

### THE AMATEUR ATHLETIC UNION

The AAU is one of the largest non-profit volunteer organizations in the United States dedicated solely to the promotion and development of amateur sports. It was established in 1888 by sports leaders who collectively became the first to define amateurism and create standards for amateur athletes in the country. The AAU continues to operate on the basic principles upon which the organization was founded: to maintain the mutual interests of its members while achieving and improving amateur sports.

### BENEFITS OF THE AAU

- An opportunity to follow in the footsteps of former AAU athletes: Mark Spitz, Shaquille O'Neal, Keri Struggs, Chamique Holdsclaw, Greg Louganis, Ryan Klesko, Dan Gable, Carl Lewis, Jackie Joyner Kersee, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world famous ESPN Wide World of Sports, and other great facilities throughout the country.
- Travel, make new friends, continue education, and create unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

### POSITIVE COACHING ALLIANCE (PCA)

The AAU has partnered with PCA to become the first national sports organization to require all its coaches to obtain PCA Double-Goal Coach® training and certification. PCA will provide training at no cost. Please visit [www.aausports.org](http://www.aausports.org) in order to get more information on how you can become a PCA Double-Goal Coach.

### SAY YES TO AAU!

Join millions of athletes, coaches, and volunteers across the country, as they strive to achieve their dreams as athletes and valued citizens of their communities.

[www.aapowerlifting.org](http://www.aapowerlifting.org)

## AAU POWERLIFTING

[www.aapowerlifting.org](http://www.aapowerlifting.org)

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### INTERESTED IN SPORTS?

Then the AAU is for you! We have athletic programming in over 34 sports for athletes from 4 to 80 years of age and older, male and female, from Basketball to Wrestling, from Gymnastics to Baseball.

We're one of the world's largest non-profit multi-sport organizations. Each year we sanction over 15,000 local, regional and national competitions.

### LOOKING FOR A CLUB TO JOIN?

The AAU makes it easy for you to find a club or team in your area. Go to [www.aausports.org](http://www.aausports.org), click on "My Child Wants to Play AAU Sports" icon and follow the instructions. This program allows coaches to find athletes in their area interested in joining their club or team.

### WE MAKE IT EASY TO JOIN!

We make it easy by providing online registration, sanctioning, certificates, and more. Just visit [www.aausports.org](http://www.aausports.org) and click on the "Join Now" icon.

### "SPORTS FOR ALL, FOREVER"

The AAU offers National Championships in the various sports, sponsors the AAU Junior Olympic Games, the AAU James E. Sullivan Memorial Award along with the AAU Complete Athlete Program. Two of the AAU's flagship programs, which are administered for the President's Council on Physical Fitness and Sports are the President's Challenge and the Presidential Sports Award.

### HOW CAN YOU LEARN MORE?

The AAU has developed a dynamic website at [www.aausports.org](http://www.aausports.org), where you can view up to date AAU news stories, event listings, membership information, individual sport websites and much, much more. It also includes information on events located at the ESPN Wide World of Sports, home of the Amateur Athletic Union.



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Powerlifting provides the ultimate test of physical strength. The first AAU Powerlifting meets began around 1963 under the auspices of the Weightlifting program, but Powerlifting was soon recognized as a separate sport. It remained so until Powerlifting officially left the AAU in 1981 as a result of restructuring in the AAU, promoted by The Amateur Sports Act of 1978. With the tremendous interest that the sport has generated over the past thirty plus year, Powerlifting returned to the AAU in 1995. In it's 11<sup>th</sup> year, the AAU program has registered several thousand athletes, recruited over 50 meet directors, sanctioned over 110 meets, including several national and world invitational championships, and conducted the first-ever Powerlifting competition at the prestigious AAU Junior Olympic Games.

Powerlifting offers a way to test one's physical strength. Competition revolves around three lifts: the squat, bench press, and the deadlift; either as individual lifts or combined as a total. Each lifter is allowed three attempts in each lift and the highest successful attempt is added to the total to determine the winner in a particular weight class and age group.

Athletic Strength Powerlifting competition is also offered to high school and college sport programs. This differs from traditional Powerlifting primarily in the squat and bench as they are scored on the basis of multiple repetitions rather than a single maximum lift. Also, the powerclean replaces the deadlift. This tests the athlete's strength and endurance simultaneously.

### PROGRAM OBJECTIVES

The AAU Powerlifting Program is dedicated to promoting, developing, and expanding the current programs for lifters of all ages in Equipped (using supportive gear) and RAW (no supportive gear, only a belt).

The dates and information posted on this brochure are for informational purposes only and are subject to change without notice. Please check the AAU website [www.aausports.org](http://www.aausports.org) for the most up to date information.



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## AAU POWERLIFTING

**Squat:** The lifter takes the weighed bar from the uprights of the supporting rack. When set, the lifter receives the command, verbal and visual, to "squat", they then descend until the hip joint is lower than the top of the knees. The lifter then returns to an upright position. When the lifter receives the signal to "rack it", the weighted bar is returned to the uprights.

**Bench:** While laying on the back the lifter removes a weighted bar, with assistance if necessary, from the upright supports of the bench, and lowers the bar to the chest. When the bar is motionless, a verbal command is given to "rack", the weight and the bar is returned to the uprights.

**Deadlift:** A weighted bar is placed on the platform before the lifter. The lifter bends/squats down to grasp the bar with both hands and attempts to stand erect. When completely erect, the command, verbal and visual, "down" is given and the bar is lowered, under control, to the platform.

**Total:** While each of the above lifts may be contested individually in specialty meets, when all three are done in the same meet (Equipped or RAW) the best successful attempt in each lift are added together for a total. The highest total in each weight class/age group category wins.

### REFEREES

A comprehensive program has been established to train referees. AAU Powerlifting Referees must pass a written and practical test. The program also provides for advancement opportunities for our referees at the following levels: State, National and International. Promotions are based solely on performance and testing results over a prescribed time period.

Referees from the USPF, USAPL, APF and prior AAU Weightlifting/Powerlifting Committee members may be grandfathered after submitting a resume. Grandfathering does not automatically grant referee status. Each individual resume is handled on a case-by-case basis.



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