

# **MWR FITNESS SUMMER BATTLE OF COMMANDS**

Everett, WA

2025

"The strength of the team is each individual member. The strength of each member is the team." - Phil Jackson

Command Challenge 2025  
Rule Book & Event Guide

## Rule Book and Event Guide

**To:** Team Captains

**From:** MWR Fitness Team

Welcome back to the Battle of Commands! This event will take place July 3<sup>rd</sup> just before the long Holiday weekend, so you can go out in a blaze of Glory! 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 (reserve component) 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 23<sup>rd</sup>. 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.

Thank you for your support.

Good Luck!

Jaz, Pam, Oxana & Tara

\*\*\*\*\*Command Entries due June 23<sup>rd</sup>\*\*\*\*\*

## 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. Event names and necessary participants per event will be put out by June 18<sup>th</sup>. 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.

There will be food served this year! So prepare for a full-on event with supported fueling.

Please email us to sign your command up ASAP so we can plan accordingly:

[Jazmon.j.williams.naf@us.navy.mil](mailto:Jazmon.j.williams.naf@us.navy.mil)

[Pamela.g.gawad-tate.naf@us.navy.mil](mailto:Pamela.g.gawad-tate.naf@us.navy.mil)

[Oxana.balakina.naf@us.navy.mil](mailto:Oxana.balakina.naf@us.navy.mil)

We are excited to see you Battle!