



**DEKA**<sup>TM</sup>

# **Rules of Competition**



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# 1. Introduction

## 1.1 SCOPE

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 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 trifacta wedge. An official leaderboard entry DEKA Mark will be earned if the athlete meets all the standards of the 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 fitness stations 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, 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.

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 500 meter run around the DEKA Gym
- b) After completing 500m, 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 500m around the DEKA Gym.
- d) After completing 500m, the competitor enters DEKA Zone 2.
- e) Competitor continues this process of completing 500m 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 - eligible for awards/prize money
- b) Elite Females - eligible for awards/prize money
- c) Age Group Males - eligible for awards
- d) Age Group Females - eligible for awards
- e) Open Males - eligible for finishers medal
- f) Open Females - eligible for finishers medal
- g) Open Male Team - eligible for podium prizes
- h) Open Female Team - eligible for podium prizes
- i) Open Coed Team - eligible for podium prizes
- j) Open Male DEKA FIT RUCK - eligible for finisher medal
- k) Open Female DEKA FIT RUCK - eligible for finisher medal

### **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) The team timing chip must be carried across all timing mats

## 3.3 PENALTIES

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

- a) have their timing chip removed
- b) Be considered an unofficial finisher and not have their results listed
- c) Will not receive an official leaderboard entry DEKA mark
- d) Will still get their finisher shirt, medal, and trifacta wedge

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:

- 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.

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

- a) Receive a 1 minute time penalty for each violation.



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:

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

### **3.4 EQUIPMENT**

3.4.1 The Following Equipment is permitted for use:

- a) Gloves
- b) For DEKA STRONG & DEKA MILE Affiliate events personal water/hydration is allowed but shall be staged off to the side of the course

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. \*Water/hydration is allowed at Affiliate DEKA STRONG & DEKA MILE events.

### **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.

### **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 judgment 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 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.

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:

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

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

### **3.16 AGE GROUPS FOR PODIUM AND LEADERBOARD**

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

- a) DEKA FIT: 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. 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)
- 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, 60-64, 65-69, 70+. 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.



### 3.16.2 Youth (10-13) DEKA FIT Open category registration

- a) Starting in April 2023 Youth (10-13) Open category registration is available.
- 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



## 4. ZONE DESCRIPTION AND RULES

### 4.1 ZONE DESCRIPTIONS AND RULES

#### 4.1.1 Zone 1 (Weighted Alternating Reverse Lunge)

- 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 - alternating each rep).
- 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 same time 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) 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
  - iii) Side step lunges are not allowed.
  - iv) Competitors must set the weight on the ground after completing the final rep. Throwing or dropping the weight is not allowed.
  - v) Weight can be held in a back or single shoulder racked position.



- vi) Weight shoulder rack positioning can be changed at any-time during or after completion of reps.
- vii) If needed, weight can be placed on the ground during a rest period after a completed rep
- viii) If weight is placed on the ground during the completion of a rep, that rep 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) Competitors 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 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
- d) Additional Notes
  - i) Competitors must land on top of the box, they cannot jump over the entire box.



- 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) Competitors are allowed to jump or step on and off of the box.
- 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.

#### 4.1.4 Zone 4 (Med Ball Sit-up Throw)

##### 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) 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) 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. If Med Ball is dropped while attempting to catch the rebound, the rep will still count..
- ii. Competitors are allowed to rest in a seated or lying position.
- iii. A 45 degree torso angle or higher must be reached during the sit-up
- 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.

#### 4.1.5 Zone 5 (SkiErg)





- a) Specifics
  - i) There are no gender specific SkiErgs. All SkiErgs are the same.
- b) Process/Setup
  - i) Select a SkiErg 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 SkiErgs 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 Over)

- 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.
  - iii) Competitors must be positioned inside the wall a frame support when lifting and throwing the ball

#### 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 (4 silver bolts) must start on or behind the start line and must be pushed until the entire tank (same 4 bolts) reach the 10m line.
  - ii) Competitors will then pull the tank with the attached pull handles while walking backwards until the back of the tank (same 4 bolts) reach the 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 traveling backwards.
  - iii) Pushing the Tank with both hands or shoulders on the push bar IS allowed.
  - iv) At DEKA FIT events where there are polished concrete floors, a 60lb weight is added to the weight of the Tank.

#### 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 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.

#### 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 1,500sqft.

#### 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 Throw) changed to (Med Ball Sit-Up)
  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 the 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.
    - (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.
- b) Zone 8 (Dead Ball Wall Over) changed 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.
- c) Zone 9 Tank Push/Pull
- \*For DEKA STRONG & DEKA MILE affiliate events the Xebex XT3 Plus magnetic resistance sled is approved for use. 160lb must be added to the weight post.
- \*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.



## 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.

5.2.2 Setup:

- a) Zone 6 is set up as a 10 meter down & back.
- 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.

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 Throw) changed to (Med Ball Sit-Up)
  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.
  - (3) 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.
- b) Zone 8 (Dead Ball Wall Over) changed 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.
- c) Zone 9 Tank Push/Pull
  - \*For DEKA STRONG & DEKA MILE affiliate events the Xebex XT3 Plus magnetic resistance sled is approved for use. 160lb must be added to the weight post.
  - \*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.





### **5.3 DEKA FIT, DEKA STRONG, & DEKA MILE 65-69 & 70+ Age Groups**

All zone modifications listed below are for male 65-69 & 70+ Age Groups

- Zone 1 - 33lb RAM
- Zone 2 - no change (500m)
- Zone 3 - no change (24" x 20 reps)
- Zone 4 - 14lb
- Zone 5 - no change (500m)
- Zone 6 - 40lb each hand
- Zone 7 - no change (25cal)
- Zone 8 - 40lb
- Zone 9 - Resistance level 2
- Zone 10 - 22lb RAM

All zone modifications listed below are for female 65-69 & 70+ Age Groups

- Zone 1 - 22lb RAM
- Zone 2 - no change (500m)
- Zone 3 - no change (24" x 20 reps)
- Zone 4 - 10lb
- Zone 5 - no change (500m)
- Zone 6 - 20lb each hand
- Zone 7 - no change (25cal)
- Zone 8 - 20lb
- Zone 9 - Resistance level 1
- Zone 10 - no change (22lb)

### **5.4 DEKA STRONG, DEKA MILE, & DEKA FIT Youth (10-13 Division) Modifications**

All zone modifications listed below are for male & female (no gender scaling for 10-13 Division)

- 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 - Resistance Level 1  
Zone 10 - 11lb Spartan RAM

## **5.5 DEKA FIT RUCK**

Competitors will complete the DEKA FIT course wearing a ruck or backpack.

Competitors are required to wear a 30lb (male) or 20lb (female) ruck or backpack throughout the duration of the event (one exception - see below).

Before the event begins and after finishing, the competitors' ruck or backpack will be weighed.

Except for one modification (see below) all DEKA FIT rules apply.

Zone Modification:

DEKA Zone 4: Med Ball Sit-Up Throw x 25 reps will be replaced with Ruck Sit-Up x 25 reps

Ruck Sit-Up:

- Repetition starts with the competitor lying back and touching their ruck to the ground behind the head.
- To complete the rep, the competitor will sit-up and press the ruck out and up until it makes contact with the metal plate.

Other than DEKA Zone 4 where the ruck or backpack is removed to complete the Ruck Sit-Up reps, the competitor must wear their ruck throughout the entire event.

Any brand of ruck or backpack is allowed.

Any type of weight implement is allowed.

## **5.6 DEKA FIT Teams**

Rules of Competition:



Divide and conquer the DEKA FIT course as a team of two.

Divisions:

- Male
- Female
- Co-Ed (1 male & 1 female)

Competition flow:

Each team of two will have one timing device.

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.

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.

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.

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.

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.

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.



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.

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.

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)

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)

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

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

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

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

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.

**Below are examples:**

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.

#### 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.

#### 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.

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

Only one teammate can be pushing/pulling the Tank at a time. Team members can switch and divide the 100m however they prefer. For Co-Ed teams dividing the 100m, the resistance must match the gender doing the work.

\*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.

#### Zone completion hand contact rules:

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.



\*\*The team division is designed to allow 2 team members to divide and conquer the DEKA FIT course together. Teammates will receive a finisher shirt and a DEKA FIT medal but because the course is completed by 2 people, individual DEKA Trifecta Medal Wedges will not be received.

## 5.7 DEKA STRONG Teams

### Rules of Competition

Divide and conquer the DEKA STRONG course as a team of two.

Divisions:

- Male
- Female
- Co-Ed (1 male & 1 female)

Competition flow and rules:

DEKA Zone reps, meters, and calories are divided up between the team.

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

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.

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 divide the 500m however they prefer.



#### 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, females are allowed to carry male weight but males are not allowed to carry female weight.

#### DEKA Zone 9 – Tank Push/Pull x 100m:

Only one teammate can be pushing/pulling the Tank at a time. Team members can switch and divide the 100m however they prefer. For Co-Ed teams dividing the 100m, the resistance must match the gender doing the work.

\*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.

#### Zone completion hand contact rules:

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.

\*\*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.

### **5.8 DEKA MILE Teams**

#### Rules of Competition

Divide and conquer the DEKA MILE course as a team of two.

#### Divisions:



- Male
- Female
- Co-Ed (1 male & 1 female)

Competition flow:

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

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.

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

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.

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

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

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

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.

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 divide the 500m however they prefer.

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, females are allowed to carry male weight but males are not allowed to carry female weight.

DEKA Zone 9 – Tank Push/Pull x 100m:

Only one teammate can be pushing/pulling the Tank at a time. Team members can switch and divide the 100m however they prefer. For Co-Ed teams dividing the 100m, the resistance must match the gender doing the work.

\*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.

Zone completion hand contact rules:

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.

\*\*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.



## 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.
- d) 1.20.21
  - 1. Clarified rule wording for stations.
- 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.
  - 2. 4.1.8 Updated verbiage to clarify competitors must be inside the braces while lifting the weights.
  - 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.
- f) 12.29.21
  - 1. 3.1.3 Added Team competition outlines and rules
  - 2. 4.1.8 Updated wording for DEKA Zone 8 - Dead Ball Wall Over
  - 3. 5.3 Added Youth (10-13) DEKA STRONG & DEKA MILE modifications
- g) 4.15.22
  - 1. 4.1.4 Zone 4 (Med Ball Sit-up Throw) clarifications



- h) 8.3.22
  - 1. 4.1.1 Zone 1 (Weighted Alternating Reverse Lunge) clarifications
  - 2. 4.1.3 Zone 3 (Box Jump Over or Step-up Over) clarifications
  
- i) 8.29.22
  - 1. 1.1.1 Scope clarifications
  - 2. 3.3.1 Penalties clarifications
  - 3. 3.4 Equipment clarifications
  - 4. 3.15 Prize Money and Awards clarifications
  
- j) 12.1.22
  - 1. 3.3 Penalties update
  - 2. 5 Event Modifications 65-69 & 70+ Age Group standards update
  
- k) 1.5.23
  - 1. 5.5 added DEKA FIT RUCK
  - 2. 5.6 added DEKA FIT Teams
  - 3. 5.7 added DEKA STRONG Teams
  - 4. 5.8 added DEKA MILE Teams
  
- l) 3.21.23
  - 1. 5.1 DEKA STRONG & 5.2 DEKA MILE - Xebex XT3 Plus standards added
  - 2. 5.4 - Added DEKA FIT Youth (10-13) to DEKA STRONG & DEKA MILE Event Modifications section
  - 3. 3.16 Updated AGE GROUPS FOR PODIUM AND LEADERBOARD
  - 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.