



DEKATM

Rules of Competition



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1. Introduction

1.1 SCOPE

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

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 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. DEFINITIONS OF KEY TERMS

2.1 DEFINITIONS

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

2.1.2 DEKA Zones: 10 workouts that competitors complete.

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

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

2.1.4 Teams: Groups of individuals registered within the same category.

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

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.

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.



3. GENERAL RULES AND PENALTIES

3.1 EVENT FORMAT

3.1.1 Order of Completion

- a) Competitor completes 1.5 laps (500m) around the DEKA Gym
- b) After completing 1.5 laps, the competitor enters DEKA Zone 1 (Alternating Weighted Reverse Lunge) and completes required reps.
- c) After completing required reps, the competitor departs Zone 1 and completes 1.5 laps around the DEKA Gym.
- d) After completing 1.5 laps, the competitor enters DEKA Zone 2.
- e) Competitor continues this process of completing 1.5 laps followed by completing the next DEKA Zone until all 10 Zones have been completed in order.
- f) Once competitor successfully completes Zone 10 they will cross the finish line.

3.1.2 Categories

- a) Elite Males
- b) Elite Females
- c) Elite Male Team
- d) Elite Female Team
- e) Elite Coed Team
- f) Open Males
- g) Open Females
- h) Open Male Team
- i) Open Female Team
- j) Open Coed Team

3.2 TIMING FORMAT

3.2.1 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.



- 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.

3.2.2 Team Timing

- a) Elite Male/Female Teams
 - i) Teams of 2 or more competitors in the same gender
 - ii) Fastest 2 times are used to calculate final time
- b) Elite Coed Teams
 - i) Teams of 2 or more competitors of mixed genders.
 - ii) Fastest Male and Fastest Female times are used to calculate the final time
- c) Open Male/Female Teams
 - i) Teams of 5 or more competitors in the same gender
 - ii) Fastest 5 times are used to calculate final time
- d) Open Coed Teams
 - i) Teams of 5 or more competitors of mixed genders with a minimum of 2 female competitors
 - ii) Fastest 2 female competitor times and the fastest 3 overall remaining times are used to calculate final time.

3.3 PENALTIES

3.3.1 Any competitor who fails to satisfactorily complete all reps at any DEKA Zone will:

- a) have their timing chips removed
- b) Be considered an unofficial finisher and not have their results listed
- c) Will not receive a DEKA mark



- d) Will still get their finisher swag.

3.3.2 Any competitor who misses any part of a lap between zones will:

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

3.4 EQUIPMENT

3.4.1 The Following Equipment is permitted for use:

- a) Gloves

3.4.2 The Following Equipment is not permitted for use:

- a) Headphones or speakers.
- b) Chalk
- c) Lifting Straps
- d) 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.

3.5 GENERAL CONDUCT

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

- a) act in compliance with these Rules; and
- 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
- 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.



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.

3.6 COMPETITION CONDUCT

3.6.1 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; and
- 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. The receipt of information regarding the progress, workout times and results, or location of other competitors completing the workout shall not be considered the acceptance of unauthorized assistance; and

3.7 COMPETITION AND HEAT STARTS

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.

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

3.8 UNREGISTERED COMPETITORS

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.



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.

3.9 ACTS WARRANTING SUSPENSION

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:

- a) flagrant or willful violation of the Competitive Rules; and
- b) gross or continued unsportsmanlike conduct; and
- c) physical violence directed toward a 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 Fit 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 a official after withdrawing from an event; and
- h) violation of the Anti Doping Rules set forth in Section 3.14; and
- i) refusal to abide by the final determination and judgement by DEKA Fit of any matter relating to these Rules; and
- j) any act which disgraces or brings discredit to DEKA Fit.

3.10 EFFECT OF SUSPENSION

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.



3.11 REINSTATEMENT

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.

3.12 ACTS OF AGENTS

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.

3.13 PROTEST PERIOD

3.13.1 An elite 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.

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.

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.

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.

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.

3.14 DRUG TESTING AND ANTI-DOPING SANCTIONS



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>

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

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

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

3.15 PRIZE MONEY AND AWARDS

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

- a) fill out all required paperwork as requested by DEKA Fit; and
- b) comply with all Anti-Doping controls in place at the given event; and
- c) wear an official DEKA Fit Finisher Shirt on the podium from that specific event or another officially approved, unmodified alternative as issued by DEKA Fit at its sole discretion.

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



4. ZONE DESCRIPTION AND RULES

4.1 ZONE DESCRIPTIONS AND RULES

4.1.1 Zone 1 (Alternating Weighted Reverse Lunges)

- a) Specifics
 - i) Male 55LB/25KG
 - ii) Female 33LB/15KG
- 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).
- c) Movement Standards
 - i) From a vertical position, the competitor steps back to begin the reverse lunge movement.
 - ii) At the bottom position:
 - 1) Knee must be touching the ground
 - 2) Knee must be below or behind the hip
 - 3) Front foot flat on the ground
 - 4) At the top of the rep competitor must be in full body lock out:
 - 5) Knees are at full extension
 - 6) Hips are at full extension
 - 7) Split Squat Jumps are not permitted. Both feet must be on the ground at the top of the rep before you begin the next rep..
 - iii) Rep is considered complete once the competitor reaches full hip and knee extension.
 - iv) Competitor must alternate legs on each rep
- d) Additional Notes
 - 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.
 - ii) Weight can be held in a back, front, or single shoulder racked position.
 - iii) Weight shoulder rack 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.



- vi) Any no reps must be completed on the same leg. Reps completed out of order will not count.

4.1.2 Zone 2 (Rower)

- a) Specifics
 - i) There are no gender specific rowers. All Rowers are the same.
- b) Process/Setup
 - i) Select a rower and make any foot strap or damper adjustments as needed.
 - ii) Row until 500 meters has elapsed.
- c) Movement Standards
 - i) The competitor must stay seated on the rower with feet strapped in until the display reads 500 meters.
- d) Additional Notes
 - i) A competitor may change rowers at any point, however the distance counter must be reset to 0 on the new rower.
 - ii) A competitor may make any foot strap or damper adjustments during completion of the zone.

4.1.3 Zone 3 (Box Jump Over or Step-up Over)

- a) Specifics
 - i) There are no gender specific boxes. All boxes are 24 inches high.
- b) Process/Setup
 - i) Competitors will complete 20 reps at their box.
- c) Movement Standards
 - i) Only Competitor's feet may touch the top of the box.
 - ii) Competitors may jump on the top of the box with a two foot landing and then jump or step off the other side.
- d) Additional Notes
 - i) Competitors must land on top of the box, they cannot jump over the entire box.
 - ii) Competitors are allowed to jump or step on and off of the box.
 - iii) Incidental hand contact is appropriate as long as it does not give the athlete a competitive advantage in completing the rep. Incidental hand contact is left up to the judge's discretion for scoring.

4.1.4 Zone 4 (Med Ball Sit-up Throws)

- a) Specifics
 - i) Male 20lbs



- ii) Female 14lbs
- b) Process/Setup
 - i) After entering the Deka Zone competitors sit down in front of the appropriate station and place feet under the supports.
 - ii) Target is positioned 4.5 feet above the floor.
 - iii) Competitors will complete 25 reps.
- c) Movement Standards
 - i) Rep Start with competitors back on the floor, knees bent, and med ball held behind the head touching the ground.
 - ii) Competitor will throw the med ball with both hands at the target during or at the top of the sit up motion.
 - iii) Competitor must raise their torso so their chest is upright.
 - iv) At the bottom of the rep the competitor must have control of the ball and it must touch the ground behind their head.
 - v) Rep is considered completed once it hits the target.
- d) Additional Notes
 - i) Competitors are allowed to rest in a seated or lying position.
 - ii) If Med Ball is dropped while attempting to catch the rebound, the rep will still count..

4.1.5 Zone 5 (Ski Erg)

- a) Specifics
 - i) There are no gender specific Ski Ergs. All Ski Ergs are the same.
- b) Process/Setup
 - i) Select a Ski Erg and stand on the platform.
 - ii) Adjust the dampers as desired. (Competitors can pick any damper setting)
 - iii) Complete 500 meters.
- c) Movement Standards
 - i) The competitor must remain on the platform until the display reads 500 meters.
- d) Additional Notes
 - i) A competitor may change Ski Ergs at any point, however the distance counter must be reset to 0 on the new machine.
 - ii) A Competitor may make any damper adjustments during completion of the zone.

4.1.6 Zone 6 (Farmer's Carry)

- a) Specifics



- i) Male 60lbs each hand
 - ii) Female 40lbs each hand
- b) Process/Setup
 - i) Competitors will select a set of weights from the designated male or female rack.
 - ii) Starting behind the start/finish line they will complete the entire 100m course with the weights.
 - iii) Return the weights to the designated male or female rack.
- c) Movement Standards
 - i) Weights must be carried 1 per hand.
 - ii) Weights must be carried by the competitors' sides.
 - iii) Both weights must be moved at the same time. Competitors cannot shuttle weights one at a time.
- d) Additional Notes
 - i) Weights can be placed down as needed. Competitors will not need to restart the route.
 - ii) Weights must be carried, they cannot be dragged, rolled, or moved via any other method.

4.1.7 Zone 7 (Air Bike)

- a) Specifics
 - i) There are no gender specific Air Bikes. All Air Bikes are the same.
- b) Process/Setup
 - i) Select an Air Bike and adjust the seat as needed.
 - ii) Complete 25 calories.
- c) Movement Standards
 - i) The competitor must remain on the Air Bike until 25 calories are reached.
- d) Additional Notes
 - i) A competitor may change bikes at any point, however the calorie counter must be reset on the new bike.
 - ii) Competitor may not touch the display after starting the counter.

4.1.8 Zone 8 (Dead Ball Wall Overs)

- a) Specifics
 - i) Male 60lbs
 - ii) Female 40lbs
- b) Process/Setup



- i) Competitors will select a 4' wall with the appropriate designated weight based on gender.
- ii) Competitor will remain at the same wall and complete 10 reps on each side for a total of 20 reps.
- c) Movement Standards
 - i) Competitors are allowed to lift the weights using whatever techniques they prefer.
 - 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.
- d) Additional Notes
 - 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.
 - ii) Must go around the wall, cannot jump over the wall or brace.

4.1.9 Zone 9 (Tank Push/Pull)

- a) Specifics
 - i) Male Level 3 resistance
 - ii) Female Level 2 resistance
- b) Process/Setup
 - i) Competitors will push the tank from the start line to the 10 meter mark and will use the attached pull handle to pull the tank back while walking backwards.
 - ii) Competitors will repeat this process 5 times for a total of 50 meters pushed and 50 meters pulled.
- c) Movement Standards
 - i) The back of the tank must start behind the start line and must be pushed until the entire tank crosses the finish line.
 - ii) Competitors will then pull the tank with the attached pull handle while walking backwards until at least the back of the tank has touched the start line.
 - iii) All four wheels must remain in contact with the ground throughout the entire 100m Push/Pull distance.
- d) Additional Notes
 - i) Any violations of the rules will count as a no rep for the entire 10 meter set the violation occurred during.
 - ii) Competitors must pull the tank while travelling backwards.



4.1.10 Zone 10 (Weighted Burpee)

- a) Specifics
 - i) Male 44lbs/20kgs
 - ii) Female 22lbs/10kgs
- b) Process/Setup
 - i) Competitor finds the area with the correct weights based on the above specifics.
 - ii) Competitor completes 20 reps in the zone.
- c) Movement Standards
 - i) At the bottom of the rep chest must touch the weight with feet extending out behind the competitor.
 - 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.
- d) Additional Notes
 - 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.
 - ii) Weights may be placed down at any time, however cannot be thrown down in between reps or at the end of the zone.



5. Event Modifications

5.1 DEKA Strong

5.1.1 DEKA STRONG is intended for activation inside of fitness facilities, and allows gyms to activate DEKA without any running. The same fitness equipment is used for all 10 zones and 2 modifications are made.

5.1.2 Setup:

- a) Zone 6 is set up as a 10 meter down & back
- b) Minimum space required to activate DEKA STRONG inside your fitness facility is 1,000sqft.

5.1.3 General Rule Modifications:

- a) All running has been removed.
- b) Competitors will immediately move to the next DEKA zone once they complete the prior zone.
- c) Competitors are considered finished once they finish the final rep of Zone 10 (Weighted Burpees)

5.1.4 Zone Modifications:

- a) Zone 4 (Med Ball Sit-up Throws) Changed to (Med Ball Sit-ups)
 - 1. Specifics
 - (1) Male 20lbs
 - (2) Female 14lbs
 - 2. Process/Setup
 - (1) After entering the Deka Zone competitor sits down in front of the appropriate station and grabs the med ball.
 - (2) Competitors will complete 25 reps.
 - 3. Movement Standards
 - (1) Rep starts with competitor's back on the floor, knees bent, feet on the ground and the med ball held behind the head touching the ground.



- (2) Competitor must raise their torso off of the ground and touch the ball on the ground between their feet. .
- (3) Each rep is considered completed once the ball touches the ground between the feet.
4. Additional Notes
 - (1) Competitors are allowed to rest in a seated or lying position.
- a) Zone 8 (Dead Ball Wall Over) Change to (Dead Ball Shoulder Over)
 1. Specifics
 - (1) Male 60lbs
 - (2) Female 40lbs
 2. Process/Setup
 - (1) Competitor finds the area with the correct weights based on the above specifics.
 - (2) Competitor completes 20 reps in the zone.
 3. Movement Standards
 - (1) Competitors are allowed to lift the weights using whatever techniques they prefer.
 - (2) After lifting the weight, competitor must be in full body lock out:
 - a) Knees are at full extension
 - b) Hips are at full extension
 - (3) Weight must go over the top of the shoulder
 4. Additional Notes
 - (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.
 - (2)

5.2 DEKA Mile

5.2.1 Definition: DEKA Mile is intended for activation inside of gyms, and allows gyms to put on a version of DEKA with typical gym equipment.

5.2.2 Setup:

- a) Zone 6 is set up as a 10 meter down & back.
- b) Minimum space required to activate DEKA STRONG inside your fitness facility is 1,000sqft.

5.2.3 General Rule Modifications:



- a) Competitors will run 160 meters preceding each zone (use of a treadmill is not permitted).
- b) Competitors are considered finished once they finish the final rep of Zone 10 (Weighted Burpees)

5.2.4 Zone Modifications:

- a) Zone 4 (Med Ball Sit-up Throws) Changed to (Med Ball Sit-ups)
 - 1. Specifics
 - (1) Male 20lbs
 - (2) Female 14lbs
 - 2. Process/Setup
 - (1) After entering the Deka Zone competitor sits down in front of the appropriate station and grabs the med ball.
 - (2) Competitors will complete 25 reps.
 - 3. Movement Standards
 - (1) Rep starts with competitors back on the floor, knees bent, and med ball held behind the head touching the ground.
 - (2) Competitor must raise their torso so their chest is upright.
 - (3) At the start of the rep the competitor must have control of the ball and it must touch the ground behind their head.
 - (4) At the end of the rep the ball must touch the ground between the legs.
 - (5) Each rep is considered completed once the ball touches the ground.
 - 4. Additional Notes
 - (1) Competitors are allowed to rest in a seated or lying position.
- b) Zone 8 (Dead Ball Wall Overs) Change to (Dead Ball Shoulder Overs)
 - 1. Specifics
 - (1) Male 60lbs
 - (2) Female 40lbs
 - 2. Process/Setup
 - (1) Competitor finds the area with the correct weights based on the above specifics.
 - (2) Competitor completes 20 reps in the zone.
 - 3. Movement Standards
 - (1) Competitors are allowed to lift the weights using whatever techniques they prefer.



- (2) After lifting the weight, competitor must be in full body lock out:
 - a) Knees are at full extension
 - b) Hips are at full extension
- (3) Weight must go over the top of the shoulder
- 4. Additional Notes
 - (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.



6. CHANGE LOG

6.1 CHANGE HISTORY

- a) 1.1.20
 - 1. Rulebook V.1 Released Establishing the rules for DEKA Fit events.
- b) 10.19.20
 - 1. Clarified rule wording
 - 2. Added Deka Strong and Deka Mile modification
- c) 1.4.21
 - 1. Clarified rule wording for stations.