Rules of Competition

(Revised October 15, 2026)

CONTENTS

1. Introduction 简介

2. Official Events/Races & Modifications 官方赛事及调整

2.1 DEKA STRONG & DEKA MILE, DEKA STRONG & DEKA MILE Teams, DEKA STRONG & DEKA MILE Ruck
DEKA STRONG,DEKA MILE,DEKA STRONG & DEKA MILE 团队组, DEKA STRONG & DEKA MILE 负重组

2.2 DEKA FIT, DEKA FIT Teams, DEKA FIT Ruck, DEKA FIT Ultra, DEKA FIT Roadshow
DEKA FIT, DEKA FIT 双人/团队组, DEKA FIT 负重, DEKA FIT Ultra, DEKA FIT 路演

2.3 DEKA ATLAS Foundation, DEKA ATLAS Peak
DEKA ATLAS 基础， DEKA ATLAS 尖峰

3. Zone Descriptions and Rules 区域动作描述及规则

DEKA FIT and modifications for DEKA STRONG & DEKA MILE

3.1 Zone 1 (RAM Alternating Reverse Lunge) RAM 交替后撤弓步
3.2 Zone 2 (Row) 划船
3.3 Zone 3 (Box Step/Jump Over) 交替上箱 / 跳箱
3.4 Zone 4 (Med Ball Sit Up Throw) 药球仰卧起坐投靶
3.5 Zone 5 (Ski) 滑雪
3.6 Zone 6 (Farmer's Carry) 农夫搬运
3.7 Zone 7 (Air Bike) 风阻单车
3.8 Zone 8 (Dead Ball Over) 沙球过肩
3.9 Zone 9 (Magnetic Resistance Sled Push/Pull) 磁阻雪橇推拉
3.10 Zone 10 (RAM Weighted Burpee) RAM 负重波比跳

DEKA ATLAS

3.11 Zone 1 (Thruster) 深蹲推举
3.12 Zone 2 (Burpee Over Bar) 波比跳过杆
3.13 Zone 3 (Surrender Lunge) 投降式弓步
3.14 Zone 4 (Dumbbell Ground To Overhead) 哑铃地面推举
3.15 Zone 5 (Dumbbell Bear Crawl) 哑铃熊爬
3.16 Zone 6 (Sit-Up) 仰卧起坐
3.17 Zone 7 (Farmer's Carry) 农夫搬运
3.18 Zone 8 (Dumbbell Shoulder To Press) 哑铃肩推
3.19 Zone 9 (Jump Rope Single Under) 单摇跳绳
3.20 Zone 10 (ATLAS Shoulder To Carry) 阿特拉斯肩扛搬运

4. General Rules and Penalties 基本规则与惩罚

4.1 Timing Format 计时标准
4.2 Penalties 惩罚说明

4.3 Equipment 装备
4.4 General Conduct 基本行为准则
4.5 Competition Conduct 竞技行为准则
4.6 Competition and Heat Starts 比赛及出发时间
4.7 Unregistered Competitors 未报名选手
4.8 Acts Warranting Disqualification or Suspension 导致取消资格或禁赛的行为
4.9 Effects of Suspension 禁赛机制
4.10 Reinstatement 恢复参赛资格
4.11 Acts of Agents 代理行为说明
4.12 Protest Period 申诉期
4.13 Drug Testing and Anti-Doping Sanctions 药物检查及反兴奋剂制裁
4.14 Gender Category Eligibility 性别类别资格
4.15 Prize Money and Awards 奖金及奖品
4.16 Age Groups: DEKA STRONG, DEKA MILE, DEKA FIT (individual & Teams)
年龄段组：DEKA STRONG, DEKA MILE, DEKA FIT（个人/团队）
4.17 Age Groups: DEKA ATLAS (ATLAS Foundation & ATLAS Peak)
年龄段组：DEKA ATLAS（ATLAS 基础/尖峰）

5. Change Log 更新日志

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.

DEKA STRONG、DEKA MILE 和 DEKA FIT 活动旨在让所有水平的人一起庆祝健身。无论您在健身之路上处于哪个阶段，DEKA 都会为您提供全球性的健身测试/竞赛/活动/比赛。

1.1.2 DEKA ATLAS is a specific strength test that is NOT designed for all fitness levels but with proper training can be achieved for most.

DEKA ATLAS 是一项特定的力量测试，并非为所有体能水平的人设计，但通过适当的训练，大多数人都能达到这一水平。

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：

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及为统一全球竞赛标准提供清晰的指导；

在这项赛事中，尽可能保护参赛者的健康、安全只要在这项运动中可以合理地实现这一目标。

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

正式活动/比赛和变更

*All finishers are eligible for finisher medal, shirt and finisher certificate.(if applicable)
*所有完赛选手均可获得完赛奖牌、完赛 T 恤、完赛证书（如适用）

2.1 DEKA STRONG & DEKA MILE, DEKA STRONG & DEKA MILE 2-Person Team, DEKA STRONG & DEKA MILE Ruck

DEKA STRONG & DEKA MILE， DEKA STRONG& DEKA MILE 双人组, DEKA STRONG & DEKA MILE 负重

DEKA STRONG - Complete the 10 DEKA Zones in order (1-10)with no running.
DEKA STRONG - 按顺序完成 10 个 DEKA ZONE 区（1-10）,且没有跑动。

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 - 按顺序（1-10）完成 10 个 DEKA ZONE 区，每个区域之前进行 160 米的跑步或步行（总计 1600 米/ 1 英里）。* 160 米距离必须用测距滚轮测量。

DEKA STRONG & DEKA MILE 2-Person Team - Complete 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.
DEKA STRONG & 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（14+）和 1 位青少年选手（10-13 岁）完成。可选组别有女双，混双，男双。

Adult Team Age Groups (adult ages combined) are 59 & Under, 60-79, 80-99, 100-119, **and NEW for the 2027 DEKA season beginning October 1, 2026 (120-139 and 140+).**
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 岁及 **2026 年 10 月 1 日开始的 2027 年 DEKA 赛季新增（120-139 和 140+）。**

a) 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

b) Before work begins in a 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 在队友完成髋关节和膝关节伸展 30 次时即可进行身体接触。

c) 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。

d) Only one teammate can be working at a time.
同一时间只有一名队友可以做动作。

e) 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。

f) 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。

g) 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。

h) 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 single person mat/working area at a time. If swapping out, the teammate must move off the mat/working area and allow the other teammate to use the same space.
不允许使用两件不同的设备（划船机/滑雪机/风阻单车/雪橇/跳箱），并且在所有其他需要重复动作计数的区域，一次只能有一名队友使用区域完成单人垫/工作区。如果换出，队友必须离开垫子/工作区域，并允许另一个队友使用相同的空间。

i) All teammates must complete reps facing the same direction.
所有队员必须面朝相同方向完成动作。

j) 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。

k) If a team member is unable to finish the race, the team will receive a DNF (did not finish). Then can continue to challenge the rest of the Zone and collect the finishers' supplies.
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。

l) If at an official major tournament, the team member who is not doing the work should stay in the designated waiting area.
如在官方举办的大型赛事中，不做动作的队员应在指定的等待位等待。

m) **ADDITIONAL STANDARDS - DEKA MILE 2-Person Teams:**
附加标准 - DEKA MILE 双人组

- The first and last 160 meter runs must be completed by both teammates.
  第一个和最后一个 160 米必须由两名队友一起完成。
- The runs preceding zones 2 through 9 can be divided by the two teammates however, each of these 8 runs must be completed by one teammate.
  ZONE2 至 ZONE9 前的跑动可由 2 名队友分担，但这 8 次跑动必须由一名队友完成。
- Physical contact must take place between teammates inside the zones during transitions after each 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.
  队友之间必须在每一轮动作完成后（跑到区和区到跑）的转换过程中在 ZONE 区内发生身体接触。*ZONE1 的身体接触可在队友在第 30 次完成髋关节和膝关节伸展时发生。
- 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，计时芯片必须与队友一起跑完 100%的路程。

DEKA STRONG & DEKA MILE Ruck - Complete DEKA STRONG & DEKA MILE while wearing a ruck or backpack.Male 30lb (13.6KG) & Female 20lb (9.07KG) (total weight)
DEKA STRONG & DEKA MILE Ruck 组别 - 穿戴负重背包完成 DEKA STRONG & DEKA MILE，男子负重 30 磅（13.6 公斤），女子负重 20 磅（9.07 公斤）（总重量）。

a) Weight vests and plate carriers are not allowed.
b) Minimum Ruck size is 14 liters
c) Ruck or backpack must be weighed prior to start and immediately after completion.

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

a) 不允许使用负重背心和防弹板背心。
b) 背包的最小容量为 14 升。
c) 负重背包必须在开始前和完赛后立即称重。

**请参见第 3 节 - 区域说明和规则，了解区域修改（ZONE 4）。

2.2 DEKA FIT, DEKA FIT 2 & 4 - Person Team, DEKA FIT Ruck, DEKA FIT Ultra, DEKA FIT Roadshow
DEKA FIT, DEKA FIT 团队组, 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.
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。分为男双、女双和混双。
*两名队友均可获得完赛奖牌、完赛 T 恤、完赛证书。

Adult Team Age Groups (adult ages combined) are separated into Female, Co-Ed, and Male categories for 59 & Under, 60-79, 80-99,100-119 and **NEW for the 2027 DEKA season beginning October 1, 2026 (120-139 and 140+).**
成人团体年龄组（成人年龄总和）分为女子组、男女混合组和男子组，分别为 59 岁及以下组、60-79 岁组、80-99 岁组、100-119 岁组，**以及 2026 年 10 月 1 日开始的 2027 年 DEKA 赛季新增组别（120-139 岁组和 140 岁以上组）**。

a) 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。

b) 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。

c) The runs preceding zones 2 through 9 can be divided by the two teammates using whatever strategy the team prefers.
ZONE2 至 ZONE9 之前的跑动，可由两名队友采用各自喜欢的策略进行分配。

d) There are two options to divide the 8 runs.
   1. One teammate can complete the entire distance
   2. Teammates can divide the distance.

两种方法来分配这 8 次跑动。
1. 一个队友可以完成全程
2. 队友间可以分配距离进行交替

e) Once a run begins, the teammate not running has two options
   1. Stage themselves on the running track at the relay exchange zone located near the next zone to be completed.
   2. 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：
   1. 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
   2. 直接来到下个 ZONE 内等待，直到他们的队友完成这次跑动。

f) When the non-running teammate is transitioning to the relay exchange zone or to the next zone, they must transition with caution while giving all runners the right of way.
当非跑步队友过渡到接力交换区或下一区域时，他们必须谨慎过渡，同时给所有正在跑动的选手让路。

g) 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时候。

h) 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。

i) 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。

j) Teams can divide all reps/meters/calories using whatever strategy they prefer.
队伍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

k) 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。

l) 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。

m) 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。

n) Standing, lying, and recovering near the zone entry or exit is NOT allowed.
不允许在区域出入口附近站立、躺卧和休息调整。

o) 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/working area at a time. If swapping out, the teammate must move off the mat/ working area and allow the other teammate to use the same space.
不允许使用两个不同的设备（划船机/滑雪机/风阻单车/雪橇/跳箱），并且在所有其他重复计数动作区域，一次只能有一名队友使用区域完成垫/工作区。如果换出，队友必须离开垫子/工作区域，并允许另一个队友使用相同的空间。

p) DEKA Zone 6, teams standards.
1. The non-working teammate can position themselves in the holding area near the weight implements while their working teammate completes the 100 meter carry
2. 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.
3. If the 2-Person team is created with individuals that require different weight standards, at no time is the athlete who is required to carry the heavier standard allowed to carry the lighter standard.
4. If the 2-Person team is created with individuals that require different weight standards, the athlete eligible to carry the lighter standard is allowed to carry the heavier standard.

DEKA Zone 6，团队动作标准。
1. 一个队友完成 100 米负重任务，另一个队友可以在重物附近的等待区等待；
2. 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。
3. 如果双人组中的两人需要搬运不同重量的重物，则要求搬运较重标准重物的选手在任何时候都不得搬运较轻标准的重物。
4. 如果双人组中的两人需要搬运不同重量的重物，则允许搬运较轻重量重物的选手搬运较重的重物。

q) 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。

r) 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）。

s) 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.
- If a teammate who would be eligible for a lighter standard as an athlete in an individual competition chooses to participate in this zone, they are required to push/pull the higher standard.
所有队友应使用组合中选手所使用的最大阻力。（例如混双选手需要都使用男性阻力完成全程；亲子组合都需要使用组合中成年人性别对应的最大阻力）

t) Both teammates must cross the finish line together within physical contact of each other,otherwise, it may result in a 30-second time penalty. 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，否则将会被罚时 30 秒。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。

u) If a team member is unable to finish the race, the team will receive a DNF (did not finish). Then can continue to challenge the rest of the Zone and collect the finishers' supplies.
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。

v) If at an official major tournament, the team member who is not doing the work should stay in the designated waiting area.
如在官方举办的大型赛事中，双人组中不做动作的队员应在指定的双人组等待位等待。

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.
DEKA FIT 团队四人组：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 T、完赛证书。

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.

成人团队年龄段组为组合年龄：119 岁及以下、120-159 岁、160-199 岁、200-239 岁、240 岁及以上，可选组别有女子组合，混合组合，男子组合。

a) 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。

b) 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。

c) Zone work in Zone 1 & 10 cannot begin until all four teammates have completed the run.
ZONE1 和 ZONE10 的动作必须在所有 4 名队友完成跑动进入 ZONE 区来到器械位后才能开始。

d) The runs preceding zones 2 through 9 shall be completed by 2 teammates using whatever strategy the team prefers.
在 ZONE2 至 ZONE9 前的跑动，应有两名队友完成，团队可自行选择策略。

e) 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 their portion of the running distance and then relay exchange the batons to the other 2 teammates to complete the remaining distance.
Method 2: 2 teammates complete the their portion of the running distance and 1 of the 2 is replaced by another teammate during the relay exchange to complete the remaining distance.
方法一：2 名队友完成自己的跑步距离，然后接力交换接力棒给另外 2 名队友完成剩余距离。(即：第一圈 AB 两人跑，第二圈 CD 两人跑)
方法二：2 名队友完成自己的跑步距离，2 人中的 1 人在接力交换过程中由另一名队友替换，完成剩余距离。(即：第一圈 AB 两人跑，第二圈 AC / AD / BC / BD 两人跑）

f) Anytime the running is being divided, both teammates must finish the lap together prior to

the relay exchange.
任何时候，在接力交换之前，两名队友都必须一起跑完当前这一圈。

g) 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。

h) Once a run begins, the teammates not running have two options.
Option 1: Stage themselves on the outside of the running track at the relay exchange zone located near the next zone to be completed.
Option 2: Stage themselves inside the next zone to be completed and wait while their teammates are completing the entire run.
跑步开始后，不跑步的队友有两个选择。
选择 1: 站在跑道外侧，位于下一个待完成区域附近的接力区。
选择 1: 在下一个待完成区域内等待队友完成整个跑动。

i) When the non-running teammate is transitioning to the relay exchange zone or to the next zone, they must transition with caution while giving all runners the right of way.
当非跑步队友过渡到接力区或下一区域时，他们必须谨慎过渡，并为所有正在跑动的选手让路。

j) Zone work cannot begin until ALL 4 teammates are in the zone together.
只有当所有 4 名队友都进入 Zone 区后，才能开始做 Zone 区内的动作。

k) 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时候。

l) 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。

m) 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。

n) 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。

o) 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。

p) 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。

q) 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。

r) 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）。

s) 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/working area at a time.If swapping out, the teammate must move off the mat/working 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），在所有其他需要计数的动作区，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。

t) All teammates must complete reps facing the same direction.
所有队友必须面对同一方向完成动作

u) DEKA Zone 6, teams have multiple options.
    1. 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. When beginning the second 100 meter lap, the team is not required to return the weights to the weight implement

holding area.

2. 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.

3. If the 4-Person team is created with individuals that require different weight standards, at no time are the athletes who are required to carry the heavier standard allowed to carry the lighter standard.

4. If the 4-Person team is created with individuals that require different weight standards, the athletes eligible to carry the lighter standard are allowed to carry the heavier standard.

在 DEKA Zone6 ，团队有多种选择。

1. 选择 1：一名或多名队友可同时进入 200 米通道（100 米×2）。在 200 米通道中，队友可以随时交换。当工作的队友进入通道时，不工作的队友需要在指定的等候区等待。开始第二个 100 米搬运时，队伍无需将重物放回器械放置区。

2. 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，且禁止以任何方式阻挡其他选手的行进路线。

3. 如果不同性别组成的团队四人组需要搬运不同重量的重物，则要求搬运较重标准重物的选手在任何时候都不得搬运较轻标准的重物。

4. 如果不同性别组成的团队四人组需要搬运不同重量的重物，则允许搬运较轻重量重物的选手搬运较重的重物。

v) 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后，另一名队友才能开始下一次抛掷。

w) 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 Zone9，如果分配米数，队员交替只能在动作开始线区域进行（多名队员不允许同时在 10 米往返赛道上）。

x) DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 200 meters. Swapping resistance is not allowed.

- If a teammate who would be eligible for a lighter standard as an athlete in an individual competition chooses to participate in this zone, they are required to push/pull the higher standard.

  所有队友应使用组合中选手所使用的最大阻力。(例如混合选手需要都是用男性阻力完成全程；亲子组合都需要使用组合中成年人性别对应的最大阻力）

y) ALL 4 teammates must cross the finish line together within physical contact of each other, otherwise, it may result in a 30-second time penalty. 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，否则将会被罚时 30 秒。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。

z) If a team member is unable to finish the race，the team will receive a DNF (did not finish). Then the remaining three teammatescan continue to challenge the rest of the Zone and collect the finishers' supplies.
如果一位队友无法继续比赛，团队组会被判为未完赛（do not finish），但剩下的三名队友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 (13.6KG) & Female 20lb (9.07KG) (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(13.6 公斤)，女子负重 20 磅 (9.07 公斤)（总重量）。

a) Weight vests and plate carriers are not allowed.
b) Minimum Ruck size is 14 liters.
c) Ruck or backpack must be weighed prior to start and immediately after completion.
a) 不允许使用负重背心和防弹板背心。
b) 背包的最小容量为 14 升。
c) 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 DEKA 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）。

a) 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。

b) 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 ZONE10 的第 20 个负重波比）后，选手将开始第二轮 DEKA FIT。离开 ZONE10 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。

c) 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获得一小块空间，用于放置辅助物品（食物、水、补给人员）。

d) Competitor can have Pit Crew Staff on their team.
参赛者团队可以有补给人员。

e) 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。

f) Cut-off times is 8 hours.
关门时间为 8 小时。

g) 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 aback- 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: In certain situations DEKA FIT standards can be modified by Spartan DEKA Headquarters.
DEKA FIT 路演调整：在某些情况下，DEKA FIT 标准可以由斯巴达 DEKA 总部修改。

2.3 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，设有年龄段组（ATLAS Foundation 和 ATLAS Peak）

3. Zone Description & Rules

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 Standards Chart

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

DEKA STRONG, DEKA MILE, & DEKA FIT STANDARDS							
Zone	Equipment	Movement	Reps or Distance	Male 18+	Male 14-17 Female 18+ Male 65+	Female 14-17 Female 65+	Youth 10-13
1	RAM or Dumbbell	Alternating Reverse Lunge	30	55 lb 25 kg	33 / 35 lb 15 kg	22 / 20lb 10 kg	22 / 20 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	Farmer's Carry (Per Hand)	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	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 or 2 Dumbbells	Weighted Burpee	20	44 / 20x2 lb 20 / 10x2 kg	22 / 10x2 lb 10 / 5x2 kg	22 / 10x2 lb 10 / 5x2 kg	11 / 5x2 lb 5 / 2.5x2 kg
Zone 9 - Xebex Sled must have 160 lb/72.5 kg added to the weight stack(s)							
Refer to the DEKA Rulebook for a full list of details and rules							20261015

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

ZONE 1 - RAM 交替后撤弓步 30 次

a) Specifics

具体要求

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
   参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 的动作标准表格

b) Process/Setup

过程

1. Competitor can use a RAM or dumbbell
   选手可以使用 RAM 或哑铃
2. Competitor completes 30 reps (15 per side - alternating each rep)
   完成 30 次动作（每侧 15 次，交替进行）。

c) Movement Standards

1. Begin by picking up the weight (RAM). The weight can be held in any position as long as it’s held above the waist and at no time comes in contact with the legs during the reverse lunge reps.
2. Start from a standing position with both feet in front of a “rep line”.
3. 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
4. Competitor steps up and brings the back foot in front of the rep line
5. 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.
6. 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
7. Competitor cannot begin the next rep until both feet are in front of the rep line (Alternating split squat jumps are not allowed)
8. If the weight is dropped the weight during a rep, you will receive a no rep penalty (as specified in the Penalties Chart) requiring the athlete to complete an addition rep.

动作标准

1. 首先拿起重物（RAM）。重量可以保持在任何位置，只要它保持在腰部以上，并且在后撤弓步中不与腿部接触。
2. 从站立姿势开始，双脚在“动作次数标准线”前面。
3. 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。
4. 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。
5. 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。
6. 伸展的标准：身体两侧从脚踝至肩膀可连成一条直线。
7. 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）。
8. 如果在动作中重物掉落，则此次动作不会被计数，要求选手再完成一次额外动作作为扔掉 RAM 的惩罚。

d) Additional Notes

1. The athlete must maintain physical contact with the weight all the way to the ground until the

weight is in a safe state.

2. Throwing or dropping the weight is not allowed.
3. 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
4. The weight can be placed on the ground at any time. If the weight is placed on the ground mid-rep that rep will not be counted.
5. Changing the position of the weight (how it’s held) can be changed at any-time during or after completion of reps
6. 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. Mobility or limitation must be declared upon entry into zone 1.

其他说明

1. 选手必须全程与重物保持身体接触，直至重物安全落地并处于稳定状态。
2. 不允许投掷或掉落重物。
3. 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。
4. 可随时将重物放在地面上。如果在一次完整动作的中途将重物放在地上，则本次动作不算次数。
5. 在完成动作过程中或完成动作后，可随时改变重物的位置（握住重物的方式）。
6. 在身体受限的情况下，导致竞争者不能完成交替后撤弓步的动作，所有的 30 次动作都可以使用同一个腿完成。在比赛开始后进入 Zone 1 时必须主动告知自身限制。

3.2. Zone 2 -Row (500 meters)

ZONE 2 划船 500 米

a) Specifics

1. There are no gender specific rowers. All rowers are the same
2. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

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

b) Process/Setup

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

过程

1. 选择一台划船机，并根据需要进行脚蹬带或阻尼的调整。
2. 划船达到 500 米。

3. 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

1. Competitor must stay seated on the rower until reaching required meters

动作标准

1. 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

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

其他说明

1. 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。
2. 选手可以随时调整脚蹬带或阻尼。

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

ZONE 3 - 交替上箱/跳箱 20 次

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格

b) Process/Setup

1. Competitor will complete 20 reps at their box

过程

1. 选手将在他们的箱子上完成 20 次跨越

c) Movement Standards

1. Competitor may jump or step-up over the box
2. Both feet must make contact with the top of the box during the rep.
3. Both feet are NOT required to make contact with the top of the box at the same time
4. 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
5. A rep is counted when both feet make contact with the ground on the opposite side of the box the rep started on

动作标准

1. 选手可以跳上或踏上箱子。
2. 在单次动作中，两只脚必须接触到箱子的顶部。
3. 两只脚不需要同时接触到箱子顶部。
4. 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。

5. 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

1. Competitor must step or jump on top of the box, they cannot jump over the entire box without making contact
2. 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.
3. 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.
4. If using incidental hand contact to assist, only one hand can be used ! At no time are both hands permitted to assist the rep.
5. 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.
6. One hand making contact with the box as a competitor is stepping or jumping down from the box is allowed.

其他说明

1. 选手必须踩踏或跳跃到箱子顶部，不能在没有接触的情况下跳过整个箱子。
2. 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。
3. 如果出于身体限制需要帮助，可以允许手部和膝盖偶然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）。
4. 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。
5. 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。
6. 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 Throw - DEKA FIT (25 reps)

ZONE 4 - 药球仰卧起坐投靶 -DEKA FIT 25 次

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 的动作标准表格。

b) Process/Setup - DEKA FIT

1. After entering the DEKA Zone, competitor sits down in front of the appropriate station and places feet under the supports.
2. Center of target is positioned 4.5 feet (1.37 meters) above the floor.
3. Competitor will complete 25 reps.

过程 - DEKA FIT

1. 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。
2. 靶心位于地面上方 4.5 英尺 1.37 米。
3. 选手将完成 25 次动作。

c) Movement Standards - DEKA FIT

1. Rep starts with the competitor's back on the floor, and med ball held behind the head touching the ground.
2. 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.
3. The ball must touch the face of the target. Touching the underside of the bottom edge is NOT allowed.
4. Rep is considered completed once the ball hits the target.
5. In ruck category competitors will use their ruck in place of the med ball.

动作标准 - DEKA FIT

1. 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。
2. 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。
3. 药球必须接触靶子的正面。不允许触碰到靶子底边。
4. 动作结束标志为药球触碰到靶子。
5. 在负重组中，参赛选手需要将使用自己的负重背包代替药球。

d) Additional Notes

1. 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.
2. If med ball is dropped while attempting to catch the rebound, the rep will still count.
3. Competitor is allowed to rest in any position.
4. Touching the ball to the target without the ball leaving the hands is allowed.

其他说明 - DEKA FIT

1. 如果选手使用比要求轻的重物，他们可选择重新开始该 ZONE 的动作，用更轻重量完成动作将不计数。
2. 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。
3. 选手可以使用任意姿势休息。
4. 药球全程不离手，直接触碰靶子是允许的。

e) Zone 4 Event Modifications: DEKA STRONG & DEKA MILE Med Ball Sit Up (25 reps)

1. 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.

2. Competitor must raise their torso off the ground.
3. Each rep is considered complete when the center of the ball makes contact with the ground between the athletes feet.
4. In ruck category competitors will use their ruck in place of the med ball.

ZONE 4 调整：DEKA STRONG & DEKA MILE 药球仰卧起坐

1. 选手的动作开始以背部着地，脚在地面，药球接触头后的地面。
2. 选手必须将躯干抬离地面。
3. 当球的中心与选手两脚之间的地面接触时，即认为完成了每一动作。
4. 在负重组中，选手将使用自己的负重背包代替药球。

3.5. Zone 5 - Ski (500 meters)

ZONE 5 - 滑雪 500 米

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup

1. Select a ski machine.
2. Adjust the damper setting as desired.
3. Complete 500 meters.
4. Youth (10-13 Division)-Complete 250 meters (if on a team with an adult - 500 meters must be completed).

过程

1. 选择一台滑雪机。
2. 根据需要调整阻尼。
3. 完成 500 米。
4. 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）

c) Movement Standards

1. The competitor must remain at the ski machine until reaching required meters.

动作标准

1. 选手必须始终在该滑雪机上完成动作，直至达到规定距离。

d) Additional Notes

1. In the event of a malfunction the competitor will transition to a different ski machine and complete remaining meters.
2. Competitor may adjust damper settings during completion of the zone.

其他说明

1. 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。
2. 选手可以在动作期间随时调整阻尼。

3.6. Zone 6 - Farmer’s Carry (100 meters)

ZONE 6 - 农夫搬运（100 米）

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup:

1. Competitor will select a set of weights (dumbbells or kettlebells).
2. Competitor will complete a 100 meter maze course with the weights.
3. Competitor must return the weights on the ground in the same area they were at the start.
4. 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. If the weights are dropped,you will receive a 30 second penalty (as specified in the Penalties Chart).

过程：

1. 选手将选择一组重物（哑铃或壶铃）。
2. 选手将带着重量完成整个 100 米的迷宫赛道。
3. 选手必须将重量放回开始时拿起重量的相同区域。
4. 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。如果搬运过程中重物掉落，将被罚时 30 秒（具体时间见罚时表）。

c) Movement Standards:

1. Weights must be carried by the competitors’ side.

动作标准：

1. 重物必须由参赛者搬运在身体两侧。

d) Additional Notes

1. The athlete must maintain physical contact with the weight all the way to the ground until the weight is in a safe state.
2. Weights must be carried, they cannot be rolled or moved in any other fashion.
3. Throwing or dropping the weight is not allowed.
4. If the competitor chooses a lighter weight than required, they must redo the reps completed with the incorrect weight.
5. Weights can be placed on the ground at any time.

其他说明

1. 选手必须一直与重物保持身体接触，直到重物处于安全状态。
2. 重物必须被搬运，不能以任何其他方式滚动或移动。

3. 不允许投掷或掉落重物。
4. 如果选手选择的重量比要求的轻，他们必须重做那些用错误重量完成的动作。
5. 重物可以随时放在地上休息。

e) Zone 6 Event Modifications: DEKA STRONG & DEKA MILE Farmer’s Carry (100 meters)

1. Competitor will complete a 10 meter down & back course x 5 for a total of 100 meters
2. Tape, chalk or cone lines must be in place at the beginning and end of the 10 meter down & back zone.
3. If weights are dropped the competitor shall be assessed 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.
4. During the completion of a 10 meter down or back, both feet must be 100% past the line and in contact with the ground.

1. 选手将完成 10 米往返 x 5，总计 100 米。
2. 胶带、粉笔或锥形线必须在 10 米两端的起终点设置好。
3. 如果重物掉落，选手将被罚一次硬拉。重物必须在完全伸展髋关节和膝关节的情况下离地负重举起，然后放回地面。
4. 在完成 10 米往返时，双脚必须 100%越线并接触地面。

3.7. Zone 7 - Air Bike (25 calories)

ZONE 7 - 风阻单车（25 卡路里）

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup

1. Select an air bike and adjust the seat as needed.
2. Complete 25 calories.
3. Youth (10-13) - Complete 12 calories (if on a team with an adult 25 calories must be completed).

过程

1. 选择一辆自行车，并根据需要调整座位高低。
2. 完成 25 卡路里骑行。
3. 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

1. The competitor must remain on the air bike until reaching required calories.

动作标准

1. 选手必须在风阻自行车上保持动作，直到显示器到达所需卡路里。

d) Additional Notes

1. In the event of a malfunction the competitor will transition to a different bike and complete remaining calories.
2. Competitors may not touch the display after starting the counter.

其他说明

1. 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。
2. 选手在开始计数后不得触摸显示屏。

3.8. Zone 8 - Dead Ball Over - DEKA FIT (20 reps)

ZONE8 沙球过墙 - DEKA FIT（20 次）

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup

1. Competitor will select a 4 foot/1.22 meter tall structure and the appropriate designated weight based on gender.
2. Competitor will remain at the same structure and complete a total of 20 reps.

过程 -（DEKA FIT）

1. 选手将选择一个 4 英尺/1.22 米的横杆，根据要求选择对应重量的球。
2. 选手将保持在同一个横杆区域，完成总共 20 次动作。

c) Movement Standards

1. Competitor will lift the weight over the structure crossbar and the ball must hit the ground on the other side.
2. 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.
3. During the lifting process both feet must be inside the structure frame.
4. Competitor is not allowed to go under or over the structure.

动作标准

1. 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。
2. 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。
3. 持球动作全程中，双脚必须在与横杆垂直的金属框架内。
4. 选手不允许从横杆下方或上方通过。

d) Additional Notes

1. 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.

2. Sandbags, sandbells, or other sand filled weight implements can be used in place of dead balls, but they must be weighed before the competition.

其他说明

1. 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。
2. 可以使用沙袋、沙铃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 STRONG & DEKA MILE Dead Ball Shoulder Over (20 reps)

1. Competitor is allowed to lift the weight using whatever techniques they prefer.
2. 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.
3. The competitor shall not dip the shoulder or lean to the side while completing the rep.

ZONE 8 调整：DEKA STRONG & DEKA MILE 沙球过肩

1. 选手可以使用自己喜欢的任何技术举起重物。
2. 在完成该动作时，整个球必须越过肩部上方，同时至少有一条腿达到髋关节和膝关节伸展的最低限度。
3. 完成动作时，选手不得倾斜肩膀或侧身。

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

ZONE 9 - 磁阻雪橇推拉（100 米）

a) Specifics

1. There are two approved magnetic resistance sleds allowed for DEKA competitions.
2. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. DEKA 比赛允许使用两种经批准的磁阻雪橇。
2. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup

1. 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.
2. Tape, chalk or cone lines must be in place at the beginning and end of the 10 meter down & back zone.
3. If using the Xebex Sled (XT4 or XT3 PLUS models) - 160lb/72.5kg must be added to the Sled weight stack.

过程

1. 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。
2. 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
3. 如果使用 Xebex 雪橇（XT3 Plus 或 XT4 型号） - 必须在雪橇的重量堆栈上增加 160 磅（72.5 公斤）。

c) Movement Standards

1. Competitor will push the sled until at least one of the tires closest to the athlete makes contact with the 10 meter line.
2. Competitor will use the handles at the end of the pull straps to pull the sled back while walking backwards until at least one of the tires closest to the athlete makes contact with the 10 meter line.
3. 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 inches/ 1,06 meters
4. Competitor will repeat this process 5 times for a total 100 meters (50 meters pushed and 50 meters pulled).
5. All tires must remain in contact with the ground throughout the entire 100m push/pull distance.

动作标准

1. 选手推动雪橇，直到至少一个最靠近运动员的轮胎接触到 10 米线。
2. 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，直到最靠近选手的一个轮胎与 10 米线接触。
3. *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。
4. 选手将重复这个过程 5 次，总共 100 米（推行 50 米，拉行 50 米）。
5. 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)

ZONE 10 - RAM 负重波比跳（20 次）

a) Specifics

1. See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

具体要求

1. 参见 DEKA STRONG, DEKA MILE 和 DEKA FIT 动作标准表格。

b) Process/Setup

1. Using the proper weight outlined above, competitor completes 20 reps in the zone.

过程

2. Competitor can use a RAM or two dumbbells.

1. 使用上述指定的重量，选手在区域内完成 20 次动作。
2. 选手可以使用一个 RAM 或一对哑铃。

c) Movement Standards

1. The competitor must lower their body until their chest and/or abdomen region makes contact with the RAM or gets at or below the height of the dumbbells.Hip extension must be achieved.

Hip extension is defined as being able to draw a straight line from the knee through the hip and shoulder. *Hyperextension of the hips is allowed.

2. At the completion of the rep, the competitor is standing at extension with weight pressed above the head.
3. 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.
4. If the weight is dropped during a rep, you will receive a no rep penalty (as specified in the Penalties Chart) requiring the athlete to complete an additional rep.

动作标准

1. 参赛者必须降低身体，直到胸部和/或腹部区域接触到 RAM 或达到甚至于低于哑铃的高度。必须完成髋部伸展。髋关节伸展的定义是能够从膝部、腰部和肩部呈一条直线。*允许髋部超伸。
2. 单次动作完成时，选手保持直立伸展状态，将配重物举至头顶上方。
3. 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，肘部伸展被定义为从肩膀穿过肘部到身体两侧的手的一条直线。
4. 若在单次动作完成过程中配重物掉落，将被判罚（该次不计入有效次数），运动员需额外多完成一次动作。

d) Additional Notes

1. 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.
2. The athlete must maintain physical contact with the weight all the way to the ground until the weight is in a safe state.
3. Throwing or dropping the weight is not allowed.
4. The weight can be placed on the ground at any time. If the weight is placed on the ground mid-rep that rep will not be counted.
5. 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 (28 reps) at their max elbow extension. Mobility or limitation must be declared upon entry into zone 10.

其他说明

1. 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。
2. 选手必须全程与重物保持身体接触，直至重物安全落地并处于稳定状态。
3. 不得抛掷或掉落重物。
4. 可随时将重物放在地面上。如果在一次完整动作的中途将重物放在地上，则本次动作不算次数。
5. 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（共

28 次动作） 。在比赛开始后当选手进入到 ZONE 10 时必须主动告知行动不便或身体限制。

DEKA ATLAS

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

b) Competitors will compete in the ATLAS Foundation or ATLAS Peak Division

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

b) 参赛者将参加 ATLAS foundation 或 ATLAS Peak 的比赛

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)

ZONE 1 - 深蹲推举（20 次）

a) Specifics

1. Any barbell type is allowed as long as weight standards can be met
2. See DEKA ATLAS Standards Chart

具体要求

1. 只要符合重量标准，任何类型的杠铃都允许使用。
2. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Competitor begins the competition standing upright in front of the bar
2. Competitor begins by cleaning the bar off the ground up to a front rack position
3. Competitor will squat down until the hip crease is at or below the top of the knee
4. Competitor will rise up out of the squat pressing the bar above the head
5. The rep is completed when the competitor achieves elbow, hip, and knee extension
6. 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
7. 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.

动作标准

1. 比赛开始时，选手在单杠前直立站立
2. 参赛者从地面将杠铃提起至前架位置。
3. 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。
4. 参赛者从蹲姿站起，将杠铃推举过头顶。
5. 当参赛完成到肘部、髋部和膝盖的伸展时，一次动作完成。
6. 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。
7. 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

1. 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

其他说明

1. 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)

ZONE 2 - 波比跳过杆（20 次）

a) Specifics

1. Standard bumper or weight plate (17.72” /450mm diameter)is required to provide standard bar height
2. See DEKA ATLAS Standards Chart

具体要求

1. 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。
2. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Bar Facing Burpee Over Bar
2. Competitor begins the rep facing the barbell (side/lateral facing burpee over bar reps are NOT allowed).
3. 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.
4. 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

动作标准

1. 面向杠铃的波比跳。
2. 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）。
3. 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。
4. 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)

ZONE 3 - 投降式弓步（20 次）

a) Specifics

1. Multiple weight options - dumbbell, kettlebell, sandbell, sandbag, ball, or weight plate.
2. See DEKA ATLAS Standards Chart

具体要求

1. 多种重物选择 - 哑铃、壶铃、沙铃、沙袋、球或配重片。
2. 参见 DEKA ATLAS 动作标准表

b) Movement Standards

1. Competitor starts in a standing position holding weight
2. 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

3. 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
4. To complete the rep the competitor will bring one leg forward and initiate the process of standing up from the kneeling position
5. 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.
6. 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

动作标准

1. 参赛者从站立姿势开始，手持重物。
2. 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。
3. 此时，参赛者双膝跪地，躯干保持直立，手持重量。
4. 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。
5. 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
6. 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)

ZONE 4 - 哑铃地面推举（20 次）

a) Specifics

1. See DEKA ATLAS Standards Chart

具体要求

1. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Competitor lifts weight off the ground and overhead using a single arm snatch or clean and press method
2. The rep is completed when the competitor achieves full elbow, hip, and knee extension
3. 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
4. Competitor must alternate hand every rep

动作标准

1. 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。
2. 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。
3. 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。
4. 参赛者必须在每次动作回合中交替使用左右手。

c) Additional Notes

1. The hand switch must happen with the dumbbell on the ground
2. At no point can two hands touch the dumbbell at the same time

3. 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.

其他说明

1. 换手必须在哑铃放在地面上时进行。
2. 任何时候两只手都不能同时接触哑铃。
3. 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)

ZONE 5 - 哑铃熊爬（40 米）

a) Specifics

1. A marked 5 meter down and back zone will be used to complete 40 meters with a standard weight in each hand
2. See DEKA ATLAS Standards Chart

具体要求

4. 使用标记的 5 米往返区域，双手持标准重量完成 40 米。
5. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Both weights must be behind the line at the start
2. Competitor will bear crawl down & back x 4 (40 meters)
3. At every 5 meter turn around point and at the 40 meter finish both dumbbells must be 100% past the line
4. The competitor must be in a bear crawl position anytime the weights are progressing forward
5. 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
6. At no point can both dumbbells be off the ground at the same time
7. The dumbbells shall only move forward using a lift and place method
8. At no time is the competitor allowed to roll the dumbbellsforward
9. Both competitors' knees must be off the ground when the weights are progressing forward
10. The competitor is allowed to rest at any time.During rest periods the weights can not progress forward
11. Both dumbbells must be parallel and in line with the body when progressing forward during the bear crawl

动作标准

1. 开始时，两个重物必须位于线后。
2. 参赛者将进行熊爬往返 4 次（共 40 米）。

3. 在每 5 米转弯点和 40 米终点，两个哑铃必须完全过线。
4. 当重量向前移动时，参赛者必须保持熊爬姿势。
5. 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。
6. 任何时候两个哑铃都不能同时离开地面。
7. 哑铃只能通过提起和放置的方式向前移动。
8. 参赛者不允许滚动或滑动哑铃向前移动。
9. 当重量向前移动时，参赛者的双膝必须离开地面。
10. 参赛者可以随时休息。在休息期间，重量不能向前移动。
11. 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)

ZONE 6 - 仰卧起坐（20 次）

a) Specifics

1. Multiple weight options - dumbbell, kettlebell, sandbell, sandbag, ball, or weight plate.
2. See DEKA ATLAS Standards Chart

具体要求

1. 多种重物选择 - 哑铃、壶铃、沙铃、沙袋、球或配重片。
2. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Rep starts with competitor holding the weight in a seated position
2. Competitor will lie down and touch the weight on the ground behind the head
3. 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

动作标准

1. 动作回合开始时，参赛者手持重量处于坐姿。
2. 参赛者躺下，将重物接触头部后方的地面。
3. 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)

ZONE 7 - 农夫搬运（60 米）

a) Specifics

1. A marked 5 meter down and back zone will be used to complete 60 meters with a standard weight in each hand
2. Kettlebells & dumbbells are both allowed
3. Both weights must be behind the line at the start
4. See DEKA ATLAS Standards Chart

具体要求

1. 使用标记的 5 米往返区域，双手持标准重量完成 60 米。
2. 允许使用壶铃和哑铃。
3. 开始时，两个重物必须位于线后。
4. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. 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
2. Competitor will turn and farmer’s carry the weight 5 meters back to the start line
3. 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)
4. 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.
5. Competitor must remove hands from the weights during this transition
6. Competitor will repeat this process for a total of down & back x 6 for 60 total meters
7. 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
8. 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

动作标准

1. 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。
2. 选手转身返回 ，举起重物并搬运重物 5 米直到返回起跑线。
3. 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）。
4. 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。
5. 选手必须在转换过程中将手从重物上移开
6. 参赛者将重复此过程，共进行 6 次往返，总计 60 米。
7. 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。
8. 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

1. Competitor is allowed to place the weights on the ground at anytime
2. Competitor is not allowed to slide, drag, or throw the weights

其他说明

1. 参赛者可以随时将重物放在地面上。
2. 参赛者不允许滑动或甩动重物。

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

ZONE 8 - 哑铃肩推（20 次）

a) Specifics

1. Reps shall be completed with a standard dumbbell in each hand
2. See DEKA ATLAS Standards Chart

具体要求

1. 每次执行动作需双手持标准哑铃完成。
2. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Competitor begins by cleaning the dumbbells off the ground to a front rack position
2. Press weight overhead reaching elbow, hip, & knee extension
3. 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
4. Any press method is allowed. Ex. push press, push jerk, or press
5. 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.

动作标准

3. 参赛者从地面将哑铃提起至前架位置。
4. 将重量推举过头，达到肘部、髋部和膝盖的伸展。
5. 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。
6. 允许使用任何推举方法，例如推举、推挺或挺举。
7. 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)

ZONE 9 - 单摇跳绳（100 次）

a) Specifics

1. See DEKA ATLAS Standards Chart

具体要求

1. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Competitor will begin from a standing position with rope in hand
2. 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)
3. The competitor must jump off of both feet at the same time

动作标准

1. 参赛者从站立姿势开始，手持跳绳。
2. 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。
3. 参赛者必须双脚同时起跳。

c) Additional Notes

1. To accommodate different competitor heights, different rope lengths are allowed

其他说明

1. 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)

ZONE 10 - 阿特拉斯肩扛搬运（100 米）

a) Specifics

1. A weighted ball or sandbag is required
2. A marked 5 meter down and back zone will be used to complete 100 meters
3. See DEKA ATLAS Standards Chart

具体要求

1. 需要使用加重球或沙袋。
2. 使用标记的 5 米往返区域完成 100 米。
3. 参见 DEKA ATLAS 动作标准表。

b) Movement Standards

1. Competitor will lift, shoulder, and carry the weight 5 meters until both feet are past the 5 meter line.
2. Competitor will turn and carry weight on shoulder 5 meters back to the start line
3. Once both feet are passed the line, the competitor will drop the weight. 100% of the weight must be past the line
4. 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
5. 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)
6. Competitor must remove hands/arms from the weight during this transition
7. Competitor will repeat this process for a total of down & back x 10 for 100 total meters.
8. Both feet and the entire ball must be behind the line when the lift to shoulder is being accomplished

动作标准

1. 参赛者将重物提起并扛在肩上，搬运 5 米，直到双脚过线。
2. 参赛者转身并将重物扛在肩上搬运 5 米返回起跑线。
3. 一旦双脚过线，参赛者将放下重物（重物必须完全过线）。
4. 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。

5. 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）。
6. 在此过程中，参赛者必须将手/手臂从重物上移开。
7. 参赛者将重复此过程，共进行 10 次往返，总计 100 米。
8. 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

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

其他说明

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

4. General Rules & Penalties

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 Spartan DEKA Headquarters produced DEKA STRONG, DEKA MILE, DEKA FIT & DEKA FIT Ultra events.
惩罚说明；适用于斯巴达 DEKA 总部举办的 DEKA STRONG 、DEKA MILE 、DEKA FIT 和 DEKA FIT Ultra 赛事。

4.2.1. Any competitor who fails to complete the competitons as outlined in this rulebook will be subject to these time penalties and/or disqualification as outlined below or in the PENALTIES CHART:
*Penalty Chart also available below in Change Log as an Appendix.
任何未能按本规则手册完成比赛的参赛选手都将受到以下或处罚表中规定的时间处罚和/或取消资格：
*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. * DEKA FIT Ultra: Skipping a DEKA Zone or completing less than 80% of the zone will result in a 20 minute penalty per violation.
b) DEKA Zone 1 - 10 second penalty for each missed rep (up to 20% of total)
c) DEKA Zone 1 - If the weight is dropped during a rep, you will receive a penalty (no rep) requiring the athlete to complete an additional rep.
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 - 10 second penalty if both feet do not get 100% past the line and make contact with the ground. (Only for the official DEKA MILE, DEKA STRONG and DEKA FIT roadshows)

l) DEKA Zone 6 - 30 second penalty if competitor drops, throws, or fails to return dumbbells to the same starting location.

m) DEKA Zone 7 - 20 second penalty if competitor departs the zone with 1.0 or fewer calorie remaining before completing 25 calories.

n) DEKA Zone 7 - 2 minute penalty if competitor departs the zone with 1.1 or more calories to complete (up to 20% of total calories remaining).

o) DEKA Zone 8 - 20 second penalty for each missed rep (up to 20% of total).

p) DEKA Zone 9 - 1:30 minute penalty for each missed rep. Down & back is considered 1 rep.

q) DEKA Zone 9 - 10 second penalty if sled tire does not make contact with the 10 meter course line.

r) DEKA Zone 10 - 20 second penalty for each missed rep (up to 20% of total).

s) DEKA Zone 10 - If the weight is dropped during a rep, you will receive a penalty (no rep) requiring the athlete to complete an additional rep.

t) Post race video will not be used except in cases of reviewing assessed penalties and safety violations.

u) 30 second penalty will be assessed in the 2 / 4-person teams if two / four people do not finish the race by making physical contact across the line.

v) Failure to follow the physical contact in relaying substitutions between running and ZONE action will result in a 10-second time penalty.

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、完赛奖牌。* DEKA FIT Ultra：跳过 DEKA 区域或完成不到 80%的区域将导致每次违规 20 分钟的处罚。

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 - 如果在做一次动作时重物掉落，此次动作将会被判无效，要求选手完成一次额外的动作。

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 - 选手在完成 500 米距离前离开该区，且剩余距离≥6 米（最多不超过总距离的 20%）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 - 如果双脚没有 100%越线并接触地面，则罚时 10 秒。（仅适用于官方举办的 DEKA MILE，DEKA STRONG 与 DEKA FIT 路演）

l) Zone 6 - 如果选手将哑铃摔落，抛掷或者未能将哑铃放回起始位置，则罚时 30 秒。

m) Zone 7 - 如果显示剩余 1 及以内卡路里时，选手离开区域，则将被处罚 20 秒。

n) Zone 7 - 选手在完成 25 卡路里前离开该区域，且剩余需完成卡路里≥1.1 卡（最多不超过总卡路里的 20%），罚时 2 分钟。

o) Zone 8 - 每少做 1 次，罚时 20 秒（少做上限：总数的 20%，4 个）。

p) Zone 9 - 每少做 1 来回，罚时 1 分 30 秒。前推 10m+后拉 10m 为 1 来回。

q) Zone 9 - 如果雪橇轮胎没有接触到 10 米赛道线，则罚时 10 秒。

r) Zone 10 - 每少做 1 次，罚时 20 秒（少做上限：总数的 20% ，4 个）。

s) Zone 10 - 如果在做一次动作时重物掉落，此次动作将会被判无效，要求选手完成一次额外的动作。

t) 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。

u) 在双人组/团队组中如果两个人/四个人没有以身体接触的方式冲线完赛，则将会被判罚 30 秒罚时。

v) 在跑动与 ZONE 区动作之间的接替换人如果没有遵循身体接触的原则，将会导致 10 秒的罚时。

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.

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。

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.

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 will:

a) Receive a 3 minute time penalty for each violation (2 lap course set-up)
b) Receive a 2 minute time penalty for each violation (3 lap course set-up)
c) If a running lap is missed before a zone, a competitor is not allowed to make it up later in the race. A penalty will be assessed.
d) If a competitor runs 1 or more additional laps prior to entering a zone, the competitor is not allowed to reduce the number of required laps later in the race to offset the distance.

任何未完成进入区域前所需跑动距离（错过一圈）的选手将：

a) 每次违规将受到 3 分钟的罚时（适用于 2 圈赛道设置）。
b) 每次违规将受到 2 分钟的罚时（适用于 3 圈赛道设置）。
c) 如果选手在已经进入 ZONE 后发现之前错过了一圈跑步，不得在比赛中补圈。将直接受到处罚。
d) 如果选手在进入 ZONE 前多跑了一圈或更多圈，不得在比赛后期减少所需圈数以抵消之前多跑的距离。

4.2.5. 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) Additional laps ran before any zone will not be counted towards the total percentage of required running to be considered an official finisher.
c) Competitor will receive their finisher shirt, medal

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) 在任何 ZONE 前跑的额外圈数将不计入正式完赛选手所需的总跑圈数。
c) 参赛者仍将获得完赛 T、完赛奖牌。

4.2.6. Any behavior that would lead to disqualification

a) Wearing headphones during the official DEKA FIT;
b) Using lifting straps or gymnastic/CrossFit style hand grips;
c) Receiving outside material assistance (including but not limited to nutrition/ hydration) during the official DEKA FIT *Different forms of verbal encouragement are permitted;
d) Verbal insults and even physical attacks on offical staff, volunteers, referees, medical, photographer, other competitors.
e) Uncivilized behaviors such as littering, spitting, defecation and urination, deliberately damaging the track or official equipment and machinery... will result in disqualification and removal from the track upon discovery.

任何会导致被取消比赛资格的行为：

a) 在官方举办的 DEKA FIT 比赛过程中佩戴耳机
b) 使用举重助力带或体操/CrossFit 式护掌
c) 在官方举办的 DEKA FIT 比赛中接受场外人员,观众的物质帮助（包括但不限于营养品，补品，水等）*不同形式的语言鼓励是被允许的
d) 对官方工作人员、志愿者、裁判员、医务人员、摄影师和其他参赛者进行言语侮辱甚至身体攻击。
e) 出现如乱扔垃圾、随地吐痰、便溺、故意损坏赛道或官方设备和器械等不文明行为，一经发现将会取消比赛成绩并且被请出赛道。

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 & DEKA ATLAS Affiliate events, personal water/hydration is allowed but shall be staged off to the side of the course.
d) For DEKA STRONG, DEKA MILE, & DEKA ATLAS Affiliate events, personal audio (earphones, earbuds, etc) may be permitted by the affiliate or event host.

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&DEKA ATLAS 相关赛事，允许携带补水装备，但应放置在赛道旁边
d) DEKA STRONG & DEKA MILE&DEKA ATLAS 相关赛事，附属机构或活动主办方可允许佩戴个人音频设备。

4.3.2. The Following Equipment is not permitted for use:

a) Lifting Straps or gymnastic/CrossFit style hand grips
b) For DEKA STRONG, DEKA MILE, & DEKA ATLAS Affiliate events, hydration and fueling assistance may be permitted by the affiliate or event host.
c) For DEKA FIT and all HQ produced events, competitor may not receive hydration or fueling from anyone while in the DEKA zones or on the running course.
d) For DEKA FIT and all HQ produced events, Water vessels (including hydration pack, water bottle, etc) are not allowed on course. A water station will be available on the running track.
e) For DEKA FIT and all HQ produced events, personal audio (earphones, earbuds, etc.) are not permitted.

以下装备不允许在 DEKA 赛区使用：

a) 举重助力带或体操/CrossFit 式护掌
b) 对于 DEKA STRONG、DEKA MILE 和 DEKA ATLAS 相关赛事，赛事主办方可能会允

许提供水和补给帮助。

c) 对于 DEKA FIT 和所有由总部举办的赛事，选手在 DEKA ZONE 区或赛道上不得接受任何人的补水或补给帮助。

d) 对于 DEKA FIT 和所有由总部举办的赛事，水容器（包括水袋、水壶等）不得带入赛道。赛道上设有饮水站。

e) 在 DEKA FIT 和总部举办的所有活动中，禁止使用各种类型的个人音频设备。

4.3.3. For DEKA FIT Roadshows, water may not be provided and in this case, personal hydration is allowed to be staged off to the side of the course.

DEKA FIT 路演可能不提供水，在这种情况下，允许在赛道一侧放置个人水袋。

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 act in compliance with the Rules listed below:

a) Treat all fellow competitors, DEKA staff members, DEKA volunteers, spectators, and members of the public with fairness, respect and courtesy at all times.

b) refrain from the use of abusive, threatening, or insulting language or conduct; and

c) report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.

d) Competitors should do everything possible to avoid physical contact with other competitors while on course.

e) On the running course, DEKA provides an outside lane for competitors moving at a slower pace. All competitors should choose the proper running lane based on their pace.

在参加任何 DEKA 赛事时或在赛事现场期间，所有选手都必须遵守以下准则：

a) 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；

b) 不得使用毁谤 、威胁 、侮辱的语言和行为；

c) 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。

d) 选手在赛道上应尽一切可能避免与其他选手发生身体接触。

e) 在赛道上，DEKA 会为速度较慢的选手提供外侧通道。所有选手都应根据自己的速度选择合适的跑道。

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 竞赛行为

4.5.1. During the competition, competitors must:

a) complete the official course in its entirety. It is each competitor's responsibility to follow the course 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 qualifi cation to any championship events.

所有参赛者都必须按照其指定的出发时间、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事的权利。

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.

任何协助未经报名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.
k) any act that causes an unsafe situation for other participants
l) Uncivilized dress

下列行为可作为禁赛的理由，以及除规则外由 DEKA 官方直接的判定的禁赛行为，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。
k) 对其他参与者造成不安全情况的任何行为。
l) 不文明着装

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 timing / results table 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，必须在申诉期内向计时/成绩台提出。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.ft.

4.14. GENDER CATEGORY ELIGIBILITY 性别类别资格

4.14.1. For purposes of competition, athletes are required to register and compete in the category corresponding to the sex listed on their original birth record.

为了比赛的目的，运动员必须在其原始出生记录上所列性别对应的组别中注册和比赛。

4.15. PRIZE MONEY AND AWARDS 奖金及奖品

4.15.1. 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
c) will attend the podium by the competitors themselves wearing DEKA finisher T-shirts

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。

c) 由选手本人穿着 DEKA 完赛 tee 参加颁奖仪式

4.15.2. 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没收奖金。

4.16. AGE GROUPS: DEKA STRONG, DEKA MILE, DEKA FIT (Individual and Teams)
年龄段组： DEKA STRONG，DEKA MILE，DEKA FIT（个人和团队组）

4.16.1. 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 the September 30th of the series year)

a) Individuals: Youth(10-11&12-13), 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 qualifi cation 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
5.120-139 NEW for the 2027 DEKA season.
6.140+ NEW for the 2027 season

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+.

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。（系列年度的 9 月 30 日）

a) 个人：青少年（10-11&12-13）, 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 负重个人组：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 -139 岁 从 2027 赛季开始应用
6.140 岁以上 从 2027 赛季开始应用

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

4.17. AGE GROUPS: DEKA ATLAS (ATLAS Foundation and ATLAS Peak)

4.17.1. 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)

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+.

年龄组（DEKA ATLAS）— ATLAS Foundation 和 ATLAS Peak
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 30 日时的年龄）。

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

更新日志

a.11.20.2024（2024 年 11 月 20 日改）

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 米途中使用所需使用的最高雪橇阻力。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（2025 年 2 月 3 日改）

(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.
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.
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
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
3.19 - 为正确的动作完成列出了附加规则

c. 2.11.2025（2025 年 2 月 11 日改）

(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.
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（2025 年 3 月 25 日改）

(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.
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 ATLAS。

e. 4.16.2025（2025 年 4 月 16 日改）

(1) Updated DEKA ATLAS Standards Chart
(2) Section 3.8 - updated language for Zone 8
更新了 DEKA ATLAS 的动作标准表
在 3.8 部分 - 更新了 ZONE 8 的语言描述

f. 6.12.2025（2025 年 6 月 12 日改）

(1) Section 2.3 - added DEKA FIT 4 Person Teams to the Official Races/Events list
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（2025 年 7 月 28 日改）

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

h. 9.2.2025（2025 年 9 月 2 日改）

(1) Updated 2-Person team timing chip language for DEKA MILE & DEKA FIT.
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.
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.
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.
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.
更新了 DEKA 惩罚表

i. 11.20.2025（2025 年 11 月 29 日改）

(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.
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.
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。

J. 1.6.2026（2026 年 1 月 6 日改）

DEKA Rulebook updates for the 2026 DEKA Season.

(1) Section 2.1: DEKA STRONG Teams mat/working area clarification
在 2.1 部分：DEKA STRONG 团队组垫子/工作区说明
(2) Section 2.2: DEKA MILE Teams mat/working area clarification
在 2.2 部分：DEKA MILE 团队组垫子/工作区说明
(3) Section 2.3: DEKA MILE Teams mat/working area clarification
在 2.3 部分：DEKA MILE 团队组垫子/工作区说明

(4) Section 3.6 Zone 6: Clarification on completion of 10m distance.
在 3.6ZONE6 部分：说明 10 米距离的完成。
(5) Section 4.2.1 Updated penalties
在 4.2.1 部分：更新判罚
(6) Section 4.2.4 Updated penalties
在 4.2.4 部分：更新判罚
(7) Section 4.12.3 Updated protest period
在 4.12.3 部分：更新抗议期
(8) Updated Penalties Chart
更新惩罚表
(9) Updated DEKA STRONG, DEKA MILE, and DEKA FIT standards chart
更新DEKA STRONG，DEKA MILE 和DEKA FIT的动作标注表

k. 2.10.2026（2026 年 2 月 10 日改）

Section 3 Updated Movement Standards Charts:

(1) DEKA STRONG, DEKA MILE, & DEKA FIT v20260210
(2) DEKA ATLAS v20260210

l. 9.22.2026（2026 年 9 月 22 日改）

(1) Section 4.2.1 - add u) 30 second penalty will be assessed in the 2 / 4-person teams if two / four people do not finish the race by making physical contact across the line.
在 4.2.1 部分 - 更新了 u) 在双人组/团队组中如果两个人/四个人没有以身体接触的方式冲线完赛，则将会被判罚 30 秒罚时。
(2) Section 4.2.1 - add v) Failure to follow the physical contact in relaying substitutions between running and ZONE action will result in a 10-second time penalty.
在 4.2.1 部分 - 更新了 v) 在跑动与 ZONE 区动作之间的接替换人如果没有遵循身体接触的原则，将会导致 10 秒的罚时。
(3) Section 4.2.6 e) - Add uncivilized behaviors such as defecation, urination and its consequences to the original causes that lead to DQ.
在 4.2.6 e) 部分 - 在原有会导致 DQ 的原因中增加便溺等不文明行为及其后果。

M. 10.15.2026（2026 年 10 月 15 日改）

(1) Section 4:14 Gender Category Eligibility specified.
在 4.14 节 更新规定的性别类别资格。
(2) Section 2.1 & 2.2 DEKA Ruck event standards: minimum ruck or backpack size 14 liter
第 2.1 和 2.2 节 DEKA Ruck 活动标准：最小的 Ruck 或背包尺寸为 14 升
(3) Section 2.2 When the non-running teammate is transitioning to the relay exchange zone or

to the next zone, they must transition with caution while giving all runners the right of way.
第 2.2 节 当非跑步队友过渡到接力交换区或下一区域时，他们必须谨慎过渡，同时给所有选手让路。

(4) DEKA Penalties Chart updated. 更新了 DEKA 罚时表。

(5) Section 2.2 Added additional clarification for DEKA FIT 2-Person and 4-Person Teams in zones 6 and 9.
第 2.2 节 增加了对 ZONE6 和 ZONE 9 DEKA FIT 2 人和 4 人团队的说明。

(6) Section 4.16 NEW for the 2027 DEKA season beginning October 1, 2026, 2-Person Team Age Groups will be 59 & Under, 60-79, 80-99, 100-119, 120-139 and 140+
第 4.16 节 新规定：从 2026 年 10 月 1 日开始的 2027 年 DEKA 赛季，2 人团体年龄组为 59 岁及以下、60-79 岁、80-99 岁、100-119 岁、120-139 岁和 140 岁以上。

(7) Section 3 Changed weight standards for the 14-17 Age Group. See the updated DEKA STRONG, DEKA MILE and DEKA FIT Standards Chart
第 3 节更改了 14-17 岁年龄组的体重标准。请参阅更新后的标准表。

(8) Section 2.2 DEKA FIT ULTRA cut off time is 8 hours
第 2.2 节 DEKA FIT ULTRA 的关门时间更新为 8 小时

(9) Section 4.3.1 d) For DEKA STRONG, DEKA MILE, & DEKA ATLAS Affiliate events, personal audio (earphones, earbuds, etc.) may be permitted by the affiliate or event host.
第 4.3.1 节 d) DEKA STRONG & DEKA MILE&DEKA ATLAS 相关赛事，附属机构或活动主办方可允许佩戴个人音频设备。

(10) Section 4.8.1 l)Uncivilized dress
第 4.8.1 节更新要求文明着装

(11) Section 4.16.1 Updated age criteria for age groups
第 4.16.1 节更新年龄段组选手的年龄划分

APPENDIX A 附录

PENALTIES CHART

DEKA FIT, DEKA FIT ULTRA, and DEKA STRONG & DEKA MILE events hosted by Spartan Headquarters

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
8	Dead Ball Over	20	16	0:20
10	RAM Burpee	20	16	0:20

[1] Automatic DQ if less than 80% of required reps are completed

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 less than 80% of required distance is completed

Zone	Movement	Required Distance	Distance per rep	Time Penalty for Non-Completion
6	FIT - Farmer's Carry (100m maze)	100m	100m	1:00
6	STRONG & MILE - Farmer's Carry	100m	20m (Down-and-Back x 5)	1:00

[3] Automatic DQ if less than 80% of required distance is completed

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

[4] Automatic DQ if less than 80% of required calories are completed

Zone	Movement	Required Distance	Distance per rep	Time Penalty for Non-Completion
9	Sled Push/Pull	100m	20m (Down-and-Back x 5)	1:30

[5] Automatic DQ if less than 80% of required distance is completed.

Running Penalties for DEKA FIT, DEKA FIT ULTRA & DEKA MILE

Any competitor who doesn't complete the required running distance (misses a lap) that precedes a DEKA Zone will receive a 3 minute penalty on a 2 lap DEKA FIT course or 2 minute penalty on a 3 lap DEKA FIT course for each violation. Missing a lap on a DEKA MILE course will result in a 2 minute penalty for each violation. Make up laps are not permitted.

Automatic DQ if a competitor runs less than 80% (4000m) of the required 5000m DEKA FIT total distance.

Automatic DQ if a competitor runs less than 80% (1280m) of the required 1600m DEKA MILE total distance.

[5] DEKA FIT Ultra: completing less than 80% (20k) of the required (25k) total distance will result in disqualification (DQ)

Safety Penalties

Zone 1 - dropping the weight rather than placing on the ground in a safe state will result in a no rep

Zone 6 - dropping weights or not returning weights to the same starting location will result in a 30 second penalty

Zone 10 - dropping the weight rather than placing on the ground in a safe state will result in a no rep

Additional Penalties

Completing a DEKA Zone out of order will result in a 1 minute penalty for each violation

* Failure to complete all 10 DEKA Zones will result in disqualification (DQ)

** DEKA FIT Ultra: Failure to complete a DEKA Zone or completing less than 80% of the zone will result in a 20 minute penalty per violation

V20260501

跑动惩罚（针对于 DEKA FIT，DEKA ULTRA & DEKA MILE）

任何未完成规定跑步距离（缺少 1 圈）的参赛选手，在 2 圈跑动布局的 DEKA FIT 比赛中将被罚时 3 分钟，在 3 圈跑动布局的 DEKA FIT 比赛中将被罚时 2 分钟。在 DEKA MILE 的比赛中每少跑 1 圈，每次违规将被罚时 2 分钟。不允许补圈。

如果选手在 FIT 中跑动距离少于规定总距离（4000 米）的 80%，则自动取消比赛资格。

如果选手在 MILE 中跑动距离少于规定总距离（1280 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（25000 米）的 80%（20000 米），将被取消资格（DQ）。

其他惩罚

未按顺序完成每个 DEKA ZONE 区，每次将被罚时 1 分钟。

未能完成全部 10 个 DEKA ZONE 区将被取消资格（DQ）

*在 DEKA FIT Ultra 的比赛中：跳过 1 个 DEKA ZONE 或未完成 ZONE 内 80%的动作要求将被罚时 20 分钟。

安全性惩罚

在 ZONE 1 中，掉落重物而不是以安全状态下将重物放回地面将会被判罚“未完成此次动作”

在 ZONE 6 中，掉落重物或者没有将重物放回相同初始位置将会被判罚 30s 的罚时。

在 ZONE 10 中，掉落重物而不是以安全状态下将重物放回地面将会被判罚“未完成此次动作”