



## 2024 DEKA MILE 十项体能赛赛事组别说明

### 2024 DEKA MILE RACE CATEGORY INTRODUCTION

#### ■ DEKA十项体能赛是什么

##### THE DEFINATION OF DEKA

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

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

DEKA的10个动作区 (DEKA Zones) 通过多样化的健身测试, 提供精准的“DEKA成绩”来客观衡量健身表现。让DEKA成为你的动力, 激励你不断超越自我, 并庆祝你达成的每一个健身成就!

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

**DEKA MILE** - 由1.6KM跑步+10个DEKA ZONES组成。每个区域之前都有160米的跑步。通常由合作场馆主办或由官方主办。

**DEKA MILE** - DEKA MILE features a 1.6KM run plus 10 DEKA ZONES, with a 160-meter run before each zone. It usually hosted by partner gym or the official organization.

一个对所有人友好的十项体能赛  
A DEKathlon FOR ALL FITNESS LEVELS



## ■ 公开组

### THE 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 category is for all individuals looking to challenge themselves.

Participants can step out of their comfort zone, test their physical limits, and experience the thrill of completing 10 DEKA zones.

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

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

本场 DEKA MILE 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 age limit for the open category of the DEKA MILE competition is 10 years and above. Participants will be ranked by age group, and the top three in each group will receive awards. The age groups are as follows: 10-13 (Youth), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.



## ■ 公开双人组

### 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 MILE 十项体能赛 的公开双人组选手年龄限制为10岁+。双人组选手可以由两位成人选手（14岁+），两位青少年选手（10-13岁）或1位青少年选手（10-13岁）和1位成人选手（14岁+）组成。

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

所有参与公开双人组的成人选手（14岁+）将会被按照年龄段进行排名，年龄段的计算方式为两名队友的年龄之和。各年龄段组别的男双/混双/女双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。

All adult participants (ages 14+) in the Open 2-person team will be ranked by age groups based on the combined age of the two teammates. The top three Men's doubles / Mixed doubles / Women's doubles in each age group will receive awards. The age groups are: 59 and under, 60-79, 80-99, 100-119, and 120 and above.



## ■ 竞技组

### THE 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十项体能赛排行榜的顶峰。

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, attract sponsors, and reach the top of the DEKA leaderboard.

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.