



DEKATM

Rules of Competition

竞赛规则



CONTENTS

目录

1. Introduction 简介
 - 1.1 Scope 范围
 - 1.2 Purpose 目的
 - 1.3 Variations 变更
2. Definitions of key terms 关键术语释义
 - 2.1 Definitions of key terms 关键术语释义
3. General Rules and Penalties 基本规则与惩罚
 - 3.1 Event Format 赛事标准
 - 3.2 Timing Format 计时标准
 - 3.3 Penalties 惩罚说明
 - 3.4 Equipment 装备
 - 3.5 General Conduct 基本行为标准
 - 3.6 Competition Conduct 竞赛行为准则
 - 3.7 Competition and Heat Starts 比赛及出发时间
 - 3.8 Unregistered Competitors 未经注册的竞赛者
 - 3.9 Acts Warranting Suspension 导致禁赛的行为
 - 3.10 Effects of Suspension 禁赛机制
 - 3.11 Reinstatement 恢复参赛资格
 - 3.12 Acts of Agents 代理行为说明
 - 3.13 Protest Period 申诉期
 - 3.14 Drug Testing and Anti-Doping Sanctions 药物检查及反兴奋剂制裁
 - 3.15 Prize Money and Awards 奖金及奖品
4. Zone Descriptions and Rules 各区域规则介绍及讲解
 - 4.1 Zone 1 (Alternating Weighted Reverse Lunges) 第一区 (负重后撤箭步蹲)
 - 4.2 Zone 2 (Rower) 第二区 (划船机)
 - 4.3 Zone 3 (Box Jump/Step Overs) 第三区 (跳箱/交替上步)
 - 4.4 Zone 4 (Med Ball Sit-up Throws) 第四区 (药球仰卧起坐/仰卧起身砸球)
See zone modification for DEKA Strong & Mile below.
参考下面 DEKA Strong & Mile 部分调整
 - 4.5 Zone 5 (Ski Erg) 第五区 (滑雪机)
 - 4.6 Zone 6 (Farmer's Carry) 第六区 (农夫搬运)
 - 4.7 Zone 7 (Air Bike) 第七区 (风阻自行车)
 - 4.8 Zone 8 (Dead Ball Wall Overs) 第八区 (沙球过墙/沙球过肩)



See zone modification for DEKA Strong & Mile below.
参考下面 DEKA Strong & Mile 部分调整。

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

4.10 Zone 10 (Weighted Burpees) 第十区 (负重波比)

5. Event Modifications 赛事调整

5.1 DEKA STRONG

Modified Zone 4 (Med Ball Sit-up) 修改的第四区 (药球仰卧起坐)

Modified Zone 8 (Dead Ball Shoulder Over) 修改的第八区 (沙球过肩)

5.2 DEKA MILE

Modified Zone 4 (Med Ball Sit-up) 修改的第四区 (药球仰卧起坐)

Modified Zone 8 (Dead Ball Shoulder Over) 修改的第八区 (沙球过肩)

5.3 DEKA STRONG & DEKA MILE Youth (10-13 Division)

DEKA STRONG & DEKA MILE Youth 青少年组 (10-13 岁年龄段组)

5.4 DEKA FIT Teams

DEKA FIT 团队

5.5 DEKA STRONG Teams

DEKA STRONG 团队

5.6 DEKA MILE Teams

DEKA MILE 团队

6. Change log 变更日志

Change History

变更历史



1. Introduction 简介

1.1 SCOPE 范围

1.1.1 DEKA events are designed to allow all levels of fitness to come together and celebrate fitness on the same day, in the same arena, using the same standards. 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.

DEKA 活动是为了让所有级别的健身人士聚集在一起，在同一天，在同一竞技场，使用相同的标准同台竞技。以下竞赛规则(下文简称为“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。

*DEKA encourages all levels of fitness to compete and test their fitness. If any portion of a DEKA event can't be completed, the competitor is allowed to continue and will receive their finisher t-shirt, medal, and trifecta wedge. An official leaderboard entry DEKA Mark will be earned if the athlete meets all the standards of the DEKA event.

*DEKA 鼓励所有级别的健身人士竞争和测试他们的健身成果。如果 DEKA 赛事的任何一部分不能完成，则允许参赛者继续比赛，并将获得他们的完赛 T 恤、奖牌和三色三分之一奖牌。如果运动员符合 DEKA 项目的标准，将在 DEKA 分数排行榜获得一席之地。

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 赛事并且力求:

- 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，尽可能保护参赛者的健康、安全。

1.3 VARIATIONS AND AMENDMENTS 变更及修正

1.3.1 DEKA may from time to time change these Rules and make further Rules in its absolute discretion.

DEKA 官方会不定期调整这些规则且会酌情增加更多规则

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

竞赛规则不同译文或者版本产生规则不一致，以英文版本为主。



2. DEFINITIONS OF KEY TERMS 关键词术语释义

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 fitness stations 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 赛事竞技场：整个活动区域，包括跑道、DEKA 区和 DEKA 体育馆。

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。

2.1.4 Teams: Groups of individuals registered within the same category.
双人组：报名在同一队名下的一组。

2.1.5 Categories: the various types of competitor levels defined as either Elite, Age Group, or Open. For Adults 14yrs and older, your Age Group is determined by your age December 31 of the current year. For Youth 10-13yrs old, your Age Group is determined by your age on date of the event.

竞赛组别：各种类型的参赛者级别定义为精英、年龄组或公开组。对于 14 岁及以上的成年人，您的年龄组由您当年 12 月 31 日的年龄决定。对于 10-13 岁的青少年，您的年龄组由您在活动当天的年龄决定。

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，在任意一场赛事中具有对于规则的最终执裁权和解释权。

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 reporting 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 10 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 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 required reps, the competitor departs Zone 1 and completes 500m around the DEKA Gym.
完成要求的次数后，参赛者将离开第一区，并在 DEKA 竞赛区内进行 500 米跑步。
- d) After completing 500m, the competitor enters DEKA Zone 2.
完成 500m 米跑步后，参赛者进入 DEKA 第二区。
- e) 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 的过程，然后完成下一个 DEKA 区域，直到按顺序完成所有 10 个区域。
- f) Once 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 组别

- a) Elite Males - eligible for awards/prize money 精英男性 - 有资格获得奖项/奖金
- b) Elite Females - eligible for awards/prize money 精英女性 - 有资格获得奖项/奖金
- c) Age Group Males - eligible for awards 年龄组男性 - 有资格获奖
- d) Age Group Females - eligible for awards 年龄组女性 - 有资格获奖
- e) Open Males - eligible for finishers medal 男子公开组 - 有资格获得完赛奖牌
- f) Open Females - eligible for finishers medal 女子公开组 - 有资格获得完赛奖牌
- g) Open Male Team - eligible for podium prizes 男子公开双人组-有资格登台领奖
- h) Open Female Team - eligible for podium prizes 女子公开双人组-有资格登台领奖
- i) Open Coed Team - eligible for podium prizes 公开男女混合团队-有资格登台领奖

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.

每个类别的获胜者将根据“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。

- 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。

3.2.2 Team Timing 团队计时

- 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

3.3 PENALTIES 惩罚说明

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

任何未能圆满完成 DEKA 区的参赛者将：

- a) have their timing chip removed 移除计时芯片
- b) Be considered an unofficial finisher and not have their results listed 被视为非官方完赛者且不列出其成绩

- c) Will not receive an official leaderboard entry DEKA mark 不会收到官方排行榜进入 DEKA 成绩
- d) Will still get their finisher shirt, medal, and trifecta wedge 仍将获得完赛 Tee、三分之一奖牌
- e) have their timing chip removed 移除计时芯片
- f) Be considered an unofficial finisher and not have their results listed 被视为非官方完赛者且不列出其成绩
- g) Will not receive an official leaderboard entry DEKA mark 不会收到官方排行榜进入 DEKA 成绩
- h) Will still get their finisher shirt, medal, and trifecta wedge 仍将获得完赛 Tee、三分之一奖牌

3.3.2 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:
任何完成全部 10 个 DEKA 区但未能按顺序完成 DEKA 区（从 1 开始，按顺序完成，最后以 10 结束）将：

- a) 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.
每次违规将受到 1 分钟的处罚。 示例 - 先完成区域 3，然后完成区域 2 = 1 分钟处罚。 随后在比赛中完成第 8 区，然后再完成第 7 区 = 额外加罚 1 分钟。

3.3.3 Any competitor who doesn't complete the required running distance (misses a lap) that precedes a zone and comes back later in the race and "makes it up" will:

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

- a) Receive a 1 minute time penalty for each violation.
每次违规将受到 1 分钟的处罚。

3.3.4 Any competitor who doesn't complete the required running distance (misses a lap) that precedes a zone and fails to make it up later in the race will:

任何未完成区域前所需跑动距离（错过一圈）且未能在比赛后期补上的参赛者将：

- a) Receive a 5 minute penalty for each violation.
每次违规将受到 5 分钟的处罚。

3.4 EQUIPMENT

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
- b) For DEKA STRONG & DEKA MILE Affiliate events personal water/hydration is allowed but shall be staged off to the side of the course
对于 DEKA STRONG 和 DEKA MILE 活动赛事，允许个人饮水/补充水分，但应放置在赛场一侧

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
- a) Chalk 镁粉/粉块
- b) Lifting Straps 举重助力带
- c) Any type of water vessel (including camelbaks, water bottle, ETC). 1-2 stations will be provided per lap so competitors will have access to 10-20 water stops over the 5K event. *Water/hydration is allowed at Affiliate DEKA STRONG & DEKA MILE events.

任何类型的水容器（包括驼包水壶、水瓶等）。每圈将提供 1-2 个供水站，因此参赛者在 5 公里比赛中可以使用 10-20 次供水站。*DEKA STRONG 和 DEKA MILE 活动赛事中允许喝水/补充水分。

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
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) 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将会被划归为公开组。



3.8 UNREGISTERED COMPETITORS 未报名的参赛者

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 DEKAFIT 赛事。情节严重者终生禁止参加 DEKA FIT 赛事。

3.9 ACTS WARRANTING SUSPENSION 导致竞赛行为

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:

除了 DEKA FIT 可能酌情施加的本规则中列出的其他处罚之外，以下行为可能会成为 DEKA FIT 赛事组自行决定指定的一段时间内暂停的理由：

- a) **flagrant or willful violation of the Competitive Rules; and**
故意或故意违反竞争规则； 和
- b) **gross or continued unsportsmanlike conduct; and**
严重或持续的违反体育道德的行为； 和
- c) **physical violence directed toward a official, competitor, volunteer, spectator, or another person; and**
针对工作人员、参赛者、志愿者、观众或其他人的身体暴力； 和
- d) **any fraudulent act, such as falsifying name or age, fling a false affidavit or protest, or providing false information to DEKA FIT or officials; and**
任何欺诈行为，例如伪造姓名或年龄、提交虚假宣誓书或抗议，或向 DEKA FIT 或官员提供虚假信息； 和

- e) any fraudulent act, 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，例如伪造姓名或年龄、提交虚假宣誓书或抗议，或向 DEKA FIT 或官员提供虚假信息； 和
- f) intentionally participating in an event despite failure to register; and
尽管未注册，仍故意参加活动； 和
- g) repetitive or recurring violations of the Rules; and
重复或反复违反规则； 和
- h) failure to notify a official after withdrawing from an event; and
退出活动后未通知工作人员； 和
- i) violation of the Anti Doping Rules set forth in Section 3.14; and
违反第 3.14 条规定的反兴奋剂规则； 和
- j) refusal to abide by the final determination and judgment by DEKA FIT of any matter relating to these Rules; and
拒绝遵守 DEKA FIT 对与本规则有关的任何事项的最终决定和判断； 和
- k) any act which disgraces or brings discredit to DEKA FIT.
任何使 DEKA FIT 蒙羞或名誉扫地的行为。

3.10 EFFECT OF SUSPENSION 禁赛制度

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 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 competitor if such person's conduct violates any of these rules.

代表参赛者的任何代理人、教练、经理、朋友或家庭成员的行为如果违反任何这些规则，将构成对该参赛者进行处罚的理由。

3.13 PROTEST PERIOD 申诉期

3.13.1 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。

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.

公开参赛者对处罚、计时和结果、取消资格或其他处罚的抗议期从参赛者冲过终点线后立即开始，到最终选手完成比赛后 30 分钟结束。

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.

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。

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赛事结果的其他问题提出任何抗议，必须在抗议期间提交给主裁判。在某些情况下，主裁判可自行决定将抗议期延长至颁奖典礼之后。

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.



如果出现不符合体育道德的行为和/或故意或恶意违反规则，包括但不限于任何失败，DEKA FIT 保留在赛后继续进行处罚决议的权利，并在赛后无限期地更改赛事排名或赛事日决定的权利。反兴奋剂和药物管制协议由 DEKA FIT 或由 DEKA FIT 指定为官方药物测试员的第三方执行。

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>

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:

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 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 events.
- c) 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 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 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
配合一切有关本场赛事的反兴奋剂控制事宜

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。

3.16 AGE GROUPS FOR PODIUM AND LEADERBOARD 登上领奖台和排行榜的年龄组

3.16.1 Age group standards for DEKA FIT, DEKA STRONG, & DEKA MILE

DEKA FIT、DEKA STRONG 和 DEKA MILE 的年龄组标准

- a) DEKA FIT: 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. When registering for DEKA FIT events, your registration age will be the age you'll be at the end of the year (age on Dec 31st of the year)
DEKA 适合：14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+。 报名参加 DEKA FIT 活动时，您的报名年龄将为您当年年底的年龄（当年 12 月 31 日的年龄）

- b) DEKA STRONG & DEKA MILE: 10-13 (Youth), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. When registering for a DEKA STRONG or MILE event as a current 14 year old or older, your registration age will be the age you'll be at the end of the year (age on Dec 31st of the year). When registering a 10-13 year old, your registration age is the age the individual is on the day of the event.

DEKA STRONG 和 DEKA MILE: 10-13（青年组）、14-17、18-24、25-29、30-34、35-39、40-44、45-49、50-54、55-59、60+。 当您当前年满 14 岁或以上时，报名参加 DEKA STRONG 或 MILE 活动时，您的报名年龄将为您年底时的年龄（当年 12 月 31 日的年龄）。 当注册 10-13 岁的青少年时，您的注册年龄是该人在活动当天的年龄。

3.16.2 Youth (10-13) DEKA FIT Open category registration 青少年（10-13 岁）DEKA FIT 公开组 报名

- a) Starting in April 2023 Youth (10-13) Open category registration is available.
从 2023 年 4 月开始，青少年（10-13 岁）开放类别报名。
- b) A 13 year old turning 14 during the calendar year and competing in the Age Group/Competitive category will be in the 14-17 age group category.
在公历年内年满 14 岁并参加年龄组/竞技类别的 13 岁选手将属于 14-17 年龄组类别。

4.ZONE DESCRIPTION AND RULES 各区域介绍和规则

4.1ZONE DESCRIPTIONS AND RULES 区域介绍和规则

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， 向后踏步完成箭步蹲。
 - 1) At the bottom position:
在最低处位置:
 - 2) Knee must be touching the ground 膝盖必须接触地面
 - 3) Knee must be below or behind the hip 膝盖必须处于比臀部更低或更后侧
 - 4) Front foot flat on the ground 前脚在地面上放平
 - 5) At the top of the rep competitor must be in full body lock out 在动作的顶点， 参赛者必须保证动作的稳定

- 6) Knees are at full extension 膝盖完全伸直
- 7) Hips are at full extension 髋部最大限度伸展
- 8) Split Squat Jumps are not permitted. Both feet must be on the ground at the same time at the top of the rep before you begin the next rep.禁止从地面上跳起。在下次动作开始前双脚必须都触碰地面。
- 9) 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。

- d) Competitor must alternate legs on each rep
- ii) Competitor must alternate legs on each rep
参赛者必须在每次动作时交替左右脚

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记入次数。
- ii) Competitors are required to step backward. During the step back reverse lunge the knee and foot of the leg stepping backward must remain inside the plane of the shoulder width
竞赛者需要后退一步。在后腿反向弓步，膝盖和腿的后撤步必须保持在肩宽的平面内。
- iii) Side step lunges are not allowed. 侧向弓步是不允许的
- iv) Competitors must set the weight on the ground after completing the final rep. Throwing or dropping the weight is not allowed.
参赛者必须在完成最后一轮比赛后将重物放在地面上，不允许扔或掉落重物
- v) Weight can be held in a back or single shoulder racked position.
重量可以保持在靠背或单肩的位置。
- vi) Weight shoulder rack positioning can be changed at any-time during or after completion of reps.
肩扛负物的姿势可以在动作完成时或完成后随意改变。
- vii) If needed, weight can be placed on the ground during a rest period after a completed rep
如有需要，负重 RAM 可以在休息时放到地上
- viii) If weight is placed on the ground during the completion of a rep, that rep will not count.
- ix) 如果负重 RAM 在一次动作期间落地，这次动作将不计数。



4.1.2 Zone 2 (Rower) 第二区 划船区

b) 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。所有划船机都一样

c) Process/Setup 流程

- 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

d) 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.
参赛者必须坐在划艇器上，双脚绑好，直到显示屏显示 500 米。

e) 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 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

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

c) Movement Standards 动作标准

- i) Competitors may jump or step-up over the box
参赛者应跳过或者踏过跳箱顶端。

- ii) Both feet must make contact with the top of the box during the rep.
双脚必须都接触跳箱顶部。
 - iii) Both feet are NOT required to make contact with the top of the box at the same time.
双脚不要求同时接触跳箱顶端。
 - iv) During the process of jumping or stepping 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
在跳下或跨下跳箱的过程中，双脚必须接触动作开始时的反方向地面，动作计为有效。
- d) Additional Notes 额外注释
- i) Competitors must land on top of the box, they cannot jump over the entire box.
参赛者必须在到达箱子另一侧前双脚都碰到箱子顶部
 - ii) During the process of jumping or stepping up and over the box, the competitor's body must travel over the top of the box. Positioning the body off to the side of the box during the rep is NOT allowed.
在跳跃或跨步越过箱子的过程中，参赛者的身体必须越过箱子的顶部。不允许在重复过程中将身体移至禁区一侧。
 - iii) Competitors are allowed to jump or step on and off of the box.
允许参赛者跳跃或踩踏箱子。
 - iv) Incidental hand and knee contact is allowed as long as it does not give the athlete a competitive advantage. Incidental hand and knee contact is left up to the judge's discretion for scoring. An example of hand contact that is not incidental and not allowed is placing the hands on the box while popping the feet back and forth.
在不给予参赛者竞争优势的情况下，无意间用手触碰箱子是允许的。裁判有权判断无意间的手触碰到箱子是否影响计分。一个手有意接触箱子且不被允许的的例子：翻越箱子时用手撑住箱子。



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

a) Specifics 具体内容

- i) Male 20lbs 男性 20 磅
- ii) Female 14lbs 女性 14 磅

b) Process/Setup 流程

- 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。zz
- ii) Target is positioned 4.5 feet above the floor.
靶子置于离地面 4.5 英寸 (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) 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.
在进行仰卧起坐的过程中，选手在仰卧起坐动作中或最高点时，用双手向目标接触或投掷药球。
- iii) The ball must touch the face of the target.
球必须接触目标的表面。
- iv) At the bottom of the rep the competitor must have control of the ball and it must touch the ground behind their head.
在最低动作中，参赛者必须控制球并且球必须接触其头后的地面。
- v) Rep is considered completed once it hits the target.
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. A 45 degree torso angle or higher must be reached during the sit-up
坐起时躯干必须达到 45 度或者更高

- iv. Competitors are allowed to rest in a seated or lying position.
参赛者可以坐姿或者躺姿休息
- v. A 45 degree torso angle or higher must be reached during the sit-up
坐起时躯干必须达到 45 度或者更高
- vi. Touching the ball to the target without the ball leaving the hands IS allowed
可以在球不离开手的手的情况下触到靶子
- vii. The med ball must make contact with the fat 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。所有滑雪机都一样。

b) Process/Setup 流程

- 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

- i) Competitors will select a set of weights from the designated male or female rack.
参赛者要从男性或者女性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福州放在地上休息， 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
 - 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) Competitor 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 8 区 (沙球过肩/沙球过墙)

- a) Specifics 具体
 - i) Male 60lbs 男性 60 磅 约 30KG
 - ii) Female 40lbs 女性 40 磅 约 20KG
- b) Process/Setup 流程
 - i) Competitors will select a 4' wall with the appropriate designated weight based on gender.
参赛者将根据性别选择合适重量选择一面 4 英尺高的墙。
 - ii) Competitor will remain at the same wall and complete 10 reps on each side for
参赛者将留在同一堵墙上，每侧完成 10 次，总共 20 次。



c) **Movement Standards 动作标准**

- i) Competitors are allowed to lift the weights using whatever techniques they prefer.
允许参赛者使用他们喜欢的任何技术举重。
- 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.
将重物举过墙壁后，参赛者必须让它撞到地板，然后移动到墙壁的另一侧，重复此过程。

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.
墙是为同时 2 名参赛者设计的。一个在左侧，一个在右侧。参赛者必须移至本方墙的另一侧，以免妨碍其他参赛者。
- ii) Must go around the wall, cannot jump over the wall or brace.
必须绕墙走，不能跳过墙或支撑。
- iii) Competitors must be positioned inside the wall a frame support when lifting and throwing the ball
举起和投掷球时，参赛者必须位于墙内的框架支撑处

4.1.9 Zone 9 (Push/Pull) 第九区雪橇坦克推拉

a) **Specifcs 具体**

- i) Male Level 8 resistance 男性 8 级别阻力
- ii) Female Level 7 resistance 女性 7 级别阻力

b) **Process/Setup 流程**

- i) Competitors will push the Tank/Sled 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，然后用雪橇坦克上附带的绳子将雪橇坦克拖回。
- 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/Sled must start on or behind the start line and must be pushed until the entire Tank/Sled crosses the 10m line.**

坦克/雪橇的后部必须在起跑线或起跑线之后开始，并且必须被推动，直到整个坦克/雪橇穿过 10m 线。

- ii) **Competitors will then pull the Tank/Sled with the attached pull handles while walking backwards until the back of the Tank/Sled crosses the line.**

然后，参赛者将用附带的拉手拉动坦克/雪橇，同时向后行走，直到坦克/雪橇的后部越过线。

- iii) **All wheels must remain in contact with the ground throughout the entire 100m Push/Pull distance.**

在整个 100m 推/拉距离中，所有轮子必须保持与地面接触。

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.**

任何违反规则的行为将在整个 10 米组中被视为无代表。

- ii) **Competitors must pull the Tank/Sled while traveling backwards.**

参赛者必须在向后行驶时拉动坦克/雪橇。

- iii) **Pushing the Tank with both hands or shoulders on the push bar IS allowed.**

允许用双手或肩膀推动推杆

- iv) **At DEKA FIT events where there are slick concrete floors, a 60lb weight is added to the weight of the Tank.**

在 DEKA FIT 活动中，如果有光滑的混凝土地板，坦克的重量会额外增加 60 磅的重量。

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

a) **Specifics 具体**

- i) **Male 44lbs/20kgs 男性 20kg**
ii) **Female 22lbs/10kgs 女性 10kg**

b) **Process/Setup 流程**

- i) **Competitor finds the area with the correct weights based on the above specifics.**
参赛者根据上述具体情况找到具有正确重量的区域。

ii) Competitor completes 20 reps in the zone.

参赛者在区域完成 20 次。

c) Movement Standards 动作标准

i) At the bottom of the rep the chest and/or abdomen region of the body must touch the weight with feet/legs extending out behind the competitor with hip and knee extension

在该动作的底部，身体的胸部和/或腹部区域必须接触重量，脚/腿在参赛者身后延伸，臀部和膝盖伸展

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.

完成动作后，膝盖和臀部必须完全伸展，重物必须举在头部上方足够高的位置，直到重物底部和头顶之间可以看到空间。

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.

如果参赛者选择了不正确的重量，他们可以重新开始该区域，但以不正确的重量完成的任何次数将不被计算在内。

ii) Weights may be placed down at any time, however cannot be thrown down in between reps or at the end of the zone.

可以随时放下重物，但不能在次数之间或区域末端放下重物。



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 (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 (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 6.3KG

2. Process/Setup 流程

(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拿起药球。

(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 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) 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 60lbs 男子 30KG

(2) Female 40lbs 女子 20KG

2. Process/Setup 流程

(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

沙球必须抬过肩的顶部。

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。

c) Zone 9 Push/Pull 雪橇坦克推拉

*For DEKA STRONG & DEKA MILE affiliate events, the Torque Tank M4 or MX & the Xebex XT3 Plus magnetic resistance sled are approved for use. For the Xebex XT3 Plus, 160lb must be added to the weight post & resistance: Male - 8, Female - 6, Youth (10-13) - 5.

对于 DEKA STRONG 和 DEKA MILE 联盟中的赛事活动，Torque Tank M4 或 MX 和 Xebex XT3 Plus 磁阻雪橇已获批准使用。对于 Xebex XT3 Plus，必须在配重柱和阻力上添加 160 磅：男性 - 8，女性 - 6，青少年 (10-13) - 5。

*Zone 9 shall always be placed in an area that has a rubber, turf, rough or semi-rough concrete, pavement, or other similar surface. A smooth slick/slippery concrete surface is not allowed.

第九区应始终放置在有橡胶、草皮、粗糙或半粗糙混凝土、人行道或其他类似表面的区域。不允许在光滑/湿滑的混凝土表面使用。

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: 设置

- 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

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 (药球仰卧起坐)

- a. Specifics 具体内容
 - i. Male 20lbs 男子 20 磅
 - ii. Female 14lbs 女子 14 磅
- b. Process/Setup 流程
 - i. After entering the DEKA Zone competitor sits down in front of the appropriate station and grabs the med ball.
进入 DEKA 区后, 参赛者在相应的站位前坐下并拿起药球。
 - ii. Competitors will complete 25 reps.
参赛者要完成 25 次动作。
- c. Movement Standards 动作标准
 - i. 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.
开始时, 参赛者背部紧靠在地面上, 膝盖弯曲, 双脚着地, 并将药球放在头后面接触地面。

- ii. Competitor must raise their torso off the ground and touch the ball on the ground between their feet.
参赛者必须将躯干抬离地面，并介于双脚之间的地面触球
- iii. Each rep is considered completed once the ball touches the ground between the feet.
一旦球接触双脚之间的地面，就被视为一次动作完成。

d. Additional Notes 额外注释

- (1) Competitors are allowed to rest in a seated or lying position.
参赛者可以采取坐位或卧位休息。
- (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.
一旦球接触两脚之间的地面，躯干必须与地面成 45 度或更大的角度。如果没有，参赛者必须向前更远的地方接触地面，直到达到 45 度或更大的躯干角度。

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 60lbs 男子 约 30KG
- (2) Female 40lbs 女子 约 20KG

2. Process/Setup 流程

- (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.
允许参赛者使用他们喜欢的任何技术举重。
- (2) After lifting the weight, competitor must be in full body lock out:
举起重物后，参赛者必须处于全身锁定状态：
 - 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
重量必须举过肩部



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.

如果选手选择了不正确的重量，他们可以重新开始该区域，但以不正确的重量完成的任何次数将不计算在内。

c) Zone 9 Push/Pull 第九区雪橇坦克推拉

*For DEKA STRONG & DEKA MILE affiliate events, the Torque Tank M4 or MX & the Xebex XT3 Plus magnetic resistance sled are approved for use. For the Xebex XT3 Plus, 160lb must be added to the weight post & resistance: Male - 8, Female - 6, Youth (10-13) - 5.

对于 DEKA STRONG 和 DEKA MILE 附属活动，Torque Tank M4 或 MX 和 Xebex XT3 Plus 磁阻雪橇已获批准使用。对于 Xebex XT3 Plus，必须在配重柱和阻力上添加 160 磅：男性 - 8，女性 - 6，青少年（10-13）- 5。

*Zone 9 shall always be placed in an area that has a rubber, turf, rough or semi-rough concrete, pavement, or other similar surface. A smooth slick/slippery concrete surface is not allowed.

9 区应始终放置在有橡胶、草皮、粗糙或半粗糙混凝土、人行道或其他类似表面的区域。不允许在光滑/湿滑的混凝土表面使用。

5.3 DEKA STRONG, DEKA MILE, & DEKA FIT Youth (10-13 Division) Modifications

DEKA STRONG、DEKA MILE 和 DEKA FIT Youth (10-13 岁分区)

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修改均适用于男性和女性（10-13 岁组别没有性别区分）

Zone 1 - 22lb Spartan RAM

Zone 2 - 250m

Zone 3 - no change (24" x 20 reps)

Zone 4 - 10lb

Zone 5 - 250m

Zone 6 - 20lb each hand

Zone 7 - 12cal

Zone 8 - 20lb

Zone 9 - Torque Tank resistance Level 1 / Xebex XT3 Plus Sled resistance level 5

Zone 10 - 11lb Spartan RAM



区域 1 - 22 磅 Spartan RAM

区域 2 - 250m

区域 3 - 没有变化 (24" x 20 次)

区域 4 - 10 磅

区域 5 - 250m

区域 6 - 每只手 20 磅

区域 7 - 12cal

区域 8 - 20 磅

区域 9 - 雪橇车阻力等级 1 / Xebex XT3 Plus 雪橇阻力等级 5

区域 10 - 11 磅 Spartan RAM



5.4 DEKA FIT Teams DEKA FIT 团队

Rules of Competition: 比赛规则

Divide and conquer the DEKA FIT course as a team of two.
双人组一起划分和攻克 DEKA FIT 比赛

Divisions:组别

- Male 男子双人组
- Female 女子双人组
- Co-Ed (1 male & 1 female) 男女混合双人组

*Adult Teams results will be uploaded to local and global DEKA leaderboards. Teams with Youth team members or one adult and one youth member are not supported by DEKA leaderboards at this time.

成人队成绩将上传到本地和全球 DEKA 排行榜。 DEKA 排行榜目前不支持由青年队成员或一名成人和一名青年队成员组成的队伍。

Competition flow: 比赛流程:

Each team of two will have one timing device.
每两人一组将配备一个计时装置

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. *The timing device must accompany the team or individual for all runs.

第一个和最后一个 500 米跑 (DEKA 1 区之前的 500m 跑和 DEKA 10 区之前的 500m 跑) 必须由两名队友完成。 所有其他跑步都可以根据团队成员的喜好进行分配 - 一名队友跑完整个 500m, 或者一名队友跑第一圈, 另一名队友跑第二圈。 *计时装置必须跟随团队或个人进行所有跑步。

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, 双方队员将一起站在起跑线上, 并一起跑第一个 500m。

After both team members enter DEKA Zone 1, the repetitions can begin. Once the repetitions are completed, hand to hand contact must be made (hand slap/high five), and 1 of the 2 teammates will then begin the next 500m run.

当两名队员进入 DEKA 1 区后，即可开始重复。一旦重复完成，必须进行手对手的接触（拍手/高 five），然后 2 名队友中的 1 名将开始接下来的 500m 跑。

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.

未跑步的队友有两个选择 - 将自己安排在 DEKA 2 区外部的跑步交接区中，或将自己安排在 DEKA 2 区内以准备完成第 2 区。这给跑步者留下了两个选择 - 将其交给队友 跑完第一圈或跑完整个 500m 后进入跑步交接区。

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.

此过程将持续到完成 DEKA 9 区后进行最后的 500m 跑。*如上所述，两名队友必须一起跑第一个和最后的 500m 跑。

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.

跑步交接区均位于 DEKA 2-9 区入口点前面的跑道外侧。

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.

如果队伍分头跑 500m，计时装置将在下一个完成的 DEKA 区前面的交接区交接，交接的队员随后在 DEKA 区内移动。

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（与主要 DEKA 区域入口/出口点不同的位置）将位于 DEKA 区域内，以便轻松进入下一个 DEKA 区域。

DEKA Zone repetitions, meters, or calories CAN NOT begin until both competitors are inside the zone and hand to hand contact has been made between the teammates (hand slap/high five)

DEKA 区域重复次数、米数或卡路里只有在两名参赛者都进入该区域并且队友之间进行了手部接触（拍手/高 five）后才能开始。



500m runs CAN NOT begin until all repetitions, meters, calories are completed and hand contact inside the zone has taken place (hand slap/high five). *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)

500m 跑步必须在所有重复次数、米数、卡路里都完成并且区域内发生手部接触（拍手/高 five）后才能开始。*队友必须在 DEKA 区域内呆在一起（当队友完成区域工作时，另一队友不能在区域出口处做跑步准备）

If one team member is running the entire 500m run, the other team member will go straight to the next DEKA Zone.

如果一名队员跑完了整个 500m，另一名队员将直接进入下一个 DEKA 区域。

After completing DEKA Zone 9, both teammates must run the final 500m run together.

完成 DEKA 第 9 区后，两名队友必须一起跑完最后的 500m。

After completing DEKA Zone 10 both teammates must cross the finish line together.

完成 DEKA 10 区后，两名队友必须一起冲过终点线。

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

如果团队成员无法完成比赛，该团队将收到 DNF（未完成）。

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工作。团队必须使用同一站（重复完成区域/垫子、划船器、滑雪板、自行车、坦克）来完成所有重复次数、米数和卡路里。如果在一个区域内划分代表次数，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。

Below are examples: 以下是示例

Example 1: DEKA Zone 2 & 5 – Row & Ski x 500m

Only one team member can be completing the Row & Ski at a time. Both competitors are not allowed to be pulling the handle(s) at the same time. Team members can switch and divide the 500m however they prefer.

示例 1: DEKA 2 区和 5 区 - 划船和滑雪 x 500m

一次只能由一名团队成员完成划船和滑雪。 两名参赛者不得同时拉动手柄。 团队成员可以根据自己的喜好切换和划分 500m。

Example 2: DEKA Zone 6 – Farmer's Carry

One team member must carry both dumbbells. The dumbbells can be set down as many times as necessary and the other team member can pick them up and continue. *For Co-Ed teams, if the female member starts with the 40lb weights, the male team member CAN NOT assist during the 100m carry.

示例 2: DEKA 6 区 - 农夫搬运

一名团队成员必须携带两个哑铃。 可以根据需要多次放下哑铃，其他团队成员可以拿起哑铃并继续。 *对于男女混合团队，如果女性成员以 40 磅的重量开始，则男性团队成员在 100m 搬运过程中无法提供协助。

Example 3: DEKA Zone 8 – Dead Ball Wall Over

Team members are NOT allowed to throw/toss the ball back and forth up and over the wall. Transitioning around the outside of the A Frame to the other side of the wall after the ball is thrown over is required. If dividing reps, once a teammate throws the ball over and completes the transition around the A Frame to the other side of the wall, the other teammate can begin. Team members can divide the reps using whatever strategy they prefer.

示例 3: DEKA 8 区 - 沙球过墙

队员不得将球来回投掷或扔过墙。 球被扔出后，需要绕 A 型框架外侧过渡到墙的另一侧。 如果分开投掷次数，一旦一名队友将球扔过并完成围绕 A 形框架到墙另一侧的过渡，另一名队友就可以开始。 团队成员可以使用他们喜欢的任何策略来划分代表。

Example 4: DEKA Zone 9 – Push/Pull x 100m

Only one teammate can be pushing/pulling at a time. Team members can switch and divide the 100m however they prefer. For Co-Ed teams dividing the 100m Push/Pull, the competitors are responsible for adjusting the resistance. Adjustments are monitored by judges

示例 4: DEKA 9 区 - 推/拉 x 100m

一次只有一名队友可以推/拉。 团队成员可以根据自己的喜好切换和划分 100m。 对于男女混合队进行 100m 推拉比赛, 参赛者负责调整阻力。 调整由裁判监督

*All DEKA Zones that have a weight implement: Males must use male weight and females can use female or male weight. If dividing reps, team members are allowed to pass the weight to their teammate but only one DEKA Zone station can be used to complete the reps.

所有配备负重器的 DEKA 区域: 男性必须使用男性配重器, 女性可以使用女性或男性配重器。 如果分开重复次数, 团队成员可以将重量传递给队友, 但只能使用一个 DEKA Zone 站来完成重复次数。

Zone completion hand contact rules: 区域完成手接触规则:

For zones 2 & 5, hand contact must occur before teammate touches the rower and ski handle(s). For zones 2, 5, & 7 the meter and calorie count must be reached before hand contact occurs. For zone 6, the dumbbells must be placed back in the area where they were picked up before the hand contact occurs. For all other zones, the zone requirements must be 100% completed before hand contact occurs.

在 2 区和 5 区, 必须在队友接触划船器和滑雪手柄之前进行手部接触。 对于 2、5 和 7 区, 必须在手接触之前达到仪表和卡路里计数。 对于 6 区, 哑铃必须放回到手接触之前拿起哑铃的区域。 对于所有其他区域, 区域要求必须在手接触发生之前 100% 完成。

5.5 DEKA STRONG Teams DEKA STRONG 团队

Rules of Competition: 比赛规则

Divide and conquer the DEKA STRONG course as a team of two.
双人组一起划分和攻克 DEKA STRONG

Divisions: 组别

- Male 男子双人组
- Female 女子双人组
- Co-Ed (1 male & 1 female) 男女混合双人组

***Adult Teams results will be uploaded to local and global DEKA leaderboards. Teams with Youth (10-13) team members or one adult and one youth member are not supported by DEKA leaderboards at this time.**

成人队成绩将上传到本地和全球 DEKA 排行榜。 DEKA 排行榜目前不支持包含青少年 (10-13) 团队成员或一名成人和一名青少年成员的团队。

Competition flow and rules: 比赛流程及规则:

DEKA Zone reps, meters, and calories are divided up between the team.
DEKA 区域的次数、米数和卡路里在团队之间分配。

Once a zone is completed, hand to hand contact must be made (hand slap/high five) before the next zone can be started.

一个区域完成后，必须先进行手对手接触（拍手/高 five），然后才能开始下一个区域。

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/box/zone, 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工作。团队必须使用同一站（重复完成区域/垫子/盒子/区域、划船器、滑雪板、自行车、坦克）来完成所有重复次数、米数和卡路里。如果在一个区域内划分代表次数，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。

DEKA Zone 2 & 5 – Row & Ski x 500m:

DEKA 2 区和 5 区 - 划船和滑雪 x 500m:

Only one team member can be completing the Row & Ski at a time. Both competitors are not allowed to be pulling the handle(s) at the same time. Team members can divide the 500m however they prefer.

一次只能由一名团队成员完成划船和滑雪。两名参赛者不得同时拉动手柄。团队成员可以按照自己的意愿划分 500m。

DEKA Zone 6 – Farmer’s Carry:

DEKA 6 区 - 农民搬运:

One team member must carry both dumbbells. The dumbbells can be set down as many times as necessary and the other team member can pick them up and continue. *For Co-Ed teams, females are allowed to carry male weight but males are not allowed to carry female weight.

一名团队成员必须携带两个哑铃。可以根据需要多次放下哑铃，其他团队成员可以拿起哑铃并继续。*对于男女混合团队，允许女性携带男性体重，但不允许男性携带女性体重。

DEKA Zone 9 – Torque Tank or Xebex XT3 Plus Sled Push/Pull x 100m:

DEKA 区域 9 - 雪橇坦克或 Xebex XT3 Plus 滑橇推/拉 x 100m

Only one teammate can be pushing/pulling at a time. Team members can switch and divide the 100m however they prefer. For Co-Ed teams dividing the 100m Push/Pull, the competitors are responsible for adjusting the resistance. Adjustments are monitored by judges

一次只有一名队友可以推/拉。团队成员可以根据自己的喜好切换和划分 100m。对于男女混合队进行 100m 推拉比赛，参赛者负责调整阻力。调整由裁判监督

*All DEKA Zones that have a weight implement: Males must use male weight and females can use female or male weight. If dividing reps, team members are allowed to pass the weight to their teammate after completing a rep but only one DEKA Zone station can be used to complete the reps.

*所有配备配重器的 DEKA 区域：男性必须使用男性配重器，女性可以使用女性或男性配重器。如果分开次数，团队成员可以在完成一次动作后将重量传递给队友，但只能使用一个 DEKA Zone 站来完成次数。

Zone completion hand contact rules:

区域完成手接触规则:

For zones 2 & 5, hand contact must occur before teammate touches the rower and ski handle(s). For zone 2 a teammate is allowed to strap in to the rower while the other teammate is completing zone 1. For zones 2, 5, & 7 the meter and calorie count must be reached before hand contact occurs. For all other zones, the zone requirements must be 100% completed before hand contact occurs.

对于 2 区和 5 区，必须在队友接触划船器和滑雪手柄之前进行手部接触。对于区域 2，允许一名队友系上安全带，而另一名队友正在完成区域 1。对于区域 2、5 和 7，在进行手部接触之前必须达到米数和卡路里计数。对于所有其他区域，区域要求必须在手接触发生之前 100% 完成。



*The team division is designed to allow 2 team members to divide and conquer the DEKA STRONG course together. Both teammates will receive a finisher shirt and a DEKA STRONG medal but because the course is being divided by the two teammates, DEKA STRONG Trifecta Wedge will not be received.

团队划分的目的是让 2 名团队成员一起分工完成 DEKA STRONG。两名队友都将获得完赛 T 恤和 DEKA STRONG 奖牌，但由于路线被两名队友分开，因此不会获得 DEKA STRONG 三分之一奖牌。

5.6 DEKA MILE Teams

Rules of Competition: 比赛规则

Divide and conquer the DEKA MILE course as a team of two.
双人组一起划分和攻克 DEKA MILE

Divisions:组别

- Male 男子双人组
- Female 女子双人组
- Co-Ed (1 male & 1 female) 男女混合双人组

*Adult Teams results will be uploaded to local and global DEKA leaderboards. Teams with Youth (10-13) team members or one adult and one youth member are not supported by DEKA leaderboards at this time.

*成人队成绩将上传到本地和全球 DEKA 排行榜。DEKA 排行榜目前不支持包含青少年 (10-13) 团队成员或一名成人和一名青少年成员的团队。

Competition flow: 比赛流程:

The first and last 160 meter run (160m run before DEKA Zone 1 & 160m run before DEKA Zone 10) must be completed by both teammates. All other running can be divided however the team members prefer

第一个和最后一个 160 米跑 (DEKA 1 区之前的 160m 跑和 DEKA 10 区之前的 160m 跑) 必须由两名队友完成。所有其他跑步都可以根据团队成员的喜好进行分配

After both team members reach DEKA Zone 1, the repetitions can begin. Once the repetitions are completed, hand to hand contact must be made (hand slap/high five), and 1 of the 2 teammates will then begin the next 160m run.

当两名团队成员到达 DEKA 1 区后，即可开始重复。重复完成后，必须进行手对手接触（拍手/高 five），然后 2 名队友中的 1 名将开始下一个 160m 跑步。

Once the 160m run is complete, DEKA Zone 2 can begin.

160m 跑完后，DEKA 2 区即可开始

This process will continue until the final 160m run which takes place after completing DEKA Zone 9. *As stated above, both teammates must run the first and final 160m run together.

此过程将持续到完成 DEKA 9 区后进行的最后 160m 跑。*如上所述，两名队友必须一起跑第一个和最后一个 160m 跑。

After every run, hand to hand contact must be made (hand slap/high five) before DEKA Zone completion work can begin.

每次跑完后，必须先进行手对手接触（拍手/高 five），然后才能开始 DEKA 区域比赛

160m runs CAN NOT begin until all repetitions, meters, calories are completed and hand to hand contact has been made (hand slap/high five).

160m 跑步必须在完成所有重复次数、米数、卡路里并进行手与手接触（拍手/高 five）后才能开始。

After completing DEKA Zone 9, both teammates must run the final 160m run together.

完成 DEKA 第 9 区后，两名队友必须一起跑完最后的 160m。

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/box/zone, 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动作次数、米数和卡路里，但一次只能有一个人完成工作。团队必须使用同一站（重复完成区域/垫子/箱子/区域、划船器、滑雪板、自行车、坦克）来完成所有重复次数、米数和卡路里。如果在一个区域内划分动作次数，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。



DEKA Zone 2 & 5 – Row & Ski x 500m:

DEKA 2 区和 5 区 - 划船和滑雪 x 500m:

Only one team member can be completing the Row & Ski at a time. Both competitors are not allowed to be pulling the handle(s) at the same time. Team members can divide the 500m however they prefer.

一次只能由一名团队成员完成划船和滑雪。 两名参赛者不得同时拉动手柄。 团队成员可以按照自己的意愿划分 500m。

DEKA Zone 6 – Farmer's Carry:

DEKA 6 区 - 农民搬运:

One team member must carry both dumbbells. The dumbbells can be set down as many times as necessary and the other team member can pick them up and continue. *For Co-Ed teams, females are allowed to carry male weight but males are not allowed to carry female weight.

一名团队成员必须携带两个哑铃。 可以根据需要多次放下哑铃，其他团队成员可以拿起哑铃并继续。 *对于男女混合团队，允许女性携带男性负重，但不允许男性携带女性负重。

DEKA Zone 9 – Torque Tank or Xebex XT3 Plus Sled Push/Pull x 100m :

DEKA 区域 9 - 坦克车或 Xebex XT3 Plus 滑橇推/拉 x 100m:

Only one teammate can be pushing/pulling at a time. Team members can switch and divide the 100m however they prefer. For Co-Ed teams dividing the 100m Push/Pull, the competitors are responsible for adjusting the resistance. Adjustments are monitored by judges

一次只有一名队友可以推/拉。 团队成员可以根据自己的喜好切换和划分 100m。 对于男女混合队进行 100m 推拉比赛，参赛者负责调整阻力。 调整由裁判监督

***All DEKA Zones that have a weight implement: Males must use male weight and females can use female or male weight. If dividing reps, team members are allowed to pass the weight to their teammate after completing a rep but only one DEKA Zone station can be used to complete the reps.**

所有配备配重器的 DEKA 区域: 男性必须使用男性配重器，女性可以使用女性或男性配重器。

如果分开完成次数，团队成员可以在完成一次动作后将重量传递给队友，但只能使用一个 DEKA Zone 站来完成次数。



Zone completion hand contact rules: 区域完成手接触规则:

For zones 2 & 5, hand contact must occur before teammate touches the rower and ski handle(s). For zone 2 a teammate is allowed to strap in to the rower while the other teammate is running. For zones 2, 5, & 7 the meter and calorie count must be reached before hand contact occurs. For all other zones, the zone requirements must be 100% completed before hand contact occurs.

对于 2 区和 5 区，必须在队友接触划船器和滑雪手柄之前进行手部接触。对于 2 区，允许一名队友在另一名队友跑步时系上固定带。对于 2、5 和 7 区，必须在手接触之前达到仪表和卡路里计数。对于所有其他区域，区域要求必须在手接触发生之前 100% 完成。

*The team division is designed to allow 2 team members to divide and conquer the DEKA MILE course together. Both teammates will receive a finisher shirt and a DEKA MILE medal but because the course is being divided by the two teammates, the DEKA MILE Trifecta Wedge will not be received.

团队划分的目的是让 2 名团队成员一起分工完成 DEKA MILE 赛道。两名队友都将获得完赛 T 恤和 DEKA MILE 奖牌，但由于路线被两名队友分开，因此不会获得 DEKA MILE 三分之一奖牌。

5.7 Affiliate DEKA FIT Events DEKA FIT 联盟赛事活动

5.8.1 Definition: Affiliate DEKA FIT Events are designed to allow for official DEKA FIT events to be held at approved DEKA Affiliate gyms/clubs/studios/boxes and other approved locations. The same fitness equipment is used for all 10 zones and the same 2 DEKA STRONG and DEKA MILE zone modifications (zones 4 & 8) are made.

解释：DEKA FIT 联盟赛事活动旨在允许官方 DEKA FIT 活动在经批准的 DEKA 联盟健身房/俱乐部/工作室/包厢和其他批准地点举行。所有 10 个区域均使用相同的健身器材，并进行相同的 2 个 DEKA STRONG 和 DEKA MILE 区域改造（区域 4 和 8）。

5.8.2 Setup:流程

- a) Zone 6 is set up as a 10 meter down & back.
第 6 区设置为向下和向后 10 米。
- b) A 125 meter out and back x 2 (500 meters total) run shall precede each zone.
每个区域之前应进行 125 米往返 x 2（总共 500 米）跑。

- c) The run course shall have a common start, a turn around cone at the “out point” and a turn around cone at the “back point”, and a common finish point that’s located as close to the zone equipment as possible. The start line shall be located close to the “back point” cone as possible. The entire out and back x 2 500 meter course shall be measured with a meter roller after the set-up is complete.

跑道应有一个共同的起点，在“出点”处有一个回转锥体，在“后点”处有一个回转锥体，以及一个尽可能靠近区域设备的共同终点。起始线应尽可能靠近“后点”锥体。设置完成后，应使用计米滚筒测量整个前后 x 2 500 米的路线

- d) When measuring the total distance the following process shall be followed: Using a meter roller and starting at the “back point” cone (located close to the start line), measure the distance out to the “out point” cone, back to the “back point” cone, out to the “out point” cone, and finish at run finish line (located as close as possible to the zone equipment). This distance MUST equal 500 meters.

测量总距离时，应遵循以下过程：使用计米滚轮，从“后点”锥体（靠近起点线）开始，测量到“出点”锥体的距离，再测量到“出点”锥体的距离。“后点”锥体，向外到“出点”锥体，并在运行终点线处完成（尽可能靠近区域设备）。该距离必须等于 500 米。

5.8.3 General Rule Modifications:基本规则调整

- a) A 500 meter run will precede each zone (use of a treadmill is not permitted). A 125 meter out and back x 2 run (500 meters total) set-up shall be used.

每个区域之前将进行 500 米跑步（不允许使用跑步机）。应使用 125 米往返 x 2 段（总共 500 米）的设置。

- b) Competitors are considered finished once they finish the final rep of Zone 10 (Weighted Burpees)

参赛者完成第 10 区（负重波比跳）的最后动作次数后即被视为完成比赛

- c) Every competitor or team shall have a dedicated judge to count the number of run laps, count reps, and monitor movement standards.

每个参赛者或团队应有一名专门的裁判员来计算跑圈数、计算次数并监督动作标准。

5.8.4 Zone Modifications:区域调整

- A) Zone 4 (Med Ball Sit-Up Throw) x 25 changed to (Med Ball Sit-Up) x 25
第 4 区（药球仰卧起坐投掷）x 25 更改为（药球仰卧起坐）x 25



5. **Specifics** 具体内容

- (1) **Male 20lbs** 男性 20 磅
- (2) **Female 14lbs** 女性 14 磅

6. **Process/Setup** 流程

- (1) **After entering the DEKA Zone competitor sits down in front of the appropriate station and grabs the med ball.**
进入 DEKA 区后，参赛者在相应的站位前坐下并拿起药球。
- (2) **Competitors will complete 25 reps.**
参赛者将完成 25 次。

7. **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.**
比赛开始时，参赛者背部平躺在地板上，膝盖弯曲，双脚着地，并将药球放在头后面接触地面。
- (2) **Competitor must raise their torso off the ground and touch the ball on the ground between their feet.**
参赛者必须将躯干抬离地面，并介于双脚之间的地面接触球。
- (3) **Each rep is considered completed once the ball touches the ground between the feet.**
当球接触双脚之间的地面时，每次重复均被视为完成。

8. **Additional Notes** 额外注释

- (1) **Competitors are allowed to rest in a seated or lying position.**
参赛者可以采取坐位或卧位休息。
- (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.**
一旦球接触两脚之间的地面，躯干必须与地面成 45 度或更大的角度。如果没有，参赛者必须向前更远的地方接触地面，直到达到 45 度或更大的躯干角度。

b) **Zone 6 (Farmer's Carry) x 100m - 10 meter out & back x 5 lay-out is used.**

第 6 区 (农夫搬运) x 100m - 向外和向后 10 米 x 5。

c) **Zone 8 (Dead Ball Wall Over) x 20 changed to (Dead Ball Shoulder Over)x 20**

第 8 区 (沙墙过线) x 20 更改为 (沙球过肩) x 20



9. Specifics 具体内容

- (1) Male 60lbs 男性 60 磅
- (2) Female 40lbs 女性 40 磅

10. Process/Setup 过程

- (1) Competitor finds the area with the correct weight based on the above specifics.
参赛者根据上述规定找出正确重量的区域
- (2) Competitor completes 20 reps in the zone.
参赛者在该区域内完成 20 次。

11. Movement Standards 动作标准

- (1) Competitors are allowed to lift the weights using whatever techniques they prefer.
允许参赛者使用他们喜欢的任何技术举重。
- (2) After lifting the weight, competitor must be in full body lock out:
举起重物后，参赛者必须处于全身锁定状态：
 - 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 重量必须超过肩部

12. 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.
如果选手选择了不正确的重量，他们可以重新开始该区域，但以不正确的重量完成的任何次数将不计算在内。
- (2) Adding 5 reps accounts for the the time gained by not having to go around the wall/yoke after each rep.
增加 5 次是为了说明在每个动作后不必绕过墙/枷锁而获得的时间。

c) Zone 9 Push/Pull 第九区坦克推拉

The Torque M4 or MX Tank & the Xebex XT3 Plus magnetic resistance sled are approved for use. For the Xebex XT3 Plus, 160lb must be added to the weight post & resistance: Male - 8, Female - 6, Youth (10-13) - 5.

Torque M4 或 MX Tank 和 Xebex XT3 Plus 磁性阻力雪橇被批准使用。对于 Xebex XT3 Plus，必须在重量柱和阻力上增加 160 磅： 男性-8，女性-6，青少年（10-13）- 5。



*Zone 9 shall always be placed in an area that has a rubber, turf, rough or semi-rough concrete, pavement, or other similar surface. A smooth slick/slippy concrete surface is not allowed.

第9区应始终放置在有橡胶、草皮、粗糙或半粗糙的混凝土、人行道或其他类似表面的区域。不允许放在平滑的混凝土表面。

5.8 DEKA FIT Road Show Events (where set-up is the same as large convention center type events)

DEKA FIT 路演活动（设置与大型会议中心类型的活动相同）。

*Other than 2 modification listed below, the run and zone course is set-up the same as large convention center type USA events.

除了下面列出的2项修改外，跑步和分区域的设置与美国大型会议中心类型的活动相同。

5.9.1 Definition: DEKA FIT Road Show Events are designed to allow for official DEKA FIT events to be held at locations similar to large convention center type event (run lap format around the perimeter of 10 zones).

解释:DEKA FIT 路演活动的目的是让官方的 DEKA FIT 赛事活动在类似于大型会议中心类型的地点举行（围绕10个区的周边跑一圈的形式）。

5.9.1 Zone Modifications: 区域修改

- a) Zone 4 (Med Ball Sit-Up Throw) x 25 changed to (Med Ball Sit-Up) x 25
第四区（药球仰卧起坐投掷）x 25 更改为（药球仰卧起坐）x25
- b) Zone 8 (Dead Ball Wall Over) x 20 changed to (Dead Ball Shoulder Over) x 20
第8区（沙球过墙）x20 更改为（沙球过肩）x20



6. CHANGE LOG 变化记录

6.1 CHANGE HISTORY 更改历史

a) 1.1.20

1. Rulebook V.1 Released Establishing the rules for DEKA FIT events.
规则手册 V.1 发布 确立 DEKA FIT 赛事的规则

b) 10.19.20

1. Clarified rule wording 澄清规则的措辞
2. Added DEKA STRONG and DEKA MILE modification 增加了 DEKA STRONG 和 DEKA MILE 的修改。

c) 1.4.21

1. Clarified rule wording for stations. 澄清的每站的规则措辞

d) 1.20.21

1. Clarified rule wording for stations. 澄清的每站的规则措辞

e) 4.7.21

1. 4.1.4 Updated verbiage to include that the ball does not need to be thrown in order for the rep to count.
更新了措辞包括球不需要被投掷就可以计算
2. 4.1.8 Updated verbiage to clarify competitors must be inside the braces while lifting the weights.
更新了措辞明确了选手在举重时必须在支撑架内
3. 3.1.1 Clarified that each run will be 500m and removed reference to 1.5 laps as the amount of laps will be determined by the arena. However every run will be 500m regardless of the arena.
明确了每次跑步为 500 米，并删除了 1.5 圈的提法，因为圈数将由赛场决定。然而，无论在哪个赛场，每次跑步都将是 500 米。

f) 12.29.21

1. 3.1.3 Added Team competition outlines and rules 新增团体赛大纲及规则
2. 4.1.8 Updated wording for DEKA Zone 8 - Dead Ball Wall Over

更新了 DEKA 8 区的措辞 - 沙球过墙

3. 5.3 Added Youth (10-13) DEKA STRONG & DEKA MILE modifications
添加了青少年 (10-13) DEKA STRONG 和 DEKA MILE 修改

g) 4.15.22

1. 4.1.4 Zone 4 (Med Ball Sit-up Throw) clarifications
第 4 区 (药球仰卧起坐) 说明

h) 8.3.22

1. 4.1.1 Zone 1 (Weighted Alternating Reverse Lunge) clarifications
1 区 (负重交替反向弓步) 说明
2. 4.1.3 Zone 3 (Box Jump Over or Step-up Over) clarifications
第 3 区 (跳箱超过或跨步超过) 的说明

i) 8.29.22

1. 1.1.1 Scope clarifications 范围的澄清
2. 3.3.1 Penalties clarifications 罚则的澄清
3. 3.4 Equipment clarifications 设备的澄清
4. 3.15 Prize Money and Awards clarifications 奖金和奖励的说明

j) 12.1.22

1. 3.3 Penalties update 处罚更新
2. 5 Event Modifications 65-69 & 70+ Age Group standards update
5 项赛事修改 65-69 和 70+ 年龄组标准更新

k) 1.5.23

1. 5.5 added DEKA FIT Teams 添加的 DEKA FIT 团队
2. 5.6 added DEKA STRONG Teams 添加的 DEKA STRONG 团队
3. 5.7 added DEKA MILE Teams 添加的 DEKA MILE 团队

l) 3.21.23

1. 5.1 DEKA STRONG & 5.2 DEKA MILE - Xebex XT3 Plus standards added
DEKA STRONG & 5.2 DEKA MILE - 新增 Xebex XT3 Plus 标准
2. 5.4 - Added DEKA FIT Youth (10-13) to DEKA STRONG & DEKA MILE
Event Modifications section
在 DEKA STRONG 和 DEKA MILE 赛事修改部分增加了 DEKA FIT 青年组 (10-13)
3. 3.16 Updated AGE GROUPS FOR PODIUM AND LEADERBOARD
更新了大运会和领奖台的年龄组。



4. 3.16.2 Youth (10-13) DEKA FIT Open category registration - added update on Open category registration. As of April 2023 Open registration is now available for Youth (10-13) division.

青少年（10-13岁）DEKA FIT 公开组报名--增加了公开组报名的最新信息。自2023年4月起，青少年（10-13岁）组别可进行公开报名。

m) 5.1.23

1. 5.1, 5.2, 5.3, 5.4, & 5.6 - Added additional Xebex XT3 Plus instructions
5.1, 5.2, 5.3, 5.4, & 5.6 - 增加了额外的 Xebex XT3 Plus 说明。
2. 5.6, 5.7, & 5.8 - Added text explaining that competitors are responsible for making resistance adjustments on Zone 9 Push/Pull
5.6, 5.7, & 5.8 - 增加了文字说明，解释选手有责任对9区的推/拉进行阻力调整。
3. 5.6, 5.7, & 5.8 - Added statement about team guidelines for adult teams, and youth or adult/youth teams. *Youth & adult/youth teams are not supported by DEKA leaderboards.
5.6, 5.7, & 5.8 - 增加了关于成人队和青年队或成人/青年队的团队准则的说明。*青年队和成人/青年队不受 DEKA 排行榜的支持。

n) 6.14.23

1. 5.6 - DEKA FIT Teams - added text outlining requirement for team and/or Individual on team to carry timing device during all runs.
5.6 - DEKA FIT Teams - 增加了对团队和/或个人在所有比赛中携带计时装置的要求。
2. 5.9 - Added Affiliate DEKA FIT Event standards
添加附属的 DEKA FIT 赛事标准
3. 5.10 - Added DEKA FIT Road Show Event standards
增加了 DEKA FIT 路演活动的标准。

