



## 2014 AAU JUNIOR OLYMPIC GAMES FEATS OF STRENGTH

**COMPETITION:** Feats of Strength competition combines a unique series of events to test an athlete's overall strength, agility and endurance. The sport draws from a variety of non-conventional and conventional strength movements. At the 2014 AAU Junior Olympic Games, Feats of Strength events are Deadlift for repetition, Farmers Walk, Tire Flip, the Stationary Medicine Ball Throw, and a new event called the Bobsled Push. Athletes from all AAU Junior Olympic Games sports are invited to participate in one or more of this year's events; points will be awarded to the winners of each of the five events, and medals will be awarded to the top three finishers in each event in each age group. The athlete with the highest overall point total in each age group will be recognized as the Grand Champion of the 2014 AAU Junior Olympic Games - Feats of Strength.

**LOCATION:** Athlete Check-In: Iowa Events Center, 730 3rd Street, Des Moines, IA 50309  
Competition: Drake University Stadium, 2507 University Ave, Des Moines, IA 50311

**DATES:**

**Sunday, July 27, 2014**  
8:00 am – 12:00 pm  
or 3:00 pm – 6:00 pm Athlete Check-In Iowa Events Center

**Monday, July 28, 2014**  
7:30 am – 9:00 am Weigh-in Drake University Stadium  
9:30 am – Competition MANDATORY RULES BRIEF Drake University Stadium

*Please note: Athletes must check-in the day prior to their competition. Check-In is at a different location from the competition site. Competition times are tentative and subject to change.*

**AAU MEMBERSHIP:** All athletes and coaches must be current members of the AAU. AAU membership is \$14.00 per youth athlete, \$24.00 per adult athlete (age 20 & up) and \$16.00 per non-athlete (coach). The cost of membership is in addition to the entry fee. To become a member, register on-line at [www.aausports.org](http://www.aausports.org).

BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. New this year, background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant. For more information, visit <http://bit.ly/1jkiUx6>.

**ELIGIBILITY:** The athlete must be an AAU member in good standing.

**EVENT SCHEDULE:** Event schedule to be determined by number of entrants; events are Deadlift for repetitions, Farmers Walk, Tire Flip, the Stationary Medicine Ball Throw, and the Bobsled Push.

**AGE DIVISIONS:** (Kids: 6-7, 8-9, 10-11) (Youth: 12-13) (Teenage: 14-15, 16-17, 18-19) (Juniors: 20-23)

**WEIGHT CLASSES:** Men: Youth 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+  
Women: Youth 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 198 220, 220+

**ATTIRE:** **Note: Athlete attire will be inspected at weigh-ins.** Mandatory: Shorts, t-shirt, and athletic shoes. Optional: Lifting/wrestling singlet, weight lifting belt and knee sleeves, per AAU Powerlifting rules; No knee wraps or supportive suits/shirts allowed in this competition. For further apparel, check the official rule book for each event.

**ENTRY FEE:** Contestants can enter one or multiple events, entry fee for Feats of Strength is \$45.00; athletes entering the most events have the greatest chance of winning their overall age group.

1 or more events \$45.00 per athlete

**All entry fees are non-refundable.** Coaches must have an AAU non-Athlete or Adult AAU Athlete card. Athletes are not required to have a coach present to participate in the Feats of Strength events.

**REGISTRATION  
& ENTRY DEADLINE:**

**ALL ENTRIES MUST BE COMPLETED ONLINE at [www.aaujrogames.org](http://www.aaujrogames.org).**

Entries must be completed online by **Wednesday, July 16, 2014**. Visa, MasterCard, American Express or Discover is accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment. Coach entries may be accepted onsite with an additional \$10 late fee; however, you may not register onsite for AAU membership. **You must have your membership completed in advance.**

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parent, coach, instructor, and athlete to ensure that the application is in on time and complete in every detail.

**RULES:**

This competition shall be held under AAU Strength Sports and AAU Feats of Strength rules, regulations, and procedures. To obtain a copy, please visit our website at [www.aausports.org](http://www.aausports.org).

**HOUSING:**

The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Greater Des Moines Convention and Visitors Bureau has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

**In order to complete your registration to participate in the 2014 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at [www.aaujrogames.org](http://www.aaujrogames.org). All reservations are handled through the Convention and Visitors Bureau. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED AAU RATE. Go to [www.aaujrogames.org](http://www.aaujrogames.org) and click on Hotels to make your reservations, or call 800-451-2625 for assistance.** If your team or athlete is local or not planning to stay at one of the recommended properties, you can request a Housing Form from [aaurogames@ausports.org](mailto:aaurogames@ausports.org).

Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

**COACHES' EDUCATION:**

The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit [www.aausports.org](http://www.aausports.org) and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

**CHECK-IN:**

Athletes and coaches must check-in at the Iowa Events Center located at 730 3rd Street, Des Moines, IA 50309. At check-in each participant, athlete or coach, will be issued a credential or wristband. This will allow you access to competition area. *If that credential or wristband is lost or stolen there will be a replacement fee.* Parking fees do apply for the lots around the Convention Center or Drake University. For check-in hours, maps and additional directions please visit [www.aaujrogames.org](http://www.aaujrogames.org) (click on Event Info, then Registration). Participants should check in at least the day prior to competing.

**SCHEDULE:**

**Athletes must check-in at the Iowa Events Center the day prior to competing.**

**Check-In**

**Sunday, July 27**

8:00 am – 12:00 pm or 3:00 pm – 6:00 pm Athlete Check-In Iowa Events Center

**Competition Day**

**Monday, July 28**

Weigh-in begins at 7:30 a.m. at Drake University Stadium and ends at 9:00 a.m.

**Rules briefing at 9:30 a.m. IS MANDATORY for all competitors; competition begins immediately following the rules briefing! Times are tentative and schedule to change. A schedule will be posted online after the entry deadline.**

<b>CONTEST INFORMATION:</b>	<b>ATHLETES HAVE THE OPTION OF COMPETING IN ONE, MULTIPLE, OR ALL EVENTS. A MANDATORY EQUIPMENT CHECK WILL TAKE PLACE AT WEIGH-INS.</b>	
<b>AWARDS:</b>	Athletes placing in the top three (3) in each event in each age group in each event shall receive gold, silver, and bronze AAU Junior Olympic Games medals, respectively. Athletes will be awarded points for their placement in each event – for example, 5 pts. For 1 <sup>st</sup> , 4 points for 2 <sup>nd</sup> , 3 pts. for 3 <sup>rd</sup> , 2 pts. for 4 <sup>th</sup> , and 1 pt. for 5 <sup>th</sup> place finishes in each event in each age group. The male and female athletes in each age group division earning the most overall points will be the Grand Champion of that age group. Special commemorative team awards will be given to three (3) overall teams.	
<b>TEAMS:</b>	Teams must have at least three, but not more than ten (10) athletes. All teams must be registered with the AAU. Teams may be divided among male/female members of the same team, including different age groups. There may not be more than two athletes in any weight class/age group. Final team rosters must be submitted before the start of competition. All athletes participating must be current AAU members.	
<b>PARKING:</b>	Some locations will have parking fees such as the Iowa Events Center. Please visit <a href="http://www.aaujrogames.org">www.aaujrogames.org</a> (click on Event Info, Maps & Parking) for more information. Also, most <u>downtown hotels will charge for parking</u> . Please check with your hotel for specific information as prices vary.	
<b>TRANSPORTATION:</b>	All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.	
<b>SECURITY:</b>	All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.	
<b>CELEBRATION OF ATHLETES:</b>	The Celebration of Athletes will be held July 28, 2014 at Drake Stadium. You won't want to miss this year's Celebration! More information will be posted at <a href="http://www.aaujrogames.org">www.aaujrogames.org</a> when available.	
<b>FOOD:</b>	All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.	
<b>ADMISSION FEE:</b>	Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential.	
	Spectators can purchase tickets onsite at the venues. Daily passes are \$12.00 (6 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$40.00 (6 & under free). For more information on ticket options, please visit <a href="http://www.aaujrogames.org">www.aaujrogames.org</a> .	
<b>NO GUARANTEE:</b>	The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.	
<b>INFORMATION:</b>	<b>AAU FEATS OF STRENGTH MEET DIRECTORS:</b> Judy and Steve Wood Tel (804) 559-4624 (between 7:00pm and 10:00pm EST) vapowerlifting@aol.com	<b>AAU NATIONAL STAFF:</b> Samantha Ursch 1910 Hotel Plaza Blvd Lake Buena Vista, FL 32830 (407) 934-7200 (O), (407) 934-7242 (F) <a href="mailto:sursch@ausports.org">sursch@ausports.org</a> Web site: <a href="http://www.ausports.org">www.ausports.org</a>