

Redeemed Among the World United, Inc.



Powerlifting with a Purpose

***The establishment, goals, and guiding
principles of R.A.W. United, Inc.***

R.A.W. United, Inc. is a Christian-based, Powerlifting federation dedicated
to the fallen,
the wounded,
the veterans,
those who serve today,
and the families of America's warriors



***“The Lord bless you and keep you,
the Lord make His face shine upon you and be gracious to you;
the Lord turn His face toward you and give you peace.”***

Numbers 6:24-26

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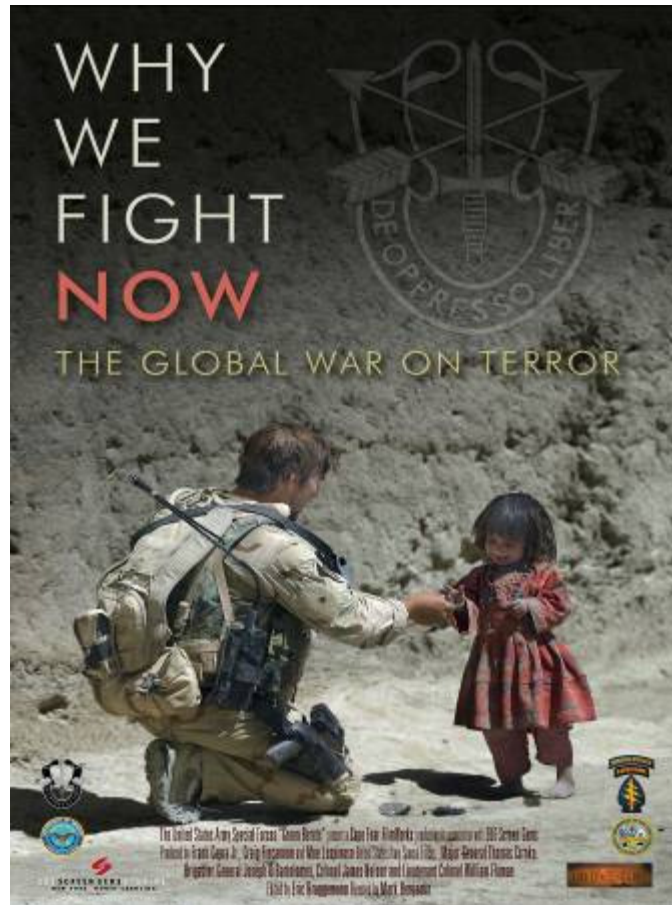
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Teenage Champion Robbie Fay of Higher Ground Powerlifting Team in Fort Myers, Florida

INTRODUCTION

Following the terrorist attacks on September 11, 2001, I made the decision to volunteer for military service after an absence of nearly twenty years. Because of my age - I was 40 years old when the attacks occurred - I had to acquire an age waiver to re-enlist. I first served in an Infantry Training Battalion to introduce myself to new weapons systems and tactics, and transferred to the Special Forces community where I had spent my entire enlistment back in the early 1980s.



In the fall of 2005, I was called to serve in Operation Enduring Freedom. Flying into the Middle East with some of the nation's finest warriors, I knew I was embarking on a mission much bigger than myself, learning to trust God in ways I never thought imaginable. And from the moment I set foot on a competitive platform after returning home, I knew I had found true purpose in our great sport.

The creation of R.A.W. United, Inc. is a response to the sacrifice of America's military families and God's unmistakable presence in creation. Before you learn more about the federation and its purpose, let me thank you. The proceeds from your purchase, as well as your continued support of the federation, are being donated to support the brave men and women of the United States Armed Forces.

Now, grab a hot cup of coffee and sit back in your favorite reading chair. And in those moments that you pause to reflect, please say a prayer for America's heroes, their families, and oppressed children throughout the world.

God Bless, Spero

PSALM 91

Psalm 91 is referred to as “The Soldier’s Psalm” and is recited by many of America’s warriors on a daily basis. I found great daily comfort in the promises found in Psalm 91, and leaned on them many times for strength and courage when I knew I would be going into harm’s way.



On the battlefields of the Middle East, soldiers often gather in prayer before heading out on a mission

Psalm 91 is a powerful piece of Scripture that can teach us to trust in God, especially in times of trial and tribulation. From its opening verses to its conclusion, it is abundantly clear why those who wear the uniform of our nation’s armed forces unashamedly refer to Psalm 91 as “The Soldier’s Psalm.” May you truly be blessed by God’s Word:

***He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, “He is my refuge and my fortress,
my God, in whom I trust.”***

***Surely He will save you from the fowler’s snare
and from the deadly pestilence.
He will cover you with His feathers,
and under His wings you will find refuge;
His faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only observe with your eyes
and see the punishment of the wicked.***

*If you make the Most High your dwelling –
even the Lord, who is my refuge –
then no harm will befall you,
no disaster will come near you tent.
For He will command His angels concerning you
to guard you in all your ways;
they will lift you up in their hands,
so that you will not strike your foot against a stone.
You will tread upon the lion and the cobra;
you will trample the great lion and the serpent.*

*“Because he loves me,”
says the Lord,
“I will rescue him;
I will protect him, for he acknowledges My Name.
I will be with him in trouble,
I will deliver him and honor him.
With long life I will satisfy him
and show him My salvation.”*

**THE TASK AHEAD OF YOU,
IS NEVER AS GREAT
AS THE POWER BEHIND
YOU.**



**BE STRONG IN THE LORD, AND IN HIS MIGHTY POWER.
EPHESIANS 6:10**

SEPTEMBER 11, 2001

***And we rejoice in the hope of the glory of God.
Not only so, but we also rejoice in our sufferings,
because we know that suffering produces perseverance;
perseverance, character; and character, hope.
And hope does not disappoint us ...
Romans 5:2-5***

Americans must never lose sight of the sheer magnitude of September 11, 2001. Although terrorist attacks were not a new phenomenon to us, a more striking and somber reality occurs when terrorism shows its sinful face at home.



The Twin Towers prior to the attacks (notice the “cross” of light produced by the rising sun and the towers) and the image Americans must never forget

The fact that men were willing to blow themselves up for a cause they believed in, showing no remorse for murdering thousands of innocent people, should have given us cause to defend our great nation. The fact that these men believed the god they served supported their murderous plot, and that he would reward them for their “sacrifice,” should have given us cause to reflect upon the timeless truths that embody the America our forefathers strived to create. And the fact that these men were hailed as martyrs, freedom fighters, and heroes by their supporters should have given us cause to unite in solidarity against this real and imminent threat.

And unite we did. American flags were proudly displayed on our front porches. “God Bless America” and “God Bless our Troops” magnets flooded our highways. Republicans and Democrats bowed their heads together in prayer. America stood strong as the warriors who proudly serve our nation toppled the Taliban regime. American school children started a wave of outpouring for the oppressed people of Afghanistan. And the atheists of our country chose not to call the American Civil Liberties Union (ACLU) because they were offended by our solidarity and renewed relationship with our Creator.

Scripture teaches that suffering produces perseverance, that perseverance produces character, and that character produces hope. In the months following September 11, America embodied this truth. While we mourned the loss of those murdered on that fateful day, we rolled up our sleeves and pulled together as a team. We learned to appreciate each other and our country; we were proud to be Americans. We looked toward the future with a willingness to sacrifice to protect our homeland and its ideals. And we looked to the people of Afghanistan with love, concern, and a willingness to help them attain their freedom. America was at its best ...

Unfortunately, our unity disintegrated as politicians, media personalities, and activists began to do what they do best – disagree and criticize. As a result, the debate over our response to the terrorist attacks of September 11, 2001, has literally severed our nation. And it has left the young men and women of America’s armed forces, as well as those yearning for freedom in the Middle East, unjustly imprisoned by a polarized nation.



I have always been amazed at Americans that are ashamed of our country; despite its faults, America is, and always will be, the greatest country on the face of the earth

Many on the “left” have claimed their support *for* the troops, but *not* the war, while many on the “right” have called it *unpatriotic* to oppose the Global War on Terrorism. Since most of us would agree that the deployment of American soldiers should not be politicized, let’s look at both sides of these issues:

Thousands of Americans *genuinely* and *actively* support America’s armed forces (helping out families while a parent is deployed, sending care packages to those on the front lines, visiting wounded soldiers, etc.). When soldiers and/or their families receive this support, they are grateful and encouraged; they are not, however, concerned with the political views of the thoughtful American(s) that expressed their support.

There are many Americans who claim to “support the troops” but are not actively engaged in helping military families. Those who oppose the war *should* voice their concerns - productive debate is both patriotic and essential in a democratic society. Debate, however, must be honest and attack problems, not people. More importantly, arguments must be voiced in a manner that does not demoralize our military and embolden those who wish to kill us.

In addition, protest must offer realistic solutions. Simply stating, “President Bush lied” or “Would you send your son or daughter to Iraq,” are not viable options. Moreover, arguing in favor of letting the United Nations take the lead in the Middle East despite the overwhelming evidence of corruption (both in the U.N. itself and several prominent U.N. member countries who claim to be our “allies”) is equally unproductive. Realistic solutions must be a part of the debate; name-calling and finger-pointing is both childish and ungodly.

It is essential that our country return to the America we became in the months following September 11. Our nation is at war; and regardless of our personal views concerning the war, the lives of those who defend America’s freedom are in harm’s way. Thus, while debate is essential, views must be expressed in a ways that do not further divide our nation. Unity, not division, must be our goal. Jesus said, “Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand.” A united America, on the other hand, enables its soldiers and their families to persevere; a united America strengthens the character of its citizens; a united America draws its people closer to their Creator and gives them hope; a united America cares about those less fortunate, both inside and outside its borders; and a united America demoralizes our enemy.

And let us never fail to remember that those we are fighting are not insurgents, freedom fighters, or martyrs – they are murderous cowards. Newspapers and news program verify this reality daily; unfortunately, the political beliefs of many Americans blind them to this truth. Paul Garwood of the Associated Press, in the February 16, 2006, edition of Stars and Stripes, gave us yet another example of the sinful nature of those we fight. Regardless of your political beliefs, it clearly addresses the evil that is present in our world today and why we must unite to defeat it:

“A bomb exploded on a central Baghdad street Wednesday killing three girls and a boy walking to school. Another 19 people, including six policemen, died in car bombings and shootings across the Iraqi capital ...

The children killed in the bombing in central Baghdad’s bustling Fadel district were as young as 10 and as old as 14 and included two daughters and a son of Jamil Mohammed, a struggling vendor who works in a nearby public market.

‘We are poor people who have nothing to do with politics,’ the father sobbed at the local police station. ‘We only wanted to live a decent life. What is the guilt of my dead children?’”

Regardless of where we stand with regard to the Global War on Terrorism, it is essential to be honest with ourselves and each other when we discuss the nature of our enemy. To label them as insurgents, freedom fighters, or martyrs is simply a lie. Their actions on September 11, 2001, and beyond have proven them to be the embodiment of evil. Our enemies are unjust, oppressive, murderers who prey upon the focus of God’s compassion – the poor. To refer to them in a positive light is an insult to Afghans and Iraqis who hunger and thirst for freedom, as well as to those of us willing stand beside them in their struggle.



One of my roles in Operation Enduring Freedom was to serve as the bodyguard for Chaplain Jim Stagers; this picture was taken at a Special Forces Forward Operating Base in the mountains of Afghanistan

WHY?

***Commit to the Lord whatever you do,
and your plans will succeed.
Proverbs 16:3***

It is in response to the sacrifice of America's military families and our nation's warriors – the fallen, wounded, veterans, and those who serve today – that R.A.W. United was established. And it is in on the competitive platform that we choose to honor their selfless sacrifice and the grace of our Creator.

My words and motives are not politically motivated, but rather are a testimony of the efforts and accomplishments I witnessed while deployed in the Global War on Terrorism. Moreover, it is not my objective to persuade you to agree or disagree with our government's rationale for deploying American soldiers in the Middle East or its present course of action in the Global War on Terrorism. I am simply choosing to honor their service, and using our great sport as a conduit to do so.



A Special Forces sniper operating in the mountains of Afghanistan

My goal is to heighten America's awareness – specifically the Powerlifting community - of the sacrifices that its military families are making in the Global War on Terrorism. An editorial in the February 14, 2006, Mideast Edition of "Stars and Stripes" written by Armando G. Ranados in Balad, Iraq, highlights the stress that soldiers and their families (on both sides of public opinion) are experiencing in the fight to rid the world of terrorism. Armando's editorial was written in response to Cindy Sheehan's protest at the 2006 State of the Union address:

"'Right to wear T-shirt' (letter, Feb. 10) made me very upset. The writer claims Cindy Sheehan has a right to wear her T-shirt and show support for the troops. That is not showing support for the troops. She lost her son, and it's sad, but she isn't the only one. Troops are going through enough stress; they do not need the negativity she brings with her gimmicks. How can you say she supports our troops when she goes as a special guest to Venezuela, a country whose president thinks we are 'imperialist pigs'?"

You want to know what supporting our troops is? Those mothers and fathers who, like Sheehan, have lost their sons or daughters, but are putting care packages together to send to other troops. Our brave soldiers die so our people can live free and not in fear of another terrorist attack. What they need is the U.S. behind them 100 percent, not protesting the very government that gives you the freedom you have.

All the money spent on organizing rallies and making signs to protest can be put to better use, like for soldiers who are less fortunate and do not get a care package or a letter of encouragement. I want Sheehan to know that

I am proud of her son and that his death was not in vain. Because of him and others like him who made the ultimate sacrifice, the world will be a safer place. God forbid if something were to happen to me, I pray that my parents do not act like her."

The anger, grief, and frustration that both Armando and Mrs. Sheehan are experiencing are a direct result of war. Armed conflict is not glorious or romantic; husbands and wives, fathers and mothers, sons and daughters, and brothers and sisters die. That is the plain and simple truth. The critical issues are how we as a nation respond to the conflict, and how our response will affect the courageous men and women risking their lives on the front lines.



This photograph was taken in Kandahar, Afghanistan at the funeral service of SFC Christopher Robinson of the 20th Special Forces Group (Airborne). Chris gave his life defending the freedoms we often take for granted as Americans. Chris was survived by his wife and two children. I was honored to know him and to serve with him.

Scripture teaches that if we commit our works to the Lord, our plans will succeed. It is my hope and prayer that you will finish these pages with a greater admiration for the men and women who serve our country, a deeper respect for their families and the struggles they experience, and a willingness to become actively involved in the R.A.W. United movement to serve and support the members of our nation's armed forces.

**MSG GARY GORDON & SFC RANDY SHUGHART:
THE "FACES" OF R.A.W. UNITED**

***Greater love has no one than this,
that he lay down his life for his friends.
John 15:13***

President John F. Kennedy, in an April 11, 1962, White House memorandum for the United States Army, referred to the coveted Green Beret as a "symbol of excellence, a badge of courage, a mark of distinction in the fight for freedom." I joined the Special Forces community twenty-five years ago because I wanted to be a part of America's most elite military unit; something bigger than myself. The Special Forces motto and guiding principle, "De Oppresso Liber" or "To Liberate the Oppressed," further strengthened my desire to volunteer.

After successfully completing the Special Forces Qualification Course, I became a member of the 10th Special Forces Group (Airborne) and served as a demolitions specialist on a twelve-man ODA (Operational Detachment Alpha). Our team's senior demolitions specialist, Gary Gordon, personified President Kennedy's definition of the men who wear the Green Beret. Gary's official Medal of Honor Citation reads:

"Master Sergeant Gordon, United States Army, distinguished himself by actions above and beyond the call of duty on 3 October 1993, while serving as Team Sniper Leader, United States Army Special Operations Command with Task Force Ranger in Mogadishu, Somalia.

Master Sergeant Gordon's sniper team provided precision fires from the lead helicopter during an assault and at two helicopter crash sites, while subjected to intense automatic weapons and rocket propelled grenade fires. When Master Sergeant Gordon learned that ground forces were not immediately available to secure the second crash site, he and another sniper unhesitatingly volunteered to be inserted to protect the four critically wounded personnel, despite being well aware of the growing number of enemy personnel closing in on the site.

After his third request to be inserted, Master Sergeant Gordon received permission to perform his volunteer mission. When debris and enemy ground fires at the site caused them to abort the first attempt, Master Sergeant Gordon was inserted one hundred meters south of the crash site. Equipped with only his sniper rifle and a pistol, Master Sergeant Gordon and his fellow sniper [Sergeant First Class Randy Shughart], while under intense small arms fire from the enemy, fought their way through a dense maze of shanties and shacks to reach the critically injured crew members.

Master Sergeant Gordon immediately pulled the pilot and the other crew members from the aircraft, establishing a perimeter which placed him and his fellow sniper in the most vulnerable position. Master Sergeant Gordon used his long range rifle and side arm to kill an undetermined number of attackers until he depleted his ammunition. Master Sergeant Gordon then went back to the wreckage, recovering some of the crew's weapons and ammunition.

Despite the fact that he was critically low on ammunition, he provided some of it to the dazed pilot and then radioed for help. Master Sergeant Gordon continued to travel the perimeter, protecting the downed crew. After his team member was fatally wounded and his own rifle ammunition exhausted, Master Sergeant Gordon returned to the wreckage, recovering a rifle with the last five rounds of ammunition and gave it to the pilot with the words, "good luck." Then, armed only with his pistol, Master Sergeant Gordon continued to fight until he was fatally wounded.

His actions saved the pilot's life. Master Sergeant Gordon's extraordinary heroism and devotion to duty were in keeping with the highest standards of military service and reflect great credit upon him, his unit and the United States Army."



This photograph of Gary (right) and Randy was taken prior to their deployment in Somalia. These two American heroes serve as the “faces” of R.A.W. United’s efforts to serve and support the brave men and women of the United States Armed Forces.

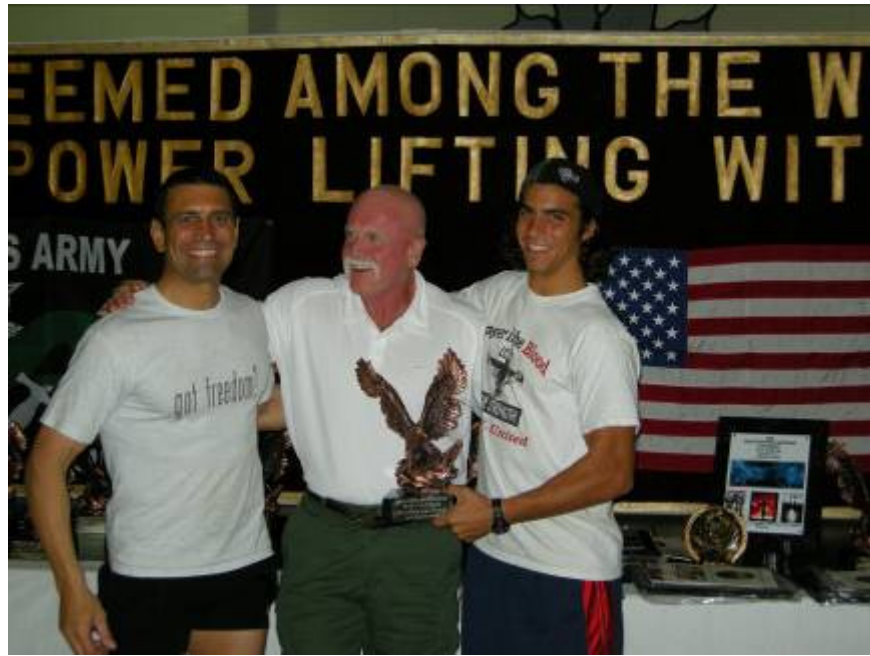
It is impossible to imagine the emotions that Gary (and Randy) experienced from the time he made his first request to be inserted until he stood before the Lord. His actions, however, speak volumes. The underlying force behind Gary’s decision was commitment. Gary felt a loyalty to the crewmen of the downed aircraft that only a soldier in battle can identify with. His duty to stand by them far outweighed the clear and present danger on the ground; he had no choice *but* to act. And in doing so, he lived Jesus’ words: “Greater love has no man than this, that he lay down his life for his friends.”

When I learned of Gary’s death, I had been out of the service for nearly ten years. Nonetheless, I had lost a friend. Gary was a good man; his actions on October 3, 1993, leave no room for argument or need for further debate. He was an American soldier who gave his life because he could not sit by and watch his brothers be massacred by a hostile and angry mob. As a nation we should honor his service, and not allow our political beliefs to lessen the utter decency of his sacrifice.

The R.A.W. United Armed Forces Nationals are dedicated in honor of the heroism displayed by MSG Gary Gordon and SFC Randy Shughart. It is our goal as a federation to ensure that all active duty soldiers, reservists, guardsmen, and veterans competing in the Armed Forces Nationals incur no costs for their participation. Thanks to those that support the mission behind the R.A.W. United movement, the 2009 Armed Forces Nationals will serve as the federation’s first FREE contest for all participants! The meet is fittingly scheduled to take place on the weekend of September 11, 2009.

RULES OF PERFORMANCE

In an effort to provide consistency and recognize the influence of the International Powerlifting Federation on the sport, R.A.W. United follows the “Rules of Performance” as outlined in the I.P.F. Rulebook. The only exception in this concerns the Bench Press. In the Bench Press, R.A.W. United will not utilize a “Start” command, but rather will adhere to the original rules of performance from decades ago and give lifters a “Press” command when the bar is motionless on the chest.



R.A.W. United Referees Bob Gaynor (top, center) and Eric Talmant (below, right) are both competitive powerlifters as well



Divisions:

Two divisions are offered to competitors: IRONMAN and RAW. The IRONMAN division is for lifters that wear a non-supportive singlet and a belt (lifters may choose not to wear a belt). The RAW category is for lifters that utilize neoprene knee sleeves and/or wrist wraps in accordance with the equipments standards for the RAW Unity Meet. IRONMAN competitors are automatically placed in the RAW division at no additional charge.



Teenage Champion Anthony DiBiase of Space Coast Barbell in Merritt Island, Florida

Drug Testing Policy:

Athletes competing in the IRONMAN division must be drug-free (from strength-inducing chemicals) since September 11, 2001. This date was chosen in honor of the victims of the 9/11 terrorist attacks and the brave men and women of the United States Armed Forces defending our nation in the Global War on Terrorism.



Squat:

The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.

After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (erect to mean not leaning forward from the waist more than an angle of 15 degrees) with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.



Teenage Champion Samantha Shores of Wildcat Powerlifting in Melbourne, Florida is shown descending toward the proper depth in the squat

The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.

The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

Not more than five and not less than two spotter / loaders shall be on the platform at anytime. The Referees may decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, or 5.



Masters Champion Patraic Currey of World's Gym, Fort Lauderdale ascending in the squat

Causes for disqualification of a Squat:

Failure to observe the Chief Referee's signals at the commencement or completion of a lift.

Double bouncing at the bottom of the lift, or any downward movement during the ascent.

Failure to assume an upright position with the knees locked at the commencement or completion of the lift.

Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.

Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.

Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.

Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals in order to make the lift easier.

Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.

Any dropping or dumping of the bar after completion of the lift.

Failure to comply with any of the items outlined under Rules of Performance for the squat.

Bench Press:

The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.

The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift.

To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, 30 cm, should be made available for foot placement at all international competitions.

Not more than five and not less than two spotter / loaders shall be on the platform at anytime. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off if assisted by the spotter / loaders must be at arms length.

The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.

After removing the bar from the racks, with or without the help of the spotter / loader, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), hold it motionless on the chest, after which the Chief referee will signal the audible command "Press". The signal shall be given as soon as the lifter is motionless and the bar properly positioned.



Wildcat Power Team member Collen Kermer of Melbourne, Florida demonstrating proper benching technique

The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.

If anatomically, the arms cannot be fully extended the lifter must produce a certificate issued by the Medical Committee. The maximum allowable is 15 degrees out of true.

Causes for Disqualification of a Bench Press:

Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.

Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.

Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
Any pronounced / exaggerated uneven extension of the arms during the lift.

Any downward movement of the whole of the bar in the course of being pressed out.

Failure to press the bar to full extension of the arms at the completion of the lift.

Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.

Any contact of the lifter's feet with the bench or its supports.

Deliberate contact between the bar and the bar rests support.

Failure to comply with any of the items outlined under the Rules of Performance.



Masters Champion Danny Aguirre of Higher Ground Powerlifting Team moving to the lock-out position

Deadlift:

The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

On completion of the lift the knees shall be locked in a straight position and the shoulders back.

The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.

Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.



Teenage Champion Amanda Graham of Wildcat Powerlifting performs a conventional style deadlift

Causes for Disqualification of a Deadlift:

Any downward movement of the bar before it reaches the final position.

Failure to stand erect with the shoulders back.

Failure to lock the knees straight at the completion of the lift.

Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.

Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.

Lowering the bar before receiving the Chief Referee's signal.

Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.

Failure to comply with any of the items outlined under Rules of Performance.



Teenage Champion Roberto Victoria pulling strong with a sumo-style deadlift

2009 Contest Schedule

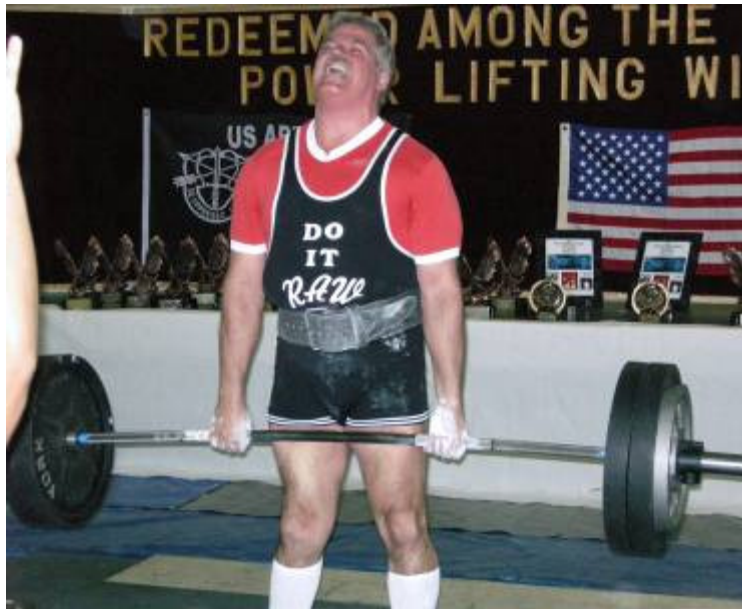
R.A.W. United Powerlifting Federation

JAN 25:

Victory Base Open Powerlifting Meet
(Baghdad, Iraq)
LTC Mary Morehouse: smokyoak@aol.com

JAN 25:

RAW Unity National Championships
(New Port Richey, Florida)
Eric Talmant: erictalmant@yahoo.com * 727-233-3553



Masters Champion Larry Bucchioni of Power in the Blood also serves as a R.A.W. United judge

FEB 15:

R.A.W. United Q-West Powerlifting Quest 1000
(Qayyarah Air Field, Iraq)
SGT Shawn Casey: Shawn.T.Casey@iraq.centcom.mil

MARCH 7:

R.A.W. United Mid-Atlantic Open
(Greencastle, Pennsylvania)
Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194

MARCH 14:

R.A.W. United South Florida Open
(Deerfield Beach, Florida)
Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194

MARCH 21:

R.A.W. United Beau Moore Classic
(Tampa, Florida)
Bill Beekley: beek220@aol.com * 813-362-1908

JUN 5-7:

R.A.W. United Southeast Regional Championships & Florida State Championships
(Melbourne, Florida)

Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194

JUN 12-14

R.A.W. United Northeast Regional Championships & Pennsylvania State Championships
(Greencastle, Pennsylvania)

Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194



Samantha Shores and Yanni Tshontikidis of Power in the Blood

AUG 1-2:

R.A.W. United Central Florida Universal Power & Fitness Challenge
(Orlando, Florida)

Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194

SEP 11-13:

R.A.W. United Armed Forces Nationals
(Melbourne, Florida)

Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194

NOV 13-15:

R.A.W. United North American Championships
(Greencastle, Pennsylvania)

Spero Tshontikidis: rawunited@cfl.rr.com * 321-505-1194

DEC 4-6:

R.A.W. United National Powerlifting Championships
(Melbourne, Florida)

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COMBAT IS THE ULTIMATE TEAM SPORT

As a member of a competitive powerlifting team, lifters depend on each other to squat, bench, and deadlift to their potential in an effort to score the most points and win.



US Army SGT Marie Pritzl shown here deadlifting at the 2008 R.A.W. United National Championships Marie is currently serving in Operation Iraqi Freedom

In combat, your teammate is depending on you to do your job so he or she won't die.



American and Afghan soldiers working as a single unit in Operation Enduring Freedom