). The two members jointly completed the DEKA Zones through reasonable distribution. Upon successful completion, both teammates will receive a finisher shirt and a DEKA MILE medal but because the course is being divided by two teammates , the DEKA MILE Trifecta Wedge will not be received.

双人组详细竞赛规则可查看《DEKA 竞赛规则》6。

Detailed rules for the 2-person team can be found in DEKA Rules of Competition 6.