

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS STRONG CHALLENGE

04 MAY 18

1. **PURPOSE.** To set forth the organization and conduct of the Better Opportunities for Single Soldiers (BOSS) Strong Challenge. The challenge will provide opportunities for participation in a variety of Family, Morale, Welfare and Recreation (FMWR) activities. This challenge promotes physical fitness, Soldier morale and esprit de corps and is designed to develop group cooperation and effectiveness through competition and team self-confidence and leadership qualities.

2. **REFERENCE.** AR 215-1, Military Morale, Welfare and Recreation Programs and Nonappropriated Fund Instrumentalities, dated 24 September 10.

3. **APPLICABILITY.** Applies to single Service Members who participate in the BOSS program.

4. **GENERAL.**

a. The Installation Management Command (IMCOM) G9 BOSS Strong Challenge will be comprised of Single Soldier team activities. The challenge will be split into two phases, with the garrison competition beginning August 6, 2018 and concluding September 30, 2018, and the championship, hosted by Fort Bragg, NC, beginning October 29, 2018, and concluding November 11, 2018.

b. The BOSS Strong Challenge will be under the purview of IMCOM G9 BOSS office.

5. **ELIGIBILITY.** Single (or geographical bachelor) active duty military personnel, assigned or attached to units under their respective Army installation are eligible to compete. Garrisons will submit entries to their respective IMCOM Directorate, FMWR, Recreation Program Manager. Once approved, entries will be returned to the Garrison BOSS President.

6. **RESPONSIBILITY.**

a. IMCOM G9 BOSS:

(1) Provide a person to serve as overall program coordinator.

(2) Development of the rules.

(3) Develop the Community Passport and distribute to local installations.

(4) Distribute fund allocation to each IMCOM Directorate based on number of team entries. Fund execution will be monitored by IMCOM, G9, Soldier and Community Recreation.

(5) Supervision of program and collection of program registration.

(6) Advertise registration dates and times.

b. IMCOM Directorates

(1) Validate and consolidate team rosters submitted by Garrisons and submit to IMCOM G9

(2) Distribute program funds from IMCOM G9 to Garrisons based on participating team expenses

(3) Validate team activities and participation, along with expenses, and submit updates to IMCOM G9

(4) Review competitor video submissions as per Appendix A and identify weekly winners for submissions.

(5) Determine championship team following completion of Garrison competitions

(6) Validate expenses for championship competition based on voucher summaries and submit to IMCOM G9 for Garrison reimbursement

(7) Provide representative to assist with Phase 2 (Championship) execution at Fort Bragg over required dates.

c. Garrison Program Coordinator – this responsibility lies with the Director, Family Morale Welfare and Recreation (DFMWR) and may be delegated as deemed appropriate.

(1) Responsible for coordinating with teams for registration, disseminating passports, notification and communication with installation leaders regarding challenge update.

(2) Coordinate with FMWR program activity managers to communicate challenge intent and to assist in scheduling mandatory activities in the passport.

(3) Ensure accurate documenting and tracking of BOSS Strong program funds in the appropriate accounts section within program QD (BOSS), department GF. Funds are transferred from IMCOM G-9 to IDs/Garrisons as GLAC 276 unearned income. Incurred program expenses will be recorded with appropriate expense GLACs within program QD, under department GF (APF Support – Expanded Operations). The

offsetting income entries on Garrison books under QD GF is GLAC 564 (UFM Income – Special – Non-payroll). These funds are intended to support the BOSS Strong program.

(4) Validate all participants' passports. DFMWR may delegate as appropriate.

(5) If championship team is selected from local Garrison, facilitate NAF travel orders (DD1610) and travel vouchers (DD1351-2) as per guidance from IMCOM G9.

7. Entering Teams

a. Teams will enter the program by submitting a Memorandum of Intent (Appendix B), which must contain the following information: name of team, name and duty phone number of a reliable POC or captain and alternate. The BOSS President must sign memorandum indicating acceptance of the team. Installations will obtain a Soldier Participation Release Memo (Appendix D) from their units to assist in release for AWC activities and possible championship selection.

b. Number of teams authorized per installation is based on single Soldier Population, as reported in the Army Community Recreation Reports Online (ACRRO); Small <5,000 – 3 Teams, Medium 5001-20,000 – 6 Teams, and Large >20,000 – 9 Teams. These authorizations are granted as an aggregate to each IMCOM Directorate; the IMCOM Directorate may reallocate unused team authorizations between installations within their purview.

c. Participants must finish the challenge with the team he/she signed up for. Participants may be replaced only under condition of PCS/TDY. Memorandum for record, signed by unit commander, must be presented to program coordinator.

d. Each team must create a Google account. These accounts must be appropriately named (ex. BOSSStrongTeamHooah). All video and photo submissions will be conducted through Google Drive.

e. Teams are individually responsible for scheduling complete fitness assessments, to include body composition measurements utilizing the BODPOD, with their local Army Wellness Center or other applicable health center. Initial measurements are to be scheduled between 23 July – 3 August 2018, prior to the start of the competition. Final measurements will be completed prior to 30 September 2018. All BODPOD metrics shall be provided to the installation program coordinator for validation and points.

8. Scoring

a. Teams may earn a maximum of 1400 points during the BOSS Strong competition. Points are earned in three categories: weekly submissions, passport activity completion, and body composition improvement.

b. Points will be awarded for fitness challenges and MWR activities within the

BOSS Strong passport, per Appendix A. Individuals may earn a maximum of 80 points from the BOSS Strong passport, maximum 480 points per team. Teams are authorized up to \$3500 for MWR activities, certifications, etc. Any expense above this limit is the responsibility of the competitor.

c. Teams may earn 40 points per week by submitting weekly videos and photos of their team conducting the BOSS Strong competition (Appendix A), maximum 320 points per team. Submissions will be produced to chronicle the team competition and be of a quality to act as a “B Roll” for a professional video production. Videos will, at a minimum, meet the following criteria:

(1) Video will show team members conducting at least one competition activity for the week. Points are earned based on the variety of events and quality of the video, and are outlined in Appendix A. All team members need not be present at a single event, but effort should be made to include all team members in each video.

(2) Video will be at least one (1) minute, but no more than three (3) minutes long.

(3) Video must be in good taste. Inappropriate clothing, language, or behavior is grounds to withhold points; repeated offenses are grounds for disqualification.

(4) Teams will attempt to provide the highest quality recording possible. Videos which do not appear to have any effort in cuts, steadiness, or other technical aspects are grounds to not earn points.

(5) Narration, addressing the camera, or other talk is encouraged as long as it appears in good taste.

(6) Videos will be uploaded to the team's Google Drive, separated into weekly folders and shared publicly. If necessary, links to these files will be provided to the installation BOSS program, IMCOM Directorate, and IMCOM G9 programs. Videos will include the team's Garrison, team name or number, the week, and the hashtag “#BOSSStrong” in the title or description.

d. Teams will receive points based on physical fitness gains, as outlined in Appendix A.

9. Awards

a. 1st place finishers, in each IMCOM Directorate, will receive team and individual awards and advance to the next level of competition.

b. Championship winners will receive additional prizes for all individuals on the team, as well as an award and cash prize for their garrison BOSS program.

10. Requests for exception to rules, policies, or guidance outlined within this MOI must be submitted through the IMCOM Directorate BOSS office to the IMCOM G9 BOSS Office.

11. Points of contact for this memorandum are John Lavender, IMCOM G9, CR Army BOSS Program Manager, at (210) 466-1327 or john.e.lavender.naf@mail.mil, and SSG James Turner, Department of the Army BOSS Representative, at (210) 466-1345 or at james.e.turner456.mil@mail.mil.

Encl

////ORIGINAL SIGNED////

Daniel B. Dennison

SGM, USA

IMCOM G9

Family and Morale, Welfare and Recreation

Distribution:

IMCOM HQ CSM

IMCOM G9

IMCOM Directorates (All)

Commanders, USAGs (All)

APPENDIX A

BOSS STRONG CHALLENGE POINTS

1. PURPOSE. The IMCOM G9 BOSS Strong Challenge passport program is established to stimulate fitness and recreation competition and increase participation in FMWR programs by providing a means of recognizing the team that accumulates the highest number of points from consistent involvement in fitness activities and FMWR programs and additional challenges.

2. RULES.

a. Period of garrison competition is 06 August 2018 through 30 September 2018. The Championship is scheduled to begin 29 October 2018 and conclude on 11 November 2018 at Fort Bragg, North Carolina.

b. Only teams/participants officially registered may compete for passport points.

c. Teams may earn a total of 1400 points. Points accumulate as follows:

1) Participation

a) Team will receive points for each participant completing activities within the Community Passport, up to 80 points possible per person. 480 points per team max. Point values per activity vary, and are defined on each page along with description and requirements.

b) Team will receive up to 40 points for each weekly video and photo set submitted. Videos and photos will be used to showcase team activities in the BOSS Strong video series as well as potential commercial use. 320 points per team max. A complete list of submission guidelines and requirements can be found in Appendix C, Submission Outline.

c) All team members will conduct body mass assessments at the AWC. At the conclusion of the competition, the three team members with the greatest change in body mass may earn 2 points for each 0.1% lean body mass developed during the competition, as verified by BODPOD measurements, up to a maximum of 200 points (or 10% lean body mass developed). Maximum 600 points per team. This supports the intent to pair physically fit Soldiers with those who may maximize physical improvement throughout this competition.

2) BOSS Strong Championship. IMCOM Directorate BOSS teams will develop a criteria to establish the championship team to represent them from amongst the champion teams from each installation. Points for championship are determined on a graduated scale from first to last place in regularly occurring challenges. This makes it possible for a team to place low in one or more challenge events and remain in

contention by winning or placing high in others. Teams will compete in multiple competitions at Fort Bragg, NC, 29 October – 11 November 2018.

3) Awards. The team earning the most points will be declared the BOSS Strong Champions and receive a traveling trophy. The traveling trophy will remain with the garrison for the year following the award period and will be returned for re-presentation. Additional prizes for the winning garrison and the participants will be announced prior to the commencement of the competition.

APPENDIX B

MEMORANDUM OF INTENT

(Office Symbol)

(Date)

MEMORANDUM FOR BOSS Strong Program Coordinator

SUBJECT: Memorandum of Intent

1. (Garrison name) intend to enter a team in the BOSS Strong Challenge.
2. The team name is (name of team).
3. POC is (name and rank of POC) at (phone). The Alternate POC is (name and rank) at (phone).
4. The Full list of team members is:

Rank	Last Name	First Name	Unit	Email	Phone #

Rank	Last Name, First Name MI	Gender		Shirt Size	Swimsuit Size (#)*	Shorts Size	Pants Size	IBA Size	ACH Size	Unit Patch
		M	F							

*Note: clothing sizes should be provided for appropriate gender. Females will be issues clothing in Ladies' cuts. Refer to Appendix E for swimsuit sizing guidelines.

5. I verify that all players on this team meet the eligibility requirements for BOSS and as outlined in the competition rules.

(Program Coordinator Signature)

Garrison

BOSS President Name Print

BOSS President Signature

APPENDIX C - Submission Outline

Video: Teams may make a weekly video to be submitted for additional points.

1. Each video should be 1-3 minutes in length. Videos will be recorded in 720p at a minimum, 1080p preferred. If using a smart phone, videos will be recorded in landscape mode.
2. Videos will be uploaded to the team's Google Drive account, with access shared to the installation BOSS program, IMCOM Directorate, and IMCOM G9, no later than 48 hours after the end of the previous week.
 - a. The end of the competition week is considered 2359hrs Pacific Standard Time on Sunday, so videos are due NLT 2359hrs PST on Tuesday, 14 August, 21 August, 28 August, 4 September, 11 September, 18 September, 25 September, and 2 October.
 - i. Videos submitted for weeks 1-7 after this deadline will receive a four (4) point penalty per day it is late.
 - ii. Videos submitted late for week 8 will not be considered for points, but may still be used for production purposes.
3. Videos can be worth a total of 30 points per week, with an additional five (5) points awarded to the best video per IMCOM Directorate each week.
 - a. Fitness:
 - i. Each video may show segments of three (3) distinct workouts per week: one core, one strength, and one cardio.
 - ii. Workouts must be conspicuously different to indicate separate fitness sessions, not one session covering multiple aspects.
 - iii. Each workout represented is worth five (5) points, for a total of 15.
 - b. Community Service:
 - i. Each video may show teams participating in a community service event or activity.
 - ii. Teams may conduct this with a larger group or separate, but multiple team members must be identifiable.
 - iii. Community service activities must be conspicuously different in every video
 1. Teams may not use separate footage from the same event over multiple videos.
 2. The same activity, e.g., working at a soup kitchen on different days, may be used, but it must be obvious that it is a different day and a separate event.
 - iv. Community service represented is worth five (5) points
 - c. Passport Activities:
 - i. Each video may show up to two (2) distinct passport activities, separate from workouts and community service.
 - ii. Activities must be unique from previous videos. Teams may not use separate footage from the same event over multiple videos.

- iii. Each activity represented is worth three (3) points, for a total of six (6)
- d. BOSS Apparel:
 - i. Teams may earn an additional two (2) points per week if they are wearing BOSS apparel in **all** scenes when not in military uniform (to include military fitness uniforms).
 - ii. Clothing is at the discretion of the team, but at a minimum should have either the BOSS script or BOSS splash conspicuously visible in order to receive points.
- e. Best Video:
 - i. IMCOM Directorates will identify the best video each week and award an additional five (5) points.
 - ii. IMCOM Directorates will publish their own standards for adjudicating the winning weekly video, but the standards will include:
 - 1. Number and quality of different activities represented.
 - 2. Professional format, editing, and presentation
 - 3. Quality of representation of the BOSS program and BOSS Strong
 - 4. Applicability for use in future BOSS Strong television production

Photos: Teams may submit still photos along with videos for additional points

1. Photos must be clear and effectively portray teams actively conducting fitness, community service, or a passport activity.
2. Photos should be taken with at least a 7 megapixel camera. For smart phones, this usually means only using the back camera and not the front, or “selfie,” camera.
3. Teams may submit three (3) photos for an additional three (3) points per week.
4. Teams wearing BOSS apparel in all photos will receive an additional two (2) points. Clothing is at the discretion of the team, but at a minimum should have either the BOSS script or BOSS splash conspicuously visible in order to receive points.
5. Teams are encouraged to submit additional quality photos for increased exposure.

Point Sections	Max Points	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Video	30								
-Core Fitness	5								
-Strength Fitness	5								
-Cardio Fitness	5								
-Community Service	5								
-Passport Activity 1	4								
-Passport Activity 2	4								
-BOSS Apparel	2								
Subtotal	30	0	0	0	0	0	0	0	0
Best BOSS Video	5								
Video Total	35	0	0	0	0	0	0	0	0
Photos	5								
-3 quality photos	3								
-Boss apparel	2								
Photo Total	5	0	0	0	0	0	0	0	0
Weekly Total	40	0	0	0	0	0	0	0	0

APPENDIX D – Soldier Participation Release Memo

OFFICE CODE

(Date)

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Concurrence for Soldier Participation in 2017 Better Opportunities for Single Soldiers (BOSS) Memorial Day Event

1. This memo is to acknowledge the following Soldier(s) are personally interested in participating in the 2018 BOSS Strong Competition, 06 August – 30 September 2018, with finals at Fort Bragg, NC, 29 October – 11 November 2018:

Rank	Last, First, M.I.	Unit	Installation	Signature
SPC	Falcon, Joe B.	C 1-23 IN	Ft. Hooah	Joe B. Falcon

2. If selected to compete in the finals, I hereby authorize the above Soldier(s) to participate in the 2018 BOSS Strong Championship at Fort Bragg, NC, 29 October – 11 November 2018. I understand that all selected Soldiers will complete their travel orders and vouchers through the garrison MWR office, and all travel expenses will be paid at no cost to the unit.

3. I recognize this is a great honor to represent my unit and the Army at this prestigious competition. To the best of my ability, I will facilitate selected Soldiers' participation in (limited) activities directly relating to this event during duty hours, such as document submission or participation in nutrition or fitness classes, as well as requirements such as travel if the Soldier requires assistance.

4. The POC for this memorandum is the undersigned at COMM ###-###-#### or DSN ###-###-####.

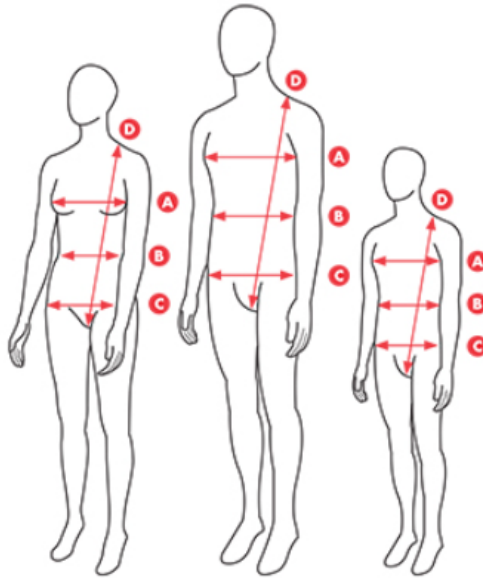
JOHN W. MURPHY
1SG, USA
C Co. 1-23 IN First Sergeant
Distribution:
Garrison BOSS Program
IMCOM-Directorate
IMCOM G9

APPENDIX E

Swimsuit Sizing Guide

The following image should be used to assist with determining the swimsuit size to list in Appendix B when identifying competitor clothing sizes. The use of this information does not imply the guaranteed use of specified equipment, but will be used if needed.

WOMEN'S SWIM SIZING GUIDELINES



HOW TO MEASURE:

A CHEST: Measure around the fullest part of your bust.

B WAIST: Measure around the narrowest part of your waist.

C HIPS: Measure around the widest part of your hips.

D TORSO: Measure diagonally from your shoulders, between your legs and up your back to return to the starting point.

***NOTE:** For all measurements, make a full loop around with the tape. For chest, waist, and hips, keep the tape parallel to the floor.

SIZES	26	28	30	32	34	36	38	40	42
	-	XXS	XS	S	M	L	XL	-	-
	-	-	0/2	4/6	8	10/12	14/16	-	-
CHEST	27.5 - 28	28.5 - 29.5	30 - 31.5	32 - 33.5	34 - 35.5	36 - 37.5	38 - 39.5	40 - 41.5	42 - 43.5
WAIST	22 - 22.5	23 - 23.5	24 - 25	25.5 - 27	27.5 - 29	29.5 - 31	31.5 - 32.5	33 - 34	34.5 - 35.5
HIP	29.5 - 30.5	31 - 32.5	33 - 34.5	35 - 36.5	37 - 38.5	39 - 40.5	41 - 42	42.5 - 43.5	44 - 45
TORSO	54.5 - 55.5	56 - 57	57.5 - 58.5	59 - 60	60.5 - 61.5	62 - 63	63.5 - 64.5	65 - 66.5	67 - 68.5

*All measurements are in inches

MENS								
SIZE	26	28	30	32	34	36	38	40
	XXS	XS	S	M	L	XL	XXL	XXXL
WAIST	26 - 27.5	28 - 29.5	30 - 31.5	32 - 34	34.5 - 36	36.5 - 38.5	39 - 41	41.5 - 44
HIP	32 - 33	33.5 - 34.5	35 - 36.5	37 - 38.5	39 - 40.5	41 - 43	43.5 - 45.5	46 - 48

*All measurements are in inches