

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
FUNCTIONAL FITNESS CHALLENGE**

Tower Barracks Warrior Games

8 May 2021

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
3. **WHEN:**

8 MAY 2021, 0900 - UTC
4. **WHERE:**

B170 Tower Barracks PFC Upper Field
5. **ENTRIES:**

20 Maximum Individual Competitors
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 and email it to usarmy.bavaria.id-europe.list.fitness-programs@mail.mil
 - b. Registration deadline is **3 May 2021**.
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:**

7 May 21, 1830 hours - A mandatory judges' clinic will be conducted at Tower Barracks Fitness Center B170. 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:**

8 May 21, 0900 Hours

Safety Brief - 0830-0845.

12. **EVENT FORMAT:**

a. Three rounds will be scheduled for all individuals, with a 4th round as a tie breaker if necessary.

b. There will be RX and Scaled Divisions, each with Male and Female Participants.

13. **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.

c. Equipment will be spaced out accordingly to accommodate proper spacing guidelines per COVID-19 policies.

d. Judges will wear masks throughout the event.

e. Participants and staff will wear masks when actively judging or when conducting exercises within the designated area.

13. **APPAREL:**

a. Proper athletic clothing wear and shoes

b. Weightlifting belt is authorized

c. Wrist wraps and chalk are authorized
(NO LIFTING STRAPS)

d. Face masks

14. **AWARDS CEREMONY:**

Following Final Event.

15. **AWARDS:**

1st, 2nd, and 3rd place individual awards will be presented for RX, Scaled for male and female.

16. **EVENT POC:**

Physical Fitness Center
B170 Tower Barracks
DSN 475-9007