

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
FUNCTIONAL FITNESS CHALLENGE PARTNER THROWDOWN
BATTLE FOR BAVARIA
Tower Barracks
9 August 2025**

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:**

9 August 2025, 0900 - UTC
4. **WHERE:**

Tower Barracks Field House, Building 547.
5. **ENTRIES:**

40 Maximum, 20 Teams of 2 individual competitors.
Note: *A minimum of 10 Teams is required for this event to take place.*
6. **REGISTRATION:**
 - a. \$40 per team
 - b. Register at the Tower Barracks Physical Fitness Center, B170 or Jesse L. Williams Fitness Center, B323, Rose Barracks.
 - c. Online Registration: Download form from USAG Bavaria MWR webpage
www.grafenwoehr.armymwr.com

Complete registration form and send via email to
usarmy.bavaria.id-europe.list.fitness-programs@army.mil
7. **ELIGIBILITY:**
 - a. Open to all Active-Duty Military, Family Members, DOD employees, and DoD ID cardholders and guest.
 - 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 August 25, 1730, 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. **START TIME:** 9 August 25, 0900 Hours
Safety Brief - 0830-0845.
10. **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, Female or Mixed participants.
11. **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:** 1st, 2nd, and 3rd place awards will be presented for RX and Scaled for Male, Female, and Mixed teams.
16. **EVENT POC:** DSN: 526-1423 CIV: 09641-70-526-1423 or email;
usarmy.bavaria.id-europe.list.fitness-programs@army.mil