

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
FUNCTIONAL FITNESS CHALLENGE PARTNER THROWDOWN
Tower Barracks Warrior Games
21 August 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 – Partner Throwdown
3. **WHEN:**

21 August 2021, 0900 - UTC
4. **WHERE:**

Wild Boar – Outdoor recreation center
5. **ENTRIES:**

20 Maximum, 10 Teams of 2 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 **18 August 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:**

19 August 21, 1330 hours - A judges' clinic **may** 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:**

21 August 21, 0900 Hours

Safety Brief - 0830-0845.

11. **EVENT FORMAT:**

- a. Three rounds will be scheduled for all teams, with a 4th round as a tie breaker if necessary.
- b. There will be RX and Scaled Divisions, each with Male and Female 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.
- c. Equipment will be spaced out accordingly to accommodate proper spacing guidelines per COVID-19 policies.
- d. Judges, participants, volunteers and support staff will wear masks throughout the event.

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:**

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

16. **EVENT POC:**

DSN: 526-1420 CIV: 09641-70-526-1420