



# DEKA FIT TEAM EVENT CONCEPT

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You do not only want to compete for the individual ranking, but also with a team? You want to represent your gym or box along with all your fellow members you used to train with? You can have it all!

As part of the Deka Fit event, the Team Competition is offering you the possibility to compete with your teammates against other teams and be part of a Team ranking.

## HOW DOES THE TEAM COMPETITION WORK?

- Create or join an existing team while registering.
- Compose your team of 3 members (male, female or mixed)\*
- Your time of your individual competition counts for both: the individual ranking and the team ranking
- You can start alongside your teammates or at different start times- this won't affect your result
- The times of the 3 team members add up to the team time. Fastest time wins (Elite and Age Group only)
- Top 5 female and male fastest teams are qualified to compete a Final Team Competition Round (detail below)

*\*only all female and male teams will be entering in the ranking and eligible for the final round.*

## HOW DOES THE FINAL ROUND TEAM COMPETITION WORK?

- ❖ The competition will be a Deka Team relay:
  - each athlete will compete one section of the entire Deka circuit (athlete 1: zone 1, 2, 3 & 4 / athlete 2: zone 5, 6 & 7) / athlete 3: zone 8, 9 & 10).
- ❖ The running section will only be the distance in between each zone
- ❖ Each team can chose which athlete will compete which section
- ❖ First third athlete of the team to cross the finish line is the TEAM DEKA Tenerife winner

## AWARDS

The best 3 Teams (male and female) will be awarded with a free ticket for a DEKA event in 2022 in Europe and some additional surprises.

## REPRESENT YOUR CLUB

You can still represent the colors of your Box or Gym- there is two sections to select as part of the registration: chose your "club" and then create or join a team. The team is what counts for this team competition.

Nevertheless, the biggest club will also be rewarded so always make sure to add your club/gym/box name!