

MWR FITNESS BATTLE OF THE COMMANDS

Everett, WA

2026

*"Talent wins games, but teamwork and
intelligence wins championships"*

- Michael Jordan

Command Challenge 2026
Rule Book & Event Guide

Rule Book and Event Guide

To: Team Captains

From: MWR Fitness Team

MWR is excited to bring back the annual Command Challenge Competition at Naval Station Everett in our gym and at the track and fields for an all-around eventful tournament. This event will take place July 1ST and will be Pacific Northwest themed. In order to make this even most successful we encourage you to recruit people throughout your command to participate in this year's exciting and competitive events. The challenge is for active-duty only and all commands regardless in size are encouraged to participate with the ability to enter more than one team to play. Team members may participate in more than one event, but all members of your team must participate in at least one event, so check the schedule of events and plan accordingly. Teams will be submitting a roster of which members will be on the team no later than June 19th. If a judge calls a registrant's name to compete and they are not present, the team will forfeit that event. We encourage you to have your teams arrive early and do a proper (NOFFS) warm-up prior to participation. As the Cat in The Hat said, "Let's get this party started!"

Thank you for your support.

Good Luck!

Pam, Jaz and Oxana

*****Command Entries due June 19th*****

Suggestions for Guidelines and Team Captains

1. Commands must submit a roster of up to 10 personnel. Larger commands may field more than one team and will play in accordance with Captain Cup rules for intramural sports. Teams must have at least 2 females as each event will require at least 1 to participate. If you are having trouble meeting this requirement, contact the MWR Judges ASAP to configure a solution.
2. Commands must compete in all events to be eligible for Captain's Cup points and the prizes.
3. In addition to your Captain, you must appoint a Co-Captain to assist in organizing and assisting your team. Please ensure that we have accurate phone numbers and emails for the Captain and Co-Captain on the team roster form (provided in this packet).
4. Be organized! Know exactly which team members will be participating in each event. Make sure your team members are ready and on time for their event.
5. Ensure your team gives the utmost respect to all officials and volunteers. This also applies to non-participating command members there to cheer on their team. Unruly participants will be removed from an event and all points received will be forfeited.
6. In the possibility of extreme inclement weather, the event may be canceled, and judges will notify the commands 24 hours prior.

Water bottles must be closed and no glass of any kind will be allowed on the fields or in the gym. Please help us keep the area clean and safe.

We are excited to see you there!

Battle of Commands

July 1st, 2026

Schedule of Events

0900-0930 – Team Captain’s Check-in at Jackson Plaza

1000 – Opening Ceremonies

1005 – Banners & Costumes Judging

1015 – Let the Games Begin!

Events

Location

Attire

TBD

1330 – Lunch to be provided by Gary Sinise Foundation

1430 – Medals Presentation

Command Challenge Fact Sheet 2026

EVENTS AND NUMBER OF ENTRANTS REQUIRED FOR EACH EVENT

Final number denotes total person needed for event.

TBD

If you are unable to fill these quotas for each event, please contact the judges (Fitness Specialists) as soon as possible for solutions. 425-304-3922

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AWARDS

Medals will be presented to the top command/team members that accumulates the most points after all events have been completed, including banner competition points and dress-up points.

BANNER COMPETITION

Banners must be AT LEAST 6 feet wide by 3 feet tall. Please bring your banners with you to the opening ceremony. Your command team will stand behind your banner at Jackson Plaza at 1000. Please have a representative for you team ready to take your banner to be hung following the opening ceremonies. All banners must be in good taste with Navy Standards. Keep in mind when you design your banner that paper can be hard to hand, so we encourage you to use a sheet or some other type of material. Total points for a banner made will be 10 pts.

A blank banner, or no banner, will receive 0 points.

DRESS-UP PRESENTATION

All teams must participate by dressing up in spirit of the Pacific Northwest. Outfits must be in good-taste and appropriate attire representing the military ethics in line with gym attire rules. i.e. no crop tops/bras only, no banana hammocks (keep those cheeks protected!), and everyone must have socks and shoes with a closed toe for safety. All participants on the team must dress up to receive a max of 10 points for this event.

Command Challenge Rules

Eligibility: Command Challenge is open to all ACTIVE DUTY military members and in cases of inability to provide a gender fulfilment, spouses may be considered.

- A. If your command has a team, you must compete for your command. If not command team is formed, you may compete for another command team. *** Also, see (D & F).
- B. Individuals may compete for only one team.
- C. Commands may enter more than one team. However, additional teams must enter participants in every event. Only the top three teams from each event will receive points towards the final standings (all others receive participation points).
- D. If teams are caught using ineligible players, any points accumulated that the forbidden player participated in will be forfeited. Ineligible players are those who were not on the original list or roster for the team.
- E. If a command team has too many players and wants to release extra command members to compete with another command team, the team captain from both commands must notify one of the judges (Fitness Staff) listed on page 5, as soon as possible but no later than Monday June 24th, to discuss the possibilities. Please do not assume that your command members can just move to another command team, this needs prior approval.
- F. Small commands may join forces to form a team but both team captains must discuss with the judges which command will be officially represented (Fitness Staff) ASAP, again, no later than June 19th.

Points Awarded

Captain's Cup Points will be awarded as follows per event:

- 1st Place** = 25 Points
- 2nd Place** = 15 Points
- 3rd Place** = 10 Points
- Participation** = 3 Points

Total points accumulated will equal total points to determine the winners including the banner and dress-up points.

Rules & Events are subject to change in unforeseen circumstances.