



DEKATM

Rules of Competition

(Revised November 20, 2024)

****All these rules will apply based on the disciplines available at each DEKA Spain event.**



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1. Introduction

1.1 SCOPE

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

Spartan's mission is to rip 100 million people off the couch. Since 2020 Spartan DEKA has played a key role in this mission by providing low barrier-of-entry start lines designed to celebrate fitness with ALL levels.

1.2 PURPOSE

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

- a) ensure that all DEKA events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity; and
- b) provide clear guidelines to facilitate globally standardized competition; and
- c) protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport.

1.3 VARIATIONS AND AMENDMENTS

1.3.1 DEKA may from time to time change these Rules and make further Rules in
DEKA FIT Rules of Competition v24.11.20



its absolute discretion.

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.

2. Official Events/Races & Modifications

*** All finishers are eligible for finisher medal, t-shirt, and trifecta wedge (if applicable).**

21 DEKA STRONG

DEKA STRONG - Complete the 10 DEKA Zones in order (1-10) with no running.

22 DEKA MILE

DEKA MILE - Complete the 10 DEKA Zones in order (1-10) with each zone preceded by a 160 meter run or walk (total of 1600 meters / 1 mile).

* 160 meter distance must be measured using a distance-measuring rolling wheel.

23 DEKA FIT, DEKA FIT Teams

DEKA FIT - Complete the 10 DEKA Zones in order (1-10) with each zone preceded by a 500 meter run or walk (total of 5,000 meters / 3.1 miles).

* DEKA FIT events are held by Spartan DEKA and usually take place in large indoor facilities with Elite and Age Group categories available.

** Individual DEKA FIT Elite registrations are eligible for podium prize money & Age Group registrations are eligible for podium awards.

DEKA FIT Teams - Complete DEKA FIT as a team of 2 Adults (Ages 14+), 2 Youth (10-13) or 1 Adult with 1 Youth (10-13). *Female, Co-Ed, and Male categories.*

Adult Team Age Groups (adult ages combined) are 59 & Under, 60-79, 80-99, 100-119, and 120+ and are separated into Female, Co-Ed, and Male categories.

DEKA FIT Teams (Elite & Age Group) registrations are eligible for podium awards.

* Elite Teams podium is determined by the overall top 3 team finishers, Age Group Teams podium is determined by the remaining team finishers.

- The first and last 500 meter runs must be completed by both teammates.
- Zone work in Zone 1 & 10 cannot begin until both teammates have completed the run.



- The 8 runs between the first and last shall be completed by one teammate using whatever strategy the team prefers.
- There are two options to divide the 8 runs. One teammate can complete the entire distance, or the teammates can divide the distance.
- Once a run begins, the teammate not running has two options - stage themselves on the outside of the running track near the next zone to complete in the "Running Hand-Off Zone" or inside the next zone to complete and wait while their teammate is completing the entire run.
- Before work begins on the next zone, physical contact between the two teammates must be made (hand slap, back slap, etc).
- A teammate can be prepared to start the next zone or run but work can not begin until the skin contact occurs.
- The timing chip baton must travel with the teammate/teammates during 100% of the running distance.
- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- Only one teammate can be completing zone work at a time.
- If dividing up reps/meters/calories in a zone, skin contact is not required.



- Using two different pieces of equipment (row/ski/air bike/sled/box) is not allowed and for all other rep count zones only one teammate can be using the zone completion mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same space.
- DEKA Zone 6, teams have two options. The non-working teammate can position themselves in a holding area at the start line while their working teammate completes the 100 meter carry or both teammates can travel the maze together. If both teammates travel the maze together, the non-working teammate must be positioned behind the working teammate. Blocking the course in any way is not allowed.
- DEKA Zone 8, if splitting up the reps, only one teammate is allowed within the metal frame while the rep is being completed.
- DEKA Zones 9, if dividing meters, the swap can only occur at the start line area (both teammates are not allowed on the 10 meter down & back course at the same time).
- DEKA Zone 9 must use the highest sled resistance required throughout the entire 100 meters. Swapping resistance is not allowed.
- Both teammates must cross the finish line together. In the event of a close/photo type finish the team that has both teammates and the timing device across the finish line first will be winners.
- If a team member is unable to finish the race, the team will receive a DNF (did not finish).

3. Zone Description & Rules

* Approved equipment must be used for all DEKA competitions. Visit <https://race.spartan.com/en/deka/equipment> for the current list of all DEKA approved zone equipment and for DEKA Zone equipment updates.



DEKA STRONG, DEKA MILE, and DEKA FIT

* For DEKA STRONG, DEKA MILE or DEKA FIT, if using kilogram weights the weight can not be more than 1.5 pounds under the standard weight requirement.

** DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart.

	Male 14+	Female 14+ & Male 65+	Female 65+	Youth 10-13
Zone 1 RAM Alternating Reverse Lunge	55lb/25kg	33lb/15kg	22lb/10kg	22lb/10kg
Zone 2 Row	500 meters	500 meters	500 meters	250 meters
Zone 3 Box Step/Jump Over	24 inches	24 inches	24 inches	24 inches
Zone 4 Med Ball Sit Up	20lb	14lb	10lb	10lb
Zone 5 Ski	500 meters	500 meters	500 meters	250 meters
Zone 6 Farmer's Carry	60lb Each hand	40lb Each hand	20lb Each hand	20lb Each hand
Zone 7 Air Bike	25 calories	25 calories	25 calories	12 calories
Zone 8 Dead Ball Shoulder Over	60lb	40lb	20lb	20lb
Zone 9 Magnetic Resistance Sled Push/Pull	Xebex Sled (XT3 Plus/XT4) resistance 8 (*160lb/73kg added) Torque Tank Sled (M4/MX) resistance 3 (both axles)	Xebex Sled (XT3 Plus/XT4) resistance 7 (*160lb/73kg added) Torque Tank Sled (M4/MX) resistance 2 (both axles)	Xebex Sled (XT3 Plus/XT4) resistance 5 (*160lb/73kg added) Torque Tank Sled (M4/MX) resistance 1 (both axles)	Xebex Sled (XT3 Plus/XT4) resistance 5 (*160lb/73kg added) Torque Tank Sled (M4/MX) resistance 1 (both axles)
Zone 10 RAM Weighted Burpee	44lb/20kg	22lb/10kg	22lb/10kg	11lb/5kg



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

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Competitor finds the area with the correct weights based on the above specifics
 - ii) Competitor completes 30 reps (15 per side - alternating each rep)
- c) Movement Standards
 - i) Begin by picking up the weight
 - ii) Start from a standing position with both feet in front of a “rep line” and weight in a back or single shoulder rack position
 - iii) Competitor steps straight back until the knee makes contact with the ground. *Rotating side step lunges are not allowed. Shoulder must remain parallel to the rep line
 - iv) Competitor steps up and brings the back foot in front of the “rep line”
 - v) A successful rep is counted once the competitor has both feet in front of the “rep line” simultaneously and with knees and hips at extension
 - vi) Extension is defined as a straight line from the ankle through the knee, hip, and to the shoulder
 - vii) Competitor cannot begin the next rep until both feet are in front of the “rep line” (Alternating split squat jumps are not allowed)
 - viii) The last rep is counted once the weight is placed back on the ground in the same location it was when the competitor started the zone
 - ix) If the competitor drops the weight during the process of completing the last rep, the rep will not be counted until the weight is returned to the starting location
- d) Additional Notes
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted
 - ii) Once reps are completed, the competitor must set the RAM weight back on the ground in the same area it was located before starting.
Throwing or dropping the weight is not allowed
 - iii) Weight shoulder/back positioning can be changed at any time during or after completion of reps
 - iv) If needed, weight can be placed on the ground during a rest period after a completed rep
 - v) If weight is placed on the ground during the completion of a rep, that rep will not count



32 Zone 2 - Row (500 meters)

- a) Specifics
 - i) There are no gender specific rowers. All rowers are the same
 - ii) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Select a rower and make any foot strap or damper adjustments as needed
 - ii) Row until 500 meters has been reached
 - iii) Youth (10-13 Division) - Complete 250 meters (if on a team with an adult - 500 meters must be completed)
- c) Movement Standards
 - i) Competitor must stay seated on the rower until reaching required meters
- d) Additional Notes
 - i) In the event of a rower malfunction the competitor will transition to a different rower and complete remaining meters
 - ii) Competitor may make any foot strap or damper adjustments during completion of the zone

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

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Competitor will complete 20 reps at their box
- c) Movement Standards
 - i) Competitor may jump or step-up over the box
 - ii) Both feet must make contact with the top of the box during the rep.
 - iii) Both feet are NOT required to make contact with the top of the box at the same time
 - iv) During the process of stepping or jumping off the box, both feet must make contact with the ground on the opposite side of the box the rep started on for the rep to count
 - v) A rep is counted when both feet make contact with the ground on the opposite side of the box the rep started on
- d) Additional Notes
 - i) Competitor must step or jump on top of the box, they cannot jump over the entire box without making contact
 - 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.



- iii) If needed to assist with physical limitations, incidental hand and knee contact is allowed to accomplish the rep. If incidental hand and knee contact is used in a way to assist with transitioning up and over the box, the entire body must travel over the top of the box and both feet (soles, toes, heels, or sides of the shoes) must make contact with the top of the box on the way over.
- iv) If using incidental hand contact to assist, only one hand can be used! At no time are both hands permitted to assist the rep.
- v) If using hand or knee contact to assist with completing the rep on the way over the box, the hand and knees must be removed from the box before the rep is counted.
- vi) One hand making contact with the box as a competitor is stepping or jumping down from the box is allowed.

3.4 Zone 4 - Med Ball Sit Up - DEKA STRONG & DEKA MILE (25 reps)Med

Ball Sit Up Throw - DEKA FIT (25 reps)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup - DEKA STRONG, DEKA MILE
 - After entering the DEKA Zone competitor sits down in front of the appropriate station and grabs the med ball.
 - ii) Competitor will complete 25 reps.
- b.1) Process/Setup - DEKA FIT
 - i) After entering the DEKA Zone, competitor sits down in front of the appropriate station and places feet under the supports.
 - ii) Center of target is positioned 4.5 feet above the floor.
 - iii) Competitor will complete 25 reps.
- c) Movement Standards - DEKA STRONG, DEKA MILE
 - 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.
 - ii) Competitor must raise their torso off the ground and touch the ball on the ground between their feet.
 - iii) Each rep is considered completed once the ball touches the ground between the feet.
- c.1) Movement Standards - DEKA FIT
 - i) Rep starts with the competitor's back on the floor, knees bent, and med ball held behind the head touching the ground.
 - 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.
 - iii) The ball must touch the face of the target.



- iv) Rep is considered completed once the ball hits the target.
- d) Additional Notes - DEKA STRONG, DEKA MILE
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) Competitor is allowed to rest in any position.
- d.1) Additional Notes - DEKA FIT
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) If med ball is dropped while attempting to catch the rebound, the rep will still count.
 - iii) Competitor is allowed to rest in any position.
 - iv) Touching the ball to the target without the ball leaving the hands is allowed.
 - v) The med ball must make contact with the flat portion of the target. Touching the underside of the bottom edge is NOT allowed.

35 Zone 5 - Ski (500 meters)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Select a ski machine.
 - ii) Adjust the damper setting as desired.
 - iii) Complete 500 meters.
 - iv) Youth (10-13 Division) - Complete 250 meters (if on a team with an adult - 500 meters must be completed).
- c) Movement Standards
 - i) The competitor must remain at the ski machine until reaching required meters.
- d) Additional Notes
 - i) In the event of a malfunction the competitor will transition to a different ski machine and complete remaining meters.
 - ii) Competitor may adjust damper settings during completion of the zone.

36 Zone 6 - Farmer's Carry (100 meters)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart



- b) Process/Setup - DEKA STRONG, DEKA MILE:
 - i) Competitor will select a set of weights and complete a 10 meter down & back course x 5 for a total of 100 meters with a weight in each hand
 - ii) Tape, chalk or cone lines must be in place at the beginning and end of the 10 meter down & back zone.
 - iii) Anytime the weights are placed on the ground they must be placed in a controlled manner and hands must be on the weight when they make contact with the ground.
- b.1) Process/Setup - DEKA FIT:
 - i) Competitor will select a set of weights (dumbbells or kettlebells).
 - ii) Competitor will complete a 100 meter maze course with the weights.
 - iii) Competitor must return the weights on the ground in the same area they were at the start.
 - iv) Anytime the weights are placed on the ground they must be placed in a controlled manner and hands must be on the weight when they make contact with the ground.
- c) Movement Standards - DEKA STRONG, DEKA MILE:
 - i) Weights must be carried by the competitors' side.
 - ii) During the completion of a 10 meter down & back course, both feet must cross the 10 meter course lines on every down and back.
 - iii) Both feet must cross the finish line before placing the weights back in the starting location.
 - iv) In certain approved cases with adaptive or disabled athletes the above rules can be altered.
- d) Movement Standards - DEKA FIT:
 - i) Weights must be carried by the competitors' side.
 - ii) In certain approved cases with adaptive or disabled athletes the above rules can be altered.
- e) Additional Notes
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) Weights can be placed down as needed.
 - iii) Weights must be carried, they cannot be rolled, thrown, or moved via any other method.

3.7 Zone 7 - Air Bike (25 calories)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart



- b) Process/Setup
 - i) Select an air bike and adjust the seat as needed.
 - ii) Complete 25 calories.
 - iii) Youth (10-13) - Complete 12 calories (if on a team with an adult 25 calories must be completed).
- c) Movement Standards
 - i) The competitor must remain on the air bike until reaching required calories.
- d) Additional Notes
 - i) In the event of a malfunction the competitor will transition to a different bike and complete remaining calories.
 - ii) Competitors may not touch the display after starting the counter.

3.8 Zone 8 - Dead Ball Shoulder Over - DEKA STRONG & DEKA MILE (20 reps) Dead Ball Yoke Over - DEKA FIT (20 reps)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup (DEKA STRONG & DEKA MILE)
 - i) After entering the DEKA Zone, the competitor will select the proper ball weight.
 - ii) Competitor will complete 20 reps.
- b.1) Process/Setup (DEKA FIT)
 - i) Competitor will select a 4' yoke and the appropriate designated weight based on gender.
 - ii) Competitor will remain at the same yoke and complete a total of 20 reps.
- c) Movement Standards (DEKA STRONG & DEKA MILE)
 - i) Competitor is allowed to lift the weight using whatever techniques they prefer.
 - ii) While completing the rep the entire ball must travel over the top of the shoulder while reaching hip and knee extension.
 - iii) The competitor shall not dip the shoulder or lean to the side while completing the rep.
- c.1) Movement Standards (DEKA FIT)
 - i) Competitor will lift the weight over the yoke crossbar and the ball must hit the ground on the other side.
 - ii) Competitor will travel to the other side of the yoke to complete the next rep. *The only time traveling to the other side of the yoke is not required is after finishing the last rep.
 - iii) During the lifting process both feet must be inside the metal frame.
 - iv) Competitor is not allowed to go under or over the yoke.
- d) Additional Notes
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight



will not be counted.

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

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

- a) Specifics
 - i) There are two approved magnetic resistance sleds allowed for DEKA competitions.
 - ii) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) The course will be a 10 meter zone and competitors will push down & pull back a total of 5 times for a total of 100 meters.
 - ii) Tape, chalk or cone lines must be in place at the beginning and end of the 10 meter down & back zone.
 - iii) Xebex Sled (XT3 Plus or XT4 models)- 160lb/73kg must be added to the Xebex Sled weight stack.
 - iv) When the competitor approaches the sled, the sled shall be positioned with the back of the sled behind the start line.
- c) Movement Standards
 - i) Competitor will push the sled until 100% of the sled has crossed the 10 meter line.
 - ii) Competitor will use the handles at the end of the pull straps to pull the sled back while walking backwards until the back of the sled crosses the start line. *Pull straps are NOT allowed to be wrapped around the sled bars in any way & the pull straps must be attached to the sled at the standard attachment point.
 - iii) Competitor will repeat this process 5 times for a total 100 meters (50 meters pushed and 50 meters pulled).
 - iv) All wheels must remain in contact with the ground throughout the entire 100m push/pull distance.

3.10 Zone 10 - RAM Weighted Burpee (20 reps)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Using the proper weight outlined above, competitor completes 20 reps in the zone.



- c) Movement Standards
 - i) At the bottom of the rep the competitors chest and/or abdomen region must touch the weight.
 - ii) The legs must be extended out behind the competitor in a manner where hip extension is accomplished.
 - iii) At the completion of the rep, the competitor is standing at extension with weight pressed above the head.
 - iv) Extension is defined as a straight line from the ankle through the knee, hip, shoulder, elbow and to the hand on both sides of the body simultaneously
 - v) The last rep is counted once the weight is placed back on the ground in the same starting location in a controlled manner with both hands on the weight.
 - vi) If the competitor drops the weight during the process of completing the last rep, the rep will not be counted until the weight is returned to the starting location.
- d) Additional Notes
 - i) If the competitor chooses a weight lighter than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) If needed, the weight can be placed on the ground during a rest period after a completed rep.

4. General Rules & Penalties

4.1 TIMING FORMAT

4.1.1 DEKA STRONG and DEKA MILE Individual Timing

- a) Gym Affiliate events are individually hand timed
- b) At World Championship events, competitors will be chip timed

4.1.2 DEKA FIT Individual Timing

- a) The winner of each category will be determined by chip time, or based on the accumulated time from when a competitor crossed the start line until they have crossed the finish line, with the addition of any time penalties assessed by the Head Official. *In the event of a photo finish with DEKA support staff produced video evidence, the winner will be determined by which competitor crosses the line first (chip time may be overruled in this instance).
- 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.



- 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.
- 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.

4.1.3 DEKA FIT Team Timing

- a) The team timing chip must be carried across all timing mats.

4.2 PENALTIES: For HQ produced DEKA STRONG, DEKA MILE, DEKA FIT.

4.2.1 Any competitor who enters a DEKA Zone and fails to complete the zone as outlined in Section 3 - Zone Description & Rules will be subject to these time penalties and/or disqualification:

[Link to Penalty Chart](#)

*Penalty Chart also available below in Change Log as an Appendix.

- a) If less than 80% of the required work to be completed in a zone is performed, the competitor will be considered an unofficial finisher (disqualified) and their time will not be submitted to the global leaderboard. Competitor will receive their finisher shirt, medal, and trifecta wedge.
- b) DEKA Zone 1 - 10 second penalty for each missed rep (up to 20% of total)
- c) DEKA Zone 1 - 30 second penalty if competitor drops RAM after final lunge rather than placing RAM on the ground. *If a 30 second penalty is assessed for dropping the RAM, there will NOT be an additional penalty for an incomplete rep. *The RAM does NOT have to be standing upright.
- d) DEKA Zone 2 - 20 second penalty if competitor departs the zone with 5 meters or fewer remaining before completing 500 meters.
- e) DEKA Zone 2 - 2 minute penalty if competitor departs the zone with 6 or more meters remaining (up to 20% of total meters remaining) before completing 500 meters.
- f) DEKA Zone 3 - 10 second penalty for each missed rep (up to 20% of total).
- g) DEKA Zone 4 - 10 second penalty for each missed rep (up to 20% of total).
- h) DEKA Zone 5 - 20 second penalty if competitor departs the zone with 5 meters or fewer remaining before completing 500 meters.
- i) DEKA Zone 5 - 2 minute penalty if competitor departs the zone with 6 or more meters remaining (up to 20% of total meters remaining) before completing 500 meters.
- j) DEKA Zone 6 - 1 minute penalty if competitor completes 80% of the zone but fails to complete the entire zone.



- k) DEKA Zone 6 - 30 second penalty if competitor fails to return dumbbells to the same starting location.
- l) DEKA Zone 7 - 20 second penalty if competitor departs the zone with 1.0 calorie remaining before completing 25 calories.
- m) DEKA Zone 7 - 2 minute penalty if competitor departs the zone with 2.0 or more calories to complete (up to 20% of total calories remaining).
- n) DEKA Zone 8 - 20 second penalty for each missed rep (up to 20% of total).



- o) DEKA Zone 9 - 130 minute penalty for each missed rep. Down & back is considered 1 rep.
- p) DEKA Zone 10 - 20 second penalty for each missed rep (up to 20% of total).
- q) DEKA Zone 10 - 30 second penalty if competitor drops RAM after final burpee rather than placing RAM on the ground. *If a 30 second penalty is assessed for dropping the RAM, there will NOT be an additional penalty for an incomplete rep. *The RAM does NOT have to be standing upright.
- r) Post race video will not be used except in cases of reviewing assessed penalties and safety violations.

4.2.2 Any competitor who fails to enter and attempt to complete a DEKA Zone as outlined in Section 3 - Zone Description & Rules:

- a) Competitor will be considered an unofficial finisher (disqualified) and their result will not be submitted to the global leaderboard.
- b) Competitor will receive their finisher shirt, medal, and trifecta wedge.

4.2.3 Any competitor who completes all 10 DEKA Zones but fails to complete the DEKA Zones in order (starting with 1, completing in order, and finishing with 10) will:

- a) Receive a 1 minute penalty for each violation. Example - Zone 3 is completed and then followed by completing Zone 2 = 1 minute penalty. Later in the race Zone 8 is completed and then followed by completing Zone 7 = additional 1 minute penalty is assessed.

4.2.4 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:

- a) Receive a 1 minute time penalty for each violation (2 lap course set-up)
- b) Receive a 45 second penalty for each violation (3 lap course set-up)

4.2.5 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:

- a) Receive a 5 minute penalty for each violation (2 lap course set-up)
- b) Receive a 3 minute penalty for each violation (3 lap course set-up)

4.2.6 Any competitor who doesn't complete 80% of the total required running.

- a) Competitor will be considered an unofficial finisher (disqualified) and their result will not be submitted to the global leaderboard.
- b) Competitor will receive their finisher shirt, medal, and trifecta wedge.



4.3 EQUIPMENT

4.3.1 The Following Equipment is permitted for use:

- a) Gloves
- b) Weight lifting belts

4.3.2 The Following Equipment is not permitted for use:

- a) Headphones
- b) Lifting Straps
- c) DEKA FIT: Any type of water vessel (including hydration pack, 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.

4.4 GENERAL CONDUCT

4.4.1 When participating in any DEKA event and while on an event site, all competitors must:

- a) act in compliance with these Rules; and
- b) treat all fellow competitors, DEKA staff members, DEKA volunteers, spectators, and members of the public with fairness, respect and courtesy at all times; and
- c) refrain from the use of abusive, threatening, or insulting language or conduct; and
- d) report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.

4.4.2 Violations of General Conduct may result in a penalty depending on the severity of the violation, as determined at the sole discretion of the Head Official.

4.5 COMPETITION CONDUCT

4.5.1 During the competition, competitors must:

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



- b) not intentionally impede another competitor's forward progress. Jostling, running across, charging, or otherwise interfering with other competitors is prohibited.
- c) After completing a zone with a weight implement, the equipment must be placed on the ground in the same spot it was when the competitor began the zone work.
- d) not accept from any person, other than a DEKA official, physical assistance in any form including taking or utilizing given food, drink, equipment, physical support, or pacing unless an express exception has been granted and approved in writing by DEKA.

4.6 COMPETITION AND HEAT STARTS - DEKA FIT

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

4.6.2 Elite competitors who do not start in the correct wave will be moved to the Age Group category.

4.7 UNREGISTERED COMPETITORS

4.7.1 Any person who participates in any part of an event without first properly registering and paying any registration fees as stipulated by DEKA may be suspended or barred from all DEKA events for a period of up to one year.

4.7.2 Any person who assists a competitor with unregistered or unauthorized event entry by providing a competitor number, headband, and/or timing chip to that competitor may be suspended from all DEKA events for a time period to be determined at DEKA's discretion, including a lifetime ban from all DEKA events.

4.8 ACTS WARRANTING SUSPENSION

4.8.1 In addition to other penalties outlined in these Rules which may be imposed at the discretion of DEKA, the following acts may be grounds for suspension for a period of time designated by DEKA at its discretion:

- a) flagrant or willful violation of the Competitive Rules; and
- b) gross or continued unsportsmanlike conduct; and
- c) physical violence directed toward an official, competitor, volunteer, spectator, or another person; and



- d) any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to DEKA or officials; and
- e) intentionally participating in an event despite failure to register; and
- f) repetitive or recurring violations of the Rules; and
- g) failure to notify an official after withdrawing from an event; and
- h) violation of the Anti Doping Rules set forth in Section 4.13; and
- i) refusal to abide by the final determination and judgment by DEKA of any matter relating to these Rules; and
- j) any act which disgraces or brings discredit to DEKA.



4.9 EFFECT OF SUSPENSION

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

4.10 REINSTATEMENT

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

4.11 ACTS OF AGENTS

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

4.12 PROTEST PERIOD

4.12.1 An Elite and Age Group competitor's protest period for penalties, timing and results, disqualifications, or other penalties issued starts immediately after a competitor crosses the finish line and ends 15 minutes prior to the official award ceremony time for their respective Category.

4.12.2 It is each competitor's sole responsibility to check for any penalties administered to them by the Head Official, up to 15 minutes prior to the official awards ceremony for their Category, in the event they would like to protest any such penalties.

4.12.3 Any protest a competitor may wish to raise regarding penalties, or other issues that affect the outcome of the event, must be brought to the 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.



4.12.4 DEKA reserves the right to continue penalty resolutions post-event, and change event standings or event day decisions indefinitely after an event in cases of unsportsmanlike conduct and/or intentional or malicious breaking of the rules, including but not limited to the failing of any Anti-Doping and Drug Control protocols administered by DEKA or a third party designated as an official drug tester by DEKA.

4.13 DRUG TESTING AND ANTI-DOPING SANCTIONS

4.13.1 Each DEKA competitor acknowledges the likelihood of Anti-Doping controls being administered at any given DEKA event and that he/she has reviewed, understands and accepts the most recent Banned Substances List as provided by the World Anti-Doping Agency (WADA). This list can be found here: <https://www.wada-ama.org/en/content/what-is-prohibited>

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

- a) First offense: two year ban from all DEKA events.
- b) Second offense: lifetime ban from all DEKA events.

4.13.3 Any Elite and/or Age Group athlete with questions or concerns, including Therapeutic Use Exemption (TUE) requests, should contact DEKA Customer Service in the United States at CS@deka.fit.

4.14 PRIZE MONEY AND AWARDS

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

- a) fill out all required paperwork as requested by DEKA; and
- b) comply with all Anti-Doping controls in place at the given event



4.14.2 Failure to adhere to these standards may result in disqualification from the event and forfeiture of prize money.

4.15 AGE GROUPS (DEKA STRONG, DEKA MILE, DEKA FIT) - Individual and Teams

4.15.1 Age Group standards: The age used on the DEKA leaderboards will be your age at the end of the DEKA race series (age on September 14th of the series year).

** There may be some years where the race series ends the week before or after the week of September 14th.*

- a) Individuals: 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+.

*For leaderboard and World Championship qualification there will be two different Youth categories (10-11 & 12-13).

- b) DEKA FIT Teams (3 Divisions - Male, Female, & Co-Ed):
- 10-13 (Youth)
 - Adult (14+) with Youth (10-13)
 - Adult Team Age Groups (adult ages combined)
 1. 59 & Under
 2. 60-79
 3. 80-99
 4. 100-119
 5. 120+.

5. CHANGE LOG

a. 11.20.24

1. DEKA Rulebook updates for the 2025 DEKA Season.
 - (1) DEKA STRONG, DEKA MILE, DEKA FIT: DEKA Zone 1, successful rep is counted once the competitor has both feet in front of the "rep line" simultaneously and with knees and hips at extension. Extension is defined as a straight line from the ankle through the knee, hip, and to the shoulder.
 - (2) DEKA STRONG, DEKA MILE, DEKA FIT: DEKA Zone 3, if using incidental hand contact to assist, only one hand can be used! At no time are both hands permitted to assist the rep.
 - (3) DEKA STRONG, DEKA MILE, and DEKA FIT Co-Ed Teams: DEKA Zone 9, must use the highest sled resistance required throughout the entire 100 meters. Swapping resistance is not allowed.



- (4) DEKA STRONG, DEKA MILE, DEKA FIT: DEKA Zone 10, The legs must be extended out behind the competitor in a manner where hip extension is accomplished. At the completion of the rep, the competitor is standing at extension with weight pressed above the head. Extension is defined as a straight line from the ankle through the knee, hip, shoulder, elbow and to the hand on both sides of the body simultaneously
- (5) Chalk is now allowed.



APPENDIX A

DEKA PENALTIES				
Zone	Movement	Required Reps/Meters	Minimum Reps/Meters to Avoid DQ	Time Penalty per Missed Rep/Meters
1	Alternating Reverse Lunge	30	24	0:10
3	Box Step- or Jump-Over	20	16	0:10
4	Med Ball Sit-Up Throw	25	20	0:10
6	Farmer's Carry	100m	80m	1:00
8	Wall-Over	20	16	0:20
9	Sled Push/Pull (Down-and-Back)	5 (100m)	4 (80m)	1:30
10	RAM Burpee	20	16	0:20
*Automatic DQ if fewer than 80% of required reps/meters are completed				
Zone	Movement	Required Distance	Distance on Display	Time Penalty for Non-Completion
2	Rower	500m	495m - 499m 400m - 494m	0:20 2:00
5	Ski Erg	500m	495m - 499m 400m - 494m	0:20 2:00
*Automatic DQ if fewer than 400m (80% of required distance) is completed				
Zone	Movement	Required Calories	Calories on Display	Time Penalty for Non-Completion
7	Air Bike	25 Cal	24.0 - 24.9 Cal 20.0 - 23.9 Cal	0:20 2:00
*Automatic DQ if fewer than 20.0 Calories (80% of required Calories) are completed				
Running Penalties				
Any competitor who doesn't complete the required running distance (misses a lap) that precedes a DEKA Zone and "makes it up" later in the race will receive a 1:00 time penalty for each violation				
Any competitor who doesn't complete the required running distance (misses a lap) that precedes a DEKA Zone and fails to "make it up" later in the race will receive a 5:00 time penalty for each violation				
Automatic DQ if a competitor runs less than 80% of required total distance (4,000m)				
Out-of-Order Penalties				
Skipping a DEKA Zone and "making it up" later in the race will result in a 1:00 time penalty for each violation				
Skipping a DEKA Zone and NOT "making it up" later in the race will result in disqualification (DQ)				
Safety Penalties				
A 0:30 time penalty will be assessed for the following infractions:				
Zone 1 - dropping RAM after final lunge rather than placing RAM on the ground				
Zone 6 - not returning dumbbells to the same starting location				
Zone 10 - dropping RAM after final burpee rather than placing RAM on the ground				