



DEKATM

Rules of Competition

(Revised November 20, 2025)



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1. Introduction 简介

1.1 SCOPE 范围

1.1.1 DEKA STRONG, DEKA MILE, & DEKA FIT events are designed to allow ALL levels to celebrate fitness together. No matter where you are on your fitness journey, DEKA provides a global fitness test/competition/event/race for ALL levels. On the same day, in the same arena, using the same standards ALL levels come together and celebrate fitness.

DEKA STRONG、DEKA MILE 和 DEKA FIT 赛事旨在让所有健身水平的人一起享受健身。无论你处于健身旅程的哪个阶段，DEKA 都为所有水平的人提供了一个全球性的健身测试/竞赛/活动/比赛。在同一天、同一场地、使用相同的标准，所有水平的人聚在一起，共同庆祝健身。

1.1.2 Spartan's mission is to rip 100 million people off the couch. Since 2020 Spartan DEKA has played a key role in this mission by providing low barrier-of-entry start lines designed to celebrate fitness with ALL levels. DEKA ATLAS is a bold new step up to a higher foundation of strength training and testing.

斯巴达的使命是让 1 亿人“告别沙发，站起来”。自 2020 年来，斯巴达 DEKA 发挥重要作用，致力于通过提供低门槛的起跑线，让所有水平的人庆祝健身。DEKA ATLAS 是迈向更高力量训练和测试基础的勇敢一步。

DEKA ATLAS is a 10 zone fitness strength test designed for DEKA Affiliate locations to highlight humans who have a well-rounded strength base and strong work capacity, as well as creating an attainable goal for the world to train for.

DEKA ATLAS 是为 DEKA 合作场馆设计的 10 个 ZONE 区的体能力量测试，旨在突出那些拥有全面力量基础和强大工作能力的人，同时也为全世界创造一个可实现的训练目标。

Strength training supports longevity and quality of life and DEKA ATLAS gives people a challenging yet fully attainable fitness goal to work toward.

力量训练有助于延长寿命和提高生活质量，DEKA ATLAS 为人们提供了一个具有挑战性但完全可实现的健身目标。

DEKA ATLAS is the first DEKA product that is NOT designed for all fitness levels but with proper training is achievable for most. There are two ATLAS divisions available:

DEKA ATLAS 是第一款并非为所有健身水平的人设计的 DEKA 产品，但通过适当的训练，大多数人都能达到目标。

● The ATLAS Foundation division is a well-rounded gamified strength test that allows competitors to attempt to conquer our foundation all level test with in a 30 minute time cap.

ATLAS Foundation 是一项全面的游戏化力量测试，允许参赛者在 30 分钟的时间上限内尝试征服我们的基础级测试。

● The ATLAS Peak division is a well-rounded gamified strength test that utilizes heavier weight standards and the same 30 minute time cap. ATLAS Peak can be conquered by athletes with an exceptional level of strength.

ATLAS Peak 是一项全面的游戏化力量测试，采用重物标准，时间上限同样为 30 分钟。ATLAS Peak 可以被具有超凡力量的运动员征服。



1.2 PURPOSE 目的

1.2.1 These Rules explain how a DEKA event should be officiated and seek to:

- a) ensure that all DEKA events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity ; and
- b) provide clear guidelines to facilitate globally standardized competition; and
- c) protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport.

这些规则解释了如何开展一场 DEKA 赛事并且力求:

- a)确保所有 DEKA 活动在公平且标准一致的方式下举办，诚信、并彰显体育精神； 以及
- b)为统一全球竞赛标准提供清晰的指导； 以及
- c)在这项赛事中，尽可能保护参赛者的健康、安全

1.3 VARIATIONS AND AMENDMENTS 变更及修正

1.3.1 DEKA may from time to time change these Rules and make further Rules in its absolute discretion.
DEKA 官方会不定期调整这些规则且会酌情增加更多规则。

1.3.2 The English language version of these Rules shall be controlling in all respects and shall prevail in case of any inconsistencies with translated versions, if any.

竞赛规则不同译文或者版本产生规则不一致，以英文版本为主。



2. Official Events/Races & Modifications

2. 正式活动/比赛和变更

*All finishers are eligible for finisher medal, t-shirt, finisher certificate, and Hex piece (if applicable).

*所有完赛选手均可获得完赛奖牌、完赛 Tee、完赛证明和荣耀碎片（如适用）。

2.1 DEKA STRONG, DEKA STRONG Teams, DEKA STRONG Ruck

DEKA STRONG, DEKA STRONG 双人/四人组, DEKA STRONG 负重

DEKA STRONG - Complete the 10 DEKA Zones in order (1-10) with no running.

DEKA STRONG - 依次完成 10 个 DEKA ZONE 区 (1-10)，且没有跑动。

*DEKA STRONG events are usually held at DEKA Affiliate Gyms with Age Group heats that are DEKA World Championship qualifying events (Elite & Age Group).

*DEKA STRONG 赛事通常在 DEKA 指定健身房举行，其中精英组和年龄组是 DEKA 世界锦标赛的资格赛。

DEKA STRONG Teams - Complete DEKA STRONG as a team of 2 Adults (Ages 14+), 2 Youth (10-13) or 1 Adult (14+) with 1 Youth (10-13). Female, Co-Ed, and Male categories. *Both teammates are eligible for finisher medal, t-shirt, finisher certificate, and Hex piece.

DEKA STRONG 双人组：由 2 位成人选手（14 岁+）、2 位青少年选手（10-13 岁）或者 1 位成人选手+1 位青少年选手完成 DEKA STRONG。可选组别有女双，男女混双，男双。两名队友均可获得完赛奖牌、完赛 tee、完赛证明和荣耀碎片。

Adult Team Age Groups (adult ages combined) are 59 & Under, 60-79, 80-99, 100-119, and 120+.

成人双人组的年龄段为组合年龄：59 岁及以下、60-79 岁、80-99 岁、100-119 岁、120 岁及以上。

● Teams can divide all reps/meters/calories using whatever strategy they prefer.

双人组可以使用他们喜欢的任何策略来分配所有 ZONE 内的次数、米数、卡路里数

● Before work begins on the next zone, physical contact between the two teammates must be made.

*Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 30th rep.

在开始下一个 ZONE 区的动作执行前，两个队友必须有肢体接触（完成接力）。区域 1 身体接触可以发生在队友完成髋关节和膝关节伸展 30 次的时候。

● A teammate can be prepared to start the next zone but work cannot begin until the physical contact occurs.

一个队友可以在下个 ZONE 上预备动作，但是只有在和队友发生接力后才可以开始做动作

● Only one teammate can be working at a time.

同一时间只有一名队友可以做动作。

● If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)

如果在同一 ZONE 内要交替完成次数、米数、卡路里数则无需肢体接触的接力。

● If dividing meters in DEKA Zones 6 or 9, the swap can only occur at the start line area (both teammates are not allowed on the 10 meter down & back course at the same time).



如果在 ZONE6 和 9, 农夫搬运及雪橇推拉中交替完成米数, 交替行为只能在起点线处完成, 两名队友不允许同时出现在起点线后的 10 米赛道中及折返线处。

● DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 100 meters. Swapping resistance is not allowed.

DEKA 区域 9 必须在整个 100 米的过程中使用每个特定团队所需的最高雪橇阻力。不允许更换阻力。

● Using two different pieces of equipment (row/ski/air bike/sled/box) is not allowed and for all other rep count zones only one teammate can be using the zone completion mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same space.

双人组必须使用同一个器材或区域完成动作, 在所有完成次数的 ZONE 内, 只有一位队员可以使用选定的瑜伽垫完成动作。如果需要交替完成, 正在动作的队员离开瑜伽垫周围区域后, 其队友方可使用同一区域及瑜伽垫完成动作。

● Both teammates must cross the finish line together. In the event of a close/photo type finish the team that has both teammates across the finish line first will be winners.

两名队员必须同时冲线, 如果出现十分接近的冲线结果或者需要用照片来分辨撞线次序的情况, 两名队友全部先过终点线的一队为胜方。

● If a team member is unable to finish the race, the team will receive a DNF (did not finish).

如果一位队友无法继续比赛, 双人组会被判为未完赛 (do not finish), 但可以继续挑战后边的 ZONE 并领取完赛物资。

DEKA STRONG Ruck - Complete DEKA STRONG while wearing a ruck or backpack. Male 30lb & Female 20lb (total weight)

DEKA STRONG Ruck 组别 - 穿戴负重背包完成 DEKA STRONG, 男子负重 30 磅, 女子负重 20 磅 (总重量)。

*Weight vests and plate carriers are not allowed.

**See Section 3 - Zone Description & Rules for zone modification (Zone 4).

***Ruck or backpack must be weighed prior to start and immediately after completion.

*不允许使用负重背心和防弹板背心。

**Zone 4 的修改请参见第 3 节-ZONE 内动作说明及规则。

***负重背包必须在开始前和完赛后立即称重。

2.2 DEKA MILE, DEKA MILE Teams, DEKA MILE Ruck

DEKA MILE, DEKA MILE 双人/四人组, DEKA MILE 负重

DEKA MILE - Complete the 10 DEKA Zones in order (1-10) with each zone preceded by a 160 meter run or walk (total of 1600 meters / 1 mile).

*160 meter distance must be measured using a distance-measuring rolling wheel.

**DEKA MILE events are usually held at DEKA Affiliate Gyms with Age Group heats that are DEKA World Championship qualifying events (Elite & Age Group).

DEKA MILE-依次完成 10 个 DEKA ZONE 区 (1-10), 每个 ZONE 区前需进行 160 米的跑步或步行 (总共 1600 米/1 英里)。

*160 米的距离必须使用测距滚轮测量。



**DEKA MILE 赛事通常在 DEKA 指定健身房举行,其中精英组和年龄组是 DEKA 世界锦标赛的资格赛。

DEKA MILE Teams - Complete DEKA MILE as a team of 2 Adults (Ages 14+), 2 Youth (10-13) or 1 Adult with 1 Youth (10-13). Female, Co-Ed, and Male categories.

*Both teammates are eligible for finisher medal, t-shirt, finisher certificate, and Hex piece.

Adult Team Age Groups (adult ages combined) are 59 & Under, 60-79, 80-99, 100-119, and 120+.

DEKA MILE 双人组: 由 2 位成人选手 (14 岁+)、2 位青少年选手 (10-13 岁) 或者 1 位成人选手 +1 位青少年选手完成 DEKA MILE。可选组别有女双, 男女混双, 男双。两名队友均可获得完赛奖牌、完赛 Tee、完赛证明和荣耀碎片。

成人双人组的年龄段为组合年龄: 59 岁及以下、60-79 岁、80-99 岁、100-119 岁、120 岁及以上。

● The first and last 160 meter runs must be completed by both teammates.

第一个和最后一个 160 米跑必须由两名队友共同完成。

● Zone work in Zone 1 & 10 cannot begin until both teammates have completed the run.

ZONE1 和 ZONE10 的动作必须等到两名队员完成跑步后才能开始。

● Each of the 8 runs between the first and last run can be divided up between the two teammates using whatever strategy the team prefers.

在第一次和最后一次之间的 8 次跑动, 可以由任意一名队友使用团队喜欢的任何策略分工

● Teams can divide all reps/meters/calories using whatever strategy they prefer.

双人组可以使用他们喜欢的任何策略来分配所有 ZONE 内的次数、米数、卡路里数。

● Physical contact must take place between teammates inside the zones during transitions after the round of work is completed (run to zone and zone to run). *Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 30th rep.

ZONE 区内队友之间必须在动作完成后的换人期间 (进入 ZONE 区和离开 ZONE 区) 有身体接触。

*ZONE 1 的身体接触可以发生在队友第 30 次完成髋关节和膝关节伸展的过程中。

● A teammate can be prepared to start the next zone or run but work can not begin until the physical contact occurs.

一个队友可以在下个 ZONE 或跑道上预备动作, 但是只有在和队友发生接力后才可以开始做动作。

● At events where timing chips are utilized, the timing chip must travel with the teammate(s) during 100% of the running distance.

在使用计时芯片的比赛中, 计时芯片必须在 100% 的跑动距离内与选手一起移动。

● Teams can divide all reps/meters/calories using whatever strategy they prefer.

团队可采用自己喜欢的策略来分配所有跑动次数/米数/卡路里。

● All teammates must be in the zone together while zone work is being performed.

在 ZONE 区内做动作时, 所有队友必须都在 ZONE 区内。

● Only one teammate can be completing zone work at a time.

同一时间只有一名队友可以做动作。

● If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)

如果在同一 ZONE 内要交替完成次数、米数、卡路里数则不需要肢体接触的接力。(不被视为接力)

● If dividing meters in DEKA Zones 6 or 9, the swap can only occur at the start line area (both teammates are



not allowed on the 10 meter down & back course at the same time).

如果在 ZONE6 和 9, 农夫搬运及雪橇推拉中交替完成米数, 交替行为只能在起点线处完成, 两名队友不允许同时出现在起点线后的 10 米赛道中及折返线处。

● DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 100 meters. Swapping resistance is not allowed.

DEKA 区域 9 必须在整个 100 米的过程中使用所需的最高雪橇阻力。不允许更换阻力。

● Using two different pieces of equipment is not allowed and for all other rep count zones only one teammate can be using the zone completion mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the more space.

双人组必须使用同一个器材或区域完成动作, 在所有完成次数的 ZONE 内, 只有一位队员可以使用选定的瑜伽垫完成动作。如果需要交替完成, 正在动作的队员离开瑜伽垫周围区域后, 其队友方可使用同一区域及瑜伽垫完成动作。

● Both teammates must cross the finish line together. In the event of a close /photo type finish the team that has both teammates across the finish line first will be winners.

两名队员必须同时冲线, 如果出现十分接近的冲线结果或者需要用照片来分辨撞线次序的情况, 两名队友全部先过终点线的一队为胜方。

● If a team member is unable to finish the race, the team will receive a DNF (did not finish)

如果一位队友无法继续比赛, 双人组会被判为未完赛 (do not finish), 但可以继续挑战后边的 ZONE 并领取完赛物资。

DEKA MILE Ruck - Complete DEKA MILE while wearing a ruck or backpack. Male 30lb & Female 20lb (Total weight).

穿戴负重背包完成 DEKA MILE。男子负重 30 磅, 女子负重 20 磅 (总重量)。

*Weight vests and plate carriers are not allowed.

**See Section 3 - Zone Description & Rules for zone modification (Zone 4).

***Ruck or backpack must be weighed prior to start and immediately after completion.

*不允许使用负重背心和防弹板背心。

**Zone 4 的修改请参见第 3 节 - ZONE 内动作说明及规则。

***负重背包必须在开始前和完赛后立即称重。

2.3 DEKA FIT, DEKA FIT Teams, DEKA FIT Ruck, DEKA FIT Ultra, DEKA FIT Roadshow

DEKA FIT, DEKA FIT 双人/四人组, DEKA FIT 负重, DEKA FIT Ultra, DEKA FIT 路演

DEKA FIT - Complete the 10 DEKA Zones in order (1-10) with each zone preceded by a 500 meter run or walk (total of 5,000 meters / 3.1 miles).

*DEKA FIT events are held by Spartan DEKA and usually take place in large indoor facilities with Elite and Age Group categories available.

**Individual DEKA FIT Elite registrations are eligible for podium prize money & Age Group registrations are eligible for podium awards.

DEKA FIT- 依次完成 10 个 DEKA ZONE 区 (1-10), 每个 ZONE 区前需进行 500 米的跑步或步行



(总共 5,000 米/3.1 英里)。

*DEKA FIT 活动由斯巴达 DEKA 举办，通常在大型室内场馆进行，设有精英组和年龄组。

**DEKA FIT 精英选手可获得奖金，年龄组选手可获得奖品。

DEKA FIT 2-Person Teams - Complete DEKA FIT as a team of 2 Adults (Ages 14+), 2 Youth (10-13) or 1 Adult with 1 Youth (10-13). Female, Co-Ed, and Male categories.

*Both teammates are eligible for finisher medal, t-shirt, finisher certificate, and Hex piece.

DEKA FIT 双人组：由 2 位成人选手（14 岁+）、2 名青少年（10-13 岁）或 1 名成人（14 岁以上）与 1 名青少年（10-13 岁）组队完成 DEKA FIT。分为女子组、混合组和男子组。两名队友均可获得完赛奖牌、完赛 Tee、完赛证明和荣耀碎片。

Adult Team Age Groups (adult ages combined) are 59 & Under, 60-79, 80-99, 100-119, and 120+ and are separated into Female, Co-Ed, and Male categories.

成人双人组的年龄段为组合年龄：59 岁及以下、60-79 岁、80-99 岁、100-119 岁、120 岁及以上，可选组别有女双，男女混双，男双。

DEKA FIT Teams (Elite & Age Group) registrations are eligible for podium awards.

*Elite Teams podium is determined by the overall top 3 team finishers, Age Group Teams podium is determined by the remaining team finishers.

报名 DEKA FIT 双人精英组、年龄段组有资格站上领奖台。

*精英组的颁奖由总排名前三的团队决定，年龄组的颁奖由其余完赛团队决定。

● The first and last 500 meter runs must be completed by both teammates

第一次和最后一次跑动（500m）必须由两名队员共同完成。

● Zone work in Zone 1 & 10 cannot begin until both teammates have completed the run.

ZONE1 和 ZONE10 的动作必须等到两名队员完成跑步后才能开始。

● The 8 runs between the first and last shall be completed by one teammate using whatever strategy the team prefers.

在第一次和最后一次之间的 8 次跑动，可以由任意一名队友使用团队喜欢的任何策略分工

● There are two options to divide the 8 runs.

➢ One teammate can complete the entire distance

➢ Teammates can divide the distance.

两种方法来分配这 8 次跑动。

一个队友可以完成全程

队友间可以分配距离进行交替

● Once a run begins, the teammate not running has two options

➢ Stage themselves on the running track at the relay exchange zone located near the next zone to be completed.

➢ Stage themselves inside the next zone to be completed and wait while their teammate is completing the entire run.

一旦开始跑动，不参与跑步的队友有两个选择：

他们可以在跑道外面的“接力区”附近准备好与队友交替完成这次跑动直接来到下个 ZONE 内等待，直到他们的队友完成这次跑动。



● Physical contact must take place between teammates inside the zones during transitions after the round of work is completed (run to zone and zone to run).

***Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 30th rep.**

ZONE 区内队友之间必须在动作完成后的换人期间（进入 ZONE 区和离开 ZONE 区）有身体接触。

***ZONE 1 的身体接触可以发生在队友第 30 次完成髋关节和膝关节伸展的过程中。**

● A teammate can be prepared to start the next zone or run but work can not begin until the physical contact occurs.

一个队友可以在下个 ZONE 或跑道上预备动作，但是只有在和队友发生接力后才可以开始做动作。

● The timing chip must travel with the teammate(s) during 100% of the running distance.

在所有跑动中，计时芯片接力棒必须被全程携带，无论是一个人完成跑动还是双人接力跑动，否则可能导致没有成绩。

● Teams can divide all reps/meters/calories using whatever strategy they prefer.

双人组可以使用他们喜欢的任何策略来分配所有 ZONE 内的次数、米数、卡路里数

● All teammates must be in the zone together with the timing chip while zone work is being performed.

在 ZONE 区内做动作时，所有队友必须与计时芯片一起在 ZONE 区内。

● Only one teammate can be completing zone work at a time.

同一时间只有一名队友可以做动作。

● If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)

如果在同一 ZONE 内要交替完成次数、米数、卡路里数则不需要肢体接触的接力。

● Using two different pieces of equipment is not allowed and for all other rep count zones only one teammate can be using the zone completion mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same space.

双人组必须使用同一个器材或区域完成动作，在所有完成次数的 ZONE 内，只有一位队员可以使用选定的瑜伽垫完成动作。如果需要交替完成，正在做动作的队员离开瑜伽垫周围区域后，其队友方可使用同一区域及瑜伽垫完成动作。

● DEKA Zone 6, teams have two options.

➢ The non-working teammate can position themselves in a holding area at the start line while their working teammate completes the 100 meter carry

➢ both teammates can travel the maze together. If both teammates travel the maze together, the non-working teammate must be positioned behind the working teammate. Blocking the course in any way is not allowed.

DEKA Zone 6，团队有两个选择。

一个队友完成 100 米负重任务，另一个队友可以在起跑线的等候区等待；

或者两名队员可以一起通过赛道。如果两名队员一起通过赛道，非执行动作队员必须位于工作队员的后方。任何形式的阻挡赛道行为都是不允许的。

● DEKA Zone 8, on a transitional rep between teammates, the working teammate must cross the centerline of the structure after placing the ball over the horizontal bar before another teammate begins the next repetition.

DEKA Zone 8，当队友间进行交接时，正在执行动作的队员必须在将沙球抛过横杆后，身体完全越过器械结构的中线，另一名队友才能开始下一次抛掷。

● DEKA Zones 9, if dividing meters, the swap can only occur at the start line area (both teammates are not



allowed on the 10 meter down & back course at the same time).

DEKA Zone 9, 如果分配米数, 队员交替只能在起跑线区域进行 (两名队员不允许同时在 10 米往返赛道上)。

● DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 100 meters. Swapping resistance is not allowed.

DEKA Zone 9 必须在整个 100 米的过程中使用所需的最高雪橇阻力。不允许更换阻力

● Both teammates must cross the finish line together within physical contact of each other. In the event of a close/photo type finish the team that has both teammates and the timing device across the finish line first will be winners.

两名队友必须在身体接触的情况下一起通过终点线。如果出现十分接近的冲线结果或者需要用照片来分辨撞线次序的情况, 两名队友全部先过终点线的一队为胜方。

● If a team member is unable to finish the race, the team will receive a DNF (did not finish).

如果一位队友无法继续比赛, 双人组会被判为未完赛 (do not finish), 但可以继续挑战后边的 ZONE 并领取完赛物资。

DEKA FIT 4-Person Teams - Complete DEKA FIT as a team of 4 Adults (Ages 14+), 4 Youth (10-13) or 2 Adults with 2 Youth (10-13). Female, Co-Ed (must have 2 females & 2 males), and Male categories. *ALL 4 teammates are eligible for finisher medal, t-shirt, finisher certificate, and Hex Piece.

DEKA FIT 四人组: 由 4 位成人选手 (14 岁+)、4 名青少年 (10-13 岁) 或 2 名成人 (14 岁以上) 与 2 名青少年 (10-13 岁) 组队完成 DEKA FIT。分为女子组、混合组 (必须有 2 女子和 2 男子) 和男子组。四名队友均可获得完赛奖牌、完赛 Tee、完赛证明和荣耀碎片。

Adult Team Age Groups (adult ages combined) are 119 & Under, 120-159, 160-199, 200-239, and 240+ and are separated into Female, Co-Ed, and Male categories.

成人四人年龄段为组合年龄: 119 岁及以下、120-159 岁、160-199 岁、200-239 岁、240 岁及以上, 可选组别有女子, 男女混合, 男子。

DEKA FIT Teams (Elite & Age Group) registrations are eligible for podium awards.

*Elite Teams podium is determined by the overall top 3 team finishers, Age Group Teams podium is determined by the remaining team finishers.

报名 DEKA FIT 四人精英组、年龄段组有资格站上领奖台。

*精英组的颁奖由总排名前三的团队决定, 年龄组的颁奖由其余完赛团队决定。

● For all 10 DEKA Zones the standard zone requirements (reps, meters, and calories) are doubled for DEKA FIT 4-Person Teams.

对于所有 10 个 DEKA 区域, 标准区域要求 (次数、米数和卡路里) 对于 DEKA FIT 四人团队翻倍。

● The first and last 500 meter runs must be completed by ALL 4 teammates.

第一次和最后一次跑动 (500m) 必须由四名队员共同完成。

● The 8 runs between the first and last shall be completed by 2 teammates using whatever strategy the team prefers.

在第一次和最后一次之间的 8 次跑动, 可以由任意二名队友使用团队喜欢的任何策略分工。

● There are 2 options to divide the 8 runs in between the first and last runs.

Option 1: 2 teammates can complete the entire distance while their other 2 teammates wait inside the next



zone to be completed.

Option 2: The teammates can divide the running using 1 of 2 methods as long as 2 teammates are always running.

有两种选择来分配除第一次和最后一次中间的这 8 次跑动。

选择 1: 2 名队友可以完成全程, 而另外 2 名队友则在下一个区域内等待完成全程。

选择 2: 队友可以使用 2 种方法中的 1 种来分配跑步, 只要始终有 2 名队友在跑动。

➤ Method 1: 2 teammates complete the lap(s) and then relay exchange the timing device to the other 2 teammates.

方法一: 2 名队友跑完圈后, 将带有计时芯片的接力棒交换给另外 2 名队友。

➤ Method 2: 2 teammates run and after completing the lap(s) 1 of the 2 is replaced by another teammate during the relay exchange for the remaining lap(s)

方法二: 2 名队友跑完 2 圈中的 1 圈后, 在剩余圈数的接力中与另外的队友接力换入。

● Anytime the running is being divided, both teammates must finish the lap together prior to the relay exchange.

在任何被分配的跑动, 在接力交换之前, 两名队友必须一起跑完当前这圈。

● Relay exchanges must take place on the running track at the relay exchange zone located near the next zone to be completed.

接力交换必须在跑道旁下一个待完成 Zone 区外的接力交换区进行。

● Zone work cannot begin until ALL 4 teammates are in the zone together.

只有当所有 4 名队友进入 Zone 区后, 才能开始做 Zone 区内的动作。

● Physical contact must take place between teammates inside the zones during transitions after the round of work is completed (run to zone and zone to run).

*Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 60th rep.

在完成本轮的动作的交替接力过程中, 区域内的队友之间必须有身体接触 (进入 ZONE 区和离开 ZONE 区)

*ZONE 1 的身体接触可以发生在队友第 60 次完成髋关节和膝关节伸展的过程中。

● When 2 teammates finishing a run enter a zone, both must make physical contact with the teammate who will begin the zone work. The 2 teammates preparing to begin the next run must both make physical contact with the teammate who completes the zone work.

当两名完成跑动的队友进入区域时, 两人都必须与 Zone 区内将开始动作的队友进行身体接触。准备开始下一次跑动的两名队友都必须与完成 Zone 区动作的队友进行身体接触。

● A teammate can be prepared to start the next zone but work can not begin until the physical contact occurs by the 2 teammates finishing the run.

一个队友可以准备开始下一个 Zone 区, 但在与完成跑动的两名队友发生身体接触之前, 不能开始做动作。

● One runner must carry the primary baton with the timing chip and a second runner must carry a secondary baton without a timing chip during 100% of the running distance. At no point may a single runner carry both batons.

在全部 100% 的跑动中, 一名选手必须携带带有计时芯片的主接力棒, 另一名选手必须携带不带计时芯片的副接力棒。任何时候都不得由一名选手同时携带两根接力棒。



● Teams can divide all reps/meters/calories using whatever strategy they prefer.

团队可以使用他们喜欢的任何策略分配所有次数/米数/卡路里数。

● All teammates must be in the zone together with the timing chip while zone work is being performed.

在进行 Zone 区内动作时，所有队友必须与计时芯片一起在 Zone 区内。

● Only one teammate can be completing zone work at a time.

每次只能有一名队友完成 Zone 区动作。

● If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)

如果在一个 Zone 区内分配次数/米数/卡路里数，则不需要身体接触（这不被视为交替）。

● Using two different pieces of equipment (row/ski/air bike/sled/box) is not allowed and for all other rep count zones only one teammate can be using the zone completion mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same place.

不允许使用两种不同的设备（划船/滑雪/风阻自行车/雪橇车/跳箱），在所有其他需要数数的动作区，同一时间只能有一名队友使用该区的垫子/区域。如果换人，队友必须离开垫子/区域，并允许其他队友使用相同的地方。

● DEKA Zone 6, teams have multiple options.

➢ Option 1: One or multiple teammates can be on the 200 meter maze (100m x 2) at the same time. Teammates are allowed to swap out at anytime during the 200 meters. The non-working teammates can position themselves in the designated holding area while their working teammate(s) are in the maze.

➢ Option 2: All teammates can travel the maze together. If more than 1 teammate is travelling inside the maze, the non-working teammate(s) must be positioned behind the working teammate. Blocking the course in any way is not allowed.

在 DEKA Zone 6，团队有多种选择。

选择 1: 一名或多名队友可同时进入总搬运距离为 200 米的通道（一次全程为 100 米，需搬运 2 次）。在 200 米的搬运中，队友可以随时交换。其他不做动作的队友可在指定的等候区等待，而做动作的队友（们）在通道中搬运。

选择 2: 所有队友都可以一起进入到搬运通道中。如果多于 1 名队友在通道内搬运，则不做动作的队友必须位于正在搬运的队友的后面。并且禁止以任何方式阻挡其他选手的行进路线。

● DEKA Zone 8, on a transitional rep between teammates, the working teammate must cross the centerline of the structure after placing the ball over the horizontal bar before another teammate begins the next repetition.

DEKA Zone 8，当队友间进行交接时，正在执行动作的队员必须在将沙球抛过横杆后，身体完全越过器械结构的中线，另一名队友才能开始下一次抛掷。

● DEKA Zones 9, if dividing meters, the swap can only occur at the start line area (multiple teammates are not allowed on the 10 meter down & back course at the same time).

DEKA Zone 9，如果分配米数，队员交替只能在起跑线区域进行（多名队员不允许同时在 10 米往返赛道上）。

● DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 100 meters. Swapping resistance is not allowed.

DEKA Zone 9 必须在整个 100 米的过程中使用所需的最高雪橇阻力。不允许更换阻力。

● ALL 4 teammates must cross the finish line together within physical contact of each other. In the event of



a close/photo type finish the team that has ALL 4 teammates and the timing device across the finish line first will be winners.

所有的 4 名队友必须在身体接触的情况下一起通过终点线。如果出现十分接近的冲线结果或者需要用照片来分辨撞线次序的情况，所有的 4 名队友与计时设备全部先过终点线的一队为胜方。

● If a team member is unable to finish the race, the team will receive a DNF (did not finish).

如果一位队友无法继续比赛，4 人组会被判为未完赛 (do not finish)，但可以继续挑战后边的 ZONE 并领取完赛物资。

DEKA FIT Ruck - Complete DEKA FIT while wearing a ruck or backpack.

Registrants are eligible for podium awards. Male 30lb & Female 20lb (Total weight).

穿戴负重背包完成 DEKA FIT，注册才有资格获得颁奖。男子负重 30 磅，女子负重 20 磅（总重量）。

*Weight vests and plate carriers are not allowed.

**See Section 3 - Zone Description & Rules for zone modification (Zone 4).

***Ruck or backpack must be weighed prior to start and immediately after completion.

*不允许使用负重背心和防弹板背心。

**Zone 4 的修改请参见第 3 节 -ZONE 内动作说明及规则。

***负重背包必须在开始前和完赛后立即称重。

DEKA FIT Ultra - Complete the DEKA FIT Course x 5. The DEKA FIT Ultra is our 25K event which challenges competitors with the opportunity to complete our standard DEKA FIT event x 5. Total distance covered is 25K (15.5 miles)with each DEKA Zone completed a total of 5 times each (50 total zones).

DEKA FIT Ultra - 完成 DEKA FIT 赛程 x 5。DEKA FIT Ultra 是我们的 25K 赛事，参赛者有机会挑战标准 DEKA FIT 赛程 x 5。赛程总长度为 25 公里（15.5 英里），每个 DEKA 区域各完成 5 次（共 50 个区域）。

● The standard DEKA FIT course layout will be used and the course will be completed a total of 5 times.

将采用标准的 DEKA FIT 赛事布局，总共完成 5 次。

● After finishing the first DEKA FIT (20th RAM Burpee in DEKA Zone 10 is completed), competitor will begin their 2nd round of DEKA FIT. Leaving zone 10 is considered the start for the next DEKA FIT round. This process continues until the course has been completed 5 times. The competitor will cross the finish line after finishing the 5th round.

完成第一轮 DEKA FIT（完成 ZONE 10 的第 20 个负重波比）后，选手将开始第二轮 DEKA FIT。离开 ZONE 10 被看作是新一轮 DEKA FIT 的开始。这一过程一直持续到完成 5 次为止。完成第五轮后，选手将越过终点线。

● A competitor DEKA Pit Stop Zone will be added to the course and each competitor is provided a small space in the Pit Stop Zone for support items (food, hydration, pit crew support staff).

赛道上将增设一个补给站，每个选手都将在补给站内内获得一小块空间，用于放置辅助物品（食物、水、补给人员）。

● Competitor can have Pit Crew Staff on their team.Pit Crew tickets can be purchased in registration prior to event or on the day of event.

参赛者团队可以有补给人员。补给人员门票可以在活动前或活动当天在注册时购买。



● Pit crew support staff is allowed in the pit zone and in the festival area.

*Food and hydration support is only allowed in the Pit Stop Zone. 补给人员的活动范围是：补给站及主会场区域包含观众区。

*只能在补给站内提供食物和水。

● Cut-off times for Age Group Category is 9 hours.

年龄组的关门时间为 9 小时。

● Cut-off times for Elite category athletes are 3 hours & 45 minutes for males and 4 hours & 15 minutes for females. Competitors will still receive the finisher's medal if they finish after Elite cutoff time and before course closure, however they will not receive an official DEKA FIT Ultra Mark.

精英组运动员的关门时间为：男子 3 小时 45 分钟，女子 4 小时 15 分钟。如果参赛者在精英组截止时间之后和赛道关闭之前完成比赛，他们仍然会获得完赛者奖牌，但他们不会获得官方的 DEKA FIT Ultra 成绩。

● Registration limits, launch schedules, and the course flow format is set up in a way that should prevent zone back-up, but in the event there is a back-up/wait in a zone, the rule will be first come first served. There will be a holding area in each zone where competitors will line up in order of zone arrival.

注册限制、出发计划、赛道流程的设置应能预防选手的拥堵或等待，但如果出现拥堵等待，原则是先到先得。每个 ZONE 区都有一个等候区，选手将按照到达 ZONE 区的顺序排队等候。

DEKA FIT Roadshow Modifications

DEKA FIT 路演调整

● DEKA FIT Roadshow Hosted by Spartan DEKA (where set-up is the same as large indoor Spartan DEKA event)

*See Section 3 - Zone Description & Rules for zone modifications for DEKA Zones 4 & 8

由斯巴达 DEKA 主办的 DEKA FIT 巡回赛（与大型室内斯巴达 DEKA 赛事的布置相同）。

*有关 ZONE4 和 ZONE8 的区域修改，请参见第 3 节 - ZONE 内动作说明及规则。

● DEKA FIT Roadshow Hosted by DEKA Affiliate

*See Section 3 - Zone Description & Rules for zone modifications for DEKA Zones 4, 6, & 8.

*Course set up must be approved by Spartan DEKA Staff

由斯巴达 DEKA 指定健身房主办的 DEKA FIT 路演

*有关 ZONE4、6、8 的区域修改，请参见第 3 节 - ZONE 内动作说明及规则。

*赛道设置必须获得斯巴达 DEKA 官方工作人员的批准。

2.4 DEKA ATLAS

DEKA ATLAS - Complete the 10 DEKA ATLAS Zones in order (1-10)

DEKA ATLAS - 依次完成 10 个 DEKA ATLAS 区 (1-10)

*DEKA ATLAS events are usually held at DEKA Affiliate Gyms with Age Group Heats (ATLAS Foundation and ATLAS Peak Divisions).

*DEKA ATLAS 活动通常在 DEKA 指定健身房进行，设有年龄组（ATLAS Foundation 和 ATLAS Peak）



3. Zone Description & Rules

3. ZONE 内动作说明及规则

*Approved equipment must be used for all DEKA competitions. Visit <https://race.spartan.com/en/deka/equipment> for the current list of all DEKA approved zone equipment and for DEKA Zone equipment updates.

*所有 DEKA 比赛必须使用经批准的装备。请访问 <https://race.spartan.com/en/deka/equipment>，查看所有 DEKA 认可的 ZONE 区设备最新列表，以及 DEKA 区域设备的更新。

DEKA STRONG, DEKA MILE, and DEKA FIT

*For DEKA STRONG, DEKA MILE or DEKA FIT, weights can not be more than 1.5lb/.68kg under the standard pound weight requirement.

*对于 DEKA STRONG、DEKA MILE 或 DEKA FIT，重量不能低于标准磅重量要求超过 1.5 磅（0.68 公斤）。

**DEKA FIT Zone modifications:

- Zone 4 Med Ball Sit-up is replaced with Med Ball Sit-up Throw.
- Zone 6 Farmer's Carry a 100m maze will be used.
- Zone 8 Dead Ball Shoulder Over is replaced with Dead Ball Over (4 feet / 122cm structure).

**DEKA FIT 区域修改：

区域 4 的药球仰卧起坐替换为药球仰卧起坐投掷。

区域 6 的农夫搬运将使用 100 米赛道。

区域 8 的沙球过肩替换为沙球过杠或过墙。

DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart 标准表.



DEKA STRONG, DEKA MILE, DEKA FIT							
Zone	Equipment	Movement	Reps or Distance	Male 14+	Female 14+ Male 65+	Female 65+	Youth 10-13
1	RAM	Alternating Reverse Lunge	30	55 lb 25 kg	33 lb 15 kg	22 lb 10 kg	22 lb 10 kg
2	Rower	Row	Meters	500m	500m	500m	250m
3	Box	Step/Jump Over	20	24 in 60 cm	24 in 60 cm	24 in 60 cm	24 in 60 cm
4	Med Ball	Sit-Up Sit-Up Throw	25	20 lb 9 kg	14 lb 6 kg	10 lb 5 kg	10 lb 5 kg
5	Ski Erg	Ski	Meters	500m	500m	500m	250m
6	Dumbbell (per hand)	Farmer's Carry	100m	60 lb 27.5 kg	40 lb 17.5 kg	20 lb 9 kg	20 lb 9 kg
7	Air Bike	Air Bike	Calories	25 Calories	25 Calories	25 Calories	12 Calories
8	Dead Ball	Shoulder Over Wall Over	20	60 lb 27.5 kg	40 lb 17.5 kg	20 lb 9 kg	20 lb 9 kg
9	Xebex Sled or Torque Tank Sled	Push/Pull	100m	Resistance 8 Resistance 3	Resistance 7 Resistance 2	Resistance 5 Resistance 1	Resistance 5 Resistance 1
10	RAM	Weighted Burpee	20	44 lb 20 kg	22 lb 10 kg	22 lb 10 kg	11 lb 5 kg

Refer to the DEKA Rulebook for a full list of details and rules

3.1 Zone 1 - RAM Alternating Reverse Lunge (30 reps)

3.1 ZONE 1 - RAM 交替后撤弓步 30 次

a) Specifics

具体要求

- i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 的动作标准表格

b) Process/Setup 过程

- i) Competitor finds the area with the correct weights based on the above specifics
- i) 选手根据上述具体要求找到适合重量的 RAM。
- ii) Competitor completes 30 reps (15 per side - alternating each rep)
- iii) 完成 30 次动作（每侧 15 次，交替进行）。

c) Movement Standards

- i) Begin by picking up the weight
- ii) Start from a standing position with both feet in front of a “rep line” and weight in a back or single shoulder rack position
- iii) Competitor steps straight back until the knee makes contact with the ground behind the rep line.
*Rotating side step lunges are not allowed. Shoulders must remain parallel to the rep line
- iv) Competitor steps up and brings the back foot in front of the rep line
- v) A successful rep is counted once the competitor has both feet in front of the rep line simultaneously and with knees and hips at extension. Competitor continues alternating reverse lunge reps until all reps are completed.
- vi) Extension is defined as being able to draw a straight line from the ankle through the knees, hips, and



shoulders on both sides of the body simultaneously

vii) Competitor cannot begin the next rep until both feet are in front of the rep line (Alternating split squat jumps are not allowed)

viii) The last rep is counted once the weight is placed back on the ground in the same location it was when the competitor started the zone

ix) If the competitor drops the weight during the process of completing the last rep, the rep will not be counted until the weight is returned to the starting location

c) 动作标准

i) 先拿起重物。

ii) 从站立姿势开始，双脚在“动作次数标准线”前面，重物放在背部或单肩扛住。

iii) 选手直向后迈步至膝盖与动作次数标准线后面的地面接触。*上半身不允许旋转做侧弓步。肩膀必须与“动作次数标准线”平行。

iv) 选手迈步向前，站直身体，将后脚置于“动作次数标准线”的前面。

v) 完成 1 次的标准：选手双脚同时站在“动作次数标准线”前、膝盖和臀部伸展。选手继续交替做伸展动作，直至完成所有动作。

vi) 伸展的标准：身体两侧从脚踝至肩膀可连成一条直线。

vii) 选手只有在双脚都在“动作次数标准线”前面时，才能开始下一次动作（不允许交替分腿跳）。

viii) 最后一次动作完成标志：只有选手有控制的将重物放回地面相同位置时才作数。

ix) 如果选手在完成最后一次动作的过程中扔掉重物则不作数，除非选手将重物有控制的放置回相同位置，才算完成动作。

d) Additional Notes

i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted

ii) Once reps are completed, the competitor must set the RAM weight back on the ground in the same area it was located before starting. Throwing or dropping the weight is not allowed

iii) Weight shoulder/back positioning can be changed at any-time during or after completion of reps

iv) If needed, weight can be placed on the ground during a rest period after a completed rep

v) If weight is placed on the ground during the completion of a rep, that rep will not count

vi) **In the event of a physical limitation that prevents a competitor from completing alternating reverse lunge reps, all 30 reps can be completed using the same leg.**

d) 其他说明

i) 如果选手选择比要求的重量轻的重物，他们需要重新开始 ZONE，但是用更轻重量完成的动作将不计数。

ii) 完成 30 次后，选手必须将 RAM 有控制的放回到拿起 RAM 时相同的地面位置。不允许扔掉或随意抛下重物。

iii) 可以在动作期间随时更改负重位置。

iv) 如果需要，可以在完成一次动作后将重物放在地上休息。

v) 如果在完成一次动作的过程中，将重量放在地面上，那么该次动作不计数。

vi) **在身体限制（残疾）的情况下，导致竞争者不能完成交替后撤健步的动作，所有的 30 次动作都可以使用同一个腿完成。**



3.2 Zone 2 -Row (500 meters)

3.2 ZONE 2 划船 500 米

a) Specifics

- i) There are no gender specific rowers. All rowers are the same
- ii) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

a) 具体要求

- i) 划船机没有性别区分，所有的划船机都是一样的。
- ii) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup

- i) Select a rower and make any foot strap or damper adjustments as needed
- ii) Row until 500 meters has been reached
- iii) Youth (10-13 Division)- Complete 250 meters (if on a team with an adult - 500 meters must be completed)

b) 过程

- i) 选择一台划船机，并根据需要进行脚蹬带或阻尼的调整。
- ii) 划船达到 500 米。
- iii) 青少年（10-13 岁组）- 完成 250 米（如果与成年人一起组队参赛 - 必须完成 500 米

c) Movement Standards

- i) Competitor must stay seated on the rower until reaching required meters

c) 动作标准

- i) 选手必须一直坐在划船机上，直到显示屏达到要求的米数。

d) Additional Notes

- i) In the event of a rower malfunction the competitor will transition to a different rower and complete remaining meters
- ii) Competitor may make any foot strap or damper adjustments during completion of the zone

d) 其他说明

- i) 如果划船机发生故障，参赛者将转移到另一台划船机上并完成剩余的米数。
- ii) 选手可以随时调整脚蹬带或阻尼。

3.3 Zone 3 - Box Step/Jump Over (20 reps)

3.3 ZONE 3 - 交替上箱，跳箱 20 次

a) Specifics

- i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

a) 具体要求



- i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格
- b) Process/Setup
 - i) Competitor will complete 20 reps at their box
- b) 过程
 - i) 选手将在他们的箱子上完成 20 次跨越
- c) Movement Standards
 - i) Competitor may jump or step-up over the box
 - ii) Both feet must make contact with the top of the box during the rep.
 - iii) Both feet are NOT required to make contact with the top of the box at the same time
 - iv) During the process of stepping or jumping off the box, both feet must make contact with the ground on the opposite side of the box the rep started on for the rep to count
 - v) A rep is counted when both feet make contact with the ground on the opposite side of the box the rep started on
- c) 动作标准
 - i) 选手可以跳上或踏上箱子。
 - ii) 在单次动作中，两只脚必须接触到箱子的顶部。
 - iii) 两只脚不需要同时接触到箱子顶部。
 - iv) 在从箱子上跨下或跳下的过程中，两只脚必须接触到地面才能计数，这个地面是上箱动作开始时对侧的地面。
 - v) 当两只脚接触到动作开始时相对的地面后，才算完成一次动作。
- d) Additional Notes
 - i) Competitor must step or jump on top of the box, they cannot jump over the entire box without making contact
 - ii) During the process of jumping or stepping up and over the box, the competitor's body must travel over the top of the box. Positioning the body off to the side of the box during the rep is NOT allowed.
 - iii) If needed to assist with physical limitations, incidental hand and knee contact is allowed to accomplish the rep. If incidental hand and knee contact is used in a way to assist with transitioning up and over the box, the entire body must travel over the top of the box and both feet (soles, toes, heels, or sides of the shoes) must make contact with the top of the box on the way over.
 - iv) If using incidental hand contact to assist, only one hand can be used ! At no time are both hands permitted to assist the rep.
 - v) If using hand or knee contact to assist with completing the rep on the way over the box, the hand and knees must be removed from the box before the rep is counted.
 - vi) One hand making contact with the box as a competitor is stepping or jumping down from the box is allowed.
- d) 其他说明
 - i) 选手必须踩踏或跳跃到箱子顶部，不能在没有任何接触的情况下跳过整个箱子。
 - ii) 在跳跃或踩踏箱子的过程中，参赛者的身体必须越过箱子顶部。在动作过程中，身体不能偏离箱子的一侧。
 - iii) 如果出于身体限制需要帮助，可以允许手部和膝盖**非刻意接触**箱子协助完成动作。如果使用手



或膝盖协助的方式越过箱子，整个身体必须越过箱子顶部，双脚必须在越过箱子时完全接触到箱子顶部（包括整个鞋底、脚趾部分、脚后跟以及鞋子内外两侧）。

iv) 如果要用手协助完成动作，只能使用一只手！任何时候都不允许双手协助完成动作。

v) 如果使用手或膝盖接触来辅助完成越过箱子的动作回合，手和膝盖必须在每一回合前从箱子上移开。

vi) 选手从箱子上跨下或跳下时，允许一只手接触箱子保持稳定。

3.4 Zone 4 - Med Ball Sit Up - DEKA STRONG & DEKA MILE (25 reps)

Med Ball Sit Up Throw - DEKA FIT (25 reps)

3.4 ZONE 4 - 药球仰卧起坐 -DEKA STRONG & DEKA MILE 25 次

药球仰卧起坐投靶 -DEKA FIT 25 次

a) Specifics

i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

a) 具体要求

i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 的动作标准表格。

b) Process/Setup - DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow hosted by Affiliate:

i) After entering the DEKA Zone competitor sits down in front of the appropriate station and grabs the med ball.

ii) Competitor will complete 25 reps.

c) 过程-DEKA STRONG, DEKA MILE 以及由合作机构承办的 DEKA FIT 路演

i) 进入 DEKA 区域后，选手选择瑜伽垫坐下并找到对应重量的药球。

ii) 选手将完成 25 次动作

b.1) Process/Setup - DEKA FIT

i) After entering the DEKA Zone, competitor sits down in front of the appropriate station and places feet under the supports.

ii) Center of target is positioned 4.5 feet above the floor.

iii) Competitor will complete 25 reps.

b.1) 过程 - DEKA FIT

i) 进入 DEKA 区域后，选手选择合适点位坐下并将双脚放在支撑物下。

ii) 靶心位于地面上方 4.5 英尺。

iii) 选手将完成 25 次动作。

c) Movement Standards - DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow hosted by Affiliate:

i) Rep starts with the competitor's back on the floor, feet on the ground and the med ball held behind the head touching the ground.



- iii) Competitor must raise their torso off the ground and touch the ball on the ground between their feet.
- iv) Each rep is considered completed once the ball touches the ground between the feet.
- c) 动作标准 - DEKA STRONG, DEKA MILE 以及由合作机构承办的 DEKA FIT 路演:
 - i) 动作开始标志为选手的背部贴地、双脚着地, 双手持药球在头顶后方接触地面。
 - ii) 选手必须抬起躯干, 双手持球触碰位于双脚之间的地面。
 - iii) 动作结束标志为药球触碰到双脚之间的地面。
- c.1) Movement Standards - DEKA FIT
 - i) Rep starts with the competitor's back on the floor, and med ball held behind the head touching the ground.
 - ii) During the process of performing the sit-up, competitors will press & touch or throw the med ball with both hands towards the target during or at the top of the sit-up motion.
 - iii) The ball must touch the face of the target.
 - iv) Rep is considered completed once the ball hits the target.
- c.1) 动作标准 - DEKA FIT
 - i) 动作开始标志为选手的背部贴地、双手持药球在头顶后方接触地面。
 - ii) 在进行仰卧起坐途中, 选手抬起躯干到顶部时将用双手按压或投掷药球使其接触靶子。
 - iii) 药球必须接触靶子的正面。
 - iv) 动作结束标志为药球触碰到靶子。
- d) Additional Notes - DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow hosted by Affiliate:
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) Competitor is allowed to rest in any position.
- d) 其他说明 - DEKA STRONG, DEKA MILE 以及由合作机构承办的 DEKA FIT 路演:
 - i) 如果选手使用比要求轻的重物, 他们也许重新开始 ZONE, 但用更轻重量完成的动作将不被计数。
 - ii) 选手可以使用任何姿势休息。
- d.1) Additional Notes - DEKA FIT
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) If med ball is dropped while attempting to catch the rebound, the rep will still count.
 - iii) Competitor is allowed to rest in any position.
 - iv) Touching the ball to the target without the ball leaving the hands is allowed.
 - v) The med ball must make contact with the flat portion of the target. Touching the underside of the bottom edge is NOT allowed.
- d.1) 其他说明 - DEKA FIT
 - i) 如果选手使用比要求轻的重物, 他们需要重新开始 ZONE, 用更轻重量完成动作将不计数。
 - ii) 如果选手在药球击中靶子反弹的过程中没能接住药球, 这次动作也作数。
 - iii) 选手可以使用任意姿势休息。
 - iv) 药球全程不离手, 直接接触靶子是允许的。



- v) 药球必须接触靶子的水平面，触碰靶子下沿的线条是不被允许的。
- e) Zone 4 Event Modifications
 - * DEKA STRONG, DEKA MILE, & DEKA FIT Ruck divisions - competitors will use their ruck in place of the med ball. Same movement standards apply.
- e) ZONE 4 调整
 - * DEKA STRONG, DEKA MILE, & DEKA FIT 的 RUCK 级别，选手将使用他们的负重替代药球。适用同样的标准。

3.5 Zone 5 - Ski (500 meters)

3.5 ZONE 5 - 滑雪 500 米

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- a) 具体要求
 - i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。
- b) Process/Setup
 - i) Select a ski machine.
 - ii) Adjust the damper setting as desired.
 - iii) Complete 500 meters.
 - iv) Youth (10-13 Division)- Complete 250 meters (if on a team with an adult - 500 meters must be completed).
- c) 过程
 - i) 选择一个滑雪机。
 - ii) 根据需要调整阻尼。
 - iii) 完成 500 米。
 - iv) 青少年 (10-13 岁组) - 完成 250 米 (如果与成年人组队参赛，必须完成 500 米)
- d) Movement Standards
 - i) The competitor must remain at the ski machine until reaching required meters.
- c) 动作标准
 - i) 选手的双脚必须在滑雪机踏板上停留，直到显示器达到要求的米数。
- d) Additional Notes
 - i) In the event of a malfunction the competitor will transition to a different ski machine and complete remaining meters.
 - ii) Competitor may adjust damper settings during completion of the zone.
- d) 其他说明
 - i) 如果机器发生故障，选手将更换另一台滑雪机完成剩余距离。
 - ii) 选手可以在动作期间随时调整阻尼。



3.6 Zone 6 - Farmer's Carry (100 meters)

3.6 ZONE 6 - 农夫搬运（100 米）

a) Specifics

i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

a) 具体要求

i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup - DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow hosted by Affiliate:

i) Competitor will select a set of weights and complete a 10 meter down & back course x 5 for a total of 100 meters with a weight in each hand

ii) Tape, chalk or cone lines must be in place at the beginning and end of the 10 meter down & back zone.

iii) Anytime the weights are placed on the ground they must be placed in a controlled manner and hands must be on the weight when they make contact with the ground.

iv) If weights are dropped the competitor shall be assessed a penalty that consists of a dead lift penalty rep. The weights must be deadlifted off the ground with full hip and knee extension achieved and then placed back down on the ground.

*At World Championship events, additional safety violation penalty of 20 seconds may be implemented depending on severity of the infraction.

b) 过程 - DEKA STRONG, DEKA MILE 和 DEKA FIT 路演由附属机构主办:

i) 选手将选择一组重量, 完成 5 次 10 米往返赛道, 一共 100 米。每个手都需要持有重物。

ii) 在 10 米赛道的起点和折返点必须有胶带、粉笔或锥形标记线。

iii) 任何时候将重物放在地面上时, 必须以控制的方式进行放置, 并且当重物接触地面时, 手必须放在重物上。

iv) 如果选手失手掉落重物, 将被处以惩罚, 惩罚内容为完成一次硬拉动作。必须将重物从地面硬拉起来, 达到髋部和膝盖完全伸展, 然后将重物放回地面。

* 在世锦赛赛事中, 根据违规行为的严重程度, 可能会追加 20 秒的安全违规处罚。

c) Process/Setup - DEKA FIT & DEKA FIT Roadshow hosted by Spartan DEKA:

i) Competitor will select a set of weights (dumbbells or kettlebells).

ii) Competitor will complete a 100 meter maze course with the weights.

iii) Competitor must return the weights on the ground in the same area they were at the start.

iv) Anytime the weights are placed on the ground they must be placed in a controlled manner and hands must be on the weight when they make contact with the ground.

c)过程 - DEKA FIT 和由 Spartan DEKA 主办的 DEKA FIT 路演:

i) 选手将选择一组重量 (哑铃或壶铃)。

ii) 选手将带着重量完成整个 100 米的赛道。

iii) 选手必须将重量放回开始时拿起重量的相同区域。

iv) 任何时候将重物放在地面上时, 必须以控制的方式进行放置, 并且当重物接触地面时, 手必须始终放在重物上。

d) Movement Standards - DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow hosted by Affiliate:



- i) Weights must be carried by the competitors' side.
- ii) During the completion of a 10 meter down & back course, both feet must cross the 10 meter course lines on every down and back.
- iii) Both feet must cross the finish line before placing the weights back in the starting location.
- iv) In certain approved cases with adaptive or disabled athletes the above rules can be altered.
- d) 动作标准 - DEKA STRONG, DEKA MILE 和 DEKA FIT 路演由附属机构主办
 - i) 每只手必须在选手身体两侧持握一个重物。
 - ii) 在完成 10 米往返赛道时, 双脚必须全部越过 10 米折返线。
 - iii) 在将重物放回起始位置之前, 双脚必须越过终点线。
 - iv) 经官方允许下, 上述规则对于适应性或残疾运动员可以进行调整。
- e) Movement Standards - DEKA FIT & DEKA FIT Roadshow hosted by Spartan DEKA:
 - i) Weights must be carried by the competitors' side.
 - ii) In certain approved cases with adaptive or disabled athletes the above rules can be altered.
- e) 动作标准 - 由 Spartan DEKA 主办的 DEKA FIT 和 DEKA FIT 路演:
 - i) 重物必须由参赛者搬运在身体两侧。
 - ii) 在某些经批准的适合的或针对残疾运动员的情况下, 上述规则可以调整。
- f) Additional Notes
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) Weights can be placed down as needed.
 - iii) Weights must be carried, they cannot be rolled, thrown, or moved via any other method.
- f) 其他说明 - DEKA FIT 和 DEKA FIT 路演由斯巴达 DEKA 主办
 - i) 如果选手选择的重量比要求的轻, 他们可以重新开始, 但任何用不正确的重量完成的动作将不被计算在内。
 - ii) 可根据需要将重物放下休息。
 - iii) 重量必须搬运, 不能滚动、投掷或通过任何其他方法移动。

3.7 Zone 7 - Air Bike (25 calories)

3.7 ZONE 7 - 风阻单车 (25 卡路里)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- a) 具体要求
 - i) 参见 DEKA STRONG, DEKA MILE 和 DEKAFIT 动作标准表格。
- b) Process/Setup
 - i) Select an air bike and adjust the seat as needed.
 - ii) Complete 25 calories.
 - iii) Youth (10-13)- Complete 12 calories (if on a team with an adult 25 calories must be completed).
- c) 过程



- i) 选择一辆自行车，并根据需要调整座位高低。
 - ii) 完成 25 卡路里骑行。
 - iii) 青少年（10-13 岁）- 完成 12 卡路里（如果与成年人组队参赛，必须完成 25 卡路里）。
- c) Movement Standards
- i) The competitor must remain on the air bike until reaching required calories.
- c) 动作标准
- i) 选手必须在风阻自行车上保持，直到显示器到达所需卡路里。
- d) Additional Notes
- i) In the event of a malfunction the competitor will transition to a different bike and complete remaining calories.
 - ii) Competitors may not touch the display after starting the counter.
- d) 其他说明
- i) 如果器械发生故障，选手将转移到另一辆自行车上并完成剩余卡路里。
 - ii) 选手在开始计数后不得触摸显示屏。

3.8 Zone 8 - Dead Ball Shoulder Over - DEKA STRONG & DEKA MILE (20 reps)

Dead Ball Over - DEKA FIT (20 reps)

3.8 ZONE 8 - 沙球过肩 - DEKA STRONG & DEKA MILE (20 次)

沙球过墙 - DEKA FIT (20 次)

- a) Specifics
- i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- a) 具体要求
- i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。
- b) Process/Setup (DEKA STRONG & DEKA MILE)
- i) After entering the DEKA Zone, the competitor will select the proper ball weight.
 - ii) Competitor will complete 20 reps.
- c) 过程- DEKA STRONG, DEKA MILE:
- i) 进入 DEKA 区域后，选手将选择对应重量的球。
 - ii) 选手将完成 20 次动作。
- b.1) Process/Setup (DEKA FIT)
- i) Competitor will select a 4' structure and the appropriate designated weight based on gender.
 - ii) Competitor will remain at the same structure and complete a total of 20 reps.
- b.1) 过程 - (DEKA FIT)
- i) 选手将选择一个 4 英尺的横杆，根据要求选择对应重量的球。
 - ii) 选手将保持在同一个横杆区域，完成总共 20 次动作。



c) Movement Standards (DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow)

- i) Competitor is allowed to lift the weight using whatever techniques they prefer.
- ii) While completing the rep, the entire ball must travel over the top of the shoulder while reaching a minimum of hip and knee extension in at least one leg.
- iii) The competitor shall not dip the shoulder or lean to the side while completing the rep.

c) 动作标准 (DEKA STRONG , DEKA MILE & DEKA FIT 路演)

- i) 选手可以使用他们喜欢的任何技术来举起重量。
- ii) 完成该动作时，整个球必须越过肩部上方，同时至少有一条腿达到伸髋和伸膝的最低限度。
- iii) 选手在球过肩动作时，不得倾斜肩膀或向一侧倾斜身体，以降低球的运行轨迹

c.1) Movement Standards (DEKA FIT)

- i) Competitor will lift the weight over the structure crossbar and the ball must hit the ground on the other side.
- ii) Competitor will travel to the other side of the structure to complete the next rep. *The only time traveling to the other side of the structure is not required is after finishing the last rep.
- iii) During the lifting process both feet must be inside the structure frame.
- iv) Competitor is not allowed to go under or over the structure.

c.1) 动作标准 (DEKA FIT)

- i) 选手将沙球推举过横杆，球必须落至地面至横杆另一侧触地。
- ii) 选手绕过金属框架，前往横杆的另一侧完成下一次动作。 *最后一次球落地后，可直接离开，不需要前往横杆另一侧。
- iii) 持球动作全程中，双脚必须在与横杆垂直的金属框架内。
- iv) 选手不允许从横杆下方或上方通过。

d) Additional Notes

- i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
- ii) Sandbags, sandbells, or other sand filled weight implements can be used in place of dead balls, but they must be weighed before the competition.

d) 其他说明

- i) 如果选手使用比所要求重量轻的重物，他们可以重新开始 ZONE 动作，但使用错误重量完成的任何次数将不被计算。
- ii) 可以使用沙袋、沙钟或其他装满沙的重量器械代替沙球，但它们必须在比赛前称重。

e) Zone 8 Event Modifications

* DEKA FIT Roadshow hosted by Spartan DEKA will be Dead Ball Shoulder Over x 25 reps in place of Dead Ball Over x 20 reps.

** DEKA FIT Roadshow hosted by Affiliate will be Dead Ball Shoulder Over * 20 reps in place of Dead Ball Over.

e) ZONE 8 调整

* 由斯巴达 DEKA 主办的 DEKA FIT 路演将以沙球过肩 25 次代替沙球过墙 x 20 次。

** 由斯巴达指定健身房主办的 DEKA FIT 路演将以沙球过肩 20 次代替药球过墙。



3.9 Zone 9 - Magnetic Resistance Sled Push/Pull (100 meters)

3.9 ZONE 9 - 磁阻雪橇推拉（100 米）

- a) Specifics
- There are two approved magnetic resistance sleds allowed for DEKA competitions.
 - See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- a) 具体要求
- DEKA 比赛允许使用两种经批准的磁阻雪橇。
 - 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。
- b) Process/Setup
- The course will be a 10 meter zone and competitors will push down & pull back a total of 5 times for a total of 100 meters.
 - Tape, chalk or cone lines must be in place at the beginning and end of the 10 meter down & back zone.
 - If using the Xebex Sled (XT4 or XT3 PLUS models)- 160lb/73kg must be added to the Xebex Sled weight stack.
 - When the competitor approaches the sled, the sled shall be positioned with the back of the sled behind the start line. **The back of the sled is defined as the portion of the sled closest to the competitor.**
- b) 过程
- 赛道将是一个 10 米区域，选手将雪橇推出并拉回总共 5 次，一共 100 米。
 - 在 10 米往返赛道的起点和折返点必须有胶带、粉笔或锥形标记
 - 如果使用 Xebex 雪橇 (XT3 Plus 或 XT4 型号) - 必须在 Xebex 雪橇的重量堆栈上增加 160 磅 (73 公斤)。
 - 当选手接触雪橇时，雪橇的后部应位于起点线后面。**雪橇后部的定义是雪橇最靠近选手的部分。**
- c) Movement Standards
- Competitor will push the sled until 100% of the sled has crossed the 10 meter line.
 - Competitor will use the handles at the end of the pull straps to pull the sled back while walking backwards until the back of the sled crosses the start line. ***Pull straps are NOT allowed to be wrapped around the sled bars in any way & the pull straps must be attached to the sled at the standard attachment point. *Minimum strap length from connection point to end of handles must be 42" / 106cm or longer**
 - Competitor will repeat this process 5 times for a total 100 meters (50meters pushed and 50 meters pulled).
 - All wheels must remain in contact with the ground throughout the entire 100m push/pull distance.
- c) 动作标准
- 选手将推动雪橇，直到雪橇整体 100%越过 10 米折返线。
 - 选手将使用把手末端的拉绳，在向后行走的同时将雪橇拉回，直到雪橇的尾部越过起点线。***拉绳不允许以任何方式绕过雪橇杆，并且拉绳必须连接到雪橇的标准连接点。*从连接点到把手末端的拉绳最短长度必须为 42 英寸/106 厘米或更长。**
 - 选手将重复这个过程 5 次，总共 100 米（推行 50 米，拉行 50 米）。
 - 所有轮子必须在整个 100 米推/拉位移中与地面保持接触。



3.10 Zone 10 - RAM Weighted Burpee (20 reps)

3.10 ZONE 10 - RAM 负重波比跳（20 次）

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- a) 具体要求
 - i) 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。
- b) Process/Setup
 - i) Using the proper weight outlined above, competitor completes 20 reps in the zone.
- b) 过程
 - i) 使用上述指定的重量，选手在区域内完成 20 次动作。
- c) Movement Standards
 - i) The competitor must lower their body until their chest and/or abdomen region **makes contact with the RAM and hip extension is achieved**. Hip extension is defined as being able to draw a straight line from the ankle through the knee, hip and shoulder. ***Hyperextension of the hips is allowed**.
 - ii) At the completion of the rep, the competitor is standing at extension with weight pressed above the head.
 - iii) From a side body view extension is defined as being able to draw a Straight line from the ankle through the knee, hip, shoulder, elbow and to the hand on both sides of the body simultaneously. **From a front view elbow extension is defined as a straight line drawn from shoulder through the elbow and to the hand on both sides of body.**
 - iv) The last rep is counted once the weight is **placed back on the ground in the same starting location in a controlled manner with both hands on the weight**.
 - v) If the competitor drops the weight during the process of completing the last rep, the rep will not be counted until the weight is returned to the starting location.
- c) 动作标准
 - i) 参赛者必须降低身体，直到胸部和/或腹部区域**接触到 RAM 并实现髋关节伸展**
髋关节伸展的定义是能够从踝部通过膝部、腰部和肩部呈一条直线。***允许髋关节过度伸展。**
 - ii) 完成这一动作时，选手站立伸展，重物举在头顶上方。
 - iii) 伸展的定义是能够从脚踝通过膝盖、髋部和肩膀在身体两侧同时画出一条直线。**从身体侧面看，伸展是指能够同时从脚踝通过膝盖、髋部、肩部、肘部到身体两侧的手部画一条直线。从正面看，肘部伸展是指从肩部通过肘部到身体两侧手部的一条直线。**
 - iv) 最后一次动作完成标志：**重物被双手有控制的放回相同的初始位置上。**
 - v) 如果选手在完成最后一个动作的过程中扔掉或抛落重物，直到重物被有控制的放回起始位置，该动作将不被计数
- d) Additional Notes
 - i) If the competitor chooses a weight lighter than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) If needed, the weight can be placed on the ground during a rest period after a completed rep.
 - iii) **In the event a competitor is unable to attain full extension of one or both elbows, the competitor is**



required to complete an additional 8 reps at their max elbow extension in lieu of receiving penalties. Mobility or limitation must be declared upon entry of zone 10.

d) 其他说明

i) 如果选手使用比所要求重量轻的重物，他们可以重新开始 ZONE 动作，但使用错误重量完成的任何次数将不被计算。

ii) 如有需要，选手可以在完成一次动作后将重物放在地面休息

iii) 如果选手无法完全伸展一侧或两侧肘关节，则必须以最大肘关节伸展完成额外的 8 次动作，以代替惩罚。当选手进入到 ZONE 10 时必须主动告知行动不便或身体限制。

DEKA ATLAS

* Competitors will have a 30:00 minute time cap to complete ATLAS Foundation & ATLAS Peak

** Competitors will compete in the ATLAS Foundation or ATLAS Peak Division

*** Weights can not be more than 2 pounds (.9 kg) under the standard pound. weight requirement for Zones 1-6 & 8-10. The Zone 7 weight cannot be more than 3.2 pounds (1.45kg) under the standard 100lb weight requirement.

* 参赛者将有 30:00 分钟的时间完成 ATLAS Foundation 和 ATLAS Peak

** 参赛者将参加 ATLAS foundation 或 ATLAS Peak 的比赛

*** 对于区域 1-6 和 8-10，重量不能低于标准磅重要求超过 2 磅 (.9kg)。区域 7 的重量不能低于标准 100 磅要求超过 3.2 磅 (1.45kg)



DEKA ATLAS Standards Chart 标准表

Male							
Zone	Equipment	Movement	Reps or Distance	Age 17-59		Ages 14-16, Ages 60+	
				ATLAS Peak	ATLAS Foundation	ATLAS Peak	ATLAS Foundation
1	Barbell	Thruster	20	95 lb 43 kg	65 lb 30 kg	65 lb 30 kg	45 lb 20 kg
2	Barbell	Burpee Over Bar	20	Standard Plate	Standard Plate	Standard Plate	Standard Plate
3	Multiple Options	Surrender Lunge	20	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
4	Dumbbell	Ground-to-Overhead	20	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
5	Dumbbell (Per Hand)	Bear Crawl	40m	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
6	Multiple Options	Sit-Up	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
7	Dumbbell or Kettlebell (Per Hand)	Farmer's Carry	60m	100 lb 44 kg	70 lb 32 kg	70 lb 32 kg	50 lb 22.5 kg
8	Dumbbell (Per Hand)	Shoulder-to-Overhead Press	20	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
9	Jump Rope	Single-Under	100	Any Jump Rope	Any Jump Rope	Any Jump Rope	Any Jump Rope
10	Deadball or Sandbag	Shoulder-to-Carry	100m	100 lb 45 kg	70 lb 32 kg	70 lb 32 kg	50 lb 22.5 kg
Female							
Zone	Equipment	Movement	Reps or Distance	Age 17-59		Ages 14-16, Ages 60+	
				ATLAS Peak	ATLAS Foundation	ATLAS Peak	ATLAS Foundation
1	Barbell	Thruster	20	65 lb 30 kg	45 lb 20 kg	45 lb 20 kg	35 lb 15 kg
2	Barbell	Burpee Over Bar	20	Standard Plate	Standard Plate	Standard Plate	Standard Plate
3	Multiple Options	Surrender Lunge	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
4	Dumbbell	Ground-to-Overhead	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
5	Dumbbell (Per Hand)	Bear Crawl	40m	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
6	Multiple Options	Sit-Up	20	20 lb 9 kg	15 lb 7.5 kg	15 lb 7.5 kg	15 lb 7.5 kg
7	Dumbbell or Kettlebell (Per Hand)	Farmer's Carry	60m	70 lb 32 kg	50 lb 22.5 kg	50 lb 22.5 kg	35 lb 15 kg
8	Dumbbell (Per Hand)	Shoulder-to-Overhead Press	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
9	Jump Rope	Single-Under	100	Any Jump Rope	Any Jump Rope	Any Jump Rope	Any Jump Rope
10	Deadball or Sandbag	Shoulder-to-Carry	100m	70 lb 32 kg	50 lb 22.5 kg	50 lb 22.5 kg	35 lb 15 kg

Refer to the DEKA Rulebook for a full list of details and rules



3.11 Zone 1 - Barbell Thruster (20 reps)

3.11 ZONE 1 - 深蹲推举（20 次）

a) Specifics

- i) Any barbell type is allowed as long as weight standards can be met
- ii) See DEKA ATLAS Standards Chart

a) 具体要求

- i) 只要符合重量标准，任何类型的杠铃都允许使用。
- ii) 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

- i) Competitor begins the competition standing upright in front of the bar
- ii) Competitor begins by cleaning the bar off the ground up to a front rack position
- iii) Competitor will squat down until the hip crease is at or below the top of the knee
- iv) Competitor will rise up out of the squat pressing the bar above the head
- v) The rep is completed when the competitor achieves elbow, hip, and knee extension
- vi) Extension is defined as being able to draw a straight line from the ankle through the knees, hips, shoulders, elbows and hands on both sides of the body simultaneously
- vii) Anytime the bar is returned to the ground it must be returned in a controlled manner and hands must be on the bar when it makes contact with the ground. *If this is not accomplished the competitor will receive a no rep.

b) 动作标准

- i) 比赛开始时，选手在单杠前直立站立
- ii) 参赛者从地面将杠铃提起至前架位置。
- iii) 参赛者下蹲，直到髋部折痕与膝盖顶部齐平或低于膝盖顶部。
- iv) 参赛者从蹲姿站起，将杠铃推举过头顶。
- v) 当参赛完成到肘部、髋部和膝盖的伸展时，一次动作完成。
- vi) 伸展的定义是能够从脚踝通过膝盖、髋部、肩膀、肘部和手在身体两侧同时画出一条直线。
- vii) 任何时候将杠铃放回地面时，必须以控制的方式进行，并且当杠铃接触地面时，手必须放在杠铃上。*如果没有按要求完成，则此次动作不算数。

c) Additional Notes

- i) A squat clean into the thruster is allowed when the bar is lifted from floor as long as the competitors hip crease is at or below the top of the knee

c) 其他说明

- i) 当杠铃从地面提起时，允许使用深蹲帮助推举，只要参赛者的髋部折痕与膝盖顶部齐平或低于膝盖顶部。



3.12 Zone 2 - Burpee Over Bar (20 reps)

3.12 ZONE 2 - 波比跳过杆（20 次）

a) Specifics

- i) Standard bumper or weight plate (17.72" /450mm diameter)is required to provide standard bar height
- ii) See DEKA ATLAS Standards Chart

a) 具体要求

- i) 需要标准缓冲片或配重片（直径 17.72 英寸/450 毫米）以提供标准杠铃高度。
- ii) 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

i) Bar Facing Burpee Over Bar

- ii) Competitor begins the rep facing the barbell (side/lateral facing burpee over bar reps are NOT allowed).
- iii) The competitor must lower their body until their chest makes contact with the ground and hip extension is achieved. Hip extension is defined as being able to draw a straight line from the ankle through the knee, hip and shoulder.*Hyperextension of the hips is allowed. At the bottom of the rep the body must be perpendicular to the bar.
- iv) A rep is counted after the competitor jumps or steps over the bar following the burpee and both feet make contact with the ground on the opposite side of the bar where the rep started

b) 动作标准

- i) 面向杠铃的波比跳。
- ii) 参赛者开始一次动作回合时面向杠铃（侧向或横向的波比跳不允许）。
- iii) 参赛者必须降低身体，直到胸部接触地面，达到髋部伸展。髋部伸展的定义是能够从脚踝到膝盖、臀部和肩膀画一条直线。*允许髋部过度伸展。在代表的底部，身体必须垂直于杆。
- iv) 当参赛者在波比跳后跳过或跨过杠铃，并且双脚在杠铃的另一侧接触地面时，一次动作完成。

3.13 Zone 3 - Surrender Lunge (20 reps)

3.13 ZONE 3 - 投降式弓步（20 次）

a) Specifics

- i) Multiple weight options - dumbbell, kettlebell, sandbell, sandbag, ball, or weight plate.
- ii) See DEKA ATLAS Standards Chart

a) 具体要求

- i) 多种重物选择 - 哑铃、壶铃、沙铃、沙袋、球或配重片。
- ii) 参见 DEKA ATLAS 动作标准表

b) Movement Standards

- i) Competitor starts in a standing position holding weight



- ii) Competitor kneels down touching a knee on the ground/mat followed by swinging the second leg back until it touches the ground/mat beside the other leg
 - iii) At this point the competitor is kneeling with both knees on the ground/mat with the trunk in an upright position while holding the weight
 - iv) To complete the rep the competitor will bring one leg forward and initiate the process of standing up from the kneeling position
 - v) At the top of the rep the competitor is standing upright with hip and knee extension and with both feet on the ground/mat side by side.
 - vi) Extension is defined as being able to draw a straight line through the ankles through the knees, hips, and to the shoulders on both sides of the body simultaneously
- c) 动作标准
- i) 参赛者从站立姿势开始，手持重物。
 - ii) 参赛者跪下，一膝接触地面/垫子，然后将另一条腿向后摆动，直到它接触地面/垫子，位于另一条腿旁边。
 - iii) 此时，参赛者双膝跪地，躯干保持直立，手持重量。
 - iv) 为了完成一次动作，参赛者将一条腿向前移动，并从跪姿开始站起。
 - v) 在回合最后，参赛者直立站立，髋部和膝盖伸展，双脚并排站在地面/垫子上
 - vi) 伸展的定义是能够从脚踝通过膝盖、髋部和肩膀在身体两侧同时画出一条直线。

3.14 Zone 4 - Dumbbell Ground To Overhead (20 reps)

3.14 ZONE 4 - 哑铃地面推举（20次）

- a) Specifics
 - i) See DEKA ATLAS Standards Chart
- a) 具体要求
 - i) 参见 DEKA ATLAS 动作标准表。
- b) Movement Standards
 - i) Competitor lifts weight off the ground and overhead using a single arm snatch or clean and press method
 - ii) The rep is completed when the competitor achieves full elbow, hip, and knee extension
 - iii) Extension is defined as being able to draw a straight line from the ankles through the knees, hips, shoulders, elbows, and hands on both sides of the body simultaneously
 - iv) Competitor must alternate hand every rep
- c) 动作标准
 - i) 参赛者使用单臂抓举或挺举方法将重物从地面提起至过头。
 - ii) 当参赛者达到肘部、髋部和膝盖的完全伸展时，一次动作完成。
 - iii) 伸展的定义是能够从脚踝通过膝盖、髋部、肩膀、肘部和手在身体两侧同时画出一条直线。
 - iv) 参赛者必须在每次动作回合中交替使用左右手。
- c) Additional Notes



- i) The hand switch must happen with the dumbbell on the ground
 - ii) At no point can two hands touch the dumbbell at the same time
 - iii) Anytime the dumbbell is returned to the ground it must be returned in a controlled manner and a hand must be on the dumbbell when it makes contact with the ground. *If this is not accomplished the competitor will receive a no rep.
- c) 其他说明
- i) 换手必须在哑铃放在地面上时进行。
 - ii) 任何时候两只手都不能同时接触哑铃。
 - iii) 任何时候将哑铃放回地面时，必须以控制的方式进行，并且当哑铃接触地面时，手必须放在哑铃上。*如果无法按要求完成则动作不被计数

3.15 Zone 5 - Dumbbell Bear Crawl (40 meters)

3.15 ZONE 5 - 哑铃熊爬（40 米）

- a) Specifics
 - i) A marked 5 meter down and back zone will be used to complete 40 meters with a standard weight in each hand
 - ii) See DEKA ATLAS Standards Chart
- a) 具体要求
 - i) 使用标记的 5 米往返区域，双手持标准重量完成 40 米。
 - ii) 参见 DEKA ATLAS 动作标准表。
- b) Movement Standards
 - i) Both weights must be behind the line at the start
 - ii) Competitor will bear crawl down & back x 4 (40 meters)
 - iii) At every 5 meter turn around point and at the 40 meter finish both dumbbells must be 100% past the line
 - iv) The competitor must be in a bear crawl position anytime the weights are progressing forward
 - v) During the bear crawl movement, the feet can NOT travel past the back plane of either dumbbell. If a competitor breaks this rule during a 5 meter crawl section, the competitor will be required to stop and move the forward dumbbell backwards until it is 100% behind the plane of the trailing dumbbell
 - vi) At no point can both dumbbells be off the ground at the same time
 - vii) The dumbbells shall only move forward using a lift and place method
 - viii) At no time is the competitor allowed to roll the dumbbells forward
 - ix) Both competitors' knees must be off the ground when the weights are progressing forward
 - x) The competitor is allowed to rest at any time. During rest periods the weights can not progress forward
 - xi) Both dumbbells must be parallel and in line with the body when progressing forward during the bear crawl
- b) 动作标准



- i) 开始时，两个重物必须位于线后。
- ii) 参赛者将进行熊爬往返 4 次（共 40 米）。
- iii) 在每 5 米转弯点和 40 米终点，两个哑铃必须完全过线。
- iv) 当重量向前移动时，参赛者必须保持熊爬姿势。
- v) 在熊爬过程中，双脚不能超过任一哑铃的后平面。如果参赛者在 5 米爬行段违反规则，参赛者必须停止并将前哑铃 100% 移动到后哑铃的平面后方。
- vi) 任何时候两个哑铃都不能同时离开地面。
- vii) 哑铃只能通过提起和放置的方式向前移动。
- viii) 参赛者不允许滚动或滑动哑铃向前移动。
- ix) 当重量向前移动时，参赛者的双膝必须离开地面。
- x) 参赛者可以随时休息。在休息期间，重量不能向前移动。
- xi) 在熊爬过程中，两个哑铃必须平行（与身体对齐）向前移动。

3.16 Zone 6 - Sit Up (20 reps)

3.16 ZONE 6 - 仰卧起坐（20 次）

- a) Specifics
 - i) Multiple weight options - dumbbell, kettlebell, sandbell, sandbag, ball, or weight plate.
 - ii) See DEKA ATLAS Standards Chart
- a) 具体要求
 - i) 多种重物选择 - 哑铃、壶铃、沙铃、沙袋、球或配重片。
 - ii) 参见 DEKA ATLAS 动作标准表。
- b) Movement Standards
 - i) Rep starts with competitor holding the weight in a seated position
 - ii) Competitor will lie down and touch the weight on the ground behind the head
 - iii) Competitor will raise the torso off the ground with weight in hand and complete the sit-up rep by touching the weight on the ground between the feet
- c) 动作标准
 - i) 动作回合开始时，参赛者手持重量处于坐姿。
 - ii) 参赛者躺下，将重物接触头部后方的地面。
 - iii) 参赛者手持重物将躯干抬离地面，并通过将重物接触双脚之间的地面来完成仰卧起坐。

3.17 Zone 7 - Farmer's Carry (60 meters)

3.17 ZONE 7 - 农夫搬运（60 米）

- a) Specifics
 - i) A marked 5 meter down and back zone will be used to complete 60 meters with a standard weight in each hand



- ii) Kettlebells & dumbbells are both allowed
 - iii) Both weights must be behind the line at the start
 - iv) See DEKA ATLAS Standards Chart
- a) 具体要求
- i) 使用标记的 5 米往返区域，双手持标准重量完成 60 米。
 - ii) 允许使用壶铃和哑铃。
 - iii) 开始时，两个重物必须位于线后。
 - iv) 参见 DEKA ATLAS 动作标准表。
- b) Movement Standards
- i) Starting behind the start line, the competitor will dead lift and farmer' s carry the weight 5 meters until both feet are passed the 5 meter line
 - ii) Competitor will turn and farmer' s carry the weight 5 meters back to the start line
 - iii) Once both feet are passed the start line, the competitor must place the weights on the ground (both weights must be 100% past the line)
 - iv) If a competitor places the weights on the ground before both feet are past the start line, the competitor must complete a penalty dead lift rep followed by placing the weights on the ground in a controlled manner.
 - v) Competitor must remove hands from the weights during this transition
 - vi) Competitor will repeat this process for a total of down & back x 6 for 60 total meters
 - vii) Anytime the weights are placed on the ground they must be placed in a controlled manner and hands must be on the weights when they make contact with the ground
 - viii) If a competitor fails to place weights on the ground in a controlled manner (as outlined above)the competitor must complete a penalty dead lift rep followed by placing the weights on the ground in a controlled manner
- b) 动作标准
- i) 从起点线后开始，选手将举起重物并搬运重物行进 5 米，直到双脚越过 5 米线。
 - ii) 选手转身返回，举起重物并搬运重物 5 米直到返回起跑线。
 - iii) 当两只脚都越过起点线后，选手必须将重物放在地面上（两个重物必须 100% 越过终点线）。
 - iv) 如果选手在双脚越过起点线之前将重物放在地上，则该选手必须完成一次抬举作为惩罚，然后有控制的将重物放在地上。
 - v) 选手必须在转换过程中将手从重物上移开
 - vi) 参赛者将重复此过程，共进行 6 次往返，总计 60 米。
 - vii) 无论何时将重物放在地面上，都必须有控制的将重物放置，重物接触地面时手必须放在重物上。
 - viii) 如果选手未能有控制的（如上所述）将重物放在地面上，则必须在完成一次抬举后，有控制的将重物放在地面上。
- c) Additional Notes
- i) Competitor is allowed to place the weights on the ground at anytime
 - ii) Competitor is not allowed to slide, drag, or throw the weights
- c) 其他说明
- i) 参赛者可以随时将重物放在地面上。



- ii) 参赛者不允许滑动或甩动重物。

3.18 Zone 8 - Dumbbell Shoulder to Overhead Press (20 reps)

3.18 ZONE 8 - 哑铃肩推（20 次）

- a) Specifics
 - i) Reps shall be completed with a standard dumbbell in each hand
 - ii) See DEKA ATLAS Standards Chart
- a) 具体要求
 - i) 每次重复动作需双手持标准哑铃完成。
 - ii) 参见 DEKA ATLAS 动作标准表。
- b) Movement Standards
 - i) Competitor begins by cleaning the dumbbells off the ground to a front rack position
 - ii) Press weight overhead reaching elbow, hip, & knee extension
 - iii) Extension is defined as being able to draw a straight line from the ankles through the knees, hips, shoulders, elbows, and hands on both sides of the body simultaneously
 - iv) Any press method is allowed. Ex. push press, push jerk, or press
 - v) Anytime the dumbbells are returned to the ground they must be returned in a controlled manner with both hands on the dumbbells when they make contact with the ground. *If this is not accomplished the competitor will receive a no rep.
- c) 动作标准
 - i) 参赛者从地面将哑铃提起至前架位置。
 - ii) 将重量推举过头，达到肘部、髋部和膝盖的伸展。
 - iii) 伸展的定义是能够从脚踝通过膝盖、髋部、肩膀、肘部和手在身体两侧同时画出一条直线。
 - iv) 允许使用任何推举方法，例如推举、推挺或挺举。
 - v) 任何时候将哑铃放回地面时，必须以控制的方式进行，并且当哑铃接触地面时，双手必须放在哑铃上。如果不能按要求完成则动作不被计数。

3.19 Zone 9 - Jump Rope Single Under (100 reps)

3.19 ZONE 9 - 单摇跳绳（100 次）

- a) Specifics
 - i) See DEKA ATLAS Standards Chart
- a) 具体要求
 - i) 参见 DEKA ATLAS 动作标准表。
- b) Movement Standards
 - i) Competitor will begin from a standing position with rope in hand
 - ii) A single under rep is counted when the rope travels a full 360 degrees starting from behind the heels,



traveling up and over the head, down in front of the body, and completed when the rope travels under the feet x 1 revolution.*Stepping over the rope after a failed rep does not count as a completed rep (the rep must start over with the rope behind the heels)

iii) The competitor must jump off of both feet at the same time

b) 动作标准

i) 参赛者从站立姿势开始，手持跳绳。

ii) 当跳绳从脚跟后方开始，经过头顶，向下穿过身体，并在脚下完成一次完整旋转时，单摇一次动作完成。失败后跨过跳绳不能算作完成一次动作（必须重新开始，将跳绳放在脚后跟后面。

iii) 参赛者必须双脚同时起跳。

c) Additional Notes

i) To accommodate different competitor heights, different rope lengths are allowed

c) 其他说明

i) 为适应不同参赛者的身高，允许使用不同长度的跳绳

3.20 Zone 10 - ATLAS Shoulder to Carry (100 meters)

3.20 ZONE 10 - 阿特拉斯肩扛搬运（100 米）

a) Specifics

i) A weighted ball or sandbag is required

ii) A marked 5 meter down and back zone will be used to complete 100 meters

iii) See DEKA ATLAS Standards Chart

a) 具体要求

i) 需要使用加重球或沙袋。

ii) 使用标记的 5 米往返区域完成 100 米。

iii) 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

i) Competitor will lift, shoulder, and carry the weight 5 meters until both feet are past the 5 meter line.

ii) Competitor will turn and carry weight on shoulder 5 meters back to the start line

iii) Once both feet are passed the line, the competitor will drop the weight. 100% of the weight must be past the line

iv) If the competitor drops the ball or sandbag before both feet cross the line and the ball or sandbag finishes 100% past the line a penalty lift to shoulder and drop rep must be performed

v) If the competitor drops the ball anywhere inside the 5 meter zone, the ball must be lifted to the shoulder and carried across the line (pushing/rolling the ball across the line is not allowed)

vi) Competitor must remove hands/arms from the weight during this transition

vii) Competitor will repeat this process for a total of down & back x 10 for 100 total meters.

viii) Both feet and the entire ball must be behind the line when the lift to shoulder is being accomplished

b) 动作标准



- i) 参赛者将重物提起并扛在肩上，搬运 5 米，直到双脚过线。
- ii) 参赛者转身并将重物扛在肩上搬运 5 米返回起跑线。
- iii) 一旦双脚过线，参赛者将放下重物（重物必须完全过线）。
- iv) 如果参赛者在双脚过线前放下重物，且重物全部过线，则必须重物提至肩部并放下一次作为惩罚。
- v) 如果参赛者在 5 米区内任何地方掉球，必须将球举到肩上并带过线（不允许推球/滚球过线）。
- vi) 在此过程中，参赛者必须将手/手臂从重物上移开。
- vii) 参赛者将重复此过程，共进行 10 次往返，总计 100 米。
- viii) 当将重物提起至肩上时，双脚和整个球必须位于线后。

c) Additional Notes

- i) The weight must be dropped at the end of every 10 meter carry completion.
- ii) The competition is complete when the competitor crosses the final line with both feet followed by dropping the weight
- iii) If required, the competitor is allowed to drop the weight between the 5 meter line
- iv) The competitor is not allowed to push/roll the weight.

c) 其他说明

- i) 每完成 10 米搬运后，必须放下重物。
- ii) 当参赛者双脚越过终点线并放下重物时，比赛结束。
- iii) 参赛者可以在 5 米线之间放下重物。
- iv) 参赛者不允许推动或滚动重物。

4. General Rules & Penalties

4. 基本规则与处罚

4.1 TIMING FORMAT 计时标准

4.1.1 DEKA STRONG and DEKA MILE Individual Timing

- a) Gym Affiliate events are individually hand timed
- b) At World Championship events, competitors will be chip timed

DEKA STRONG 和 DEKA MILE 个人计时

由指定健身房举办的赛事每人单独使用手动计时。
世锦赛相关赛事使用芯片计时。

4.1.2 DEKA STRONG and DEKA MILE Team Timing

- a) Gym Affiliate events are individually hand timed.
- b) At World Championship events, competitors will be chip timed.

DEKA STRONG 和 DEKA MILE 双人组计时

由指定健身房举办的赛事每人单独使用手动计时。



世锦赛相关赛事使用芯片计时。

4.1.3 DEKA FIT and DEKA FIT Ultra Individual Timing

DEKA FIT 和 DEKA FIT Ultra 个人计时

a) The winner of each category will be determined by chip time, or based on the accumulated time from when a competitor crossed the start line until they have crossed the finish line, with the addition of any time penalties assessed by the Head Official. *In the event of a photo finish with DEKA support staff produced video evidence, the winner will be determined by which competitor crosses the line first (chip time may be overruled in this instance).

每个组别的获胜者将根据“芯片计时”确定，或者根据参赛者从越过起跑线到越过终点线的累计时间，加上由裁判评估的任何时间处罚来确定。*在有 DEKA 官方人员提供的视频证据的情况下，视频如果可以证明哪位选手先过终点线，那么这位选手为胜者。（在这种情况下，芯片计时结果在该情况下可被官方否决）。

b) Competitor times will be validated by RFID timing chips. It is each competitor's sole responsibility to assure the chip is securely fastened to their wrist and worn across all checkpoints on course.

参赛者的时间将通过 RFID 计时芯片进行验证。每位参赛者都有责任确保芯片牢固地固定在手腕上并在穿过赛道上的所有检查点时佩戴。

c) Any missing chip times will be subject to independent review and may result in a competitor being considered for disqualification, at the discretion of the Event Director and Head Official.

任何缺失的计时芯片显示时间都将接受独立审查，并可能导致参赛者被取消资格，具体由赛事总监和负责人自行决定。

d) If a competitor's timing chip is lost, it must be immediately reported to Timing and Results staff upon crossing the finish. If a Competitor's timing chip is lost or a Checkpoint is not read by RFID, DEKA FIT referees may also be used to validate a competitor's completion of the workout.

如果参赛者的计时芯片丢失，必须在冲过终点后立即向计时和成绩工作人员报告。如果参赛者的计时芯片丢失或 RFID 无法读取检查点，DEKA FIT 裁判也可用于验证参赛者是否完成动作要求。

4.1.4 DEKA FIT Team Timing

DEKA FIT 双人组计时

a) The team timing chip must be carried across all timing mats.

在团队成员经过计时毯时必须携带计时芯片。

4.1.5 Spartan reserves the right to request video evidence of any qualifying runs and/or course layout.

斯巴达保留：要求提供任何资格赛和/或赛道布置录像的权利。

4.1.6 DEKA ATLAS Timing

DEKA ATLAS 计时

a) Gym Affiliate events are individually hand timed. Competitors will have 30:00 minutes to complete DEKA ATLAS (30:00min time cap)

指定健身房举办的赛事采用手动计时。参赛者必须在 30 分钟内完成 DEKA ATLAS (30 分钟时



间限制)。

4.2 PENALTIES: For HQ produced DEKA STRONG, DEKA MILE, DEKA FIT & DEKA FIT Ultra events.

惩罚说明; 适用于全部举办的 DEKA STRONG 、DEKA MILE 、DEKA FIT 和 DEKA FIT Ultra 赛事。

4.2.1 Any competitor who enters a DEKA Zone and fails to complete the zone as outlined in Section 3 - Zone Description & Rules will be subject to these time penalties and/or disqualification:

[Link to DEKA Penalty Chart](#)

*Penalty Chart also available below in Change Log as an Appendix.

任何进入 Zone 区的参赛选手, 如未能按照第“3 节-Zone 区动作描述及规则”完成 Zone 区, 将被罚时和/或取消资格:

[处罚图表链接](#)

*图表也可在“变更日志”后查阅。

- a) If less than 80% of the required work to be completed in a zone is performed, the competitor will be considered an unofficial finisher(disqualified)and their time will not be submitted to the global leaderboard. Competitor will receive their finisher shirt, medal, and hex.
- b) DEKA Zone 1 - 10 second penalty for each missed rep (up to 20% of total)
- c) DEKA Zone 1 - 30 second penalty if competitor drops RAM after final lunge rather than placing RAM on the ground. *If a 30 second penalty is assessed for dropping the RAM, there will NOT be an additional penalty for an incomplete rep. *The RAM does NOT have to be standing upright.
- d) DEKA Zone 2 - 20 second penalty if competitor departs the zone with 5 meters or fewer remaining before completing 500 meters.
- e) DEKA Zone 2 - 2 minute penalty if competitor departs the zone with 6 or more meters remaining (up to 20% of total meters remaining)before completing 500 meters.
- f) DEKA Zone 3 - 10 second penalty for each missed rep (up to 20% of total).
- g) DEKA Zone 4 - 10 second penalty for each missed rep (up to 20% of total).
- h) DEKA Zone 5 - 20 second penalty if competitor departs the zone with 5 meters or fewer remaining before completing 500 meters.
- i) DEKA Zone 5 - 2 minute penalty if competitor departs the zone with 6 or more meters remaining (up to 20% of total meters remaining)before completing 500 meters.
- j) DEKA Zone 6 - 1 minute penalty if competitor completes 80% of the zone but fails to complete the entire zone.
- k) DEKA Zone 6 - 30 second penalty if competitor drops, throws, or fails to return dumbbells to the same starting location.
- l) DEKA Zone 7 - 20 second penalty if competitor departs the zone with 1.0 calorie remaining before completing 25 calories.



- m) DEKA Zone 7 - 2 minute penalty if competitor departs the zone with 2.0 or more calories to complete (up to 20% of total calories remaining).
- n) DEKA Zone 8 - 20 second penalty for each missed rep (up to 20% of total).
- o) DEKA Zone 9 - 1:30 minute penalty for each missed rep. Down & back is considered 1 rep.
- p) DEKA Zone 10 - 20 second penalty for each missed rep (up to 20% of total).
- q) DEKA Zone 10 - 30 second penalty if competitor drops RAM after final burpee rather than placing RAM on the ground. *If a 30 second penalty is assessed for dropping the RAM, there will NOT be an additional penalty for an incomplete rep.*The RAM does NOT have to be standing upright.
- r) Post race video will not be used except in cases of reviewing assessed penalties and safety violations.
- a) 如果在一个 Zone 区内完成数量少于规则要求的 80%，该选手将被视为非官方完赛选手（取消成绩），其成绩将不会提交给全球排行榜。选手将获得完赛 T 恤、完赛奖牌和荣耀碎片。
- b) Zone 1 - 每少 1 个罚时 10 秒（少做数最多占总数的 20%，少做多于 6 个取消成绩）
- c) Zone 1 - 如果选手在最后弓步中将 RAM 掉落，而不是将 RAM 有控制的放在地面上则罚时 30 秒。*如果因掉落 RAM 而被罚 30 秒，则不会因未完成动作而受到额外罚时。*RAM 不是非要放正，放回原位即可。
- d) Zone 2 - 显示器剩余米数小于等于 5 米时，选手离开 Zone 区，则罚时 20 秒。
- e) Zone 2 - 显示器剩余米数，大于等于 6 米、小于等于 100 米（最多剩余 20%，100 米时，选手离开该区，则罚时 2 分钟。
- f) Zone 3 - 每少做 1 个罚时 10 秒（少做上限为 20%，4 个）。
- g) Zone 4 - 每少做 1 个罚时 10 秒（少做上限为 20%，5 个）。
- h) Zone 5 - 显示器剩余米数小于等于 5 米时，选手离开 Zone 区，则罚时 20 秒。
- i) Zone 5 - 显示器剩余米数，大于等于 6 米、小于等于 100 米（最多剩余 20%，100 米时，选手离开该区，则罚时 2 分钟。
- j) Zone 6 - 如果参赛者完成了区域的 80%但未能完成整个区域，将被处以 1 分钟的罚时。
- k) Zone 6 - 如果选手摔落，抛掷或者未能将哑铃放回起始位置，则罚时 30 秒。
- l) Zone 7 - 如果显示剩余 1 卡路里时，选手离开区域，则将被处罚 20 秒。
- m) Zone 7 - 如果显示剩余大于等于 2 卡、小于等于 5 卡，则罚时 2 分钟（最多剩余为总卡路里的 20%，5 卡）。
- n) Zone 8 - 每少做 1 次，罚时 20 秒（少做上限：总数的 20%，4 个）。
- o) Zone 9 - 每少做 1 来回，罚时 1 分 30 秒。前推 10m+后拉 10m 为 1 来回。
- p) Zone 10 - 每少做 1 次，罚时 20 秒（少做上限：总数的 20%，4 个）。
- q) Zone 10 - 如果选手在做最后一个波比时，使 RAM 掉落，而不是有控制的将 RAM 放在地上，则罚时 30 秒。*如果因掉落 RAM 而被罚 30 秒，则不会因未完成动作而受到额外处罚。*RAM 不是非要放正，放回原位即可。
- r) 赛后视频不会用于其他用途，除非是为了审查已判罚的处罚或安全违规行为。

4.2.2 Any competitor who fails to enter and attempt to complete a DEKA Zone as outlined in Section 3 - Zone Description & Rules:

- a) Competitor will be considered an unofficial finisher (disqualified) and their result will not be submitted to the global leaderboard.



b) Competitor will receive their finisher shirt, medal, and Hex.

c) *For DEKA FIT Ultra skipping a zone will result in a 20:00 minute time penalty

任何参赛选手如未能按照第 3 节-Zone 区动作描述及规则完成 Zone 区：

a) 参赛选手将被视为非官方完赛者（取消成绩），其成绩将不会提交至全球排行榜。

b) 参赛选手将获得完赛 T 恤、完赛奖牌和荣耀碎片。

c)* 对于 DEKA FIT Ultra，跳过某个区域将导致 20 分钟的罚时。

4.2.3 Any competitor who completes all 10 DEKA Zones but fails to complete the DEKA Zones in order (starting with 1, completing in order, and finishing with 10) will:

a) Receive a 1 minute penalty for each violation. Example - Zone 3 is completed and then followed by completing Zone 2 = 1 minute penalty. Later in the race Zone 8 is completed and then followed by completing Zone 7 = additional 1 minute penalty is assessed.

4.2.3 任何完成全部 10 个 DEKA 区域动作但未能按顺序完成 DEKA 区（从 1 开始，按顺序完成，最后以 10 结束）将：

a) 每次违规将受到 1 分钟的处罚。示例-先完成 ZONE 3，然后完成 ZONE 2 = 罚时 1 分钟。

随后在比赛中完成 ZONE 8，然后再完成 ZONE 7 = 额外加罚 1 分钟。

4.2.4 Any competitor who doesn't complete the required running distance

(misses a lap) that precedes a zone and comes back later in the race and "makes it up" will:

a) Receive a 1 minute time penalty for each violation (2 lap course set-up)

b) Receive a 45 second penalty for each violation (3 lap course set-up)

4.2.4 任何未完成进入区域所需跑动距离（错过一圈）并在比赛后期返回并“弥补”的参赛者将：

a) 每次违规将受到 1 分钟的处罚（适用于 2 圈赛道设置）。

b) 每次违规将被处以 45 秒的罚时（适用于 3 圈赛道设置）。

4.2.5 Any competitor who doesn't complete the required running distance

(misses a lap) that precedes a zone and fails to make it up later in the race will:

a) Receive a 5 minute penalty for each violation (2 lap course set-up)

b) Receive a 3 minute penalty for each violation (3 lap course set-up)

4.2.5 任何未完成进入区域前所需跑动距离（错过一圈）且未能在之后补上的参赛者将：

a) 每次违规将受到 5 分钟的处罚（2 圈赛道设置）。

b) 每次违规将受到 3 分钟的处罚（3 圈赛道设置）。

4.2.6 Any competitor who doesn't complete 80% of the total required running.

a) Competitor will be considered an unofficial finisher (disqualified) and their result will not be submitted to the global leaderboard.

b) Competitor will receive their finisher shirt, medal, and Hex.

4.2.6 任何未完成总跑步距离 80% 的参赛者：

a) 参赛者将被视为非正式完赛者（取消资格），其成绩将不会提交至全球排行榜。

b) 参赛者仍将获得完赛 T 恤、完赛奖牌和荣耀碎片。



4.3 EQUIPMENT 装备

4.3.1 The Following Equipment is permitted for use:

- a) Gloves
- b) Weight lifting belts
- c) For DEKA STRONG & DEKA MILE Affiliate events personal water/hydration is allowed but shall be staged off to the side of the course.

4.3.1 以下装备允许在 DEKA 赛区使用:

- a) 手套
- b) 举重腰带
- c) DEKA STRONG & DEKA MILE 相关赛事, 允许携带补水装备, 但应放置在赛道旁边

4.3.2 The Following Equipment is not permitted for use:

- a) Headphones
- b) Lifting Straps or gymnastic/CrossFit style hand grips
- c) DEKA FIT and DEKA FIT Ultra only: Any type of water vessel (including hydration pack, water bottle, etc). 1-2 stations will be provided per lap so competitors will have access to 10-20 water stops over the 5K event.*Water may not be provided at DEKA FIT Roadshows and in this case, personal hydration is allowed.

4.3.2 以下装备不允许在 DEKA 赛区使用:

- a) 耳机
- b) 举重助力带或体操/CrossFit 式护掌
- c) 针对 DEKA FIT 和 DEKA FIT Ultra: 任何类型的水容器 (包括驼包、水瓶等)。每圈将提供 1-2 个供水站, 因此参赛者在 5 公里比赛中可以使用 10-20 次供水站。*在 DEKA FIT 路演中可能不供水, 在这种情况下, 允许参赛者自带补水装备。

4.4 GENERAL CONDUCT 基本行为准则

4.4.1 When participating in any DEKA event and while on an event site, all competitors must:

- a) act in compliance with these Rules; and
- b) treat all fellow competitors, DEKA staff members, DEKA volunteers, spectators, and members of the public with fairness, respect and courtesy at all times; and
- c) refrain from the use of abusive, threatening, or insulting language or conduct; and
- d) report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.

在参加任何 DEKA 赛事时或在赛事现场期间, 所有选手都必须:

- a) 遵守本竞赛规则;
- b) 公平、尊重、礼貌地对待所有参赛者、工作人员、志愿者、观众及其他公众人士;
- c) 不得使用毁谤、威胁、侮辱的语言和行为;
- d) 向主裁判汇报任何违反本竞赛规则的行为或主动退出比赛。

4.4.2 Violations of General Conduct may result in a penalty depending on the severity of the violation, as



determined at the sole discretion of the Head Official.

违反基本行为准则可能导致惩罚，主裁判根据情节轻重来决定处罚的方式

4.5 COMPETITION CONDUCT

4.5.1 During the competition, competitors must:

- a) complete the official workout in its entirety. It is each competitor's responsibility to follow the workout and zone layout correctly; and
- b) not intentionally impede another competitor's forward progress. Jostling, running across, charging, or otherwise interfering with other competitors is prohibited.
- c) After completing a zone with a weight implement, the equipment must be placed on the ground in the same spot it was when the competitor began the zone work.
- d) not accept from any person, other than a DEKA official, physical assistance in any form including taking or utilizing given food, drink, equipment, physical support, or pacing unless an express exception has been granted and approved in writing by DEKA.

在比赛期间，参赛者必须：

- a) 全部完成官方规定的竞赛内容。遵循每个 DEKA 区完成动作的要求是每位参赛者的责任；
- b) 参赛者不得有意阻碍其他参赛者比赛，禁止推搡、横穿、指控或用其他方式干扰其他参赛者；
- c) 使用负重器械完成一个 ZONE 区后，必须放回原位，将器械放置在选手拿起器械时的相同位置。
- d) 参赛者不得接受任何人（除 DEKA 官方）以任何形式提供的帮助，包括食物、饮料、装备、体力支持或领跑，除非 DEKA 官方对其以书面形式准许和批准。

4.6 COMPETITION AND HEAT STARTS - DEKA FIT DEKA FIT 比赛出发时间

4.6.1 All competitors shall start in and with their assigned starting heat, wave or group. Any competitor who starts in an incorrect heat shall be ineligible for awards including qualification to any championship events.

所有参赛者都必须按照其指定的出发时间、和组别进行比赛。任何参赛者在错误的出发时间出发将导致其被剥夺获奖的权利，也将会失去晋级锦标赛的权利。

4.6.2 Elite competitors who do not start in the correct wave will be moved to the Age Group category.

精英组参赛者若不在规定出发时间出发将会被划归为年龄组。

4.7 UNREGISTERED COMPETITORS 未报名的参赛者

4.7.1 Any person who participates in any part of an event without first properly registering and paying any registration fees as stipulated by DEKA may be suspended or barred from all DEKA events for a period of up to one year.

任何参加了任一赛事但未事前按照规定报名并支付报名费的参赛者，将在一年内被暂停或禁止参加



任何 DEKA 赛事。

4.7.2 Any person who assists a competitor with unregistered or unauthorized event entry by providing a competitor number, headband, and/or timing chip to that competitor may be suspended from all DEKA events for a time period to be determined at DEKA's discretion, including a lifetime ban from all DEKA events.

任何协助未经注册的参赛者为其提供参赛号码头带、芯片等竞赛物资，使其绕过注册或非正式授权而参加比赛的参赛者，将会被在一定期限内禁止参加任何 DEKA 赛事。情节严重者终生禁止参加 DEKA 赛事。

4.8 ACTS WARRANTING SUSPENSION 导致禁赛行为

4.8.1 In addition to other penalties outlined in these Rules which may be imposed at the discretion of DEKA, the following acts may be grounds for suspension for a period of time designated by DEKA at its discretion:

- a) flagrant or willful violation of the Competitive Rules; and
- b) gross or continued unsportsmanlike conduct; and
- c) physical violence directed toward an official, competitor, volunteer, spectator, or another person; and
- d) any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to DEKA or officials; and
- e) intentionally participating in an event despite failure to register; and
- f) repetitive or recurring violations of the Rules; and
- g) failure to notify an official after withdrawing from an event; and
- h) violation of the Anti Doping Rules set forth in Section 4.13; and
- i) refusal to abide by the final determination and judgment by DEKA of any matter relating to these Rules; and
- j) any act which disgraces or brings discredit to DEKA.

4.8.1 下列行为可作为停赛的理由，以及除规则外由 DEKA 官方直接的判定的停赛行为，停赛时间由 DEKA 自行决定：

- a) 公然或故意违反竞争规则；
- b) 严重或持续的违反体育道德的行为；
- c) 针对工作人员、参赛者、志愿者、观众或其他现场人员的肢体暴力；
- d) 任何欺诈行为，例如伪造姓名或年龄、提交虚假宣誓书或申诉，或向 DEKA 或工作人员提供虚假信息；
- e) 故意未报名注册但参加赛事；
- f) 重复或经常违反《竞赛规则》；
- g) 弃赛后未通知工作人员；
- h) 违反第 4.13 节规定的反兴奋剂规则；
- i) 拒绝遵守 DEKA 对与本规则有关的任何事项的最终决定和判断；
- j) 任何使 DEKA 蒙羞或名誉扫地的行为。



4.9 EFFECT OF SUSPENSION 禁赛制度

4.9.1 Any person suspended from DEKA shall be ineligible to participate in any DEKA event and shall be disqualified from all DEKA events during the suspension period and until that person has applied for and received written notice of reinstatement from DEKA.

任何被 DEKA 禁赛的参赛者没有资格参加任何 DEKA 赛事，并且取消其在所有赛事中的晋级资格，直至其申请重新参赛并收到 DEKA 恢复参赛的书面通知。

4.10 REINSTATEMENT 恢复参赛资格

4.10.1 Any person who has been suspended must apply in writing to DEKA for reinstatement after or immediately preceding expiration of the suspension period.

任何被禁赛者均须在禁赛期届满或之后向 DEKA 赛事组提交恢复参赛资格的书面申请。

4.11 ACTS OF AGENTS 代理人行为

4.11.1 The conduct of any agent, coach, manager, friend, or family member representing a competitor shall constitute grounds for penalizing such competitor if such person's conduct violates any of these rules.

代表参赛选手的任何代理人、教练、经理、朋友或家庭成员的行为如违反本规则的任何规定,均构成处罚该参赛选手的理由。

4.12 PROTEST PERIOD 申诉期

4.12.1 An Elite and Age Group competitor's protest period for penalties, timing and results, disqualifications, or other penalties issued starts immediately after a competitor crosses the finish line and ends 15 minutes prior to the official award ceremony time for their respective Category.

精英组和年龄组参赛者对处罚、计时和结果、取消资格或其他处罚的抗议期在参赛者越过终点线后立即开始，并在各自类别的正式颁奖典礼时间前 15 分钟结束。

4.12.2 It is each competitor's sole responsibility to check for any penalties administered to them by the Head Official, up to 15 minutes prior to the official awards ceremony for their Category, in the event they would like to protest any such penalties.

如果参赛者想对任何此类处罚提出抗议，则在其类别的官方颁奖仪式前 15 分钟内，每位参赛者应自行负责检查主管人员对其实施的任何处罚。

4.12.3 Any protest a competitor may wish to raise regarding penalties, or other issues that affect the outcome of the event, must be brought to the Head Official during the protest period. In some circumstances the Head



Official may extend a protest period beyond the award ceremony at their sole discretion.

参赛选手若想就处罚或其他影响比赛结果的问题提出抗议，必须在申诉期内向裁判长提出。在某些情况下，裁判长可自行决定将抗议期延长至颁奖仪式之后。

4.12.4 DEKA reserves the right to continue penalty resolutions post-event, and change event standings or event day decisions indefinitely after an event in cases of unsportsmanlike conduct and/or intentional or malicious breaking of the rules, including but not limited to the failing of any Anti-Doping and Drug Control protocols administered by DEKA or a third party designated as an official drug tester by DEKA .

对于违反体育道德的行为和/或蓄意或恶意违反规则的行为，包括但不限于违反由 DEKA 或 DEKA 指定的第三方药物检测机构实施的反兴奋剂和药物控制协议的行为，DEKA 保留在赛后继续进行处罚决议、无限期更改赛事排名或比赛日处罚的权利。

4.13 DRUG TESTING AND ANTI-DOPING SANCTIONS 药物检查及反兴奋剂制裁

4.13.1 Each DEKA competitor acknowledges the likelihood of Anti-Doping controls being administered at any given DEKA event and that he/she has reviewed, understands and accepts the most recent Banned Substances List as provided by the World Anti-Doping Agency (WADA). This list can be found here: <https://www.wada-ama.org/en/content/what-is-prohibited>

每位 DEKA 参赛者均承认在任何特定的 DEKA FIT 竞赛中可实施反兴奋剂管制，并且其已查阅和接受世界反兴奋剂组织 (WADA) 的禁用药物清单。

请访问以下地址查阅此清单: <https://www.wada-ama.org/en/content/what-is-prohibited>

4.13.2 Any DEKA competitor who returns a positive test for a WADA Banned Substance may be given the following sanctions by DEKA:

a) First offense: two year ban from all DEKA events.

b) Second offense: lifetime ban from all DEKA events.

禁用药物检测呈阳性的 DEKA 参赛者将受到以下制裁:

a) 第一次违规: 禁止参加全球所有 DEKA 赛事 2 年

b) 第二次违规: 终身禁止参加全球所有 DEKA 赛事。

4.13.3 Any Elite and/or Age Group athlete with questions or concerns, including Therapeutic Use Exemption (TUE) requests, should contact DEKA Customer Service in the United States at CS@deka.fit.

任何精英组或年龄段组的参赛者若有任何其他问题或疑虑包括关于 TUE 申请(治疗性用药豁免), 可联系 DEKA 客户服务部: CS@deka.fit.

4.14 PRIZE MONEY AND AWARDS 奖金及奖品

4.14.1 Where prize money and/or awards are available, competitors eligible to receive them must:

a) fill out all required paperwork as requested by DEKA; and



b) comply with all Anti-Doping controls in place at the given event

当赢得奖金或奖品时，参赛者必须满足如下事项方能获得领取资格：

- a) 填写 DEKA 要求的相关文件；
- b) 配合一切有关本场赛事的反兴奋剂控制事宜。

4.14.2 Failure to adhere to these standards may result in disqualification from the event and forfeiture of prize money.

不遵守这些准则将可能导致取消比赛资格并且没收奖金。

4.15 AGE GROUPS: DEKA STRONG, DEKA MILE, DEKA FIT (Individual and Teams)

4.15.1 Age Group standards: The age used on the DEKA leaderboards will be your age at the end of the DEKA race season/series (age on September 30th of the series year).

*There may be some years where the race season/series ends the before or after the week of September 30th

a) Individuals: 10-13 (Youth), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

*For leaderboard and World Championship qualification there will be two different Youth categories (10-11 & 12-13).

b) DEKA Ruck Individual: 44 & Under & 45+ Masters Division

c) DEKA STRONG, DEKA MILE, & DEKA FIT 2-Person Teams (3 Divisions - Male, Female, & Co-Ed):

- 10-13 (Youth)
- Adult (14+)with Youth (10-13)
- Adult Team Age Groups (adult ages combined)
 - 1.59 & Under
 - 2.60-79
 - 3.80-99
 - 4.100-119
 - 5.120+.

d) DEKA FIT 4-Person Teams (3 Divisions - Male, Female, & Co-Ed):

- 10-13 (Youth)
- 2 Adults (14+)with 2 Youth (10-13)
- Adult Team Age Groups (adult ages combined)
 - 1.119 & Under
 - 2.120-159
 - 3.160-199
 4. 200-239
 5. 240+.

4.15.1 年龄确定标准：DEKA 排行榜上使用的年龄：你的出生年月日处于本赛季 DEKA 系列赛结束时的年龄（当年 9 月 30 日时你的年龄）。



*有些年份的 DEKA 系列赛可能在 9 月 30 日之前或之后的一周结束。

a) 个人: 10-13 (青少年), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

*对于排行榜和世锦赛资格赛, 将有两个不同的青少年组 (10-11 和 12-13) 。

b) DEKA 负重个人赛: 44 岁及以下组和 45 岁以上大师组。

c) DEKA STRONG、DEKA MILE 和 DEKA FIT 双人组赛 (3 个组别 - 男子组、女子组和混合组) :

- 10-13 岁 (青少年组)
- 成人 (14 岁以上) 与青少年 (10-13 岁) 组队
- 成人团队年龄组 (成人年龄合计)
 1. 59 岁及以下
 2. 60-79 岁
 3. 80-99 岁
 4. 100-119 岁
 5. 120 岁以上

d) DEKA FIT 四人组赛 (3 个组别 - 男子组、女子组和混合组) :

- 10-13 岁 (青少年组)
- 成人 (14 岁以上) 与青少年 (10-13 岁) 组队
- 成人团队年龄组 (成人年龄合计)
 1. 119 岁及以下
 2. 120-159 岁
 3. 160-199 岁
 4. 200-239 岁
 5. 240 岁以上

4.16 AGE GROUPS: DEKA ATLAS (ATLAS Foundation and ATLAS Peak)

4.16.1 Age Group standards: The age used on the DEKA leaderboards will be your age at the end of the DEKA race series (age on September 14th of the series year).

*There may be some years where the race series ends the week before or after the week of September 14th.

a) Individuals: 14-16, 17-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

4.16 年龄组 (DEKA ATLAS) - ATLAS Foundation 和 ATLAS Peak

4.16.1 年龄组标准: DEKA 排行榜上使用的年龄将是你在 DEKA 系列赛结束时的年龄 (系列赛年份的 9 月 14 日时的年龄) 。

*在某些年份, 系列赛可能会在 9 月 14 日当周的前一周或后一周结束。

a) 个人组: 14-16, 17-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.



5. CHANGE LOG

5. 更新日志

a.11.20.2024

1. DEKA Rulebook updates for the 2025 DEKA Season. DEKA 规则手册更新为 2025 年 DEKA 赛季。

(1) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra:

DEKA Zone 1, successful rep is counted once the competitor has both feet in front of the “rep line” simultaneously and with knees and hips at extension. Extension is defined as a straight line from the ankle through the knee, hip, and to the shoulder.

在 ZONE 1，一个成功的动作回合是：当运动员双脚同时站在“动作次数标准线”前，膝盖和臀部伸展。伸展被定义为从脚踝到膝盖、臀部和肩膀的一条直线。

(2) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra:

DEKA Zone 3, if using incidental hand contact to assist, only one hand can be used! At no time are both hands permitted to assist the rep.

在 ZONE 3，如果偶然使用手接触辅助，则只能使用一只手。任何时候都不允许双手协助完成动作。

(3) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra:

DEKA Zone 8, Extension is defined as being able to draw a straight line from the ankle through the knees, hips, and shoulders on both sides of the body simultaneously

在 ZONE 8，伸展的定义是能够同时从脚踝穿过身体两侧的膝盖、臀部和肩膀画一条直线

(4) DEKA STRONG, DEKA MILE, and DEKA FIT Co-Ed Teams:

DEKA Zone 9, must use the highest sled resistance required throughout the entire 100 meters. Swapping resistance is not allowed.

在 ZONE 9，必须在整个 100 米途中使用所需的最高雪橇阻力。不允许中途更换阻力。

(5) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra:

DEKA Zone 10, The legs must be extended out behind the competitor in a manner where hip extension is accomplished. At the completion of the rep, the competitor is standing at extension with weight pressed above the head. Extension is defined as a straight line from the ankle through the knee, hip, shoulder, elbow and to the hand on both sides of the body simultaneously

在 ZONE 10，双腿必须在选手身后伸展，同时完成臀部的伸展。完成动作后，运动员成伸直站立姿态，将重物举过头顶上方。伸展的定义是从脚踝到膝盖、臀部、肩膀、肘部与身体两侧的手同时呈一条直线。

(6) Chalk is now allowed.



允许使用镁粉

(7) DEKA ATLAS rules have been added.
添加了 DEKA ATLAS 规则。

b. 2.3.2025

1) DEKA STRONG, DEKA MILE, & DEKA FIT Zone 1 clarification:

Competitor steps straight back until the knee makes contact with the ground behind the rep line.

- 1) DEKA STRONG, DEKA MILE 和 DEKA FIT 关于 ZONE 1 的说明选手向后撤步，直至膝盖接触到动作次数标准线后的地面。
- 2) DEKA ATLAS and DEKA STRONG, DEKA MILE, & DEKA FIT movement standard charts updated.
- 2) DEKA ATLAS 和 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准图更新
- 3) DEKA ATLAS 3.11, 3.14, 3.17 3.18, & 3.20 - Additional rules added outlined penalties
- 3) DEKA ATLAS 3.11 , 3.14 , 3.17 , 3.18 和 3.20 - 附加规则增加了惩罚概述
- 4) 3.19 - additional rules outlined for proper rep completion
- 4) 3.19 - 为正确的动作完成列出了附加规则

c. 2.11.2025

1) 3.1 Alternating Reverse Lunge - added the following statement in the “Additional Notes” section: In the event of a physical limitation that prevents a competitor from completing alternating reverse lunge reps, all 30 reps can be completed using the same leg.

1) 3.1 交替后撤弓步 - 在“补充说明”部分增加了以下说明：如果运动员的身体受到限制，无法完成交替后撤弓步，则允许使用同一条腿所有 30 次动作。

d. 3.25.2025

1) Sections 2 & 3 - updated all areas that outline the 2 DEKA ATLAS divisions to ATLAS Foundation and ATLAS Peak. *ATLAS Peak was formally known as ATLAS.

1) 在第 2&3 部分 - 更新了有关于 DEKA ATLAS 分为 ATLAS Foundation 和 ATLAS Peak 的概述。
*ATLAS Peak 被正式称为为 ATLAS。

e. 4.16.2025

- 1) Updated DEKA ATLAS Standards Chart
- 2) Section 3.8 - updated language for Zone 8
- 1) 更新了 DEKA ATLAS 的动作标准表



2) 在 3.8 部分 - 更新了 ZONE 8 的语言描述

f. 6.12.2025

- 1) Section 2.3 - added DEKA FIT 4 Person Teams to the Official Races/Events list
- 1) 在 2.3 部分 - 在官方赛事/活动列表中增加了 DEKA FIT 4 人组赛

g. 7.28.2025

- 1) Section 2.3 - added additional rules for DEKA FIT 4 Person Teams.
- 1) 在 2.3 部分 - 增加了 DEKA FIT 4 人组赛的附加规则

h. 9.2.2025

- 1) Updated 2-Person team timing chip language for DEKA MILE & DEKA FIT.
- 1) 更新了 DEKA MILE 和 DEKA FIT 中双人组的计时芯片语言描述。
- 2) Updated DEKA FIT 4-Person team timing chip & baton rules.
- 2) 更新了 DEKA FIT 四人组的计时芯片和接力棒的规则
- 3) Updated DEKA FIT 2 & 4-Person Team Zone 8 transition rules.
- 3) 更新了 DEKA FIT 双人组和四人组在 ZONE 8 的接力规则
- 4) Added DEKA STRONG, MILE, & FIT Roadshow Zone 6 penalty for dropped dumbbells during Farmer's Carry.
- 4) 增加了 DEKA STRONG、MILE 和 FIT 路演在 ZONE 6 对在农夫搬运过程中哑铃（重物）摔落的处罚。
- 5) Updated DEKA Penalties chart.
- 5) 更新了 DEKA 惩罚表

i. 11.20.2025

- 1) Section 3.10 - Updated Weighted Burpee Zone to allow 8 additional reps (28 total) to be performed in the event a competitor isn't able to reach full elbow extension.
- 1) 在 3.10 部分 - 更新了在 ZONE 10 负重波比，允许在选手无法完全将手肘伸直的情况下额外增加 8 次动作（共 28 个动作）。
- 2) Section 4.15 - Age Group Standards for season/series end date changed to September 30th.
- 2) 在 4.15 部分 - 赛季/系列赛日期的年龄组标准更改为 9 月 30 日。



APPENDIX A 附录 A

DEKA PENALTIES				
Zone	Movement	Required Reps	Minimum Reps to Avoid DQ 1	Time Penalty per Missed Rep
1	Alternating Reverse Lunge	30	24	0:10
3	Box Step- or Jump-Over	20	16	0:10
4	Med Ball Sit-Up Throw	25	20	0:10
6	Farmer's Carry	5 (100m)	4 (80m)	1:00
8	Dead Ball Over	20	16	0:20
9	Sled Push/Pull (Down-and-Back)	5 (100m)	4 (80m)	1:30
10	RAM Burpee	20	16	0:20
1 Automatic DQ if fewer than 80% of required reps are completed				
* DEKA FIT Ultra: completing less than 80% of the zone is considered skipping the zone				
Zone	Movement	Required Distance	Distance on Display 2	Time Penalty for Non-Completion
2	Rower	500m	495m - 499m	0:20
			400m - 494m	2:00
5	Ski Erg	500m	495m - 499m	0:20
			400m - 494m	2:00
2 Automatic DQ if fewer than 400m (80% of required distance) is completed				
* DEKA FIT Ultra: completing less than 80% of the zone is considered skipping the zone				
Zone	Movement	Required Calories	Calories on Display 3	Time Penalty for Non-Completion
7	Air Bike	25 Cal	24.0 - 24.9 Cal	0:20
			20.0 - 23.9 Cal	2:00
3 Automatic DQ if fewer than 20.0 Calories (80% of required Calories) are completed				
* DEKA FIT Ultra: completing less than 80% of the zone is considered skipping the zone				
Running Penalties				
Any competitor who doesn't complete the required running distance (misses a lap) that precedes a DEKA Zone and "makes it up" later in the race will receive a 1 minute time penalty for each violation				
Any competitor who doesn't complete the required running distance (misses a lap) that precedes a DEKA Zone and fails to "make it up" later in the race will receive a 5 minute time penalty for each violation				
Automatic DQ if a competitor runs less than 80% of the required total distance (4,000m)				
* DEKA FIT Ultra: completing less than 80% of the required total distance (25,000m) will result in disqualification (DQ)				
Out-of-Order Penalties				
Skipping a DEKA Zone and "making it up" later in the race will result in a 1 minute time penalty for each violation				
Skipping a DEKA Zone and NOT "making it up" later in the race will result in disqualification (DQ)				
* DEKA FIT Ultra: Skipping a DEKA Zone and NOT "making it up" later in the race will result in 20 minute time penalty				
Safety Penalties				
A 30 second time penalty will be assessed for the following infractions:				
Zone 1 - dropping RAM after final lunge rather than placing RAM on the ground				
Zone 6 - dropping weights or not returning weights to the same starting location				
Zone 10 - dropping RAM after final burpee rather than placing RAM on the ground				

V20251120



跑动惩罚

任何参赛选手如果没有完成进入 DEKA ZONE 区前规定的跑动里程（错过了一圈），而在随后的比赛中又“补上”了一圈，则每次违规将被罚时 1 分钟。

任何参赛选手如果没有完成进入 DEKA ZONE 区前规定的跑动里程（错过了一圈），而在随后的比赛中没有“补上”缺失的一圈，则每次违规将被罚时 5 分钟。

如果参赛选手跑动距离少于规定总距离（4 000 米）的 80%，则自动取消比赛资格。

*在 DEKA FIT Ultra 的比赛中：完成少于规定总距离（25 000 米）的 80%，将被取消资格（DQ）。

乱序惩罚

跳过一个 DEKA ZONE 区并在随后的比赛中“补上”，每次违规将被罚时 1 分钟。

跳过一个 DEKA ZONE 区但没有在随后的比赛中“补上”，将被取消资格（DQ）

*在 DEKA FIT Ultra 的比赛中：跳过一个 DEKA ZONE 区而没有在在比赛中“补上”，将被罚时 20 分钟。

安全性惩罚

以下违规行为将被罚时 30 秒：

在 ZONE 1 中，在最后一次弓步后将 RAM 扔掉，而不是将 RAM 有控制的放回地面相同初始位置。

在 ZONE 6 中，扔掉重物或者没有将重物有控制的放回相同初始位置。

在 ZONE 10 中，在最后一次波比起身后将 RAM 扔掉，而不是将 RAM 有控制的放回地面相同初始位置。