



DEKATM

Rules of Competition

(Revised February 11, 2025)



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1. Introduction

1.1 SCOPE

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

1.1.2 DEKA ATLAS and DEKA ATLAS Foundation are 10 zone fitness tests designed for DEKA Affiliate locations to highlight humans who have a well rounded strength foundation and strong work capacity as well as creating an attainable strength test goal for the world to train for.

Spartan's mission is to rip 100 million people off the couch. Since 2020 Spartan DEKA has played a key role in this mission by providing low barrier-of-entry start lines designed to celebrate fitness with ALL levels. DEKA ATLAS is a bold new step up onto a higher foundation of strength training and testing.

Strength training supports longevity and quality of life and DEKA ATLAS gives people a challenging yet fully attainable fitness goal to work toward.



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 & Modifications

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

2.1 DEKA STRONG, DEKA STRONG Teams, DEKA STRONG Ruck

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

* DEKA STRONG events are usually held at DEKA Affiliate Gyms with Age Group heats that are DEKA World Championship qualifying events (Elite & Age Group).

DEKA STRONG Teams - Complete DEKA STRONG 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 120+.

- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- Before work begins on the next zone, physical contact between the two teammates must be made (hand slap, back slap, etc).
- A teammate can be prepared to start the next zone 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, skin contact is not required.
- 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 must use the highest sled resistance required 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 mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same space.
- 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).

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

* Weight vests and plate carriers are not allowed.

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

***Ruck or backpack must be weighed prior to start and immediately after completion.

2.2 DEKA MILE, DEKA MILE Teams, DEKA MILE Ruck

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 MILE events are usually held at DEKA Affiliate Gyms with Age Group heats that are DEKA World Championship qualifying events (Elite & Age Group).

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

Adult Team Age Groups (adult ages combined) are 59 & Under, 60-79, 80-99, 100-119, and 120+.

- The first and last 160 meter runs must be completed by both teammates.
- Zone work in Zone 1 & 10 cannot begin until both teammates have completed the run.
- The 8 runs between the first and last shall be completed by one teammate using whatever strategy the team prefers.



- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- Before work begins on the next zone, physical contact between the two teammates must be made (hand slap, back slap, etc).
- A teammate can be prepared to start the next zone or run but work cannot begin until the skin contact occurs.
- Only one teammate can be completing zone work at a time.
- If dividing up reps/meters/calories in a zone, skin contact is not required.
- 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 must use the highest sled resistance required 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 mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same space.
- 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).

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

* Weight vests and plate carriers are not allowed.

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

***Ruck or backpack must be weighed prior to start and immediately after completion.

2.3 DEKA FIT, DEKA FIT Teams, 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 registrations are eligible for podium prize money & Age Group registrations are eligible for podium awards.



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

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

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

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

- The first and last 500 meter runs must be completed by both teammates.
- Zone work in Zone 1 & 10 cannot begin until both teammates have completed the run.
- The 8 runs between the first and last shall be completed by one teammate using whatever strategy the team prefers.
- There are two options to divide the 8 runs. One teammate can complete the entire distance, or the teammates can divide the distance.
- Once a run begins, the teammate not running has two options - stage themselves on the outside of the running track near the next zone to complete in the "Running Hand-Off Zone" or inside the next zone to complete and wait while their teammate is completing the entire run.
- Before work begins on the next zone, physical contact between the two teammates must be made (hand slap, back slap, etc).
- A teammate can be prepared to start the next zone or run but work can not begin until the skin contact occurs.
- The timing chip baton must travel with the teammate/teammates during 100% of the running distance.
- Teams can divide all reps/meters/calories using whatever strategy they prefer.
- Only one teammate can be completing zone work at a time.
- If dividing up reps/meters/calories in a zone, skin contact is not required.
- Using two different pieces of equipment (row/ski/air bike/sled/box) is not allowed and for all other rep count zones only one teammate can be using the zone completion mat/area at a time. If swapping out, the teammate must move off the mat/area and allow the other teammate to use the same space.
- DEKA Zone 6, teams have two options. The non-working teammate can position themselves in a holding area at the start line while their working teammate completes the 100 meter carry or both teammates can travel the maze together. If both teammates travel the maze together, the non-working teammate must be positioned behind the working teammate. Blocking the course in any way is not allowed.
- DEKA Zone 8, if splitting up the reps, only one teammate is allowed within the metal frame while the rep is being completed.



- DEKA Zones 9, if dividing meters, the swap can only occur at the start line area (both teammates are not allowed on the 10 meter down & back course at the same time).
- DEKA Zone 9 must use the highest sled resistance required throughout the entire 100 meters. Swapping resistance is not allowed.
- Both teammates must cross the finish line together. In the event of a close/photo type finish the team that has both teammates and the timing device across the finish line first will be winners.
- If a team member is unable to finish the race, the team will receive a DNF (did not finish).

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.

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

***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).

- 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 tickets can be purchased in registration prior to event or on the day of event.
- 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 times for Age Group Category is 9 hours.
- Cut-off times for Elite category athletes are 3 hours & 45 minutes for males and 4 hours & 15 minutes for females. Competitors will still receive the finisher's medal if they finish after Elite cutoff time and before course closure, however they will not receive an official DEKA FIT Ultra Mark.
- 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:

- **DEKA FIT Roadshow Hosted by Spartan DEKA** (where set-up is the same as large indoor Spartan DEKA event)
 - * See Section 3 - Zone Description & Rules for zone modifications for DEKA Zones 4 & 8
- **DEKA FIT Roadshow Hosted by DEKA Affiliate**
 - * See Section 3 - Zone Description & Rules for zone modifications for DEKA Zones 4, 6, & 8.
 - * Course set up must be approved by Spartan DEKA Staff

2.4 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 or ATLAS Foundation Division).



3. Zone Description & Rules

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

DEKA STRONG, DEKA MILE, and DEKA FIT

* For DEKA STRONG, DEKA MILE or DEKA FIT, weights can not be more than 1.5lb/.68kg under the standard pound weight requirement.

** DEKA FIT Zone modifications:

- Zone 4 Med Ball Sit-up is replaced with Med Ball Sit-up Throw.
- Zone 6 Farmer's Carry a 100m maze will be used.
- Zone 8 Dead Ball Shoulder Over is replaced with Dead Ball Yoke or Wall Over

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

DEKA STRONG, DEKA MILE, DEKA FIT							
Zone	Equipment	Movement	Reps or Distance	Male 14+	Female 14+ Male 65+	Female 65+	Youth 10-13
1	RAM	Alternating Reverse Lunge	30	55 lb 25 kg	33 lb 15 kg	22 lb 10 kg	22 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 (per hand)	Farmer's Carry	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	Shoulder Over Wall 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	Weighted Burpee	20	44 lb 20 kg	22 lb 10 kg	22 lb 10 kg	11 lb 5 kg

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



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

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Competitor finds the area with the correct weights based on the above specifics
 - ii) Competitor completes 30 reps (15 per side - alternating each rep)
- c) Movement Standards
 - i) Begin by picking up the weight
 - ii) Start from a standing position with both feet in front of a “rep line” and weight in a back or single shoulder rack position
 - iii) Competitor steps straight back until the knee makes contact with the ground 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) The last rep is counted once the weight is placed back on the ground in the same location it was when the competitor started the zone
 - ix) If the competitor drops the weight during the process of completing the last rep, the rep will not be counted until the weight is returned to the starting location
- d) Additional Notes
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted
 - ii) Once reps are completed, the competitor must set the RAM weight back on the ground in the same area it was located before starting. Throwing or dropping the weight is not allowed
 - iii) Weight shoulder/back positioning can be changed at any-time during or after completion of reps
 - iv) If needed, weight can be placed on the ground during a rest period after a completed rep



- v) If weight is placed on the ground during the completion of a rep, that rep will not count
- 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.

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

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

Med Ball Sit Up Throw - DEKA FIT (25 reps)

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



touch or throw the med ball with both hands towards the target during or at the top of the sit-up motion.

- iii) The ball must touch the face of the target.
- iv) Rep is considered completed once the ball hits the target.
- d) Additional Notes - DEKA STRONG, DEKA MILE, & DEKA FIT Roadshow hosted by Affiliate:
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) Competitor is allowed to rest in any position.
- d.1) Additional Notes - DEKA FIT
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) If med ball is dropped while attempting to catch the rebound, the rep will still count.
 - iii) Competitor is allowed to rest in any position.
 - iv) Touching the ball to the target without the ball leaving the hands is allowed.
 - v) The med ball must make contact with the flat portion of the target. Touching the underside of the bottom edge is NOT allowed.
- e) *Zone 4 Event Modifications*
 - * *DEKA STRONG, DEKA MILE, & DEKA FIT Ruck divisions - competitors will use their ruck in place of the med ball. Same movement standards apply.*

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)

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



3.7 Zone 7 - Air Bike (25 calories)

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

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

Dead Ball Yoke/Wall Over - DEKA FIT (20 reps)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup (DEKA STRONG & DEKA MILE)
 - i) After entering the DEKA Zone, the competitor will select the proper ball weight.
 - ii) Competitor will complete 20 reps.
- b.1) Process/Setup (DEKA FIT)
 - i) Competitor will select a 4' yoke and the appropriate designated weight based on gender.
 - ii) Competitor will remain at the same yoke and complete a total of 20 reps.
- c) Movement Standards (DEKA STRONG & DEKA MILE)
 - i) Competitor is allowed to lift the weight using whatever techniques they prefer.
 - ii) While completing the rep the entire ball must travel over the top of the shoulder while reaching hip and knee extension.
 - iii) The competitor shall not dip the shoulder or lean to the side while completing the rep.
- c.1) Movement Standards (DEKA FIT)
 - i) Competitor will lift the weight over the yoke crossbar and the ball must hit the ground on the other side.
 - ii) Competitor will travel to the other side of the yoke to complete the next rep. *The only time traveling to the other side of the yoke is not required is after finishing the last rep.



- iii) During the lifting process both feet must be inside the metal frame.
- iv) Competitor is not allowed to go under or over the yoke.
- d) Additional Notes
 - i) If the competitor chooses a lighter weight than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) 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
 - 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 FIT Roadshow hosted by Spartan DEKA will be Dead Ball Shoulder Over x 25 reps in place of Dead Ball Yoke Over x 20 reps.*
 - ** *DEKA FIT Roadshow hosted by Affiliate will be Dead Ball Shoulder Over x 20 reps in place of Dead Ball Wall Over.*

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

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



3.10 Zone 10 - RAM Weighted Burpee (20 reps)

- a) Specifics
 - i) See DEKA STRONG, DEKA MILE, and DEKA FIT Standards Chart
- b) Process/Setup
 - i) Using the proper weight outlined above, competitor completes 20 reps in the zone.
- c) Movement Standards
 - i) The competitor must lower their body until their chest and/or abdomen region and thighs touch the ground
 - ii) At the completion of the rep, the competitor is standing at extension with weight pressed above the head.
 - iii) Extension is defined as being able to draw a straight line from the ankle through the knee, hip, shoulder, elbow and to the hand on both sides of the body simultaneously
 - iv) The last rep is counted once the weight is placed back on the ground in the same starting location in a controlled manner with both hands on the weight.
 - v) If the competitor drops the weight during the process of completing the last rep, the rep will not be counted until the weight is returned to the starting location.
- d) Additional Notes
 - i) If the competitor chooses a weight lighter than required, they may start the zone over, but any reps completed with the incorrect weight will not be counted.
 - ii) If needed, the weight can be placed on the ground during a rest period after a completed rep.

DEKA ATLAS

* Competitors will have a 30:00 minute time cap to complete DEKA ATLAS & DEKA ATLAS Foundation.

** Competitors will compete in the ATLAS or ATLAS Foundation Division

*** Weights can not be more than 2 pounds (.9 kg) under the standard pound weight requirement for Zones 1-6 & 8-10. The Zone 7 weight cannot be more than 3.2 pounds (1.45kg) under the standard 100lb weight requirement.



DEKA ATLAS Standards Chart

Male							
Zone	Equipment	Movement	Reps or Distance	Age 17-59		Ages 14-16, Ages 60+	
				ATLAS	ATLAS Foundation	ATLAS	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	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	Farmer's Carry (Per Hand)	60m	100 lb 44 kg	70 lb 32 kg	70 lb 32 kg	50 lb 22.5 kg
8	Dumbbell	Shoulder-to-Overhead Press (Per Hand)	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
Female							
Zone	Equipment	Movement	Reps or Distance	Age 17-59		Ages 14-16, Ages 60+	
				ATLAS	ATLAS Foundation	ATLAS	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	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 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/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							



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
 - v) 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
 - vi) 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 and thighs touch the ground. 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) At no point can two hands touch the dumbbell at the same time
 - iii) 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
 - 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
- c) Additional Notes
 - i) If a competitor breaks a rule during a 5 meter crawl section, the competitor will be required to stop and move the forward dumbbell behind the plane of the trailing dumbbell

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) 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) Competitor must remove hands from the weights during this transition
 - v) Competitor will repeat this process for a total of down & back x 6 for 60 total meters
 - vi) 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.
 - vii) 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 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 (If not 100% past the line,, it must be re shouldered and dropped again)
 - iv) Competitor must remove hands/arms from the weight during this transition
 - v) Competitor will repeat this process for a total of down & back x 10 for 100 total meters.
 - vi) 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 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 HQ produced DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra.

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

[Link to Penalty Chart](#)

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

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



- l) DEKA Zone 7 - 20 second penalty if competitor departs the zone with 1.0 calorie remaining before completing 25 calories.
- m) DEKA Zone 7 - 2 minute penalty if competitor departs the zone with 2.0 or more calories to complete (up to 20% of total calories remaining).
- n) DEKA Zone 8 - 20 second penalty for each missed rep (up to 20% of total).
- o) DEKA Zone 9 - 1:30 minute penalty for each missed rep. Down & back is considered 1 rep.
- p) DEKA Zone 10 - 20 second penalty for each missed rep (up to 20% of total).
- q) DEKA Zone 10 - 30 second penalty if competitor drops RAM after final burpee rather than placing RAM on the ground. *If a 30 second penalty is assessed for dropping the RAM, there will NOT be an additional penalty for an incomplete rep. *The RAM does NOT have to be standing upright.
- r) Post race video will not be used except in cases of reviewing assessed penalties and safety violations.

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

- a) Competitor will be considered an unofficial finisher (disqualified) and their result will not be submitted to the global leaderboard.
- b) Competitor will receive their finisher shirt, medal, and trifacta wedge.
- 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 doesn't complete the required running distance (misses a lap) that precedes a zone and comes back later in the race and "makes it up" will:

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

4.2.5 Any competitor who doesn't complete the required running distance (misses a lap) that precedes a zone and fails to make it up later in the race will:

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



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

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

4.3 EQUIPMENT

4.3.1 The Following Equipment is permitted for use:

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

4.3.2 The Following Equipment is not permitted for use:

- a) Headphones
- b) Lifting Straps or gymnastic/CrossFit style hand grips
- c) DEKA FIT and DEKA FIT Ultra only: Any type of water vessel (including hydration pack, water bottle, etc). 1-2 stations will be provided per lap so competitors will have access to 10-20 water stops over the 5K event. * Water may not be provided at DEKA FIT Roadshows and in this case, personal hydration is allowed.

4.4 GENERAL CONDUCT

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

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

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

4.5 COMPETITION CONDUCT

4.5.1 During the competition, competitors must:

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



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

4.6 COMPETITION AND HEAT STARTS - DEKA FIT

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

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

4.7 UNREGISTERED COMPETITORS

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

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

4.8 ACTS WARRANTING SUSPENSION

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

- a) flagrant or willful violation of the Competitive Rules; and
- b) gross or continued unsportsmanlike conduct; and
- c) physical violence directed toward an official, competitor, volunteer, spectator, or another person; and
- d) any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to DEKA or officials; and
- e) intentionally participating in an event despite failure to register; and
- f) repetitive or recurring violations of the Rules; and



- g) failure to notify an official after withdrawing from an event; and
- h) violation of the Anti Doping Rules set forth in Section 4.13; and
- i) refusal to abide by the final determination and judgment by DEKA of any matter relating to these Rules; and
- j) any act which disgraces or brings discredit to DEKA.



4.9 EFFECT OF SUSPENSION

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

4.10 REINSTATEMENT

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

4.11 ACTS OF AGENTS

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

4.12 PROTEST PERIOD

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

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

4.12.3 Any protest a competitor may wish to raise regarding penalties, or other issues that affect the outcome of the event, must be brought to the Head Official during the protest period. In some circumstances the Head Official may extend a protest period beyond the award ceremony at their sole discretion.

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



4.13 DRUG TESTING AND ANTI-DOPING SANCTIONS

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

<https://www.wada-ama.org/en/content/what-is-prohibited>

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

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

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

4.14 PRIZE MONEY AND AWARDS

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

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

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

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

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

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

- a) Individuals: 10-13 (Youth), 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

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

- b) DEKA Ruck Individual: 44 & Under & 45+ Masters Division
- c) DEKA STRONG, DEKA MILE, & DEKA FIT Teams (3 Divisions - Male, Female, & Co-Ed):



- 10-13 (Youth)
- Adult (14+) with Youth (10-13)
- Adult Team Age Groups (adult ages combined)
 1. 59 & Under
 2. 60-79
 3. 80-99
 4. 100-119
 5. 120+.

4.16 AGE GROUPS (DEKA ATLAS) - ATLAS and ATLAS Foundation

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

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

- a) Individuals: 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. 11.20.2024

1. DEKA Rulebook updates for the 2025 DEKA Season.
 - (1) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra: DEKA Zone 1, successful rep is counted once the competitor has both feet in front of the “rep line” simultaneously and with knees and hips at extension. Extension is defined as a straight line from the ankle through the knee, hip, and to the shoulder.
 - (2) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra: DEKA Zone 3, if using incidental hand contact to assist, only one hand can be used! At no time are both hands permitted to assist the rep.
 - (3) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra: DEKA Zone 8, 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
 - (4) DEKA STRONG, DEKA MILE, and DEKA FIT Co-Ed Teams: DEKA Zone 9, must use the highest sled resistance required throughout the entire 100 meters. Swapping resistance is not allowed.
 - (5) DEKA STRONG, DEKA MILE, DEKA FIT, and DEKA FIT Ultra: DEKA Zone 10, The legs must be extended out behind the



competitor in a manner where hip extension is accomplished. At the completion of the rep, the competitor is standing at extension with weight pressed above the head. Extension is defined as a straight line from the ankle through the knee, hip, shoulder, elbow and to the hand on both sides of the body simultaneously

(6) Chalk is now allowed.

(7) DEKA ATLAS rules have been added.

b. 2.3.2025

1) DEKA STRONG, DEKA MILE, & DEKA FIT Zone 1 clarification: Competitor steps straight back until the knee makes contact with the ground behind the rep line.

2) DEKA ATLAS and DEKA STRONG, DEKA MILE, & DEKA FIT movement standard charts updated.

3) DEKA ATLAS 3.11, 3.14, 3.17 3.18, & 3.20 - Additional rules added outlined penalties

2) 3.19 - additional rules outlined for proper rep completion

c. 2.11.2025

1) 3.1 Alternating Reverse Lunge - added the following statement in the "Additional Notes" section: 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.



APPENDIX A

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