

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
FUNCTIONAL FITNESS CHALLENGE
Tower Barracks Warrior Games
14 May 2022**

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:**

14 MAY 2022, 0900 - UTC
4. **WHERE:**

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

30 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@army.mil
 - b. Registration deadline is **6 May 2022**.
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:**

3 May 22, 1000 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:**

14 May 22, 0900 Hours

Safety Brief - 0830-0845.

11. **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.

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. Participants may remove mask when competing.

13. **APPAREL:**

- a. Proper athletic clothing wear and shoes
- b. Weightlifting belts are 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:**

Fitness Program Specialist TBPFC
DSN: 526-1420