



International Military Sports Council

- Netherlands Delegation -

INFORMATION FILE

2nd Military Functional Fitness Challenge

28 June – 3 July 2026

Groningen / The Netherlands



CISM
Friendship through Sport



International Military Sports Council
2nd Military Functional Fitness Challenge
28 June – 3 July 2026
Groningen, The Netherlands



Dear Chiefs of delegation,

The Netherlands delegation has the honor to organize the 2nd Military Challenge Functional Fitness. This new CISM sport has a lot of military practitioners in the armed forces all over the world. I hope your country will have the opportunity to participate in this great championship. The organizing committee will do their utmost best to give you a memorable experience and friendship through sport!

Utrecht, 06 January 2026

Chief of the Netherlands Delegation to CISM

Jan Maree
Lieutenant-colonel

Distribution List:

1. *President of CISM.*
2. *Official CISM Representative.*
3. *All Continental Vice-Presidents.*
4. *CISM Secretary General.*
5. *All Chief(s) of Liaison Office(s).*
6. *President and Members of CISM Sport Committee.*
7. *Representatives of the CISM Partners and Sponsors.*
8. *To the Chiefs of Delegation of the CISM Member Countries*



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The Netherlands Delegation to CISM
Email: cismnl@mindef.nl

POC: Maj Roar Strooper
Cell: 00 31 6 41182083

Attached you will find:

- **Annex 1: Preliminary Agreement**
- **Annex 2a: Final Entry – Composition of the mission**
- **Annex 2b: Final Entry - Travel date**

1. Right to participate

Only CISM active member nations have the right to participate in the 2nd Military Challenge Functional Fitness.

An inactive nation, intending to take part in the event must pay its annual fee right after the deadline of the Preliminary Agreement of the Military Challenge for sending the final entry. If it is not done, the delegation will not be able to take part in the event.



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2. General program of the championship

Date	Activity
Sunday 28 June	Arrival of all delegations
Monday 29 June	Technical Meeting Opening Training Cultural tour
Tuesday 30 June	Competition day 1
Wednesday 1 July	Competition day 2
Thursday 2 July	Competition day 3 Award diner
Friday 3 July	Departure of delegations



3. Composition of the mission

Chief of Mission:	1x
Team captain:	1x
Trainer/coach:	1x
Physio:	1x
Male Elite athlete	2x
Female Elite athlete	2x
Team (2 male and 2 female athletes)	4x
Male 35+ athlete	1x
Female 35+ athlete	1x
Total:	max 14 persons

Please note that:

1. This Military challenge functional fitness can host a maximum of 160 team members. If this maximum is exceeded after the Preliminary Agreement deadline (15 March 2026) the organization can decide to reduce the number of team members or the number of participating countries. The organizing committee will send an email to all countries that sent in their Preliminary agreement indicating whether participation has been approved. This information will be sent not later than 17 March 2026. Please do not order airplane tickets before this date.
2. The number of staff members may not exceed the number of athletes. If a country decides to bring the maximum of 4 staff members it has to bring at least 4 athletes.

According to the CISM Regulations chapter VII art.7.22. only military personnel in active duty and in possession of a valid military ID card may participate in the competition.

Additional visitors will not be accepted without official written permission of the organizing committee. The costs for board and lodging are at their own expenses.



4. Location of arrival, competition and lodging

The competition will take place at Sportcentrum Kardinge in Groningen.

All participants will stay in an hotel near Groningen. Delegations will be met at the hotel or airport by a host nation coordinator/liaison officer.

The costs and organization of the travel to and from the host country will be the responsibility of the participating nations.

Please note that:

The organizer will ensure all transportation in the host country from the moment of arrival till the moment of departure.

On Sunday 28 June transfer from Schiphol airport to the hotel will be done by coach bus and takes 2,5 hours. Time of departure of these transfer coaches from Schiphol on Sunday will be at:

- 10.00h
- 13.00h
- 16.00h
- 19.00h
- 21.00h

4.1. Address hotel and competition area

Hotel:

To be determined

Competition area:

Kardingerplein 1
9735AA
Groningen



5. Conditions of stay

During their stay in The Netherlands the missions will be guests of The Netherlands Armed Forces from 28 June – 3 July 2026.

The following conditions are applicable:

- a. Board and lodging will be provided for all participants, as well as transport for and to all tournament and CISM related events.
- b. Participants will be required to pay extra expenses such as telephone calls, laundry, additional food and beverages.
- c. Lodging and transport will not be provided before 28 June and after 3 July.
- d. An administrative fine of 900 EUR per person will be imposed on any country that submitted the final entry but failed to participate or canceled late, in accordance with Article 7.23 of the CISM Regulations.

6. Food and beverage

The use of bottled water is not necessary. Tap water is, by law, safe to drink in the Netherlands. In keeping with the dynamic and health-conscious nature of Functional Fitness, menus are carefully curated to offer a wide variety of options designed to support athletes' optimal performance and recovery.

Please indicate diet and religion-related requirements on the final agreement (annex 2a).

7. Medical support

The Netherlands will take care of medical support (first aid) on site. Further costs for medical support are at the expense of the participants. Participants' health insurance must be valid in The Netherlands and a copy must be handed over if applicable.



8. Regulations of the championship

The championship will be conducted in accordance with the CISM Regulation June 2025 and rules and regulations of the International Functional Fitness Federation (iF3) and will take place in an indoor sport facility.

This championship has 3 consecutive competition days containing 6 competition disciplines:

- Body Weight
- Endurance
- Mixed
- Power
- Skill
- Strength

All exercises will be communicated to the Point of Contact (POC) that is mentioned in the Final Entry (FE) not later than 1 June 2026. The workouts will also be published in [Competition Corner](#), where athletes must register after they are selected and officially invited.

Medals for the final top three after 6 disciplines will be awarded in the following categories:

- Male elite athletes (no age limitation)
- Female elite athletes (no age limitation)
- Male 35+ (year of birth 1991 or earlier)
- Female 35+ (year of birth 1991 or earlier)
- Team, 2 male and 2 female athlete (no age limitation)

Regulations for final ranking:

- Every discipline competition provides a ranking list. The athlete or team will be awarded with points that are equal to their ranking in that discipline.
- If an athlete or team does not compete in a discipline the awarded points are equal to the total number of participants +1 of that discipline.
- The final ranking is determined by adding up the awarded points of the 6 disciplines.
- The winner is the athlete or team with the fewest points.
- If athletes or teams end with the same number of points in the final ranking, the awarded points of the last competition discipline will be decisive.

Two weeks prior to the championship additional information will be send to all the POCs via a groups app.



Anti-doping:

- Anti-Doping tests will be conducted in accordance with the CISM Regulations
 - Chapter IX, CISM Anti-Doping Rules, the concerned CISM Sports Regulations, the concerned International Federation Rules, and all WADA rules, mainly the World Anti-Doping Code, and the International Standard for Testing.
- The number and type of tests, as well the athletes to be tested shall be determined by the CISM Anti-Doping Commission. These procedures will follow the concerned CISM Test Distribution Plan (TDP).
- In case an athlete has a Therapeutic Use Exemption (TUE), the Chief of Delegation should send this TUE to the CISM GS until 30 days before the Opening Ceremony. This TUE will be submitted to the TUE Commission to analysis and further approval.
- Below are the Organizations Accredited by WADA to carry out the tests during the Championship:
 - Sample Collection Authority (SCA): DAN - Doping Authority Netherlands
 - Accredited Laboratory: LAB-Ghent-BEL-DoCoLab - DoCoLab Universiteit Gent-UGent

9. Uniforms and dress code

For the official opening & closing cereminie and award diner service uniform (summer dress) is required. For all dining moments participants are expected to wear their country tracksuits.

It is mandatory for athletes to wear a T-shirt or short-sleeved shirt while executing the workouts during the competition.

Request to the Chief of delegation to check if their respective national anthem, available on the CISM Extranet (<http://members.milsport.one/official-documents/protocol-events-guidelines>) , is up to date and can be used in sports competitions.



10. Customs and visa procedures

For information regarding passport and visas for entry into The Netherlands, please contact The Netherlands embassy in your country or the respective embassy serving your country in The Netherlands.

Make sure, that you apply for your visa in time!

11. Weather conditions and additional information

The weather for July in The Netherlands is unpredictable and could vary from sunny weather till days filled with rain showers. Average daily temperature: 22° C.

The currency used in The Netherlands is the EURO.

12. Registration forms deadlines

- Preliminary Agreement (Annex 1) **Not later than 15 March 2026**
- Final Entry (Annex 2a +2b) **Not later than 22 April 2026**

A valid and operated mobile phone number and email address are required on the final entry form. This phone number will be used for an information groups app.



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13. Media

Facebook: Bureau Internationale Militaire Sport

<https://www.facebook.com/Militaire.Sport.BIMS>

Instagram: @bims_nl

https://www.instagram.com/bims_nl/

Flickr: Bureau Internationale Militaire Sport

<https://www.flickr.com/photos/196994214@N07/albums>

14. Correspondence

All official correspondence concerning the competition should be sent to:

The Netherlands Delegation to CISM

Email: cismnl@mindef.nl



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15. Map

