2026年 DEKA 中国锦标赛·上海 组别说明

2026 DEKA CHINA CHAMPIONSHIP · SHANGHAI RACE CATEGORY INTRODUCTION

DEKA+项全能挑战是什么
THE DEFINATION OF DEKA

DEKA，由Spartan®斯巴达勇士赛创立，是一场关于功能性健身的巅峰赛事体验。我们通过游戏化训练和测试系统，彻底提升用户的身心健康、力量和运动表现。无论处于何种运动水平，我们都提供合适的DEKA赛事和训练内容。

DEKA, created by Spartan®, is the ultimate functional fitness event. Our innovative gamified system boosts your health, strength, and performance. No matter your fitness level, we have DEKA events or training content for you.

DEKA的10个动作区（DEKA Zones）通过多样化的健身测试，提供精准的“DEKA成绩”来客观衡量健身表现。让DEKA成为你的动力，激励你不断超越自我，并庆祝你达成的每一功健身成就！

DEKA's 10 Zones offer diverse tests that deliver precise "DEKA Marks" to measure your performance. Let DEKA drive you to push limits and celebrate every fitness achievement!

- **DEKA赛事类别**
  DEKA RACE TYPE

- **DEKA STRONG–10 DEKA ZONES**

为健身房专属设计的日常体能测试赛。在DEKA合作健身场馆/俱乐部举行，由场馆主办，赛事内容包含固定的10个DEKA区域，没有跑步内容。

A daily fitness test event designed exclusively for gyms. Held at DEKA partner gyms, the event is hosted by the venue and features a fixed set of 10 DEKA zones with no running.

- **DEKA MILE–1.6KM+10 DEKA ZONES**

经过改良的DEKA FIT测试内容，专为面积更大的健身场馆而设计。每个功区域之前都有160米的跑步。这是日常检测功能性健身训练成果的绝佳选择。由DEKA合作场馆主办。

An adapted version of the DEKA FIT test, specifically designed for larger fitness facilities. Each zone is preceded by a 160–meter run. This format is an excellent choice for regularly assessing the results of functional fitness training. Hosted by DEKA partner gym.

- **DEKA FIT–5KM+10 DEKA ZONES**

DEKA超级健身盛典。在10个DEKA区前,有500米的跑步距离。DEKA FIT通常在大型展览中心举行。

The mega DEKA fitness experience. Each of the 10 DEKA zones is preceded by a 500–meter run. DEKA FIT is typically held in exhibition centers.

- **DEKA ULTRA–25KM+50 DEKA ZONES**

DEKA FIT Ultra 是终极体能挑战者的试炼场，专为渴望突破极限的勇士而设。覆盖总跑步距离25公里，挑战50个功能性训练区域。这是对身体和意志的双重考验，也是全球最具挑战性的功能性耐力赛事之一。

DEKA FIT Ultra is the proving ground for ultimate fitness challengers, designed for athlete seeking to push beyond their limits. It features a total running distance of 25 kilometers and 50 DEKA zones. This event is a true test of both physical strength and mental resilience, making it one of the most demanding functional endurance competitions in the world.

单人组
INDIVIDUAL

单人组适合所有想要挑战自己的个人选手。参加单人组的运动员能够远离自己的舒适区，检验自己的身体极限，并体会到竭尽全力完成十个 DEKA 区的快感。

The Individual Division is perfect for anyone looking to challenge themselves. Athletes will step out of their comfort zone, push their physical limits, and experience the thrill of giving their all to complete all ten DEKA zones.

单人组选手需遵循赛事规则，严格按照规定完成动作和跑步内容，以确保比赛的公平性和安全性。

Participants in the individual group must follow competition rules and complete all movements and runs as required to ensure fairness and safety.

本场2026 DEKA中国锦标赛中的单人组年龄限制为10岁+。其中DEKA FIT级别赛事中所有参与单人组的选手将会被按照年龄段进行排名，各年龄段组别的男/女前三名选手将会参与颁奖并领取奖品。个人参赛选手的年龄段分组如下： 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+

The age limit for the individual category of the DEKA China championship is 10 years and above. Participants in DEKA FIT race will be ranked by age group, and the top three female and male racers in each group will receive awards and join in the podium. The age groups are as follows: 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, and 70+.

双人组 –成人双人组/亲子双人组
2 – PERSON TEAM

双人组是指由2位队友共同完成比赛 ， 参与双人组的选手性别组合可以为男双 ， 女双 ， 混双 。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。 DEKA赛事中的双人组设置让你和你的朋友共同创造难忘的体验!

2–person team offer a chance that two teammates participate together. The gender combination can be male, female, or co–ed. The duo can use any strategy they like to divide the number of repetitions, meters, and calories across all zones. The 2–person team setup in DEKA events allows you and your friends to create unforgettable experiences together!

本场2026 DEKA中国锦标赛的双人组选手年龄限制为10岁 +。双人组选手可以由两位成人选手（14岁 +）或1位青少年选手（10 – 13岁）和1位成人选手（14岁 +）组成。

The age limit for the 2–person team in the DEKA FIT is 10 years and older. Teams can consist of two adult participants (ages 14+) or two youth participants (ages 10–13), or one youth participant (ages 10–13) and one adult participant (ages 14+).

- **成人双人组 ADULT 2 – PERSON TEAM**

成人双人组由2个成人组成（两位队员的年龄均为14岁 +），双方通过配合分配共同完成竞赛，其中DEKA FIT 赛事级别中的成人双人组组合有机会争夺年龄段组奖牌，成人双人组年龄段分组方式： 双人年龄之和59岁及以下、 60–79岁、 80–99岁、 100–119岁、 120岁及以上。 DEKA FIT 中的成人双人组的选手将会按照年龄段分组后以男双女双混双的组别分类进行排名和颁奖。

The Adult 2-person Group consists of two participants (aged 14+), working together to complete tasks. Participants in DEKA FIT race will be ranked by age group, and the top three female, male and co-ed racers in each group will receive awards and join in the podium. Age groups are based on the combined age of both participants: 59 and below, 60—79, 80—99, 100—119, and 120+. Teams can compete for age-group medals. The adult 2-person team in DEKA FIT will be grouped by age and ranked separately in male, female, and co-ed categories for awards and join in the podium.

- **亲子双人组 ADULT/YOUTH 2-PERSON TEAM**

亲子双人组可以由1个成人和1个青少年组成（一位队员年龄在10-13岁，另一位队员年龄在14岁+），双方通过配合共同完成竞赛，其中DEKA FIT亲子双人组组合将会按照男双/女双/混双组别进行排名和颁奖。

The adult / youth 2- person group consists of one adult (14+) and one youth (10—13) working together to complete tasks. Rankings and awards are categorized into male, female, and co-ed in DEKA FIT.

四人组-成人四人组
4-PERSON TEAM

四人组是指由4位队友共同完成比赛，参与四人组的选手性别组合可以为男子，女子，混合。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。DEKA赛事中的四人组设置让你和你的朋友共同创造难忘的体验!

4-person team offer a chance that four teammates participate together. The gender combination can be male, female, or co-ed. For all 10 DEKA Zones the standard zone requirements (reps, meters,and calories)are doubled for DEKA FIT4-Person Teams. The 4-person team setup in DEKA events allows you and your friends to create unforgettable experiences together!

- **成人四人组 ADULT 4-PERSON TEAM**

成人四人组由4个成人组成（四位队员的年龄均为14岁+），通过配合分配共同完成竞赛，其中DEKA FIT 赛事级别中的成人四人组组合有机会争夺年龄段组奖牌，成人四人组年龄段分组方式:四人年龄之和119岁及以下、120-159岁、160-199岁、200-239岁、240岁及以上。DEKA FIT中的成人四人组的选手将会按照年龄段分组后以男子组、女子组、混合组的组别分类进行排名和颁奖。

The Adult 4-person Group consists of four participants (aged 14+), working together to complete tasks. Participants in DEKA FIT race will be ranked by age group, and the top three female, male and co-ed racers in each group will receive awards and join in the podium. Age groups are based on the combined age of both participants: 119 and below, 120—159, 160—199, 200—239, and 240+. Teams can compete for age-group medals. The adult 4-person team in DEKA FIT will be grouped by age and ranked separately in male, female, and co-ed categories for awards and join in the podium.

精英组
ELITE

本场赛事中的DEKA FIT赛事级别内设置精英组。单人精英组针对的是10–13岁的青少年选手和14岁及其以上的成人选手，他们渴望与高手中的高手竞争，并以此来发现自己的潜能和价值，同时，去赢取赛会设置的奖金或者奖品，并且吸引潜在赞助商的关注和支持，登上DEKA十项全能 挑战排行榜的顶峰。

The elite category will be included in DEKA FIT event. The elite group is for young athletes aged 10–13 and adult athletes aged 14 and above who are eager to compete at the highest level, discover their potential, win prize or awards in cash, attract sponsors, and reach the top of the DEKA leaderboard.

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

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

- **成人双人精英组 ADULT 2-PERSON TEAM ELITE**

成人双人精英组由2个成人组成（两位队员的年龄均为14岁+），双方通过配合共同完成竞赛，其中DEKA FIT双人精英组组合将会按照男双/女双/混双组别进行排名和颁奖。

The 2-person group elite consists of two participants (aged 14+) working together to complete tasks. Rankings and awards are categorized into male, female, and co-ed in DEKA FIT.

负重组
RUCK

本场赛事中的DEKA FIT赛事级别内特别设置负重组。负重组针对的是14岁及其以上的硬核体能选手，他们渴望在身背重负的极限考验下与高手中的高手竞争，并以此来发现自己坚韧不拔的潜能和价值。

The ruck category will be included in DEKA FIT event. The ruck group is for fitness athletes aged 14 and above who are eager to compete at the highest level under a heavy load, discover their potential.

参赛者需全程穿戴负重背包完成 DEKA FIT 挑战。成功注册并符合规则完赛的选手，将有资格角逐领奖台奖项。男子总重量要求为 30 磅，女子总重量要求为 20 磅。比赛严禁使用负重背心和防弹战术背心。为确保比赛公平与符合标准，所有选手的负重背包必须在比赛开始前以及完赛后立即进行称重。负重组年龄段分为44岁及以下和45岁以上大师组，年龄段组别的男/女前三名选手将会参与颁奖并领取奖品。

DEKA FIT Ruck – Complete DEKA FIT while wearing a ruck or backpack. Registrants are eligible for podium awards. Male 30lb & Female 20lb (Total weight). Weight vests and plate carriers are not allowed. Ruck or backpack must be weighed prior to start and immediately after completion. Participants in DEKA FIT race will be ranked by age group, and the top three female and male racers in each group will receive awards andjoin in the podium. The age groups are as follows: Ruck 44 & Under、Ruck Masters 45+.

观众票
SPECTATOR

本场赛事中开放观众票购买通道 ， 如果你希望来到现场为你的亲朋好友加油 ， 请提前购买观众票获取入场资格。 在比赛开始前 ， 请务必确保前来现场观赛的选手亲友团 ， 已经完成观众票的报名。

The ticket purchasing channel is open for spectator at this event. All those who wish to come to the venue to cheer for their friends and family can purchase tickets to gain entry. Before the race day, please ensure that the friends and family of the racers who are attending have completed the registration for spectator tickets.