



2024 DEKA FIT 赛事组别说明 2024 DEKA FIT Category Introduction

SPARTAN DEKA让所有人都能享受一场关于体能的狂欢盛宴。无论你是健身新手还是体能强者，DEKA都提供适合你的全球健身测试、比赛和活动。在同一天、同一个地方，所有人按照相同的标准参与，共同享受健身的乐趣！

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

竞技组 COMPETITIVE GROUP

竞技组针对的是10-13岁的青少年选手和14岁及其以上的成人选手，他们渴望与高手中的高手竞争，并以此来发现自己的潜能和价值，同时，去赢取赛会设置的奖金，并且吸引潜在赞助商的关注和支持，登上DEKA十项体能赛积分体系的顶峰。The competitive group is for young athletes aged 10-13 and adult athletes aged 14 and above who are eager to compete at the highest level, discover their potential, win prize money, attract sponsors, and reach the top of the DEKA Decathlon point system.

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

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

公开组 OPEN GROUP

公开组适合所有想要挑战自己的个人选手。参加公开组的勇士能够远离自己的舒适区，检验自己的身体极限，并体会到竭尽全力完成十个 DEKA 区的快感。

The open group is suitable for all individual players who want to challenge themselves. The Open Division is for everyone. Participants can step beyond their comfort zones, test their physical limits, and experience the thrill of pushing themselves to complete the ten DEKA zones.

所有参赛者的DEKA成绩都将计入现场主舞台大屏幕滚动播放的排行榜中。排行榜包括当日DEKA成绩男子排行榜、女子排行榜，双人组排行榜，赛事当日DEKA成绩排行榜，DEKA成绩总排行榜等等。

All participants' DEKA scores will be displayed on the main stage's scrolling screen. The leaderboard includes the DEKA leaderboard for male/female/2-person on the day of the event, the DEKA leaderboard on the day of the competition, and the universal DEKA leaderboard and so on.

本场DEKA FIT十项体能赛的公开组年龄限制为10岁+。所有参与公开组的选手将会被按照年龄段进行排名，各年龄段组别的前三名选手将会参与颁奖并领取奖品。个人参赛选手的年龄段分组如下： 10-13 (青少年), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

The DEKA FIT open group is for participants aged 10 and above. All participants in this group will be ranked within their respective age categories, with the top three in each category receiving prizes during the award ceremony. The age groups for individual open group are as follows:10-13 (Youth), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

公开组双人 OPEN 2-PERSON TEAM

公开组双人是指由2位队友共同完成比赛，参与双人组的选手性别组合可以为男双，女双，混双。双人组可以使用他们喜欢的任何策略来分配所有ZONE内的次数、米数、卡路里数。DEKA赛事中的双人组设置让你和你的朋友共同创造难忘的体验！

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

本场DEKA FIT 十项 体能赛的公开组双人组别的参与选手年龄限制为14岁+。所有参与公开组的选手将会被按照年龄段进行排名，各年龄段组别的前三名选手将会参与颁奖并请领取奖品。双人组选手的年龄段分组如下：59岁及以下、60-79岁、80-99岁、100-119岁、120岁及以上。

Participants in the open doubles category of the DEKA FIT must be aged 14 and above. All participants in the open group will be ranked by age group, with the top three in each group participating in the award ceremony and claiming their prize. The age groups for doubles players are as follows: under 59, 80-99, 100-119, 120+.