



2015 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 2015 AAU Junior Olympic Games, Feats of Strength events are Farmers Walk, Tire Flip, and 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.
- LOCATION:** Athlete Check-In: Virginia Beach Convention Center, 1000 19th Street, Virginia Beach, VA 23451
Competition: Chesapeake Conference Center, 900 Greenbrier Circle, Chesapeake, VA 23320
- SCHEDULE:** Wednesday, August 5, 2015
Athlete Check-In (3:00 pm – 6:00 pm) Virginia Beach Convention Center
- Thursday, August 6, 2015 (Will be the only weigh-in)
Immediately Following Combine conclusion Weigh-in Chesapeake Conference Center
- Weigh-ins for FOS athletes will be conducted immediately upon completion of the 2015 AAU JO Games All-sports combine at the Chesapeake Conference Center. Weigh-ins will be conducted for one hour only, immediately following the conclusion of the All-sports combine events.
- A MANDATORY RULES BRIEFING** will be held upon conclusion of weigh-ins, and competition will start immediately afterwards.
- 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.
- 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.**
- ELIGIBILITY:** The athlete must be an AAU member in good standing.
- EVENT SCHEDULE:** **Event schedule to be determined by number of entrants; events are Farmers Walk, Tire Flip and the Bobsled Push.**
- AGE DIVISIONS:** (Kids: 5 & Under, 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 \$48.00; athletes entering the most events have the greatest chance of winning their overall age group.
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| 1 or more events | \$48.00 per athlete |
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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.

Entries must be completed online by **Monday, July 20, 2015**. 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.

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 Hampton Roads Sports Commission and PSE Housing Services have 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.

All reservations are handled through PSE Housing Services. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on Hotels to make your reservations, or call 888-417-6446 for assistance. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2015 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at www.aaujrogames.org. If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Form available online at www.aaujrogames.org.

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 and click on PCA COACHES EDUCATION order to enter and take the AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

CHECK-IN:

Feats of Strength participants must check-in at the Virginia Beach Convention Center located at 1000 19th Street, Virginia Beach, VA 23451 to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. Participants should check-in at least the day prior to competing. If that credential or wristband is lost or stolen there will be a replacement fee. For check-in hours, maps and additional directions please visit www.aaujrogames.org (click on Event Info, then Registration).

CONTEST

INFORMATION:

ATHLETES HAVE THE OPTION OF COMPETING IN ONE, TWO OR ALL THREE EVENTS. A MANDATORY EQUIPMENT CHECK WILL TAKE PLACE AT WEIGH-INS.

AWARDS:

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. Special commemorative team awards will be given to three (3) overall teams.

TEAMS:

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.

PARKING:

Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.

TRANSPORTATION: All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

SECURITY: 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.

CELEBRATION OF ATHLETES: The Celebration of Athletes will be held on August 3, 2015 at Norfolk State University. You won't want to miss this year's Celebration! More information will be posted at www.aaujrogames.org as it becomes available.

FOOD: 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.

ADMISSION FEE: 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 www.aaujrogames.org.

NO GUARANTEE: 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.

INFORMATION:

AAU FEATS OF STRENGTH MEET DIRECTORS:

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