



Conseil International du Sport Militaire  
International Military Sports Council  
- Delegation Allemande -  
- German Delegation -



# INVITATION



***1<sup>st</sup> Military Functional Fitness Challenge 2023***  
***2<sup>nd</sup> – 9<sup>th</sup> July 2023 in***  
***Warendorf/Germany***

*“Friendship through Sport“*



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International Military Sports Council  
1<sup>st</sup> Military Functional Fitness Challenge 2023  
2<sup>nd</sup> – 9<sup>th</sup> July 2023



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19th January 2023

**To:** See Distribution List.

**Subject:** 1<sup>st</sup> Military Functional Fitness Challenge 2023 – Invitation

The International Military Sports Council (CISM) has entrusted the organization of the 1<sup>st</sup> Military Functional Fitness Challenge 2023 to the German Federal Armed Forces.

Thus I have the honor of inviting a mission representing the Armed Forces of your country to participate in the Challenge held in Warendorf/Germany from 2<sup>nd</sup> – 9<sup>th</sup> July 2023.

LtCol Christian Lützkendorf  
Chief of the German Delegation to CISM

**ENCLOSED:**

- Information about the event
- Annex 1 - Brief description of the workouts (detailed will follow)
- Annex 2 - Preliminary Agreement
- Annex 3a - Final Entry; DEFINITIVE TRAVEL INFORMATION
- Annex 3b - Final Entry; COMPOSITION OF THE MISSION
- Annex 3c - Final Entry; COMMITMENT BY THE CHIEF OF MISSION



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## INFORMATION ABOUT THE EVENT

### Distribution List

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

***All CISM member nations are warmly invited and strongly encouraged to participate in this Challenge. A complete list of current CISM member nations is available on the CISM website.***

### 2. GENERAL INFORMATION

Only CISM active member nations have the right to participate in the 1<sup>st</sup> Military Functional Fitness Challenge 2023.

Australia, as CISM non-member nation has the intention to participate in the event and is also in talks about becoming a CISM member. The German delegation would like to give Australia the opportunity to participate in the 1<sup>st</sup> Military Functional Fitness Challenge 2023.

An inactive nation, intending to take part in the event must pay its annual fee before the deadline established by the Organizing Committee of the Challenge for sending the final entry. If it is not done, the delegation will not be able to take part in the event.

#### 2.1. COMPETITION CLASSES

The competitions are held separately for men, women and teams. Men and women who start as individuals, compete in the two age groups 18 to 34 years and 35+. The year of birth counts for the classification and not the absolute age. This means that anyone born in 1987 or before can compete in the 35+ age group.

Teams are each a group of 4 athletes, of which at least one person must be female. All-female teams are allowed; all-male teams are not allowed. In the teams, the age of



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the athletes is not relevant. It is not possible to participate in the individual and in the team category as an athlete in parallel.

Para-athletes can compete as individuals in the so-called adaptive classes. To keep the total number of competitions manageable, the adaptive classes will compete against each other across different restrictions. An attempt is made to make the adjustments to the workouts fair. In the adaptive classes, the focus will be on enjoying sport and competition together, even if not every limitation can be fully compensated for. In the adaptive classes, the age of the athletes is not relevant.

## 2.2. COMPETITIONS

Each athlete competes in the following six disciplines:

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

A separate ranking list is maintained for each discipline. Each athlete gets his or her rank credited as competition points. If an athlete does not take part in a discipline or does not complete it, he will receive the number of participants plus 1 as his rank. At the end of the six disciplines, the points for all the individual disciplines will be added up. The fewer points an athlete has, the higher he is in the ranking. The athlete with the fewest points at the end wins.

A brief overview of the individual competitions is given in Annex 1. Detailed descriptions of all workouts and movement requirements will follow at a later date.

## 2.3. OPPORTUNITY TO PARTICIPATE

Generally, it is assumed that there will be more enrollments than the enrollment capacity. For this reason, it is hereby pointed out that applications will be considered according to the time of submission.

The first three registrations from each continent will be given priority. All other registrations are sorted according to the date of receipt. Confirmations are then made based on the availability of accommodation.

### OVERALL PROGRAM

DATE	ACTIVITIES
02.07.	Arrival
03.07.	Meetings Training & Opening Ceremony
04.07.	Competition: Endurance

### COMPOSITION OF THE MISSION

FUNCTION	NO.
Chief of Mission	1
Team Captain	1
Coach	1



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<b>05.07.</b>	Competition: Strength Competition: Power	Physican	1
<b>06.07.</b>	Competition: Skill Competition: Bodyweight	Referee	1
<b>07.07.</b>	Cultural Day	Male Athlete, Individuals 18-34	3
<b>08.07.</b>	Competition: Mixed Model Awards & Closing Ceremony	Male Athlete, Individuals 35+	3
<b>09.07.</b>	Departure	Female Athlete, Individuals 18-34	2
		Female Athlete, Individuals 35+	2
		Team-Athletes	4
		Para-Athletes	2
		<b>Total</b>	<b>21</b>

The detailed schedule will be delivered to all participants upon arrival.

If the contingent of active athletes is not used up, the number of active athletes must be higher than the number of other accompanying persons (the referee is not included in this count). The Competition is limited to military personal on active duty (see CISM Regulations, Art. 7.23). In the category of para-athletes, veterans (former active soldiers) are also admitted.

### 2.3. OBSERVERS (non CISM member nations)

On request and after approval by German Delegation to CISM.

### 3. TRANSPORTATION TO/FROM THE COMPETITION VENUE

The cost of travel to and from Germany will be the responsibility of the participating country. The organizer will ensure the transportation from the mentioned places of arrival/departure in Germany to the designated competition and will also provide transport during the conduct of the event.

- **Competition Venue:**

German Armed Forces Sports School, Dr. Rau Allee 32, 48231 Warendorf - Germany

- **ACCES TO WARENDORF:**



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ROAD	RAIL	INTERNATIONAL AIRPORT	MILITARY AIRPORT
Via Motorway A2 exit Beckum → Warendorf (B475)	Rail Station Warendorf Rail Station Münster	Münster/Osnabrück (FMO) ~ 40km Düsseldorf (DUS) ~ 150km Hannover (HAJ) ~ 160km	Wunstorf ~ 150km Köln-Wahn ~ 170km

On request missions will be collected from these points by military bus.

#### 4. DEADLINES FOR ENTRY FORMS

Preliminary Agreement:	<b>1<sup>st</sup> May 2023</b>
Final Entry:	<b>26<sup>st</sup> May 2023</b>

#### 5. CONDITIONS OF STAY

During their stay the missions are guests of the German Federal Armed Forces. Suitable board, lodging and local transportation during the competition will be provided by the organizer.

The consumer must pay extra expenses such as fees for telephone calls, laundry services, additional drinks etc. Any costs associated with the stay of missions before 2<sup>nd</sup> July 2023 or after 9<sup>th</sup> July 2023 must be paid by the respective missions.

Additional personnel will not be accepted without an official written permission of the organizer.

The cost of travel to the point of arrival and from the point of departure in Germany is solely the responsibility of the participating nation. Transportation from the points of arrival in Germany (Warendorf-Region) and return will be provided by the organizer.

Medical emergencies (first aid) will be the responsibility of the German Federal Armed Forces. The German Federal Armed Forces will provide medical support for all scheduled competitions. The German Federal Armed Forces will not be responsible for any advanced medical expenses, including hospital stays, surgical procedures, and/or other medical care beyond first aid.

All participants must travel with their own inherent medical coverage. Special medical treatment is under the responsibility of the participating nations.



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## 6. CUSTOMS AND VISA PROCEDURES

Information concerning passports, visas and vaccinations can be obtained from the German Embassy in your country (Invitation is present at German Embassy).

## 7. REGULATIONS

The competition will be organized in accordance with the most recent regulations of the International Functional Fitness Federation (iF3) Competition Rulebook 2022, the iF3 Movement Standards 2022, and CISM Regulations. Possible exceptions, modifications, or additions to the regulations will be forwarded early to all participating nations.

## 8. UNIFORMS & PROTOCOL

- Formal Military uniforms with jacket and tie (Class A) are mandatory for official ceremonies, especially for opening and closing ceremony of the Championships. In addition, it is recommended to bring short service shirts.
- Request the participants' flag and that the Chief of delegation to check if their respective national anthem, available on the CISM Extranet (<http://members.milспорт.one/officialdocuments/protocol-events-guidelines>), is up to date and can be used in sports competitions.

## 9. 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 Plain (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.

### CISM Anti-Doping Symbol







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## 10. WEATHER INFORMATION

The weather for end of June and beginning of July can range from a daily high of 23° to 27° Celsius to a daily low of 17° to 22° Celsius.

## 11. COVID-19 PANDEMIC

Due to the ongoing COVID-19 pandemic and the high number of support personnel and international participants from many countries the event will be limited to persons who are either vaccinated against or have fully recovered from the coronavirus.

## 12. CONTACTS

For official correspondence concerning the 1<sup>st</sup> CISM World Military Functional Fitness Challenge, please contact:

<b>Organizing Committee</b> <b>World Military Functional Fitness Challenge</b> German Armed Forces Sports School CISM-Office	
<b>Address:</b>	Dr. Rau-Allee 32 48231 Warendorf / Germany
<b>Tel:</b>	+49 2581 9411 4100 or 4101
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