



DEKATM

Rules of Competition

竞赛规则



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参考下面的 DEKA Strong & Mile 部分调整。

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1. INTRODUCTION 简介

1.1 SCOPE 范围

1.1.1 The following rules of competition ("Rules") are set forth and governed by DEKA and apply to all DEKA events and competitions globally. These Rules are binding on all competitors participating in any DEKA event.

以下竞赛规则（“规则”）由 DEKA 制定，适用于全球所有 DEKA 活动和赛事。
本规则对任何 DEKA 赛事的所有参赛者均有约束力。

1.2 PURPOSE 目的

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

这些规则解释了如何执裁一场 DEKA 赛事且力求:

- a) ensure that all DEKA events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity; and
确保所有 DEKA 赛事在公平且标准一致的方式下举办，诚信、并彰显体育精神;
- b) provide clear guidelines to facilitate globally standardized competition;
and
为统一全球竞赛标准提供清晰的指导；
- c) protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport.

在这项赛事中，尽可能地保护参赛者的健康、安全。



1.3 VARIATIONS AND AMENDMENTS 变更及修正

1.3.1 DEKA may from time to time change these Rules and make further Rules at 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版本产生规则不一致时，以英文版本为准。



2. DEFINITIONS OF KEY TERMS 关键术语释义

2.1 DEFINITIONS 释义

2.1.1 DEKA Gym: Interior Area of the field of competition where 10 Deka Zones are located.

DEKA 竞赛区：比赛场地的内部区域，设有 10 个 Deka 区。

2.1.2 DEKA Zones: 10 workouts that competitors complete.

DEKA 区：参赛者需要完成的 10 项竞赛项目。

2.1.3 DEKA Arena: The entire event area including the running track, zones, and DEKA gym.

DEKA 赛事场地：整个活动区域，包括跑道、DEKA 区和 DEKA 竞赛区。

2.1.4 DEKA Mark: Your completion time, including all required running, zone completions, and any penalties assessed.

DEKA 成绩：您的完成时间，包括规定的跑步、DEKA 区完成时间和罚时。

2.1.5 Categories: the various types of competitor levels defined as either Elite or Open.

组别：DEKA 设有不同的竞赛组别，分别是精英组、年龄段组和公开组。

2.1.6 Head Official: a person designated by DEKA FIT as the chief decision-maker on all matters of Rules at any event, and the ultimate authority for enforcing and interpreting these Rules.

主裁判：主裁判是指由 DEKA FIT 组委会委任的，在任意一场斯巴达赛事中对竞赛



和规则相关问题上做最终决定的人。主裁判在执法的赛事中具有对于规则的最终裁决权和解释权。

2.1.7 Referee: A DEKA FIT appointed official tasked to ensure that all rules are adhered to, posted at the 10 different zones, and reported to the Head Official.

裁判员：DEKA FIT 组委会任命的官方工作人员，主要职责是确保竞赛规则得以执行，在十个 DEKA 区进行执裁，并将工作汇报给主裁判。



3. GENERAL RULES AND PENALTIES 基本规则与处罚

3.1 EVENT FORMAT 赛事标准

3.1.1 Order of Completion 完赛流程

- a) Competitor completes 500 meter run around the DEKA Gym.

参赛者在 DEKA 竞赛区完成 500 米跑步。

- b) After completing 500m, the competitor enters DEKA Zone 1 (Alternating Weighted Reverse Lunge) and completes the required reps.

完成 500m 跑步后，参赛者进入 DEKA 第一区（负重后撤箭步蹲）并完成所需的次数。

- c) After completing the required reps, the competitor departs Zone 1 and completes 500m around the DEKA Gym.

参赛者完成要求的次数后，离开第一区，并在 DEKA 竞赛区内进行 500m 跑步。

- d) After completing 500m, the competitor enters DEKA Zone 2.

完成 500m 跑步后，参赛者进入 DEKA 第二区。

- e) The competitor continues this process of completing 500m followed by completing the next DEKA Zone until all 10 Zones have been completed in order.

参赛者继续完成 500m 跑步，然后完成下一个 DEKA 区的挑战，直到按顺序



完成所有 10 个 DEKA 区的挑战。

- f) Once the competitor successfully completes Zone 10 they will cross the finish line.

一旦参赛者成功完成第十区的竞赛项目后，便可越过终点线完成比赛。

3.1.2 Categories 赛事组别

- a) Elite Males 男子精英组
- b) Elite Females 女子精英组
- c) Age Group/Competitive Males 男子年龄段组
- d) Age Group/Competitive Females 女子年龄段组
- e) Open Males 男子公开组
- f) Open Females 女子公开组
- g) 2-person Team 双人组

3.1.3 2-person Team Rules 双人组规则

- a) Divide and conquer the DEKA FIT course as a team of two. 两人一组，分配和完成 DEKA FIT 竞赛项目。
- b) Divisions: 组别划分：
 - Male 男子组
 - Female 女子组
 - Co-Ed (1 male & 1 female) 男女混合组 (1 男 1 女)



c) Competition flow: 竞赛流程：

Each team of two will have one timing device. 每个双人组用一个计时设备。

1. The first and last 500 meter run (500m run before DEKA Zone 1 & 500m run before DEKA Zone 10) must be completed by both teammates. All other running can be divided however the team members prefer - One teammate running the entire 500m or one teammate running the first lap and the other teammate running the 2nd lap. 第一次和最后一次 500 米跑（第一区前的 500 米跑和第十区前的 500 米跑）必须由两名队友共同完成。所有其他跑步都可以根据团队成员的喜好进行划分 - 一个队友跑整个 500m 或一个队友跑第一圈，另一个队友跑第二圈。
2. At the start of the race, both team members will be at the start line together and they will run the first 500m run together. 比赛开始时，两个队员一起在起跑线上，共同跑前 500 米。
3. After both team members enter DEKA Zone 1, the repetitions can begin. Once the repetitions are completed, 1 of the 2 teammates will begin the next 500m run. 两名队员



均进入第一区后，可以开始计数挑战。计数挑战完成后，2 名队友中的 1 名将开始下一次 500 米跑。

4. The teammate not running has two options - stage themselves on the outside of DEKA Zone 2 in the Running Hand Off Zone or stage themselves inside DEKA Zone 2 in preparation for completing Zone 2. This leaves the runner with two options - hand off to their teammate in the Running Hand Off Zone after running the first lap or run the entire 500m. 不跑步的队友有两个选择 – 站在第二区外的跑步交接区，或站在第二区内以准备完成第二区的内容。这使跑步者有两个选择 -跑完第一圈后再跑步交接区交界，或跑完整个 500 米后在竞赛区交接。
5. This process will continue until the final 500m run which takes place after completing DEKA Zone 9. *As stated above, both teammates must run the first and final 500m run together. 这个过程将一直持续到完成第九区后的最后 500 米跑。 *如上所述，两个队友必须一起跑第一个和最后一个 500 米。



6. Running Hand Off Zones will all be located on the outside of the running track in front of the DEKA Zone 2-9 entry points.
跑步交接区都将位于第二区至第九区入口点前的跑道外侧。
7. If a team is splitting up a 500m run, the timing device will be handed off at the Hand Off Zone located in front of the DEKA Zone that is to be completed next, and the team member who handed off will then move inside the DEKA Zone. 如果一个双人组共同完成 500m 跑，计时装置将在下一个要完成的 DEKA 竞赛区前的跑步交接区完成交接，交接完的队员随后进入该竞赛区。
8. Small exit/entry points (different location than the main DEKA Zone entry/exit points) will be located inside DEKA Zones to allow for easy access to the next DEKA Zone. 小型出口/入口点（不同于 DEKA 竞赛区入口/出口点的位置）将位于 DEKA 区域内，以便于进入下一个 DEKA 区域。
9. Once both competitors are inside the DEKA Zone, repetitions, meters, and calories can be divided however the team prefers. 一旦两名队员都进入 DEKA 竞赛区，动作重复次数、米数和卡路里可以根据团队的喜好进行分配。



10. DEKA Zone repetitions, meters, or calories CAN NOT begin until both competitors are inside the zone. 动作重复次数、米数和卡路里必须等到团队的两名队员均进入该 DEKA 区才能开始。
11. 500m runs CAN NOT begin until all repetitions, meters, calories are completed. *Teammates must stay together inside the DEKA Zones (the upcoming runner CAN NOT stage themselves at the zone exit while their teammate is completing the zone work) 在完成所有重复次数、米数和卡路里之前，不能开始 500 米跑。 *队友必须在 DEKA 区内待在一起（接下来要出发跑步的队员需要他的队友完成竞赛内容后出发）
12. If one team member is running the entire 500m run, the other team member will go straight to the next DEKA Zone. 如果一名队员跑完整个 500m，另一名队员将直接进入下一个 DEKA 区。
13. After completing DEKA Zone 9, both teammates must run the final 500m run together. 完成 DEKA Zone 9 后，两名队友必须一起跑完最后的 500m。



14. After completing DEKA Zone 10 both teammates must cross the finish line together within 5 meters of each other. 完成 DEKA 第十区后，两名队友必须在彼此相距 5 米的范围内一起越过终点线。
15. If a team member is unable to finish the race, the team will receive a DNF (did not finish). 如果一名队员未能完成比赛，该队将被视为 DNF (未完成)。
16. Team members can divide up repetitions, meters, and calories using whatever strategy they prefer, but there can only be one person at a time completing the work. The team must use the same station (rep completion area/mat, rower, ski, bike, tank) for all repetitions, meters, calories. Co-Ed teams are allowed to switch back and forth between male/female weights if dividing reps during a zone but a male is NOT allowed to use the female weight. 团队成员可以使用他们喜欢的任何策略来划分重复次数、米数和卡路里，但一次只能有一个人完成这项工作。团队必须使用相同的赛道（代表完成区域/垫子、划船者、滑雪、自行车、坦克）进行所有重复、



米、卡路里。 如果在一个竞赛区中划分次数，则允许男女混合团队在男性/女性重量之间来回切换，但不允许男性使用女性重量。

d) The team rules also apply to DEKA MILE with the 500m run becoming 160m. 团队规则也适用于 DEKA MILE，其中 500m 跑变为 160m 跑。

3.2 TIMING FORMAT 计时标准

3.2.1 Individual Timing 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.

所有参赛者采用芯片净计时，同时也需要加入主裁判判罚的时间惩罚。

- 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 the course. 参赛者的成绩将使用 RFID 射频识别芯片计时。参赛者须确保芯片随身佩戴且通过赛道上的全部检查点。
- 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.

计时芯片丢失的参赛者将被进行单独审核，赛事总监和主裁判可自行决定取消参赛者的比赛资格。

- 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，其必须在越过终点线后立即向计时/成绩工作人员报告。如果参赛者的计时芯片丢失或者检查点未能读取芯片，也可以由 DEKA FIT 裁判证明参赛者比赛期间在完成了挑战。

3.3 PENALTIES 惩罚说明

3.3.1 Any competitor who fails to satisfactorily complete a DEKA Zone will:

任何未能在任一 DEKA 区完成所有要求动作标准的参赛者将会：

- a) have their timing chips removed.
被剪掉计时芯片。
- b) Be considered an unofficial finisher and not have their results listed.
被视作非正式参赛者，并且不会被记入最终排行榜。
- c) Will not receive a DEKA mark.



不会获得官方的 DEKA 成绩。

- d) Will still get their finisher swag.

仍然能够获得完赛物资。

3.3.2 Any competitor who misses any part of a lap(s) that precedes each zone will:

任何未能完整地每个区域前的跑步任务的参赛者将：

- a) Receive a 5-minute time penalty for each violation.

每次违规罚时 5 分钟。

3.4 EQUIPMENT 装备说明

3.4.1 The Following Equipment is permitted for use:

以下装备允许在 DEKA 赛区使用：

- a) Gloves

手套

3.4.2 The Following Equipment is not permitted for use:

以下装备不允许在 DEKA 赛区使用：

- a) Headphones or speakers.

耳机或扬声器

- b) Chalk

粉块或粉末

- c) Lifting Straps



举重助力带

- d) Any type of water vessel (including camelbacks, water bottles, ETC).

1-2 stations will be provided per lap so competitors will have access to 10-20 water stops over the 5K event and 1.6K event.

任何形式的水容器。每一圈跑步赛道会设置 1-2 个水站，因此参赛者在跑步距离 5km 的 DEKA FIT 和 1.6km 的 DEKA MILE 赛事中都有 10-20 次的补水机会。

3.5 GENERAL CONDUCT 基本行为准则

3.5.1 When participating in a DEKA FIT event and while on an event site, all competitors must:

在参加 DEKA 赛事时或在赛事现场期间，所有参赛者都必须：

- a) act in compliance with these Rules; and
遵守本竞赛规则；
- b) treat all fellow competitors, DEKA FIT staff members, DEKA FIT volunteers, spectators, and members of the public with fairness, respect, and courtesy at all times; and
公平、尊重、礼貌地对待所有参赛者、工作人员、志愿者、观众及其他公众人士；
- c) refrain from the use of abusive, threatening, or insulting language or conduct; and



不得使用毁谤、威胁、侮辱的语言和行为；

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

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。

3.5.2 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。

3.6 COMPETITION CONDUCT 竞赛行为准则

3.6.1 During the competition, competitors must:

在比赛期间，参赛者必须：

- a) complete the official workout in its entirety. It is each competitor' s responsibility to follow the workout and zone layout correctly; and

完整地 完成官方规定的竞赛内容。遵循每个 DEKA 区的完成动作要求是每位 参赛者的责任；

- b) not intentionally impede another competitor' s forward progress.

Jostling, running across, charging, or otherwise interfering with other competitors is prohibited; and

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) not accept from any person, other than a DEKA Fit 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 FIT.

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、身体支持或领跑,除非 DEKA FIT 对其以书面形式准许和批准。

3.7 COMPETITION AND HEAT STARTS 比赛及出发时间

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

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

3.7.2 Elite competitors who do not start in the correct wave will be moved to the Open category.

精英组参赛者若不在规定出发时间出发,其组别将会被划归为公开组。

3.8 UNREGISTERED COMPETITORS 未经注册的参赛者

3.8.1 Any person who participates in any part of an event without first properly registering and paying any registration fees as stipulated by DEKA FIT may be suspended or barred from all DEKA FIT 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 FIT 赛事。

3.8.2 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 FIT events for a time period to be determined at DEKA FIT' s discretion, including a lifetime ban from all DEKA FIT events.

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

3.9 ACTS WARRANTING SUSPENSION 导致禁赛的行为

3.9.1 In addition to other penalties outlined in these Rules which may be imposed at the discretion of DEKA FIT, the following acts may be grounds for suspension for a period of time designated by DEKA FIT at its discretion: 除在本规则内约定的可能处以禁赛的行为外，以下行为可导致在 DEKA FIT 指定的期间内禁赛。

- a) Vagrant or willful violation of the Competitive Rules; and
公然故意违反竞赛规则；
- b) gross or continued unsportsmanlike conduct; and



严重或持续违反体育道德的行为；

- c) physical violence directed toward an official, competitor, volunteer, spectator, or another person; and

对比赛工作人员、参赛者、志愿者、观众或其他人的人身暴力行为；

- d) any fraudulent activity, such as falsifying name or age, filing a false affidavit or protest, or providing false information to DEKA FIT or officials; and

任何欺诈行为，如伪造姓名或年龄，提交虚假举报或抗议，或向 DEKA FIT 赛事组委会或工作人员提供虚假消息；

- e) intentionally participating in an event despite failure to register; and
蓄意在未报名的情况下参加比赛；

- f) repetitive or recurring violations of the Rules; and
反复或多次违反竞赛规则；

- g) failure to notify an official after withdrawing from an event; and
在退出比赛后未主动告知赛事工作人员；

- h) violation of the Anti-Doping Rules set forth in Section 3.14; and
违反条款 3.14 中对于反兴奋剂的相关规定；

- i) refusal to abide by the final determination and judgment by DEKA FIT of any matter relating to these Rules; and

拒绝遵从 DEKA FIT 基于本规则的任何事项的最终决定；



j) any act which disgraces or brings discredit to DEKA FIT.

任何损害 DEKA FIT 或其赛事形象和声誉的行为。

3.10 EFFECT OF SUSPENSION 禁赛机制

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

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

3.11 REINSTATEMENT 恢复参赛资格

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

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

3.12 ACTS OF AGENTS 代理行为说明

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



参赛者的代理、教练、经理、朋友或家人违反本规则的任何规定，将构成对该参赛者进行处罚的依据。

3.13 PROTEST PERIOD 申诉期

3.13.1 An elite and age group competitor' s protest period for penalties, timing, 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.

精英组和年龄段组参赛者对处罚、计时和结果、取消资格或其他判罚的申诉期在参赛者越过终点线后立即开始，并在各自组别的官方颁奖仪式时间的 15 分钟前结束。

3.13.2 An open 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 30 minutes after the final racers completes the event.

公开组参赛者对处罚、计时和结果、取消资格或其他判罚的申诉期在参赛者越过终点线后立即开始，并在最后一组参赛者完成比赛 30 分钟后结束。

3.13.3 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.

每个参赛者都有权查看主裁判的判罚，直到其所属组别的颁奖仪式开始前 15 分钟



之前都可以针对其受到的任何判罚提出申诉。

3.13.4 Any protest a competitor may wish to raise regarding penalties, or other issues that affect the outcome of the event must be brought to the Head Official during the protest period. In some circumstances, the Head Official may extend a protest period beyond the award ceremony at their sole discretion.

参赛者可能希望就处罚或影响比赛结果的其他问题提出任何抗议，必须在申诉期间向主裁判提出。在某些情况下，主裁判可以自行决定延长申诉期。

3.13.5 DEKA FIT 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 FIT or a third party designated as an official drug tester by DEKA FIT.

DEKA FIT 保留在赛后继续处罚决议，无限期更改赛事排名或赛事日决定的权利，以防违反体育道德的行为和/或故意或恶意违反规则，包括但不限于未遵守由 DEKA FIT 或由 DEKA FIT 指定为官方药物测试员的第三方执行的反兴奋剂和药物控制协议。

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

3.14.1 Each DEKA FIT competitor acknowledges the likelihood of Anti-



Doping controls being administered at any given DEKA FIT 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 FIT 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，并且其已查阅并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>

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

禁用药物检测呈阳性的 DEKA FIT 参赛者将受到以下制裁：

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

第一次违规：禁止参加全球所有 DEKA FIT 赛事 2 年。

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

第二次违规：终身禁止参加全球所有 DEKA FIT 赛事。

3.14.3 Any Elite and/or Age Group athlete with questions or concerns, including TUE requests, should contact DEKA FIT Customer Service in the United States at US@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 FIT 客户服务部 : US@deka.fit.

3.15 PRIZE MONEY AND AWARDS 奖金及奖品

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

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) fill out all required paperwork as requested by DEKA FIT; and
填写 DEKA FIT 要求的相关文件;
- b) comply with all Anti- Doping controls in place at the given event; and
配合一切有关本场赛事的反兴奋剂控制事宜;
- c) wear an official DEKA FIT Finisher Shirt on the podium from that specific event or another officially approved, unmodified alternative as issued by DEKA FIT at its sole discretion.

穿着本场比赛的完赛服 (DEKA FIT Finisher Shirt) 或 DEKA FIT 官方批准并
发放且未经裁剪的服装。

3.15.2 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且没收奖金。



4. ZONE DESCRIPTION AND RULES 各区域规则介绍及讲解

4.1 ZONE DESCRIPTIONS AND RULES 各区域规则介绍及讲解

4.1.1 Zone 1 (Weighted Alternating Reverse Lunge) 第一区 (负重后撤箭步蹲)

a) Specifics 具体内容

- i) Male 55LB/25KG 男子 55 磅/约 25KG
- ii) Female 33LB/15KG 女子 33 磅/约 15KG

b) Process/Setup 流程/计划

- i) Competitor finds the area with the correct weights based on the above specifics. 参赛者根据上述的具体要求找到正确的重量。
- ii) Competitor completes 30 reps (15 per side - alternating each rep). 参赛者完成 30 次 (一侧 15 次)。

c) Movement Standards 动作标准

- i) From a vertical position, the competitor steps back to begin the reverse lunge movement. 参赛者身体保持垂直, 向后踏步屈膝完成箭步蹲。
- ii) At the bottom position: 在最低处位置:
 - 1) Knee must be touching the ground 膝盖必须触碰地面
 - 2) Knee must be below or behind the hip 膝盖必须处于比臀部更低或更后侧
 - 3) Front foot flat on the ground 前脚在地面上放平



- 4) At the top of the rep competitor must be in full body lockout. 在动作的最顶点，参赛者必须保持身体稳定。
 - 5) Knees are at full extension 膝盖完全伸直
 - 6) Hips are at full extension 髋部最大限度伸展
 - 7) Split Squat Jumps are not permitted. Both feet must be on the ground at the top of the rep before you begin the next rep. 禁止从地面上跳起。在下一次动作开始前双脚必须触碰都触碰地面。
- iii) Rep is considered complete once the competitor reaches full hip and knee extension. 一次动作只有在参赛者膝盖完全伸直时才算完成。
 - iv) The competitor must alternate legs on each rep 参赛者必须在每次动作之间交替左右腿
- d) Additional Notes 额外注释
- i) If the competitor chooses the incorrect weight, they may start the zone over, but any reps completed with the incorrect weight will not be counted. 如果参赛者选择了错误的重量，他们必须重新开始当前区动作，用非正确重量完成的动作将不会被计入次数。
 - ii) Weight can be held in a back, front, or single shoulder racked position. 负重可以放在身体后方，前方，或者采取单肩扛的姿势。
 - iii) Weight shoulder rack positioning can be changed at any-time during or after the completion of reps. 肩扛负重的姿势可以在动



作完成时或完成后随意改变

- iv) If needed, weight can be placed on the ground during a rest period after a completed rep 如有需要，RAM 负重可以在完成一次休息时放到地上
- v) If weight is placed on the ground during the completion of a rep, that rep will not count. 如果 RAM 负重在一次动作期间落地，这次动作将不计数。
- vi) Any no reps must be completed on the same leg. Reps completed out of order will not count. 作废后的动作需要用同侧腿再次完成动作。违反此规定的动作将不计入次数。

4.1.2 Zone 2 (Rower) 第二区 (划船机)

a) Specifics 具体内容

- i) There are no gender-specific rowers. All Rowers are the same. 划船机没有男女性别区分。所有划船机一样。

b) Process/Setup 流程/计划

- i) Select a rower and make any foot strap or damper adjustments as needed. 选择一个划船机然后根据需要调整脚套长度和阻力大小
- ii) Row until 500 meters has elapsed. 完成 500 米划船距离。

c) Movement Standards 动作标准

- i) The competitor must stay seated on the rower with feet strapped in



until the display reads 500 meters. 参赛者必须保持坐在划船机上套好脚套直到 500 米划行完成。

d) Additional Notes 额外注释

- i) A competitor may change rowers at any point, however, the distance counter must be reset to 0 on the new rower. 参赛者可以随时更换划船机，但是必须在新的划船机上从 0 开始计数。
- ii) A competitor may make any foot strap or damper adjustments during the completion of the zone. 参赛者可以在完成划船机动作时随时调整脚套和阻力值。

4.1.3 Zone 3 (Box Jump Over or Step-up Over) 第三区 (跳箱&交替上步)

a) Specifics 具体内容

- i) There are no gender specific boxes. All boxes are 24 inches high.跳箱和交替上步没有性别区分。所有箱子都是 24 英寸高。

b) Process/Setup 流程/计划

- i) Competitors will complete 20 reps at their box. 参赛者需要在他们的箱子上完成 20 次动作。

c) Movement Standards 动作标准

- i) Competitors must make contact with the top of the box with both feet before moving to the other side. 参赛者必须在到达箱子另一侧前双脚都碰到箱子顶部。



- ii) After jumping or stepping off the box, both feet must make contact with the ground for the rep to count. 在跳下箱子或跨下箱子后，双脚必须都接触地面动作才能计为有效。
 - iii) Competitors may jump on the top of the box with a two-foot landing and then jump or step off the other side. 参赛者跳上箱子时可以双脚落地然后跳下箱子或者跨下箱子。
- d) Additional Notes 额外注释
- i) Competitors must land on top of the box; they cannot jump over the entire box. 参赛者必须踏在箱子顶部，不能跳越过箱。
 - ii) Competitors are allowed to jump or step on and off the box. 下箱时可以采用跳下的方式或者跨下箱子的方式
 - iii) Incidental hand and knee contact is allowed as long as it does not give the athlete a competitive advantage in completing the rep. Incidental hand and knee contact is left up to the judge's discretion for scoring. 在不帮助参赛者获得竞争优势的情况下，无意间用手触碰到箱子是允许的。裁判有权判断无意间的手触碰到箱子是否影响计分。

4.1.4 Zone 4 (Med Ball Sit-up Throw) 第四区 (药球仰卧起坐/仰卧起身砸球)

- a) Specifics 具体内容
 - i) Male 20lbs 男子 20 磅/约 9KG



- ii) Female 14lbs 女子 14 磅/约 6.35KG
- b) Process/Setup 流程/计划
 - i) After entering the DEKA Zone competitors sit down in front of the appropriate station and place feet under the supports. 在进入 DEKA 区后，参赛者在正确的区域坐下。
 - ii) Target is positioned 4.5 feet above the floor. 靶子置于离地面 4.5 英尺 (约 1.35 米) 的高度。
 - iii) Competitors will complete 25 reps. 参赛者要完成 25 次动作。
- c) Movement Standards 动作标准
 - i) Rep Start with competitors back on the floor, knees bent, and med ball held behind the head touching the ground. 动作开始时参赛者屈膝仰面躺下，药球放在头部后方的地面。
 - ii) Competitor will raise or throw the med ball with both hands towards the target during or at the top of the sit-up motion. 参赛者双手抱球，完成仰卧起坐的动作，保持双手抱球动作直至球接触靶子或接触身体前方的地面。
 - iii) The ball must touch the face of the target. 药球必须接触靶子的表面。
 - iv) At the bottom of the rep the competitor must have control of the



ball and it must touch the ground behind their head. 在动作开始前参赛者必须控制好球，并且球必须至于头部后方。

v) Rep is considered completed once it hits the target. 动作在球接触靶子或双手抱球接触身体前方的地面后方可视为完成。

d) Additional Notes 额外注释

i) If Med Ball is dropped while attempting to catch the rebound, the rep will still count. 任何一次动作期间掉球，本次动作将不计入次数。

ii) Competitors are allowed to rest in a seated or lying position. 参赛者可以坐姿或者躺姿休息。

iii) Touching the ball to the target without the ball leaving the hands IS allowed.可以在球不离开手的情况下触到靶子。

iv) The med ball must make contact with the flat portion of the target.

Touching the underside of the bottom edge is NOT allowed.

药球必须接触靶子的平面部分，不可以只接触到底部边缘的下面。

4.1.5 Zone 5 (SkiErg) 第五区（滑雪机）

a) Specifics 具体内容

i) There are no gender-specific SkiErgs. All SkiErgs are the same. 滑雪机没有男女性别区分。所有滑雪机一样。

c) Process/Setup 流程/计划



- i) Select a SkiErg and stand on the platform. 选择一个滑雪机并在滑雪机踏板上准备就绪。
 - ii) Adjust the dampers as desired. (Competitors can pick any damper setting) 根据习惯调整阻力 (参赛者可以选择任意阻力设置)。
 - iii) Complete 500 meters. 完成 500 米滑行。
- c) Movement Standards 动作标准
- i) The competitor must remain on the platform until the display reads 500 meters. 参赛者必须在屏幕显示到 500 米前保持双脚站在滑雪机踏板上。
- d) Additional Notes 额外注释
- i) A competitor may change SkiErgs at any point, however, the distance counter must be reset to 0 on the new machine. 参赛者可以随时更换滑雪机, 但是更换后的滑雪机距离需要从 0 开始计算。
 - ii) A Competitor may make any damper adjustments during completion of the zone. 在完成滑雪机动作过程中可以随意调整阻力。

4.1.6 Zone 6 (Farmer' s Carry) 第六区 (农夫搬运)

- a) Specifics 具体内容
- i) Male 60lbs each hand 男子每只手 60 磅, 约 27KG
 - ii) Female 40lbs each hand 女子每只手 40 磅, 约 18KG
- b) Process/Setup 流程/计划



- i) Competitors will select a set of weights from the designated male or female rack. 参赛者要从男子负重重量和女子负重重量中选择对应的重量。
 - ii) Starting behind the start/finish line they will complete the entire 100m course with the weights. 从起点后出发手提负重物完成一百米行走距离。
 - iii) Return the weights to the designated male or female rack. 将男子或女子负重物归还原处。
- c) Movement Standards 动作标准
- i) Weights must be carried 1 per hand. 每只手必须各提一个重物。
 - ii) Weights must be carried by the competitors' sides. 重物必须保持在参赛者两侧。
 - iii) Both weights must be moved at the same time. Competitors cannot shuttle weights one at a time. 必须同时搬运两个重物 ,不能一个一个搬运。
- d) Additional Notes 额外注释
- i) Weights can be placed down as needed. Competitors will not need to restart the route. 如果需要的话可以把重物放在地上休息 ,不需要重新开始。
 - ii) Weights must be carried, they cannot be dragged, rolled, or moved via any other method. 重量必须被拎起 ,不能被拖动或者滚动 ,或者用其他方式移动。

4.1.7 Zone 7 (Air Bike) 第七区 (风阻自行车)

- a) Specifics 具体内容



- i) There are no gender specific Air Bikes. All Air Bikes are the same. 风阻自行车没有男女性别区分。所有风阻自行车一样。
- b) Process/Setup 流程/计划
 - i) Select an Air Bike and adjust the seat as needed. 选择一辆风阻自行车并调节座椅。
 - ii) Complete 25 calories. 完成 25 卡路里的骑行
- c) Movement Standards 动作标准
 - i) The competitor must remain on the Air Bike until 25 calories are reached. 参赛者必须在 25 卡路里的骑行完成前保持在风阻自行车上。
- d) Additional Notes 额外注释
 - i) A competitor may change bikes at any point, however, the calorie counter must be reset on the new bike. 参赛者可以随时更换风阻自行车，但是更换后的风阻自行车距离需要从零计算。
 - ii) Competitors may not touch the display after starting the counter. 参赛者在开始骑行后不能触碰自行车的屏幕。

4.1.8 Zone 8 (Dead Ball Wall Over) 第八区 (沙球过墙/沙球过肩)

- a) Specifics 具体内容
 - i) Male 30KG 男子 30KG
 - ii) Female 20KG 女子 20KG
- c) Process/Setup 流程/计划



- i) Competitors will select a 4' wall with the appropriate designated weight based on gender. 参赛者位于指定区域并根据性别选择正确的重量。
 - ii) Competitors will remain at the same wall and complete 10 reps on each side for a total of 20 reps. 动作进行时需要保持在规定区域内，参赛者面朝相反的两侧各完成 10 次动作，共 20 次动作。
- c) Movement Standards 动作标准
- i) Competitors are allowed to lift the weights using whatever techniques they prefer. 举起沙球的方法不限。
 - ii) After lifting the weight over the wall, competitors must let it hit the floor and move to the other side of the wall to repeat this process. 沙球必须过肩或过墙后砸地，沙球砸地后，参赛者需要转身重复刚才的动作。
- d) Additional Notes 额外注释
- i) The Walls are designed for 2 competitors at the same time. One on the left side and one on the right side. Competitors must move to the other side of the wall on their side so as not to impede other competitors. 墙壁同时为 2 名参赛者设计。一名参赛者在墙的左侧，一名参赛者在墙的右侧。参赛者必须自己移到墙的另一边，以免妨碍其他参赛者。
 - ii) Must go around the wall, cannot jump over the wall or brace. 必须绕过墙壁，不能跳过墙壁或支撑。



- iii) Competitors must be positioned inside the wall frame support when lifting and throwing the ball. 运动员在举起和投掷球时必须位于墙的框架支撑内。

4.1.9 Zone 9 (Tank Push/Pull) 第九区 (雪橇坦克推拉)

a) Specifics 具体内容

- i) Male Level 8 resistance 男子 8 级别阻力
- ii) Female Level 7 resistance 女子 7 级别阻力

b) Process/Setup 流程/计划

- i) Competitors will push the tank from the start line to the 10 meter mark and will use the attached pull handle to pull the tank back while walking backwards. 参赛者将雪橇坦克推至 10 米处，然后用雪橇坦克上的把手将雪橇坦克拖回。
- ii) Competitors will repeat this process 5 times for a total of 50 meters pushed and 50 meters pulled. 重复此动作 5 次，完成 50 米拉和 50 米推。

c) Movement Standards 动作标准

- i) The back of the tank must start behind the start line and must be pushed until the entire tank crosses the finish line. 雪橇坦克靠近参赛者的一侧必须从起点线开始推，然后必须要让整个雪橇坦克过终点线才算完成一次。
- ii) Competitors will then pull the tank with the attached pull handles while



walking backwards until at least the back of the tank has reached the start line. 选手在后退时，用附带的拉杆拉动雪橇坦克，直到雪橇坦克靠近参赛者的一侧至少接触起点线为止。

iii) All four wheels must remain in contact with the ground throughout the entire 100m Push/Pull distance. 整个 100 米的推/拉距离内，四个轮子都必须与地面保持接触。

d) Additional Notes 额外注释

i) Any violations of the rules will count as a no rep for the entire 10 meter set the violation occurred during. 在整个 10 米的比赛中，任何违反规则的行为都会需要重新开始当前的十米推拉。

ii) Competitors must pull the tank while traveling backwards. 向回倒退时，参赛者必须用拉的姿势用力。

4.1.10 Zone 10 (Weighted Burpee) 第十区 (负重波比)

a) Specifics 具体内容

i) Male 44lbs/20kgs 男子 44 磅/约 20KG

ii) Female 22lbs/10kgs 女子 22 磅/约 10KG

b) Process/Setup 流程/计划

i) Competitor finds the area with the correct weights based on the above specifics. 参赛者找到有上述重量的区域。

ii) Competitor completes 20 reps in the zone. 参赛者在区域内完成 20 次动



作。

c) Movement Standards 动作标准

- i) At the bottom of the rep chest must touch the weight with feet extending out behind the competitor. 在动作最底处时，胸部需要碰到 RAM，脚自然向后伸出。
- ii) At the completion of the rep, knees and hips must be fully extended and the weight must be pressed above the head high enough to where space can be seen between the bottom of the weight and the top of the head. 在动作完成时，膝盖和髋部必须完全伸展。RAM 必须举在头部上方足够高的地方，使 RAM 的底部和头部之间有足够的空间。

d) Additional Notes 额外注释

- i) If the competitor chooses the incorrect weight, they may start the zone over, but any reps completed with the incorrect weight will not be counted. 如果参赛者选择了错误的重量完成动作，他可以重新开始动作，但是任何用错误的重量完成的动作次数将不被计算。
- ii) Weights may be placed down at any time, however, cannot be thrown down in between reps or at the end of the zone. 可以在任何时候放下 RAM，但不能扔下 RAM。



5. Event Modifications 赛事调整

5.1 DEKA STRONG

5.1.1 DEKA STRONG is intended for activation at our DEKA Affiliate gyms/clubs/studios and other approved locations, and allows gyms to activate DEKA without any running. The same fitness equipment is used for all 10 zones and 2 modifications are made. DEKA STRONG 可以在我们的 DEKA 合作健身房/俱乐部/工作室和其他批准的地点开展，可以让健身房在无跑步距离的情况下开展 DEKA。所有 10 个区域的器材都相同，只有 2 处进行了调整。

5.1.2 Setup 计划:

- a. Zone 6 is set up as a 10 meter down & back 第 6 区的往返需设置为 10 米
- b. Minimum space required to activate DEKA STRONG inside your fitness facility is 1,500sqft. 包含健身器材的情况下，开展 DEKA STRONG 所需的最小空间为 1,500 平方英尺（约 140 m²）。

5.1.3 General Rule Modifications 常规规则调整:

- a. All running has been removed. 所有跑步取消。
- b. Competitors will immediately move to the next DEKA zone once they complete the prior zone. 参赛者在完成前一个区域后将立即移动到下一个 DEKA 区域。
- c. Competitors are considered finished once they finish the final rep of



Zone 10 (Weighted Burpees) 参赛者一旦完成第 10 区 (负重波比) 的最后一次动作即视为参赛者完赛

5.1.4 Zone Modifications 区域调整:

a. Zone 4 (Med Ball Sit-Up Throw) Changed to (Med Ball Sit-Up) 第四区 (仰卧起身砸球) 调整为 (药球仰卧砸球)

1. Specifics 具体内容

(1) Male 20lbs 男子 20 磅/约 9KG

(2) Female 14lbs 女子 14 磅/约 6.35KG

2. Process/Setup 流程/计划

(1) After entering the DEKA Zone competitor sits down in front of the appropriate station and grabs the med ball. 在进入 DEKA 区后, 参赛者在正确的区域坐下并抓起药球。

(2) Competitors will complete 25 reps. 参赛者要完成 25 次动作。

3. Movement Standards 动作标准

(1) Rep starts with the competitor's back on the floor, knees bent, feet on the ground and the med ball held behind the head touching the ground. 动作开始时参赛者屈膝仰面躺下, 药球放在头部后方的地面。

(2) Competitor must raise their torso off of the ground and touch the ball on the ground between their feet. 参赛者必须将躯干抬



离地面，并且球需要触到双脚之间的地面上。

- (3) Each rep is considered completed once the ball touches the ground between the feet. 球触到双脚之间的地面上被视为完成一次。

4. Additional Notes 额外注释

- (1) Competitors are allowed to rest in a seated or lying position. 参赛者可以坐姿或者躺姿休息。

- (2) Once the ball touches the ground between feet, the torso must be at a 45 degree or greater angle off the ground. If not, the competitor must touch the ground further out in front until the 45 degree or greater torso angle is achieved. 球在双脚之间触地时，躯干必须与地面成 45 度或更大的角度。如果没有，参赛者必须在前面更远地接触地面，直到达到 45 度或更大的躯干角。

b. Zone 8 (Dead Ball Wall Over) Change to (Dead Ball Shoulder Over) 第八区 (沙球过墙) 改为 (沙球过肩)

1. Specifics 具体内容

- (1) Male 30KG 男子 30KG
(2) Female 20KG 女子 20 KG

2. Process/Setup 流程/计划

- (1) Competitor finds the area with the correct weights based on the



above specifics. 参赛者根据上述具体内容找到区域内正确的重量。

(2) Competitor completes 20 reps in the zone. 参赛者要在区域内完成 20 次动作。

3. Movement Standards 动作标准

(1) Competitors are allowed to lift the weights using whatever techniques they prefer. 参赛者举起沙球的方法不限。

(2) After lifting the weight, competitor must be in full body lock out: 在抬起沙球后，参赛者必须全身锁定这两个动作：

a) Knees are at full extension 膝盖完全伸展

b) Hips are at full extension 髋部完全伸展

(3) Weight must go over the top of the shoulder 沙球必须超过肩的顶部

4. Additional Notes 额外注释

(1) If the competitor chooses the incorrect weight, they may start the zone over, but any reps completed with the incorrect weight will not be counted. 如果选手选择了错误的重量，他们可以重新开始该区域，但任何以错误重量完成的次数将不被计算在内。



5.2 DEKA MILE

5.2.1 Definition: DEKA MILE is intended for activation at our DEKA Affiliate gyms/clubs/studios and other approved locations. The same fitness equipment is used for all 10 zones and the same 2 DEKA STRONG modifications are made.

DEKA MILE 可以在我们的 DEKA 合作健身房/俱乐部/工作室和其他批准的地点开展。

所有 10 个区域的器材都相同，跟 DEKA STRONG 一样只有 2 处进行了调整。

5.2.2 Setup 设计:

- a. Zone 6 is set up as a 10 meter down & back. 第 6 区的往返需设置为 10 米。
- b. Minimum space required to activate DEKA MILE inside your fitness facility is 1,500sqft + an area (usually outside the gym/club/studio) that allows for a 160 meter run. 包含健身器材的情况下，开展 DEKA MILE 所需的最小空间为 1,500 平方英尺 (约 140 m²) + 可以跑 160 米的区域 (通常情况下健身房/俱乐部/工作室的室外)。

5.2.3 General Rule Modifications 常规规则调整:

- a. Competitors will run 160 meters preceding each zone (use of a treadmill is not permitted). 参赛者将在每个区域前跑 160 米(不允许使用跑步机)。
- b. Competitors are considered finished once they finish the final rep of Zone 10 (Weighted Burpees) 参赛者一旦完成第 10 区 (负重波比) 的最后一次动作即视为参赛者完赛



5.2.4 Zone Modifications 区域调整:

a. Zone 4 (Med Ball Sit-Up Throws) Changed to (Med Ball Sit-Up) 第四区

(仰卧起身砸球) 调整为 (药球仰卧砸球)

1. Specifics 具体内容

(1) Male 20lbs 男子 20 磅/约 9KG

(2) Female 14lbs 女子 14 磅/约 6KG

2. Process/Setup 流程/计划

(1) After entering the DEKA Zone competitor sits down in front of the appropriate station and grabs the med ball. 在进入 DEKA 区后，参赛者在正确的区域坐下并抓起药球。

(2) Competitors will complete 25 reps. 参赛者要完成 25 次动作。

3. Movement Standards 动作标准

(1) Rep starts with competitors back on the floor, knees bent, and med ball held behind the head touching the ground. 动作开始时参赛者屈膝仰面躺下，药球放在头部后方的地面。

(2) Competitor must raise their torso so their chest is upright. 参赛者必须抬高躯干，使胸部挺直。

(3) At the start of the rep the competitor must have control of the ball and it must touch the ground behind their head. 在动作开始时，参赛者必须控制球并且球必须触地在他们的头后。



- (4) At the end of the rep the ball must touch the ground between the legs. 在动作结束时球必须触到双脚之间的地面。
- (5) Each rep is considered completed once the ball touches the ground. 球触到双脚之间的地面上被视为完成一次。

4. Additional Notes 额外注释

- (1) Competitors are allowed to rest in a seated or lying position. 参赛者可以坐姿或者躺姿休息。
 - (2) Once the ball touches the ground between feet, the torso must be at a 45 degree or greater angle off the ground. If not, the competitor must touch the ground further out in front until the 45 degree or greater torso angle is achieved. 球在双脚之间触地时，躯干必须与地面成 45 度或更大的角度。如果没有，参赛者必须在前面更远地接触地面，直到达到 45 度或更大的躯干角。
- b. Zone 8 (Dead Ball Wall Over) Changed to (Dead Ball Shoulder Over) 第八区 (沙球过墙) 改为 (沙球过肩)
1. Specifics 具体内容
 - (1) Male 30KG 男子 30KG
 - (2) Female 20KG 女子 20KG
 2. Process/Setup 流程/计划
 - (1) Competitor finds the area with the correct weights based on the



above specifics. 参赛者根据上述具体内容找到区域内正确的重量。

(2) Competitor completes 20 reps in the zone. 参赛者要在区域内完成 20 次动作。

3. Movement Standards 动作标准

(1) Competitors are allowed to lift the weights using whatever techniques they prefer. 参赛者举起沙球的方法不限。

(2) After lifting the weight, competitor must be in full body lock out: 在抬起沙球后，参赛者必须全身锁定这两个动作：

a) Knees are at full extension 膝盖完全伸展

b) Hips are at full extension 髋部完全伸展

(3) Weight must go over the top of the shoulder 沙球必须超过肩的顶部

4. Additional Notes 额外注释

(1) If the competitor chooses the incorrect weight, they may start the zone over, but any reps completed with the incorrect weight will not be counted. 如果选手选择了错误的重量，他们可以重新开始该区域，但任何以错误重量完成的次数将不被计算在内。

5.3 DEKA STRONG & DEKA MILE Youth (10-13 Division) Modifications DEKA STRONG & DEKA MILE 青少年组(10-13 岁年龄组) 调整



All Zone Modifications listed below are for male & female (no gender scaling for 10-13 Division).下面列出的所有区域调整对男性和女性均适用(10-13 岁年龄组没有性别区分)。

Zone 1 - 22lb Spartan RAM

第一区 – 22 磅 (约 10KG) 斯巴达 RAM

Zone 2 - 250m

第二区 – 250 米

Zone 3 - no change

第三区 – 没有变动

Zone 4 - 10lb

第四区 – 10 磅 (约 4.5KG)

Zone 5 - 250m

第五区 – 250 米

Zone 6 - 20lb each hand

第六区 – 每只手 20 磅 (约 9KG)

Zone 7 - 12cal

第七区 – 12 卡路里

Zone 8 – 10KG

第八区 – 10KG



Zone 9 - Resistance Level 1

第九区 - 1 级阻力

Zone 10 - 11lb Spartan RAM

第十区 - 11 磅 (约 5KG) 斯巴达 RAM