

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING  
FUNCTIONAL FITNESS CHALLENGE PARTNER THROWDOWN  
BATTLE FOR BAVARIA  
Tower Barracks  
5 August 2023**

1. **REFERENCES:**
  - a. AR 215-1, Morale, Welfare and Recreation Activities and Non-appropriated Fund Instrumentalities.
  - b. Army in Europe (AE) Regulation 215-1-8, Conducting Europe Region Sports & League Championships.
  
2. **WHAT:** Tower Barracks Functional Fitness Challenge – Partner Battle for Bavaria
  
3. **WHEN:** 5 August 2023, 0900 - UTC
  
4. **WHERE:** Tower Barracks Fitness Center, Building 170.
  
5. **ENTRIES:** 30 Maximum, 15 Teams of 2 individual competitors.  
**Note: A *minimum of 10 Teams is required for this event to take place.***
  
6. **REGISTRATION:**
  - a. Online: Once registered you should receive a confirmation email that will provide more information about this event. To download the registration form go to: [grafenwoehr.armymwr.com](http://grafenwoehr.armymwr.com) and email it to [usarmy.bavaria.id-europe.list.fitness-programs@army.mil](mailto:usarmy.bavaria.id-europe.list.fitness-programs@army.mil)
  - b. Registration deadline is **28 July 2023**.
  
7. **ELIGIBILITY:**
  - a. Open to all Active Duty Military, Family Members, DOD employees, and DoD ID cardholders.
  - b. Must be 18 years or older to compete. Not in high school or registered in a CYS program.
  - c. Individuals who have no current physical limitations, free of communicable diseases, and cleared for high-intensity physical activities.
  
8. **JUDGES CLINIC:** 4 August 23, 1330 hours - A judges' clinic **may** be conducted at building 547, in the functional fitness room. All rules and standards for judging will be discussed.
  
9. **ID CHECK:** 100% Mandatory ID Card check for all athletes before the first event begins.

10. **START TIME:** 5 August 23, 0900 Hours
- Safety Brief - 0830-0845.
11. **EVENT FORMAT:**
- a. Three rounds will be scheduled for all teams, with a 4<sup>th</sup> round as a tie breaker if necessary.
  - b. There will be RX and Scaled Divisions, each with Male, female or mixed participants.
12. **SAFETY:**
- a. All equipment will be sanitized before and after the event and after each chalk.
  - b. Sanitation stations will be placed throughout the event area for participant use. Participants will not share the same equipment in the same flight while conducting exercises.
13. **APPAREL:**
- a. Proper athletic clothing wear and shoes
  - b. Weightlifting belt is authorized
  - c. Wrist wraps and chalk are authorized  
(NO LIFTING STRAPS)
14. **AWARDS CEREMONY:** Following Final Event.
15. **AWARDS:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awards will be presented for RX and Scaled for male, female and mixed teams.
16. **EVENT POC:** DSN: 526-1420 CIV: 09641-70-526-1420 or email;  
[usarmy.bavaria.id-europe.list.fitness-programs@army.mil](mailto:usarmy.bavaria.id-europe.list.fitness-programs@army.mil)