

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
FUNCTIONAL FITNESS CHALLENGE PARTNER THROWDOWN
BATTLE FOR BAVARIA
Tower Barracks
10 August 2024**

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:** 10 August 2024, 0900 - UTC

4. **WHERE:** Tower Barracks Field House, Building 547.

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. \$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
 - c. Registration deadline is **1 August 2024**.

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:** 8 August 24, 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:** 10 August 24, 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, 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:** 1st, 2nd, and 3rd 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