Rules of Competition

(Revised November 18, 2026)

CONTENTS

1. Introduction

2. Official Events/Races, Rules, and Modifications
- 2.1 DEKA STRONG & DEKA MILE, DEKA STRONG & DEKA MILE Teams, DEKA STRONG & DEKA MILE Ruck
- 2.2 DEKA FIT, DEKA FIT Teams, DEKA FIT Ruck, DEKA FIT Ultra, DEKA FIT Roadshow
- 2.3 DEKA ATLAS Foundation, DEKA ATLAS Peak

3. Zone Descriptions and Standards

DEKA FIT and modifications for DEKA STRONG & DEKA MILE
- 3.1 Zone 1 - RAM Alternating Reverse Lunge
- 3.2 Zone 2 - Row
- 3.3 Zone 3 - Box Step/Jump Over
- 3.4 Zone 4 - Med Ball Sit Up Throw
- 3.5 Zone 5 - Ski
- 3.6 Zone 6 - Farmer's Carry
- 3.7 Zone 7 - Air Bike
- 3.8 Zone 8 - Dead Ball Over
- 3.9 Zone 9 - Magnetic Resistance Sled Push/Pull
- 3.10 Zone 10 - RAM Weighted Burpee

DEKA ATLAS
- 3.11 Zone 1 - Thruster
- 3.12 Zone 2 - Burpee Over Bar
- 3.13 Zone 3 - Surrender Lunge
- 3.14 Zone 4 - Dumbbell Ground To Overhead
- 3.15 Zone 5 - Dumbbell Bear Crawl
- 3.16 Zone 6 - Sit-Up
- 3.17 Zone 7 - Farmer's Carry
- 3.18 Zone 8 - Dumbbell Shoulder To Press
- 3.19 Zone 9 - Jump Rope Single Under
- 3.20 Zone 10 - ATLAS Shoulder To Carry

4. General Rules and Penalties
- 4.1 Timing Format
- 4.2 Penalties
- 4.3 Equipment
- 4.4 General Conduct
- 4.5 Competition Conduct

4.6 Competition and Heat Starts
4.7 Unregistered Competitors
4.8 Acts Warranting Disqualification or Suspension
4.9 Effects of Suspension
4.10 Reinstatement
4.11 Acts of Agents
4.12 Protest Period
4.13 Drug Testing and Anti-Doping Sanctions
4.14 Gender Category Eligibility
4.15 Prize Money and Awards
4.16 Age Groups: DEKA STRONG, DEKA MILE, DEKA FIT (individual & Teams)
4.17 Age Groups: DEKA ATLAS (ATLAS Foundation & ATLAS Peak)

5. Change Log

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.

1.1.2 DEKA ATLAS is a specific strength test that is NOT designed for all fitness levels but with proper training can be achieved for most.

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. Official Events/Races, Rules and Modifications

*** All finishers are eligible for finisher medal, shirt and finisher certificate. (if applicable).**

2.1 DEKA STRONG & DEKA MILE, DEKA STRONG & DEKA MILE 2-Person Team, DEKA STRONG & DEKA MILE Ruck

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

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.

DEKA STRONG & DEKA MILE 2-Person Team - Complete as a team of 2 Adults (Ages 14+), 2 Youth (10-13) or 1 Adult (14+) 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 NEW for the 2027 DEKA season beginning October 1, 2026 (120-139 and 140+)**.

- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- If dividing the work in DEKA Zones 1, 4, 6, 8 or 10, each teammate is required to utilize the weight implement standard listed for them in the Standards Chart found below in Section 3.
- “Work” is defined as being in the act of completing a rep, distance or calorie.
- Before work begins in a zone, physical contact between the two teammates must be made.
  ** Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 30th rep.*
- A teammate can be prepared to start the next zone but work cannot begin until the physical contact occurs.
- Only one teammate can be working at a time.
- If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)
- If dividing meters in DEKA Zones 6 or 9, 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 sled resistance must be set at the highest resistance required for each specific team throughout the entire 100 meters. Swapping resistance is not allowed.
- 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 single person mat/working area at a time. If

swapping out, the teammate must move off the mat/working area and allow the other teammate to use the same space.
- All teammates must complete reps facing the same direction.
- Both teammates must cross the finish line together. In the event of a close/photo type finish the team that has both teammates 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).
- **ADDITIONAL STANDARDS - DEKA MILE 2-Person Teams:**
    - The first and last 160 meter runs must be completed by both teammates.
    - The runs preceding zones 2 through 9 can be divided by the two teammates however, each of these 8 runs must be completed by one teammate.
    - Physical contact must take place between teammates inside the zones during transitions after each round of work is completed (run to zone and zone to run).
      ** Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 30th rep.*
    - At events where timing chips are utilized, the timing chip must travel with the teammate(s) during 100% of the running distance.

DEKA STRONG & DEKA MILE Ruck - Complete DEKA STRONG & DEKA MILE while wearing a ruck or backpack. Male 30lb & Female 20lb (total weight)

- Weight vests and plate carriers are not allowed.
- Minimum Ruck size is 14 liters.
- Ruck or backpack must be weighed prior to start and immediately after completion.

** See Section 3 - Zone Description & Rules for zone modification (Zone 4).

2.2 DEKA FIT, DEKA FIT 2 & 4-Person Team, DEKA FIT Ruck, DEKA FIT Ultra, DEKA FIT Roadshow

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 competitors are eligible for podium prize money at select events that offer prize money & Age Group registrations are eligible for podium awards.

DEKA FIT 2-Person 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.*
* Both teammates are eligible for a finisher medal, shirt and finisher certificate.

Adult Team Age Groups (adult ages combined) are separated into Female, Co-Ed, and Male categories for ages 59 & Under, 60-79, 80-99, 100-119 **and NEW for the 2027 DEKA season beginning October 1, 2026 (120-139 and 140+)**.

- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- If dividing the work in DEKA Zones 1, 4, 6, 8 or 10, each teammate is required to utilize the weight implement standard listed for them in the Standards Chart found below in Section 3.
- “Work” is defined as being in the act of completing a rep or completing distance or calories
- 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 runs preceding zones 2 through 9 shall be completed using the options below.
- There are two options to divide the 8 runs.
    - One teammate can complete the entire distance
    - 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 at the relay exchange zone located near the next zone to be completed.
    - Stage themselves inside the next zone to be completed and wait while their teammate is completing the entire run.
- Relay exchanges must take place on the outside of the running track at the relay exchange zone located near the next zone to be completed.
- When the non-running teammate is transitioning to the relay exchange zone or to the next zone, they must travel with caution on the outer edge of the running track giving all runners the right of way.
- Physical contact must take place between teammates inside the zones during transitions after the round of work is completed (run to zone and zone to run).
  ** Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 30th rep.*
- A teammate can be prepared to start the next zone or run but work can not begin until the physical contact occurs.
- The timing chip must travel with the teammate(s) during 100% of the running distance.

- All teammates must be in the zone together with the timing chip while zone work is being performed.
- Only one teammate can be completing zone work at a time.
- If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)
- Standing, lying, and recovering near the zone entry or exit is NOT allowed.
- 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 single person mat/working area at a time. If swapping out, the teammate must move off the mat/working area and allow the other teammate to use the same space.
- All teammates must complete reps facing the same direction.
- DEKA Zone 6, team standards:
    - ➢ The non-working teammate can position themselves in the holding area near the weight implements while their working teammate completes the 100 meter carry
    - ➢ 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.
    - ➢ During the completion of the 100 meter maze, if the 2-Person team is created with teammates that require different weight standards, at no time is the teammate who is required to carry the heavier standard allowed to carry the lighter weight standard.
    - ➢ During the completion of the 100 meter maze, if the 2-Person team is created with teammates that require different weight standards, the teammate eligible to carry the lighter weight standard is allowed to carry the heavier standard.
- DEKA Zone 8, on a transitional rep between teammates, the working teammate must cross the centerline of the structure after placing the ball over the horizontal bar before another teammate begins the next repetition.
- DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 100 meters. Swapping resistance is not allowed.
    - ○ If a teammate who would be eligible for a lighter standard as an athlete in an individual competition chooses to participate in this zone, they are required to push/pull the higher standard.
- 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).
- Both teammates must cross the finish line together within physical contact of each other. 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).

DEKA FIT 4-Person Teams - Complete DEKA FIT as a team of 4 Adults (Ages 14+), 4 Youth (10-13) or 2 Adults with 2 Youth (10-13). *Female, Male, and Co-Ed (must have 2 females & 2 males) categories.* * ALL 4 teammates are eligible for finisher medal, shirt and finisher certificate.

Adult Team Age Groups (adult ages combined) are 119 & Under, 120-159, 160-199, 200-239, and 240+ and are separated into Female, Co-Ed, and Male categories.

- For all 10 DEKA Zones the standard zone requirements (reps, meters, and calories) are doubled for DEKA FIT 4-Person Teams.
- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- If dividing the work in DEKA Zones 1, 4, 6, 8 or 10, each teammate is required to utilize the weight implement standard listed for them in the Standards Chart found below in Section 3.
- "Work" is defined as being in the act of completing a rep or completing distance or calories
- The first and last 500 meter runs must be completed by ALL 4 teammates.
- Zone work in Zone 1 & 10 cannot begin until all four teammates have completed the run.
- The runs preceding zones 2 through 9 shall be completed by 2 teammates using the options below.
- There are 2 options to divide the runs preceding zones 2 through 9.
  Option 1: 2 teammates can complete the entire distance while their other 2 teammates wait inside the next zone to be completed.
  Option 2: The teammates can divide the running using 1 of 2 methods as long as 2 teammates are always running.
    - ➢ Method 1: 2 teammates complete their portion of the running distance and then relay exchange the batons to the other 2 teammates to complete the remaining distance.
    - ➢ Method 2: 2 teammates complete their portion of the running distance and 1 of the 2 is replaced by another teammate during the relay exchange to complete the remaining distance.
- Anytime the running is being divided, both teammates must finish the lap together prior to the relay exchange.
- One runner must carry the primary baton with the timing chip and a second runner must carry a secondary baton without a timing chip during

100% of the running distance. At no point may a single runner carry both batons.

- Once a run begins, the teammates not running have two options
    - Stage themselves on the outside of the running track at the relay exchange zone located near the next zone to be completed.
    - Stage themselves inside the next zone to be completed and wait while their teammates are completing the entire run.
- Relay exchanges must take place on the outside of the running track at the relay exchange zone located near the next zone to be completed.
- When the non-running teammates are transitioning to the relay exchange zone or to the next zone, they must travel with caution on the outer edge of the running track giving all runners the right of way.
- Zone work cannot begin until ALL 4 teammates are in the zone together.
- Physical contact must take place between teammates inside the zones during transitions after the round of work is completed (run to zone and zone to run).
  ** Zone 1 physical contact can occur as the teammate completes hip and knee extension on the 60th rep.*
- When 2 teammates finishing a run enter a zone, both must make physical contact with the teammate who will begin the zone work. The 2 teammates preparing to begin the next run must both make physical contact with the teammate who completes the zone work.
- A teammate can be prepared to start the next zone but work can not begin until the physical contact occurs by the 2 teammates finishing the run.
- All teammates must be in the zone together with the timing chip while zone work is being performed.
- Only one teammate can be completing zone work at a time.
- If dividing up reps/meters/calories in a zone, physical contact is not required (this is not considered a transition)
- Standing, lying, and recovering near the zone entry or exit is NOT allowed.
- 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 single person mat/working area at a time. If swapping out, the teammate must move off the mat/working area and allow the other teammate to use the same space.
- All teammates must complete reps facing the same direction.
- DEKA Zone 6, teams have multiple options.
    - ➢ Option 1: One or multiple teammates can be on the 200 meter maze (100m x 2) at the same time. Teammates are allowed to swap out at anytime during the 200 meters. The non-working teammates can position themselves in the designated holding area while their working teammate(s) are in the maze. When beginning the second 100 meter lap, the team is not required to return the weights to the weight implement holding area.



    - ➢ Option 2: All teammates can travel the maze together. If more than 1 teammate is travelling inside the maze, the non-working teammate(s) must be positioned behind the working teammate. Blocking the course in any way is not allowed.
    - ➢ If the 4-Person team is created with individuals that require different weight standards, at no time are the athletes who are required to carry the heavier standard allowed to carry the lighter standard.
    - ➢ If the 4-Person team is created with individuals that require different weight standards, the athletes eligible to carry the lighter standard are allowed to carry the heavier standard.
- DEKA Zone 8, on a transitional rep between teammates, the working teammate must cross the centerline of the structure after placing the ball over the horizontal bar before another teammate steps into the structure working area to begin the next repetition.
- DEKA Zone 9 sled resistance must be set at the highest resistance required for each specific team throughout the entire 200 meters. Swapping resistance is not allowed.
    - ➢ If a teammate who would be eligible for a lighter standard as an athlete in an individual competition chooses to participate in this zone, they are required to push/pull the higher standard.
- DEKA Zones 9, if dividing meters, the swap can only occur at the start line area (multiple teammates are not allowed on the 10 meter down & back course at the same time).
- ALL 4 teammates must cross the finish line together within physical contact of each other. In the event of a close/photo type finish the team that has ALL 4 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).

DEKA FIT Ruck - Complete DEKA FIT while wearing a ruck or backpack. Registrants are eligible for podium awards. Male 30lb & Female 20lb (Total weight).

- Weight vests and plate carriers are not allowed.
- Minimum Ruck size is 14 liters.
- Ruck or backpack must be weighed prior to start and immediately after completion.

DEKA FIT Ultra - Complete the DEKA FIT Course x 5. The DEKA FIT Ultra is our 25K event which challenges competitors with the opportunity to complete our standard DEKA FIT event x 5. Total distance covered is 25K (15.5 miles) with each DEKA Zone completed a total of 5 times each (50 total zones). *Athletes 18+ competing in the DEKA FIT Ultra are eligible for elite podium awards (an athlete competing in the 14-17 division is only eligible for age group awards).

- The standard DEKA FIT course layout will be used and the course will be completed a total of 5 times.
- After finishing the first DEKA FIT (20th RAM Burpee in DEKA Zone 10 is completed), competitor will begin their 2nd round of DEKA FIT. Leaving zone 10 is considered the start for the next DEKA FIT round. This process continues until the course has been completed 5 times. The competitor will cross the finish line after finishing the 5th round.
- A competitor DEKA Pit Stop Zone will be added to the course and each competitor is provided a small space in the Pit Stop Zone for support items (food, hydration, pit crew support staff).
- Competitor can have Pit Crew Staff on their team.
- Pit crew support staff is allowed in the pit zone and in the festival area. *Food and hydration support is only allowed in the Pit Stop Zone.
- Cut-off time is 8 hours.
- Registration limits, launch schedules, and the course flow format is set up in a way that should prevent zone back-up, but in the event there is a back-up/wait in a zone, the rule will be first come first served. There will be a holding area in each zone where competitors will line up in order of zone arrival.
  DEKA FIT Roadshow Modifications: In certain situations DEKA FIT standards can be modified by Spartan DEKA Headquarters.

2.3 DEKA ATLAS

DEKA ATLAS - Complete the 10 DEKA ATLAS Zones in order (1-10)

* DEKA ATLAS events are usually held at DEKA Affiliate Gyms with Age Group Heats (ATLAS Foundation and ATLAS Peak Divisions).

3. Zone Description and Standards

* 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 Standards Chart

This chart remains in effect for the 2026 DEKA World Championship.

DEKA STRONG, DEKA MILE, & DEKA FIT STANDARDS							
Zone	Equipment	Movement	Reps or Distance	Male 14+	Female 14+ Male 65+	Female 65+	Youth 10-13
1	RAM or Dumbbell	Alternating Reverse Lunge	30	55 lb 25 kg	33 / 35 lb 15 kg	22 / 20lb 10 kg	22 / 20 lb 10 kg
2	Rower	Row	Meters	500m	500m	500m	250m
3	Box	Step/Jump Over	20	24 in 60 cm	24 in 60 cm	24 in 60 cm	24 in 60 cm
4	Med Ball	Sit-Up/ Sit-Up Throw	25	20 lb 9 kg	14 lb 6 kg	10 lb 5 kg	10 lb 5 kg
5	Ski Erg	Ski	Meters	500m	500m	500m	250m
6	Dumbbell	Farmer's Carry (Per Hand)	100m	60 lb 27.5 kg	40 lb 17.5 kg	20 lb 9 kg	20 lb 9 kg
7	Air Bike	Air Bike	Calories	25 Calories	25 Calories	25 Calories	12 Calories
8	Dead Ball	Over	20	60 lb 27.5 kg	40 lb 17.5 kg	20 lb 9 kg	20 lb 9 kg
9	Xebex Sled or Torque Tank Sled	Push/Pull	100m	Resistance 8 Resistance 3	Resistance 7 Resistance 2	Resistance 5 Resistance 1	Resistance 5 Resistance 1
10	RAM or 2 Dumbbells	Weighted Burpee	20	44 / 20x2 lb 20 / 10x2 kg	22 / 10x2 lb 10 / 5x2 kg	22 / 10x2 lb 10 / 5x2 kg	11 / 5x2 lb 5 / 2.5x2 kg
Zone 9 - Xebex Sled must have 160 lb/72.5 kg added to the weight stack(s)							
Refer to the DEKA Rulebook for a full list of details and rules							20260501

DEKA STRONG, DEKA MILE and DEKA FIT Standards Chart

This chart takes effect on October 16, 2026 but does not apply to the 2026 DEKA World Championship. (See chart above for 2026 DEKA World Championship)

DEKA STRONG, DEKA MILE, & DEKA FIT STANDARDS							
Zone	Equipment	Movement	Reps or Distance	Male 18+	Male 14-17 Female 18+ Male 65+	Female 14-17 Female 65+	Youth 10-13
1	RAM or Dumbbell	Alternating Reverse Lunge	30	55 lb 25 kg	33 / 35 lb 15 kg	22 / 20lb 10 kg	22 / 20 lb 10 kg
2	Rower	Row	Meters	500m	500m	500m	250m
3	Box	Step/Jump Over	20	24 in 60 cm	24 in 60 cm	24 in 60 cm	24 in 60 cm
4	Med Ball	Sit-Up/ Sit-Up Throw	25	20 lb 9 kg	14 lb 6 kg	10 lb 5 kg	10 lb 5 kg
5	Ski Erg	Ski	Meters	500m	500m	500m	250m
6	Dumbbell	Farmer's Carry (Per Hand)	100m	60 lb 27.5 kg	40 lb 17.5 kg	20 lb 9 kg	20 lb 9 kg
7	Air Bike	Air Bike	Calories	25 Calories	25 Calories	25 Calories	12 Calories
8	Dead Ball	Over	20	60 lb 27.5 kg	40 lb 17.5 kg	20 lb 9 kg	20 lb 9 kg
9	Xebex Sled or Torque Tank Sled	Push/Pull	100m	Resistance 8 Resistance 3	Resistance 7 Resistance 2	Resistance 5 Resistance 1	Resistance 5 Resistance 1
10	RAM or 2 Dumbbells	Weighted Burpee	20	44 / 20x2 lb 20 / 10x2 kg	22 / 10x2 lb 10 / 5x2 kg	22 / 10x2 lb 10 / 5x2 kg	11 / 5x2 lb 5 / 2.5x2 kg

Zone 9 - Xebex Sled must have 160 lb/72.5 kg added to the weight stack(s)

Refer to the DEKA Rulebook for a full list of details and rules 20261015

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

a) Specifics
   i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
b) Process/Setup
   i) Competitor can use a RAM or dumbbell.
   ii) Competitor completes 30 reps (15 per side - alternating each rep)
c) Movement Standards
   i) Begin by picking up the weight (RAM or dumbbell). The weight can be held in any position as long as it's held above the waist and at no time comes in contact with the legs during the reverse lunge reps.
   ii) Start from a standing position with both feet in front of a "rep line".
   iii) Competitor steps straight back until the knee makes contact with the ground behind the rep line. Rotating side step lunges are not allowed. Shoulders 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. Competitor continues alternating reverse lunge reps until all reps are completed.
   vi) Extension is defined as being able to draw a straight line from the ankle through the knees, hips, and shoulders on both sides of the body simultaneously.
   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) If the weight is dropped during a rep, you will receive a no rep penalty (as specified in the Penalties Chart) requiring the athlete to complete an additional rep.

d) Additional Notes
   i) The athlete must maintain physical contact with the weight all the way to the ground until the weight is in a safe state.
   ii) Throwing or dropping the weight is not allowed.
   iii) 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
   iv) Changing the position of the weight (how it's held) can be changed at any-time during or after completion of reps
   v) The weight can be placed on the ground at any time. If the weight is placed on the ground mid-rep that rep will not be counted.
   vi) In the event of a physical limitation that prevents a competitor from completing alternating reverse lunge reps, all 30 reps can be completed using the same leg. Mobility or limitation must be declared upon entry into zone 1.

3.2 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

3.3 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 (one hand only) and knee(s) 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 Throw (25 reps): DEKA FIT

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

b) Process/Setup
   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 (1.37 meters) above the floor.
   iii) Competitor will complete 25 reps.

c) Movement Standards
   i) Rep starts with the competitor's back on the floor, 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 toward the target during or at the top of the sit-up motion.
   iii) The ball must touch the face of the target. Touching the underside of the bottom edge is NOT allowed.
   iv) Rep is considered completed once the ball hits the target.
   v) In ruck category competitors will use their ruck in place of the med ball.

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) 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.

e) **Zone 4 Event Modifications: DEKA STRONG & DEKA MILE Med Ball Sit Up (25 reps)**
   i) Rep starts with the competitor's back on the floor, feet on the ground and the med ball held behind the head touching the

ground.
ii) Competitor must raise their torso off the ground.
iii) Each rep is considered complete when the center of the ball makes contact with the ground between the athletes feet.
iv) In ruck category competitors will use their ruck in place of the med ball.

3.5 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.

3.6 Zone 6 - Farmer's Carry (100 meters): DEKA FIT

a) Specifics
   i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
b) Process/Setup
   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. If the weights are dropped, you will receive a 30 second penalty (as specified in the Penalties Chart).
c) Movement Standards
   i) Weights must be carried by the competitors' side.
d) Additional Notes
   i) The athlete must maintain physical contact with the weight all the way to the ground until the weight is in a safe state.
   ii) Weights must be carried, they cannot be rolled or moved in any

other fashion.

iii) Throwing or dropping the weight is not allowed.

iv) If the competitor chooses a lighter weight than required, they must redo the reps completed with the incorrect weight.

v) Weights can be placed on the ground at any time.

e) **Zone 6 Event Modifications: DEKA STRONG & DEKA MILE Farmer's Carry (100 meters)**

i) Competitor will complete a 10 meter down & back course x 5 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) If weights are dropped the competitor shall be assessed a dead lift penalty rep. The weights must be deadlifted off the ground with full hip and knee extension achieved and then placed back down on the ground.

iv) During the completion of a 10 meter down or back, both feet must be 100% past the line and in contact with the ground.

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 Over (20 reps): DEKA FIT

a) Specifics

i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart

b) Process/Setup

i) Competitor will select a 4 foot / 1.22 meter tall structure and the appropriate designated weight based on gender.

ii) Competitor will remain at the same structure and complete a total of 20 reps.

c) Movement Standards

i) Competitor will lift the weight over the structure crossbar and the ball must hit the ground on the other side.
ii) Competitor will travel to the other side of the structure to complete the next rep. *The only time traveling to the other side of the structure is not required is after finishing the last rep.
iii) During the lifting process both feet must be inside the structure Frame.
iv) Competitor is not allowed to go under or over the structure.

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.

e) **Zone 8 Event Modifications: DEKA STRONG & DEKA MILE Dead Ball Shoulder Over (20 reps)**
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 a minimum of hip and knee extension in at least one leg.
iii) The competitor shall not dip the shoulder or lean to the side while completing the rep.

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) If using the Xebex Sled (XT4 or XT3 PLUS models) or the Torque Tank (M1S)- 160lb/72.5kg must be added to the sled weight stack(s).

c) Movement Standards
i) Competitor will push the sled until at least one of the tires closest to the athlete makes physical contact with the 10 meter line.
ii) Competitor will use the pull strap handles to pull the sled while walking backwards until at least one of the tires closest to the athlete makes physical contact with the 10 meter line.

iii) 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. *Minimum strap length from connection point to end of handles must be 42 inches/1.06 meters.
iv) Competitor will repeat this process 5 times for a total 100 meters (50 meters pushed and 50 meters pulled).
v) All tires must remain in contact with the ground throughout the entire 100m push/pull distance.

3.10 Zone 10 - Weighted Burpee (20 reps)

a) Specifics
   i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
b) Process/Setup
   i) Competitor can use a RAM or two dumbbells.
   ii) Using the proper weight outlined above, competitor completes 20 reps in the zone.
c) Movement Standards
   i) The competitor must lower their body until their chest and/or abdomen region makes contact with the RAM or gets at or below the height of the dumbbells. Hip extension must be achieved. Hip extension is defined as being able to draw a straight line from the knee through the hip and shoulder. *Hyperextension of the hips is allowed.
   ii) At the completion of the rep, the competitor is standing at extension with weight pressed above the head.
   iii) From a side body view extension is defined as being able to draw a straight line from the ankle through the knee, hip, shoulder, elbow and to the hands on both sides of the body simultaneously. From a front view elbow extension is defined as a straight line drawn from shoulder through the elbow and to the hand on both sides of body.
   iv) If the weight is dropped during a rep, you will receive a no rep penalty (as specified in the Penalties Chart) requiring the athlete to complete an additional rep.
d) Additional Notes
   i) The athlete must maintain physical contact with the weight all the way to the ground until the weight is in a safe state.
   ii) Throwing or dropping the weight is not allowed.
   iii) 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.
   iv) The weight can be placed on the ground at any time. If the weight is placed on the ground mid-rep that rep will not be counted.
   v) In the event a competitor is unable to attain full extension of one or both elbows, the competitor is required to complete an additional 8

reps (28 total) at their max elbow extension. Mobility or limitation must be declared upon entry into zone 10.

DEKA ATLAS

* Competitors will have a 30:00 minute time cap to complete ATLAS Foundation & ATLAS Peak
** Competitors will compete in the ATLAS Foundation or ATLAS Peak Division

DEKA ATLAS Standards Chart

DEKA ATLAS MALE

Zone	Equipment	Movement	Reps or Distance	Age 17-59		Ages 14-16, Ages 60+	
				ATLAS Peak	ATLAS Foundation	ATLAS Peak	ATLAS Foundation
1	Barbell	Thruster	20	95 lb 43 kg	65 lb 30 kg	65 lb 30 kg	45 lb 20 kg
2	Barbell	Burpee Over Bar	20	Standard Plate	Standard Plate	Standard Plate	Standard Plate
3	Multiple Options	Surrender Lunge	20	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
4	Dumbbell	Ground-to-Overhead	20	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
5	Dumbbell (Per Hand)	Bear Crawl	40m	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
6	Multiple Options	Sit-Up	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
7	Dumbbell or Kettlebell (Per Hand)	Farmer's Carry	60m	100 lb 44 kg	70 lb 32 kg	70 lb 32 kg	50 lb 22.5 kg
8	Dumbbell (Per Hand)	Shoulder-to-Overhead Press	20	50 lb 22.5 kg	35 lb 15 kg	35 lb 15 kg	20 lb 9 kg
9	Jump Rope	Single-Under	100	Any Jump Rope	Any Jump Rope	Any Jump Rope	Any Jump Rope
10	Deadball or Sandbag	Shoulder-to-Carry	100m	100 lb 45 kg	70 lb 32 kg	70 lb 32 kg	50 lb 22.5 kg

DEKA ATLAS FEMALE

Zone	Equipment	Movement	Reps or Distance	Age 17-59		Ages 14-16, Ages 60+	
				ATLAS Peak	ATLAS Foundation	ATLAS Peak	ATLAS Foundation
1	Barbell	Thruster	20	65 lb 30 kg	45 lb 20 kg	45 lb 20 kg	35 lb 15 kg
2	Barbell	Burpee Over Bar	20	Standard Plate	Standard Plate	Standard Plate	Standard Plate
3	Multiple Options	Surrender Lunge	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
4	Dumbbell	Ground-to-Overhead	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
5	Dumbbell (Per Hand)	Bear Crawl	40m	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
6	Multiple Options	Sit-Up	20	20 lb 9 kg	15 lb 7.5 kg	15 lb 7.5 kg	15 lb 7.5 kg
7	Dumbbell or Kettlebell (Per Hand)	Farmer's Carry	60m	70 lb 32 kg	50 lb 22.5 kg	50 lb 22.5 kg	35 lb 15 kg
8	Dumbbell (Per Hand)	Shoulder-to-Overhead Press	20	35 lb 15 kg	20 lb 9 kg	20 lb 9 kg	15 lb 7.5 kg
9	Jump Rope	Single-Under	100	Any Jump Rope	Any Jump Rope	Any Jump Rope	Any Jump Rope
10	Deadball or Sandbag	Shoulder-to-Carry	100m	70 lb 32 kg	50 lb 22.5 kg	50 lb 22.5 kg	35 lb 15 kg

Refer to the DEKA Rulebook for a full list of details and rules 20260501

3.11 Zone 1 - Barbell Thruster (20 reps)

a) Specifics
   i) Any barbell type is allowed as long as weight standards can be met
   ii) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Competitor begins the competition standing upright in front of the bar
   ii) Competitor begins by cleaning the bar off the ground up to a front rack position
   iii) Competitor will squat down until the hip crease is at or below the top of the knee
   iv) Competitor will rise up out of the squat pressing the bar above the head
   v) The rep is completed when the competitor achieves elbow, hip, and knee extension
   vi) Extension is defined as being able to draw a straight line from the ankle through the knees, hips, shoulders, elbows and hands on both sides of the body simultaneously
   vii) Anytime the bar is returned to the ground it must be returned in a controlled manner and hands must be on the bar when it makes contact with the ground. *If this is not accomplished the competitor will receive a no rep.
c) Additional Notes
   i) A squat clean into the thruster is allowed when the bar is lifted from floor as long as the competitors hip crease is at or below the top of the knee

3.12 Zone 2 - Burpee Over Bar (20 reps)

a) Specifics
   i) Standard bumper or weight plate (17.72”/450mm diameter) is required to provide standard bar height
   ii) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Bar Facing Burpee Over Bar
   ii) Competitor begins the rep facing the barbell (side/lateral facing burpee over bar reps are NOT allowed). A
   iii) The competitor must lower their body until their chest makes contact with the ground and hip extension is achieved. Hip extension is defined as being able to draw a straight line from the ankle through the knee, hip and shoulder. *Hyperextension of the hips is allowed. At the bottom of the rep the body must be perpendicular to the bar.

iv) A rep is counted after the competitor jumps or steps over the bar following the burpee and both feet make contact with the ground on the opposite side of the bar where the rep started

3.13 Zone 3 - Surrender Lunge (20 reps)

a) Specifics
   i) Multiple weight options - dumbbell, kettlebell, sandbell, sandbag, ball, or weight plate.
   ii) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Competitor starts in a standing position holding weight
   ii) Competitor kneels down touching a knee on the ground/mat followed by swinging the second leg back until it touches the ground/mat beside the other leg
   iii) At this point the competitor is kneeling with both knees on the ground/mat with the trunk in an upright position while holding the weight
   iv) To complete the rep the competitor will bring one leg forward and initiate the process of standing up from the kneeling position
   v) At the top of the rep the competitor is standing upright with hip and knee extension and with both feet on the ground/mat side by side.
   vi) Extension is defined as being able to draw a straight line through the ankles through the knees, hips, and to the shoulders on both sides of the body simultaneously

3.14 Zone 4 - Dumbbell Ground To Overhead (20 reps)

a) Specifics
   i) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Competitor lifts weight off the ground and overhead using a single arm snatch or clean and press method
   ii) The rep is completed when the competitor achieves full elbow, hip, and knee extension
   iii) Extension is defined as being able to draw a straight line from the ankles through the knees, hips, shoulders, elbows, and hands on both sides of the body simultaneously
   iv) Competitor must alternate hand every rep
c) Additional Notes
   i) The hand switch must happen with the dumbbell on the ground
   ii) Anytime the dumbbell is returned to the ground it must be returned in a controlled manner and a hand must be on the dumbbell when it makes contact with the ground. *If this is not accomplished the competitor will receive a no rep.

3.15 Zone 5 - Dumbbell Bear Crawl (40 meters)

a) Specifics
   i) A marked 5 meter down and back zone will be used to complete 40 meters with a standard weight in each hand
   ii) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Both weights must be behind the line at the start
   ii) Competitor will bear crawl down & back x 4 (40 meters)
   iii) At every 5 meter turn around point and at the 40 meter finish both dumbbells must be 100% past the line
   iv) The competitor must be in a bear crawl position anytime the weights are progressing forward
   v) During the bear crawl movement, the feet can NOT travel past the back plane of either dumbbell. If a competitor breaks this rule during a 5 meter crawl section, the competitor will be required to stop and move the forward dumbbell backwards until it is 100% behind the plane of the trailing dumbbell
   vi) At no point can both dumbbells be off the ground at the same time
   vii) The dumbbells shall only move forward using a lift and place method
   viii) At no time is the competitor allowed to roll the dumbbells forward
   ix) Both competitors' knees must be off the ground when the weights are progressing forward
   x) The competitor is allowed to rest at any time. During rest periods the weights can not progress forward
   xi) Both dumbbells must be parallel and in line with the body when progressing forward during the bear crawl

3.16 Zone 6 - Sit Up (20 reps)

a) Specifics
   i) Multiple weight options - dumbbell, kettlebell, sandbell, sandbag, ball, or weight plate.
   ii) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Rep starts with competitor holding the weight in a seated position
   ii) Competitor will lie down and touch the weight on the ground behind the head
   iii) Competitor will raise the torso off the ground with weight in hand and complete the sit-up rep by touching the weight on the ground between the feet

3.17 Zone 7 - Farmer's Carry (60 meters)

a) Specifics
   i) A marked 5 meter down and back zone will be used to complete 60 meters with a standard weight in each hand
   ii) Kettlebells & dumbbells are both allowed
   iii) Both weights must be behind the line at the start
   iv) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Starting behind the start line, the competitor will dead lift and farmer's carry the weight 5 meters until both feet are passed the 5 meter line
   ii) Competitor will turn and farmer's carry the weight 5 meters back to the start line
   iii) Once both feet are passed the start line, the competitor must place the weights on the ground (both weights must be 100% past the line)
   iv) If a competitor places the weights on the ground before both feet are past the start line, the competitor must complete a penalty dead lift rep followed by placing the weights on the ground in a controlled manner.
   v) Competitor must remove hands from the weights during this transition
   vi) Competitor will repeat this process for a total of down & back x 6 for 60 total meters
   vii) Anytime the weights are placed on the ground they must be placed in a controlled manner and hands must be on the weights when they make contact with the ground
   viii) If a competitor fails to place weights on the ground in a controlled manner (as outlined above) the competitor must complete a penalty dead lift rep followed by placing the weights on the ground in a controlled manner
c) Additional Notes
   i) Competitor is allowed to place the weights on the ground at anytime
   ii) Competitor is not allowed to slide, drag, or throw the weights

3.18 Zone 8 - Dumbbell Shoulder to Overhead Press (20 reps)

a) Specifics
   i) Reps shall be completed with a standard dumbbell in each hand
   ii) See DEKA ATLAS Standards Chart
b) Movement Standards

i) Competitor begins by cleaning the dumbbells off the ground to a front rack position
ii) Press weight overhead reaching elbow, hip, & knee extension
iii) Extension is defined as being able to draw a straight line from the ankles through the knees, hips, shoulders, elbows, and hands on both sides of the body simultaneously
iv) Any press method is allowed. Ex. push press, push jerk, or press
v) Anytime the dumbbells are returned to the ground they must be returned in a controlled manner with both hands on the dumbbells when they make contact with the ground. *If this is not accomplished the competitor will receive a no rep.

3.19 Zone 9 - Jump Rope Single Under (100 reps)

a) Specifics
   i) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Competitor will begin from a standing position with rope in hand
   ii) A single under rep is counted when the rope travels a full 360 degrees starting from behind the heels, traveling up and over the head, down in front of the body, and completed when the rope travels under the feet x 1 revolution. *Stepping over the rope after a failed rep does not count as a completed rep (the rep must start over with the rope behind the heels)
   iii) The competitor must jump off of both feet at the same time
c) Additional Notes
   i) To accommodate different competitor heights, different rope lengths are allowed

3.20 Zone 10 - ATLAS Shoulder to Carry (100 meters)

a) Specifics
   i) A weighted ball or sandbag is required
   ii) A marked 5 meter down and back zone will be used to complete 100 meters
   iii) See DEKA ATLAS Standards Chart
b) Movement Standards
   i) Competitor will lift, shoulder, and carry the weight 5 meters until both feet are past the 5 meter line.
   ii) Competitor will turn and carry weight on shoulder 5 meters back to the start line
   iii) Once both feet are passed the line, the competitor will drop the weight. 100% of the weight must be past the line

iv) If the competitor drops the ball or sandbag before both feet cross the line and the ball or sandbag finishes 100% past the line a penalty lift to shoulder and drop rep must be performed
v) If the competitor drops the ball anywhere inside the 5 meter zone, the ball must be lifted to the shoulder and carried across the line (pushing/rolling the ball across the line is not allowed)
vi) Competitor must remove hands/arms from the weight during this transition
vii) Competitor will repeat this process for a total of down & back x 10 for 100 total meters.
viii) Both feet and the entire ball must be behind the line when the lift to shoulder is being accomplished

c) Additional Notes
i) The weight must be dropped at the end of every 10 meter carry completion.
ii) The competition is complete when the competitor crosses the final line with both feet followed by dropping the weight
iii) If required, the competitor is allowed to drop the weight between the 5 meter line
iv) The competitor is not allowed to push/roll the weight.

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 STRONG and DEKA MILE Team Timing

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

4.1.3 DEKA FIT and DEKA FIT Ultra 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.

4.1.4 DEKA FIT Team Timing

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

4.1.5 Spartan reserves the right to request video evidence of any qualifying runs and/or course layout.

4.1.6 DEKA ATLAS Timing

a) Gym Affiliate events are individually hand timed. Competitors will have 30:00 minutes to complete DEKA ATLAS (30:00min time cap)

4.2 PENALTIES: For Spartan DEKA Headquarters produced DEKA STRONG, DEKA MILE, DEKA FIT & DEKA FIT Ultra events.

4.2.1 Any competitor who fails to complete the competitions as outlined in this rulebook will be subject to these time penalties and/or disqualification as outlined below or in the PENALTIES CHART:

Link to PENALTIES 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 and medal.
   * DEKA FIT Ultra: Skipping a DEKA Zone or completing less than 80% of the zone will result in a 20 minute penalty per violation.
b) DEKA Zone 1 - 10 second penalty for each missed rep (up to 20% of total)
c) DEKA Zone 1 - If the weight is dropped during a rep, you will receive a penalty (no rep) requiring the athlete to complete an additional rep.
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 - 10 second penalty if both feet do not get 100% past the line and make contact with the ground.
l) DEKA Zone 6 - 30 second penalty if competitor drops, throws, or fails to return dumbbells to the same starting location.
m) DEKA Zone 7 - 20 second penalty if competitor departs the zone with 1.0 or fewer calories remaining before completing 25 calories.
n) DEKA Zone 7 - 2 minute penalty if competitor departs the zone with 1.1 or more calories to complete (up to 20% of total calories remaining).
o) DEKA Zone 8 - 20 second penalty for each missed rep (up to 20% of total).
p) DEKA Zone 9 - 1:30 minute penalty for each missed rep. Down & back is considered 1 rep.
q) DEKA Zone 9 - 10 second penalty if sled tire does not make contact with the 10 meter course line.
r) DEKA Zone 10 - 20 second penalty for each missed rep (up to 20% of total).
s) DEKA Zone 10 - If the weight is dropped during a rep, you will receive a penalty (no rep) requiring the athlete to complete an additional rep.
t) 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 medal and shirt.
c) *For DEKA FIT Ultra skipping a zone will result in a 20:00 minute time penalty

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 does not complete the required running distance (misses a lap) that precedes a zone will:

a) Receive a 3 minute penalty for each violation (2 lap course set-up)
b) Receive a 2 minute penalty for each violation (3 lap course set-up)
c) If a running lap is missed before a zone, a competitor is not allowed to make it up later in the race. A penalty will be assessed.
d) If a competitor runs 1 or more additional laps prior to entering a zone, the competitor is not allowed to reduce the number of required laps later in the race to offset the distance.

4.2.5 Any competitor who does not 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) Additional laps ran before any zone will not be counted towards the total percentage of required running to be considered an official finisher.
c) Competitor will receive their finisher medal and shirt.

4.3 EQUIPMENT, UNIFORM, HYDRATION, and FUELING

4.3.1 The Following Equipment is permitted for use:

a) Gloves
b) Weight lifting belts
c) For DEKA STRONG, DEKA MILE, & DEKA ATLAS Affiliate events, personal water/hydration is allowed but shall be staged off to the side of the course.
d) For DEKA STRONG, DEKA MILE, & DEKA ATLAS Affiliate events, personal audio (earphones, earbuds, etc) may be permitted by the affiliate or event host.

4.3.2 The Following Equipment is not permitted for use:

a) Lifting Straps or gymnastic/CrossFit style hand grips
b) For DEKA STRONG, DEKA MILE, & DEKA ATLAS Affiliate events, hydration and fueling assistance may be permitted by the affiliate or event host.
c) For DEKA FIT and all HQ produced events, competitor may not receive hydration or fueling from anyone while in the DEKA zones or on the running course.
d) For DEKA FIT and all HQ produced events, Water vessels (including hydration pack, water bottle, etc) are not allowed on course. A water station will be available on the running track.
e) For DEKA FIT and all HQ produced events, personal audio (earphones, earbuds, etc) are not permitted.

4.3.3) For DEKA FIT Roadshows, water may not be provided and in this case,

personal hydration is allowed to be staged off to the side of the course.
4.3.4) The DEKA FIT Ultra bib will be provided to the competitor during registration check-in and must be worn until the competitor completes the race.
4.3.5) Headbands with bib number will be provided to the competitor during registration check-in and must be worn during the competition.

4.4 GENERAL CONDUCT

4.4.1 When participating in any DEKA event and while on an event site, all competitors must act in compliance with the Rules listed below.

a) Treat all fellow competitors, DEKA staff members, DEKA volunteers, spectators, and members of the public with fairness, respect and courtesy at all times.
b) Refrain from the use of abusive, threatening, or insulting language or conduct.
c) Report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.
d) Competitors should do everything possible to avoid physical contact with other competitors while on course.
e) On the running course, DEKA provides an outside lane for competitors moving at a slower pace. All competitors should choose the proper running lane based on their pace.

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 course in its entirety. It is each competitor's responsibility to follow the course and zone layout correctly
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 may 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 DISQUALIFICATION OR SUSPENSION

4.8.1 In addition to other penalties outlined in these rules which may be imposed at the discretion of DEKA Event Staff or Event Director, 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
b) gross or continued unsportsmanlike conduct
c) physical violence directed toward an official, competitor, volunteer, spectator, or another person
d) any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to DEKA or officials
e) intentionally participating in an event despite failure to register
f) repetitive or recurring violations of the rules
g) failure to notify an official after withdrawing from an event
h) violation of the Anti Doping Rules set forth in Section 4.13
i) refusal to abide by the final determination and judgment by DEKA of any matter relating to these rules
j) any act which disgraces or brings discredit to DEKA.
k) any act that causes an unsafe situation for other participants

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. Competitors may submit their protest until the official awards ceremony for their category begins.

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 timing / results table 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 GENDER CATEGORY ELIGIBILITY

4.14.1 For purposes of competition, athletes are required to register and compete in the category corresponding to the sex listed on their original birth record.

4.15 PRIZE MONEY AND AWARDS

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

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

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

4.16 AGE GROUPS: DEKA STRONG, DEKA MILE, DEKA FIT & DEKA FIT Ultra (Individual and Teams)

4.16.1 Age Group standards: The age used on the DEKA leaderboards will be your age at the end of the DEKA race season/series (age on September 30th of the season year).

a) Individuals (DEKA STRONG, DEKA MILE, & DEKA FIT): Youth (10-11 & 12-13), 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).
Individuals (DEKA FIT Ultra): 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
*Athletes 18+ are eligible for elite podium awards (athletes competing in the adult 14-17 division are only eligible for age group awards).

b) DEKA Ruck Individual: 44 & Under & 45+ Masters Division

c) DEKA STRONG, DEKA MILE, & DEKA FIT 2-Person 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. 120-139 NEW for the 2027 DEKA season
    6. 140+ NEW for the 2027 DEKA season

* Athletes 18+ competing on a 2-Person Team are eligible for elite podium awards (if a 2-Person Team has a teammate in the 14-17 division, this team is only eligible for age group awards).

d) DEKA FIT 4-Person Teams (3 Divisions - Male, Female, & Co-Ed):
- 10-13 (Youth)
- 2 Adults (14+) with 2 Youth (10-13)
- Adult Team Age Groups (adult ages combined)
    1. 119 & Under
    2. 120-159
    3. 160-199
    4. 200-239
    5. 240+.

* Athletes 18+ competing on a 4-Person Team are eligible for elite podium awards (if a 4-Person Team has a teammate in the 14-17 division, this team is only eligible for age group awards).

4.17 AGE GROUPS: DEKA ATLAS (ATLAS Foundation and ATLAS Peak)

4.17.1 Age Group standards: The age used on the DEKA leaderboards will be your age at the end of the DEKA race season/series (age on September 30th of the series year).

a) Individuals: 14-16, 17-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

5. CHANGE LOG

a. 1.6.2026 DEKA Rulebook updates for the 2026 DEKA Season.

a. Section 2.1: DEKA STRONG Teams mat/working area clarification
b. Section 2.2: DEKA MILE Teams mat/working area clarification
c. Section 2.3: DEKA MILE Teams mat/working area clarification
d. Section 3.1 Zone 1: DEKA STRONG & DEKA MILE competitor can use a RAM or dumbbell
e. Section 3.6 Zone 6: Clarification on completion of 10m distance.
f. Section 3.10 Zone 10: DEKA STRONG & DEKA MILE competitor can use a RAM or two dumbbells
g. Section 4.2.1 Updated penalties
h. Section 4.2.4 Updated penalties
i. Section 4.12.3 Updated protest period
j. Updated Penalties Chart
k. Updated DEKA STRONG, DEKA MILE, and DEKA FIT standards chart

b. 2.10.2026

1. Section 3 Updated Movement Standards Charts:
    a. DEKA STRONG, DEKA MILE, & DEKA FIT v20260210
    b. DEKA ATLAS v20260210

c. 5.1.2026

1. Section 4:14 Gender Category Eligibility specified.
2. Section 2.1 & 2.2 DEKA Ruck event standards: minimum ruck or backpack size 14 liter
3. Section 2.2 When the non-running teammate is transitioning to the relay exchange zone or to the next zone, they must transition with caution while giving all runners the right of way.
4. DEKA Penalties Chart updated.

c. 8.11.2026

1. Section 2.2 Added additional clarification for DEKA FIT 2-Person and 4-Person Teams in zones 6 and 9.
2. Section 4.16 NEW for the 2027 DEKA season beginning October 1, 2026, 2-Person Team Age Groups will be 59 & Under, 60-79, 80-99, 100-119, 120-139 and 140+.

d. 10.15.2026

1. Section 3 Changed weight standards for the 14-17 Age Group. See the updated DEKA STRONG, DEKA MILE and DEKA FIT Standards Chart

e. 11.18.2026

1. Penalties Chart Update to match Section 4.2.1. (p) Zone 9 penalty
2. Section 2 - Added official definition of the word “Work” - Work is defined as being in the act of completing a rep or completing distance or calories
3. Section 2.1 - DEKA STRONG & DEKA MILE 2 Person Team weight implement standards clarification
4. Section 2.2 - DEKA FIT 2 & 4 Person Team weight implement standards clarification
5. Section 2.2 - Added additional rule clarification for zone 6 & 9
6. Section 2.2 - Added additional clarification for relay exchange hand-offs
7. Section 4.16 - Individual competitors - *Athletes 18+ are eligible for elite podium awards (athletes competing in the adult 14-17 division are only eligible for age group awards).
8. Section 4.16 - Athletes 18+ competing on a 2-Person or 4 Person Team are eligible for elite podium awards (if a 2-Person or 4 Person Team has a teammate in the 14-17 division, this team is only eligible for age group awards).

APPENDIX A

PENALTIES CHART

DEKA FIT, DEKA FIT ULTRA, and DEKA STRONG & DEKA MILE events hosted by Spartan Headquarters

Zone	Movement	Required Reps	Minimum Reps to Avoid DQ [1]	Time Penalty per Missed Rep
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
8	Dead Ball Over	20	16	0:20
10	RAM Burpee	20	16	0:20

[1] Automatic DQ if less than 80% of required reps are completed

Zone	Movement	Required Distance	Distance on Display [2]	Time Penalty for Non-Completion
2	Rower	500m	495m - 499m	0:20
			400m - 494m	2:00
5	Ski Erg	500m	495m - 499m	0:20
			400m - 494m	2:00

[2] Automatic DQ if less than 80% of required distance is completed

Zone	Movement	Required Distance	Distance per rep	Time Penalty for Non-Completion
6	FIT - Farmer's Carry (100m maze)	100m	100m	1:00
6	STRONG & MILE - Farmer's Carry	100m	20m (Down-and-Back x 5)	1:00

[3] Automatic DQ if less than 80% of required distance is completed

Zone	Movement	Required Calories	Calories on Display [3]	Time Penalty for Non-Completion
7	Air Bike	25 Cal	24.0 - 24.9 Cal	0:20
			20.0 - 23.9 Cal	2:00

[4] Automatic DQ if less than 80% of required calories are completed

Zone	Movement	Required Distance	Distance per rep	Time Penalty for Non-Completion
9	Sled Push/Pull	100m	20m (Down-and-Back x 5)	1:30

[5] Automatic DQ if less than 80% of required distance is completed.

Running Penalties for DEKA FIT, DEKA FIT ULTRA & DEKA MILE

Any competitor who doesn't complete the required running distance (misses a lap) that precedes a DEKA Zone will receive a 3 minute penalty on a 2 lap DEKA FIT course or 2 minute penalty on a 3 lap DEKA FIT course for each violation. Missing a lap on a DEKA MILE course will result in a 2 minute penalty for each violation. Make up laps are not permitted.

Automatic DQ if a competitor runs less than 80% (4000m) of the required 5000m DEKA FIT total distance.

Automatic DQ if a competitor runs less than 80% (1280m) of the required 1600m DEKA MILE total distance.

* DEKA FIT Ultra: completing less than 80% (20k) of the required (25k) total distance will result in disqualification (DQ)

Safety Penalties

Zone 1 - dropping the weight rather than placing on the ground in a safe state will result in a no rep

Zone 6 - dropping weights or not returning weights to the same starting location will result in a 30 second penalty

Zone 10 - dropping the weight rather than placing on the ground in a safe state will result in a no rep

Additional Penalties

Completing a DEKA Zone out of order will result in a 1 minute penalty for each violation

* Failure to complete all 10 DEKA Zones will result in disqualification (DQ)

** DEKA FIT Ultra: Failure to complete a DEKA Zone or completing less than 80% of the zone will result in a 20 minute penalty per violation

V20261118 v2