

BYE LAWS AND REGULATIONS FOR GREAT BRITAIN POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "Congress", "Chairman" "Technical Committee" and such like shall mean the " GREAT BRITAIN POWERLIFTING FEDERATION" officers and officials.

1 DEFINITION

1.1 Name

1.1.1 The GREAT BRITAIN POWERLIFTING FEDERATION hereinafter called "GBPF" is an organisation founded in 2008. The Federation is composed of the affiliated Associations governing the sport of powerlifting in Great Britain on the basis of one national Association per home country.

1.2 Objectives

- 1.2.1 The union of all eligible athletic clubs, organisations or other groups active in powerlifting throughout the country.
- 1.2.2 To utilise and enforce IPF standardized competitive rules.
- 1.2.3 Maintain a system for recognizing and approving records.
- 1.2.4 Establish administrative and technical committees from members..
- 1.2.5 Enforce rules for the government of powerlifting at local, Divisional and National levels.
- 1.2.6 Promote, support and encourage drug free powerlifting.
- 1.2.7 Produce official powerlifting Newsletter on a quarterly basis..
- 1.2.8 Promote, sanction and supervise local and National development programs and competitions, including National championships and single lift competitions.

1.3 Public utility

The GBPF works for the purposes of this order for the benefit of the public and the members.

The members have no interest in the federation property. The members of this body work in an honorary capacity; the property of the GBPF serves exclusively for charitable purposes of the sport. Any profits may be supplied only for statutory purposes. The members receive no shares in the profits.

No person may receive for an activity or task in the GBPF, an unreasonably high reimbursement.

1.4 Funds for the reaching of the statutory tasks

To the fulfilment of the federation tasks, necessary money is raised by:

- a) Membership fees
- b) Income of competitions
- c) Donations
- e) Merchandising
- f) Sponsorships

2 GENERAL PROVISIONS

- 2.1 The GBPF is recognised by UK Sport & Sport England as the National Governing Body for Powerlifting in Great Britain
- 2.2 The GBPF follows the IPF/EPF ideal and principles and supports and maintains their objectives.
- 2.3 The GBPF accept and recognize the Statutes and aims of the IPF and of the World Antidoping Agency (WADA).
- 3.1 All political and religious discussions or demonstrations are forbidden within the GBPF.
- 3.2 The GBPF supports all initiatives by powerlifters for peace and understanding.
- 3.3 No distinction is made between individuals for reasons of race, colour, gender, religion or politics.

4 OFFICIAL LANGUAGE OF THE GBPF

- 4.1 The official language of the GBPF is English.
- 4.2 All the publications and reports of the GBPF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

5 MEMBERS

5.1 Membership

The membership of the GBPF consists of national affiliates active in powerlifting.

All members shall recognise the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction in all disciplinary matters which are referred by NADO.

Categories of GBPF Membership:

- 5.1.1 Full Member
- 5.1.2 Junior Member upto the age of 23 years.

5.2 Governance

The GBPF is governed by an Executive Board consisting of Directors of whom there must be at least one from each Home Country. There shall also be a Steering Group, which shall be appointed by the Board to administer and play an active role in the running of the Federation.

Directors may be appointed to the Board as and when recommendations/nominations are presented, and shall be accepted only at the AGM, and dependent on a vote by the members.

6 GBPF BODIES

The GBPF is composed of the following bodies:

- Executive Board of Directors
- Steering Group
- the Committees

7 AGM

7.1 General Provisions

- 7.1.1 The AGM (Annual General Meeting) of the Federation shall meet once per year, unless an Extra-Ordinary AGM is called by at least 2/3rds of the members.
- 7.2 The AGM shall meet annually and the date should not clash with any other event or meeting, and notice shall be given at least 28 days prior, and the venue clearly stated.

7.3 Powers

The AGM has the power:

- 7.2.1 To prescribe and amend the constitution by a two-thirds majority of votes cast and the technical rules and the By-Laws by a simple majority of votes cast.
- 7.2.2 To impose and enforce penalties for any violation of the Constitution or By Laws.
- 7.2.3 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person, being member of the GBPF, providing that the correct disciplinary appeal has been followed and upheld.
- 7.2.4 To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the GBPF into disrepute or in any way impaired its function or development.
- 7.2.5 To establish membership fees of the GBPF.
- 7.2.6 To control the income, expenditure and property of the GBPF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the forthcoming year.
- 7.2.7 To call and determine the time and place of special meetings of the Steering Group and AGM.
- 7.2.8 To institute, locate, conduct and manage all Powerlifting matters at local, National and International levels..
- 7.2.9 To establish, define and enforce rules for the governance of powerlifting.
- 7.2.10 To explain, define and interpret any provision of the Constitution.
- 7.2.11 To consider and accept proposed changes to the Constitution and By-Laws where they can be considered to be beneficial to the Federation and its members.
- 7.2.12 To consider and decide upon major proposed changes to the Technical rules and prepare a decision on how the GBPF should vote at IPF Congress
- 7.2.13 To ratify the GBPF Anti-Doping Rules with amendments made to those rules by the Executive Board and the Anti Doping Committee, and to agree and implement recommendations made by the Anti Doping Committee.
- 7.2.14 To consider selections for positions which may become available during the Calendar year.
- 7.2.15 To confirm committees and to elect the chairman of the same. The standing committees of the GBPF shall include **Technical, Disciplinary, Appeal ,Law and Legislation, Anti Doping, Child Protection**.

7.3 Annual General Meeting

7.3.1 Annual

Unless otherwise determined by the AGM the annual meeting of the GBPF will be held annually.

7.3.2 Special

Special meetings of the GBPF can be scheduled at the request of the Chairman or at the written request of two thirds of the members of the GBPF members. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

7.3.3 Notices

Time is of the essence. Not less than thirty (30) days notice must be given of any special or annual meeting of the GBPF The General Secretary will email a notice and agenda to all named delegates. A notice sent to the last address known to the General Secretary complies with this requirement. The official agenda for the GBPF AGM must be received by all members at least 28 days before the AGM takes place. Items not in the agenda cannot be considered in the Congress.

7.3.4 Order of Business

At all annual meetings of the GBPF AGM the following will be the order of business:

- 1) Roll Call
- 2) Chairman's Address
- 3) Minutes of the last AGM
- 4) Treasurer's Report – Auditor's report
- 5) General Secretary's Report
- 6) Committee Reports
- 7) Team Managers Report
- 8) Media/Promotions Report
- 9) Action on proposed amendments
- 10) Elections

- 11) Future Championships
- 12) Any Other Business
- 13) Adjournment

7.3.5 Quorum

At all meetings of the GBPF, a quorum will consist of twenty full members

7.3.6 Procedures

The following are the procedural rules for all meetings of the GBPF

- 7.3.6.1 The Standing Orders of the GBPF are the supreme document for all GBPF meetings except when they are in conflict with the provisions of the Constitution. In such cases, the Constitution prevails.
- 7.3.6.2 A motion to table is debatable only when a time to debate is fixed by a simple majority of the AGM
- 7.3.6.3 All amendments to the Constitution and the By Laws must be submitted to the appropriate committee before it can be acted upon at the annual meeting of the GBPF. Such proposed amendments must be in the hands of the General Secretary at least sixty (60) days prior to the date of the AGM. The Law and Legislation Committee should in the first instance consider all such requests for amendments, and subject to their approval should submit the proposed amendments to the General Secretary. They shall then be added to the Agenda for consideration at the AGM..

7.3.7 Attendance at AGM

The following are required:

- 7.3.7.1 The names of all members attending the AGM.
- 7.3.7.2 Failure to produce a membership card will deny a seat at such meetings unless the Chairman/General Secretary receive confirmation of membership prior to the commencement of the AGM.

8 EXECUTIVE OF THE GBPF

8.1 Titles

The titles of the officers of the GBPF are: Chairman, General Secretary, Financial Director and Board Members

8.2 Executive

The Executive shall consist of the Chairman General Secretary, Treasurer and Board members. .

8.3 Powers of the Executive

- 8.3.1 The Executive Board shall be the Governing Body of the GBPF between AGM's.
- 8.3.2 To maintain running control of the expenditure of the GBPF, in accordance with the budget approved by the AGM.
- 8.3.3 It shall prepare a budget for the forthcoming year for presentation to the AGM
- 8.3.4 Vacancies. In the event of the death, resignation or in case of inattention to duty by recommendation of the Disciplinary Committee, the various offices are to be filled as follows:
 - 8.3.4.1 Chairman The Executive Board will designate a Vice Chair to succeed the Chairman until the next AGM At this AGM the successor shall be elected.
 - 8.3.4.2 Vice-Chair The Executive shall appoint a successor to serve until the next AGM
 - 8.3.4.3 General Secretary and Treasurer: The Executive shall appoint a successor to serve until the next AGM
- 8.3.5 To appoint the non-executive officers specified in 11.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.
- 8.3.6 To administer the GBPF Funds as agreed and accepted by the AGM
- 8.3.7 To amend the GBPF Anti-Doping Rules upon consultation with the Anti Doping Committee.
- 8.3.8 To establish the commissions and panels as specified and required by the IPF Anti-Doping Rules, and to appoint the Chair and other members of each commission and panel established under this rule.
- 8.3.9 The Technical Committee may present rule changes for approval by the Executive Committee to be included in the AGM agenda in accordance with those presented by the IPF Technical Committee.
- 8.3.10 **The GBPF Executive Board shall invite the Chair of the Committees / Commissions to the discussion of issues that fall within the competence of their particular Committee / Commissions, and may require them to address the AGM to fully explain whatever changes or alterations are required..**

9 ELECTION OF THE GBPF-OFFICERS

9.1 Election

Elections for all officers will be held every three years, unless due to circumstances of ill health or other, An officer is unable to continue or resigns.

9.2 Term of Office

9.2.1 The term of office for all officers of the GBPF shall be for three years. They shall be eligible for re-election.

9.2.2 A person may be nominated for GBPF office by any member, provided that he is in good standing and can contribute to the improvement or betterment of the Federation. "A member in good standing" shall be defined as a fully paid up member , who has not been and who is not under suspension by the GBPF or by the IPF.

10 NON-EXECUTIVE OFFICERS

10.1 Titles

The titles of the non-executive officers of the GBPF are: Championships Secretary, Auditor, Newsletter Editor, Media Officer, Internet Officer, Records Registrar, Referee's Registrar.

10.2 Appointment and Rights

The Executive shall appoint non-executive officers. By invitation of the Chairman they may attend meetings of the Executive but without vote and with voice only on matters relating to their respective offices.

11 COMMITTEES, COMMISSION, PANEL

11.1 General Provisions

Each committee shall consist of a chairman elected by the Executive and a maximum of three (3) members (exception Technical committee 5 members) who shall be appointed by the Executive in consultation with the Committee Chairman.

11.2 Medical Committee

11.2.1 At this juncture the GBPF do not have a Medical Committee, but will seek to ensure that there are adequately trained First Aid personnel in attendance at each National and Divisional event.

11.3 Disciplinary Committee

11.3.1 Disciplinary hearings

The following provisions shall apply to Disciplinary hearings.

11.3.1.1 DISCIPLINARY HEARINGS

The Disciplinary committee shall investigate the case of any lifter or official accused of any of the following:

- I) Bringing the GBPF or the sport of Powerlifting into disrepute.
- II) Acting in a manner that is contrary to the best interests of the GBPF.
- III) Contravening any of the provisions of the Constitution or By-Laws.
- IV) Contravening any of the rules or regulations governing the accepted behaviour of members of the GBPF.

Following such investigation it may impose an appropriate penalty.

11.3.1.2 Representation

The concerned lifter or official has the opportunity to let himself be represented at the Disciplinary Committee by an authorised person, e.g. lawyer. The costs for the representative have to be paid by the lifter or the official himself, regardless of the outcome of the hearing.

11.3.2 Duties

The Disciplinary committee (DC) shall be entrusted with the examination and decision of disciplinary cases within the GBPF. The General Secretary mandated by the Executive Committee shall send such cases to the DC. The DC shall further collect all relevant information needed to deal with the case as mandated in the various parts of the Constitution and By-Laws. All sensitive information shall be treated in confidence within the parties involved.

The Disciplinary committee consists out of the Chairman elected by the Executive and 2 other members appointed by the Executive Committee.

The Disciplinary committee must decide about all penalties except on doping related cases. Duties of the DC as applied to the Management Procedure on doping related cases are as defined in article 7 of the IPF Anti-Doping Rules.

11.4 Appeal Committee

11.4.1 Appeal hearings

The Appeal committee shall receive all documents relating to any appeal except an appeal(s) against any decision on doping related cases. Decisions made under the IPF Anti-Doping Rules may be appealed exclusively to the Court of Arbitration for Sport (CAS) in accordance with the provisions applicable before such court (re the IPF Anti-Doping Rules, article 13).

Appeals other than appeals to the CAS must be lodged with the Appeal Committee Chairman within one month of the written notification of the decision on which the appeal is based. A copy of the appeal must be sent to the General Secretary. In each case an appeal fee of GBP50.00 must accompany the appeal.

The Appeal committee shall within one month of receiving all documentation relating to the appeal examine and investigate the matter and decide on an appropriate penalty.

Appeals lodged with the Appeal Committee and appeals to the AGM must each be accompanied by payment according to By-Laws 11.4.1 for appeals. If the appeal is successful no financial claim or other petition for damages may be made against the GBPF. Following successful appeals, the fee paid for the appeal will be refunded.

An appeal against any decision of the Appeal Committee may be made to the AGM. Such appeal must be lodged with the General Secretary within one month of the written decision of the Appeal Committee, and not later than six weeks before the date of the AGM. The appeal shall be lodged with the General Secretary who shall then include the appeal on the agenda to be considered by Congress.

Within a one month period following the decision of the AGM on an appeal, there shall be a final right of appeal to the Court of Arbitration for Sport in Lausanne / Switzerland.

The Appeal Committee may, in its absolute discretion, waive or vary the time limits contained herein.

11.4.2 Duties

The Appeal committee consists out of the Chairman elected by Congress and 4 members. The members must not be simultaneously a member in the Disciplinary Committee.

Duties are described in a separate document "Duties of Appeal Committee"

After examining all facts and documents the committee makes its decision and sends this to the GBPF-Executive and the concerned lifter/official.

11.5 Law and Legislation Committee

11.5.1 Shall receive any proposals regarding Constitution and By-Laws documents of the GBPF from members and within the proper time frame, evaluate accordingly and suggest to the GBPF-Executive Committee alternative courses in action.

11.5.2 Shall serve as the parent committee in further amending the Constitution and By-Laws.

11.5.3 Is responsible for updating the Constitution and the By-Laws.

11.5.4 Shall consider new applications and report the results to the General Secretary.

11.6 Anti-Doping Committee

The Anti-Doping Committee shall be responsible for overseeing all testing conducted by the relevant Testing authority or by other qualified persons so authorised by the NADO.

11.6.1 The Anti-Doping Committee consists of a Chair and a minimum of three and a maximum of five other members with experience in anti-doping elected by the Executive Committee.

11.6.2 The Anti-Doping Committee shall arrange, co-ordinate and supervise doping testing for all National Championships and other International Squads. The main duties are:

- a) to establish and maintain a system for collecting details regarding the Sample Collection Sessions;
- b) to establish criteria for who may be authorised to be present during a Sample Collection Sessions;

- c) to co-operate with the organisers/promoters of National and Divisional Championships and other International Events where the GBPF is the ruling body for the Event in preparing the Sample Collection Sessions;
 - d) to ensure that the Doping Control Stations meet the minimum criteria prescribed in article 6.3.2 of the WADA International Standard for Testing;
 - e) To assist the sample collection Officers and their assistants of the Anti-Doping Agency, to carry out the sampling at all National and Divisional Events where the GBPF is the ruling body for the Event;
 - f) to ensure that the Sample Collection procedures, Security/Post test administration and Transport of Samples and documentation substantially complies with the requirements prescribed in articles 7.0 – 9.3.6 of the WADA International Standard for Testing.
- 11.6.3 The Anti-Doping Committee shall also review and update the criteria for inclusion in a Registered Testing Pool; and
- 11.6.4 Collect, maintain and monitor sufficient athlete whereabouts information if and when OCT is restored.
- 11.6.5 Document a list of tests carried out by NADO
- 11.6.6 Select athletes for Out-of-Competition doping control if and when OCT is restored.
- 11.6.7 Report to the IPF Doping Control Commission all In-Competition and Out-of-Competition tests on athletes included in the GBPF Divisional and National Championships on an annual basis, but no later than February each year for the previous years testing results.

11.7 Doping Hearing Panel

- 11.7.1 Consists of a Chair and four other experts with experience in anti-doping. Each panel member shall be otherwise independent of the GBPF. Each panel member shall serve a term of four years.
- 11.7.2 As determined in article 8 of the IPF Anti-Doping Rules, arranges and conduct of hearings and makes decisions when it appears, following the result management process described in article 7 of the IPF Anti-Doping Rules, that the IPF Anti-Doping Rules have been violated at or in connection of International Events or Out-of-Competition testing on an international level athletes initiated by the IPF or WADA.

12A DIVISIONS

12A 1 Regional

The GBPF consists of 9 English Divisions, Wales, Scotland and Northern Ireland, and within the structure of the GBPF every Division and region has representation. At this stage there is no requirement for the Divisions to be altered or amended, and the existing Divisional Boundaries shall remain.

12B SUBSCRIPTIONS AND FEES

12B .1 Subscriptions

The AGM will determine the amount of the annual subscription to the GBPF. The subscription is payable **at the latest by the 31st of January each year**. Upon receiving payment, a certificate of membership will be issued by the Treasurer. Any member, who has not paid his/her subscription for the current year, cannot participate or vote in the various meetings of the GBPF, cannot take part in competitions or meetings organised under the rules of the GBPF. No reminder letters will be sent, it is the lifters responsibility to ensure his membership is paid on time.

12.1 Fee for organising a National Championship

No Fee is applicable for staging a National or Divisional Event..

12.2 Permission for organising a National Championship

On production of a complete and final budget to stage an event, the General Secretary and Championship Secretary will confirm the award of the Championship to the best bid received .
A further comprehensive document is available outlining the requirements for staging National Championships.

12.3 Participation in a contest without permission

No Lifter nor official shall be allowed to take part in any event if they are:

- a) not a member
- b) under suspension
- c) a foreign national who's National Federation have not sent written permission to the GBPF allowing the lifter to compete.

13 DISCIPLINARY ACTIONS AND PENALTIES

13.1 Procedure for Filing Complaints against Individuals

Any lifter or official who considers that he has been wronged has the right to file a written complaint stating his reasons for complaining. This must be done through the intermediary of his Divisional Secretary. If another person is implicated, the latter must be heard if at all possible. If the complaint is not made to the Technical Officer or Championship Secretary, it may be made to the Jury before the start of the competition. It must be examined immediately and if possible a decision taken.

A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Disciplinary Committee.

13.2 Participation of Foreign Lifters in National Competition

A lifter living in a foreign country may only participate in competitions organised in that country provided that he presents written evidence of permission of his national federation to take part in such competition. This is to be provided by his own national federation, and must be received by the Technical Officer or General Secretary at least 6 months prior to the competition for which the lifter intends to compete. Production of a letter on the day of the competition is not acceptable under any circumstances.

Furthermore, foreign Nationals may only compete in National Championships as guests, and may not be allowed to hold a British National Championship Title. The organiser may if he/she so wishes present the lifter with a trophy in recognition of his/her participation, this is at the organisers discretion.

Only British Passport holders may be awarded British Championship titles.

13.3 Participating in Non-IPF Competition

Any lifter, coach, referee or official who competes or participates in an international Powerlifting or Bench Press competition not organised, sanctioned or approved by the IPF shall not be permitted to take part in any GBPF national or regional competition for a period of 12 months from the date of that non-approved competition.

13.4 Other causes for Suspension/Expulsion: Dishonourable conduct, failure to attend, “throwing competitions”

The following may be subject to suspension or expulsion:

- 14.10.1 Any lifter properly entered for a competition who without acceptable reasons does not attend.
- 14.10.2 Any lifter who is deemed guilty of violating the rules or disobedience towards his national federation or any official in the execution of his duties.
- 14.10.3 Any lifter convicted of agreement to alter his best effort.
- 14.10.4 Any lifter, who by words or gestures threatens referees or any other officials in the execution of their duties.
- 14.10.5 Any lifter who participates in a contest with other countries without permission of his national federation.

Penalties

Up to a maximum of 6-month suspension for the first offence.

Up to a maximum of 12-month suspension for the second offence .

The Disciplinary Committee have the authority to impose financial penalties if they so decide that the offence warrants.

14.11 Offences against person while at Championships, Jury Role

For offences such as false accusations of dishonour or dishonesty against a lifter or Official occurring at a championship, the Jury decides in these cases as soon as is possible

Penalties

First minor offence: up to a maximum of 6-month suspension.

Second minor offence: up to a maximum of 12-month suspension and a maximum fine of GBP 50

First serious offence: up to a maximum of 12-month suspension.

Second serious offence: up to a maximum of 24-month suspension and a maximum fine of GBP 100.

14.12 Ad Hoc Jury as Discipline Body

In absence of a Jury an ad hoc Jury may exclude a lifter or official from a competition for reasons of his misconduct. In such a case the Jury or ad hoc Jury must inform the lifter and Disciplinary Committee, who in turn must decide what punishment to impose upon the lifter or official.

In absence of a Jury the GBPF Official, who is the official representative of the GBPF at this championship, must arrange an ad hoc Jury. The decisions of this Jury must be sent to the Disciplinary Committee.

14.13 Penalty for “Bringing the Sport into Disrepute”

Any member of the federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts may be requested to appear before the Disciplinary Committee. Should the Committee feel that a bona fide case of violation exists, they will then present the matter to the lifter/official for an explanation and possible disciplinary action and an appropriate penalty.

14.14 Responsibility for Payment of Fines

The concerned member is responsible for the payment of all fines that the Disciplinary Committee has imposed. Failure to make payment within the recognized period of 3 months may result in suspension.

14.15 Limitations to Jury’s Role in Discipline

The Jury has the right to act as Disciplinary Committee, but only in cases which are connected to the championship and which need an immediate decision. The decision of the Jury is definite for this championship. The Chairman of the Jury must send a copy of all decisions with all related documents to the Disciplinary Committee who will then review the actions of the Jury.

14.16 Sanctions and Consequences for Anti-Doping Rule Violations

14.16.1 In case of a violation of the IPF Anti-Doping Rules, the lifter or other person involved shall be imposed in an appropriate period of Ineligibility as defined under Article 10 of the IPF Anti-Doping Rules and shall be subject to other consequences as defined under Articles 9 and 10 of the IPF Anti-Doping Rules.

14.16.2 Sanctions and costs assessed against the lifter shall be as defined under Article of the IPF Anti-Doping Rules.

14.17 Withdrawal by a promoter

When a promoter, or a Division have been granted permission to organise a National Championships, and thereafter, withdraws from the obligation to host this championships, a fine will be imposed which will be paid by the Promoter or Division to the GBPF. Penalties will be set according to the time period in which the organiser withdraws, as follows:

14.17.1 if 6-12 months prior to the scheduled date of the championships the fine to be paid is the same amount as the championships fee (GBP 100)

14.17.2 if 3-6 month prior to the scheduled date of the championships, the fine to be paid is equivalent to twice the championships fee (GBP 200).

14.17.3 if less than 3 month prior to the scheduled championships, the fine to be paid is equivalent to three times the championships fee (GBP 300). tickets) The fines above will not be imposed if the reason for the withdrawal is due to circumstances the promoter could not possibly have foreseen which are catastrophic and which place potential participants at risk (e.g. natural disasters, political crises, outbreak of war etc.).

14.18 Official Defined

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the GBPF Technical Rules or appointed by the organising committee of a championship, to act in any official capacity during the whole or any part of that championship.

15 IPF ANTI-DOPING RULES

15.1 Scope of the IPF Anti-Doping Rules

The IPF Anti-Doping Rules shall apply within the GBPF, to each Participant in the activities of GBPF or any of its Divisions and Associations by virtue of the Participant's membership, accreditation, or participation in the IPF's National Federations, or their activities or Events.

To be eligible for participation in all GBPF Events, a competitor must be a registered member of the GBPF, and must complete the Drug Testing Form in accordance with the IPF Anti-Doping Rules, and must be personally signed by the Athlete. The form for under-age Athlete must be counter-signed by his or her legal guardian.

It is the responsibility of The Chief Technical Officer at the event to ensure that all national-level Testing on the GBPF's Athletes complies with the IPF Anti-Doping Rules. The IPF Anti-Doping Rules shall apply to all Doping Controls over which GBPF and its Divisions and Associations have jurisdiction.

16 RESTRICTIONS ON TRADING

The Chairman, Board Members, General Secretary, Treasurer, Auditor and all the committee members and their spouses, de-facto partners, siblings, parents and children shall not be permitted to deal in or supply powerlifting equipment, which is not in accordance with the approved IPF standards for equipment.

The GBPF reserves the right to enter into agreements with Manufacturers, Wholesalers and other suppliers for the benefit of the Federation..

101 THE EXECUTIVE

101.1 Duties of the Executive

The duties of various officers are those duties appointed by the Board and include:

All GBPF EC officers, by virtue of their knowledge and experience and attaining officer's status in the GBPF, are allowed admission to the Steering Group in its entirety with vote and with voice.

101.1.1 Chairman

101.1.1.1 He orders meetings of the GBPF as provided in the Constitution and presides at all meetings of the GBPF and AGM.

101.1.1.2 He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

101.1.1.3 He is an ex officio member of all committees.

101.1.1.4 The Chairman provides leadership in the long term, and for making necessary contact with outside agencies to conduct GBPF business

101.1.2 Vice Chairman

101.1.2.1 He has such duties as assigned to him by the Chairman and has all the power to perform the duties of the Chairman in the absence or inability of the latter to attend.

101.1.3 General Secretary

101.1.3.1 To make proper arrangements for keeping the records of the GBPF and the AGM

101.9.3.2 Issue all official notices of all GBPF meetings.

101.1.3.2 Keep a complete record of competitions held under the auspices of the GBPF. These records shall include the results of national championships, newsletters and magazines.

101.1.3.3 To serve as Secretary of the AGM and at any special meetings or hearings of the GBPF

101.1.3.4 To certify as a Member any athlete who submits the proper fees and credentials, until such time as the Executive shall deliberate such membership should there be question as to the acceptance of said athlete.

101.1.3.5 Delegate any of the aforementioned duties to an "assistant secretary" appointed by the General Secretary or to such assistants as may be provided by the GBPF Executive.

101.1.3.6 All television rights for National competition shall be the sole property of the GBPF less any fee negotiated with the promoting Division. At National championships, the GBPF will receive 40%; the promoting Division 30% and all the participating Divisions will share the remaining 30% of the television revenue. This distribution of monies will only apply when the GBPF obtains the contract and represents the profit after any costs of providing the signal for the broadcast are deducted. In the event of the GBPF not having obtained a signed contract with a TV company at least twelve months before the date of the championships, then the GBPF will waive its rights in favour of the promoter and receive an agreed percentage of the TV and sponsorship monies. This percentage will not exceed 25% of said monies.

Promoters of National championships should be aware that when they apply for a sanction to promote the championships, the GBPF does not guarantee that it will be able to obtain a TV contract for the event.

101.1.4 Treasurer

- 101.1.4.1 Receive all monies due to the GBPF and deposit it to accounts in the name of the GBPF
- 101.1.4.2 Sign all cheques, notes and drafts together with one other signature as provided by the GBPF By-Laws, a sum greater than GBP 2500 must receive prior approval by the General Secretary..
- 101.1.4.3 Pay all bills approved by the duly authorised officer or by the Executive provided it is within the authorised current budget of the GBPF, and such payment would not expose the Federation to trading difficulties.
- 101.1.4.4 When requested, hand over to the Auditor for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- 101.1.4.5 To present an audited balance sheet to the annual AGM. Audit of GBPF accounts is to be made by the Auditor, as and when required by Company Law..
- 101.1.4.6 To be responsible for collecting all fees due the GBPF
- 101.1.4.7 To be responsible for issuing an invoice and collecting any penalties.

101.1.5 Board members

- 101.1.5.1 They shall take an active part in the GBPF Executive work and carry out such duty as assigned to them by the General Secretary.
- 101.1.5.2 To represent the GBPF in his region at national championships and meetings.
- 101.1.5.3 To supervise and lead the regional Divisions and organise yearly AGM's and and championships.
- 101.1.5.4 To contact and inform potential new members or gyms/clubs in his region.
- 101.1.5.5 To serve as a consultant to the membership within that region.
- 101.1.5.6 To represent his region at the GBPF Executive Meetings and the AGM
- 101.1.5.7 To make suggestions to the various GBPF Committees.
- 101.1.5.8 To plan and control development programs within his region.

101.2 Duties of the Non-Executive Officers

Duties of the non-executive officers are those duties mandated by the Executive including.

101.2.1 Auditor

- 101.2.1.1 Shall audit the balance sheet and books of the Treasurer prior to the AGM
- 101.2.1.2 Monitor the expenditure of the GBPF in regard to the budget.

101.2.2 Media Officer

- 101.2.2.1 Shall promote the GBPF through the electronic and print media. The General Secretary must approve in writing all promotional material and press releases.
- 101.2.2.2 Shall consider all opportunities for television rights for international championships and make appropriate recommendations to the Executive.

101.2.3 Newsletter Editor

- 101.2.3.1 Shall publish the official GBPF newsletter or magazine on a quarterly basis. If necessary additional issues should be published on an 'as required' basis.

101.2.4 Records Registrar

- 101.2.4.1 Shall certify all National European & World records and maintain an up to date register of all records in all categories. World & European records can only be confirmed if IPF drug testing requirements for the acceptance of World & European records have been complied with. Pending the confirmation of a negative drug test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than three months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

101.2.5 Championship Secretary

- 101.2.5.1 Shall maintain a Calendar of Events covering all major events for a period of not less than 12 months from the date of the Calendar.
In normal circumstances, all world and regional championships shall be allocated dates within the calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible. Regions are to allocate similar annual dates for their own regional events and may combine regional with world championships if they are hosts for the world event.
The major events in the GBPF calendar are as follows:

- 101.2.5.1.1 British Junior Championships for Sub-Juniors and Juniors (Men and Women), British Bench Press Equipped, British Bench Press Unequipped, British Masters (Men and Women), British Senior Championships. British Unequipped Championships
- 101.2.5.1.2 European Championships for all events except Unequipped Bench Press
- 101.2.5.1.3 World Championships for all events except Unequipped 3 lifts
- 101.2.5.1.4 Other international events as approved.

The Championship Secretary shall ensure that major international events do not clash. If necessary, sanction may be refused in order to achieve an orderly calendar.

- 101.2.5.2 Shall distribute to affiliate divisions the invitation and details of major events at least two months prior to the event. He shall also distribute entry forms and other necessary documents to affiliated Divisional Secretaries

The invitation will be based upon the lifter achieving the required qualifying total for his/her weight category, and all Invitations are by invitation only and entry to the event may be refused subject to the Championship Secretary's discretion, or in the event of a dispute to the Divisional Secretary's discretion. All lifters must make every effort to compete in their respective Divisional Championships, and none attendance may result in the refusal of entry to National Championships.

Current British Title holders have the right to defend their title, but must make every effort to participate in their Divisional Championships. Divisional Secretary's may object to invitations for those who do not lift or notify the Divisional Secretary of injury or illness.

- 101.2.5.3 Shall collate all entry forms and ensure that they are fully and properly completed. He shall then prepare a full list of lifters nominated for the event. A copy of this shall be sent to the Internet Officer, the Newsletter Editor, the Media Officer, the General Secretary and the Technical Officer.

- 101.2.5.4 Prepare or obtain from the responsible event official, the full results of the event and distribute this to the persons specified in the preceding section. Pending the final drug testing results championships results shall be published as "Provisional Pending Final Drug Test Results."

101.2.6 Internet Officer

- 101.2.6.1 Maintains the GBPF Internet site.
- 101.2.6.2 The Directory
- 101.2.6.3 Constitution and By-Laws
- 101.2.6.4 Drug testing Protocol
- 101.2.6.5 Technical Rules and the "Rule Interpretation" appendix
- 101.2.6.6 National Records
- 101.2.6.7 Calendar of Events
- 101.2.6.8 Invitations and details on forthcoming events
- 101.2.6.9 Results of major events
- 101.2.6.10 Drug testing results
- 101.2.6.11 Authorised material from the Chairman or Executive
- 101.2.6.12 Other than replies to routine enquiries he shall not post any other material without the written consent of the General Secretary

101.2.7 Referee's Registrar

- 101.2.7.1 Maintains a complete register of all referees registered by their respective Categories.
- 101.2.7.2 Administers examinations for National and Category two international referee status.
- 101.2.7.3 Provides the Executive with a current list of accredited referees. Updated annually.
- 101.2.7.4 Provides a list of referees who need to re-register in order to remain accredited.

101.2.8 Committees, Commission, Panel

101.2.8.1 General Provisions

Each committee shall consist of a chairman elected by the Congress and a maximum of three(3) members (exception Technical committee 5 members) who shall be appointed by the Executive in consultation with the Committee Chairman.

101.2.8.2 Technical Committee

- 101.2.8.2.1 The Technical Committee shall be entrusted with the examination of all requirements of a technical nature .
- 101.2.8.2.2 . Proposals for Rules Changes issued by the IPF shall be sent to the Chairman of the Technical Committee. The Committee will study the proposals and the Chairman will be responsible for producing a final list of rule changes for presentation to the Executive The Committee shall within

- thirty (30) days following the Congress, present to the Executive Committee for approval, any necessary clarifications (rewording) and corrections to the technical rules required by reason of IPF Congress decisions.
- 101.2.8.2.3 The decisions of the Technical Committee are subject to approval of Executive Board.
 - 101.2.8.2.4 Appoints the chief and side referees for National championships.
 - 101.2.8.2.5 Trains and instructs referees who wish to take international qualifications and examines those who are recommended for examination. The Committee shall inform the General Secretary of the names of referees qualified to officiate at international championships and those who need to be re-examined.
 - 101.2.8.2.6 Organises courses for referees before important competitions such as the National championships. The expense of organising courses or clinics shall be borne by the referee's
 - 101.2.8.2.7 The cost for attending a referee's clinic is set at GBP 30.00
 - 101.2.8.2.8 . The Committee can propose that Congress withdraw a referee's international card and terminate his appointment if it deems such action necessary.
 - 101.2.8.2.9 The Committee may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with methods of training and performance of the power lifts. Such material shall be sent to all Divisions and regions..
 - 101.2.8.2.10 Establish procedures for training of officials in the conduct of contests and prepare job briefs for the use of officials appointed to specific duties during a contest.
 - 101.2.8.2.11 Establish a code of ethics and good behaviour for the use of all officials. Infringements of the code may be referred to the Executive Committee for appropriate action.
 - 101.2.8.2.12 Ensure that the equipment used at National championships conforms to the specific detailed requirements of the IPF

Athletes' Committee

- 101.2.8.2.13 The Athletes' Committee is composed of six Members three male and three female. One of them is speaker elected by the Members of the Commission. To be eligible an athlete must be a member in the last two seasons before the elections.
- 101.2.8.2.14 The Athletes' Commission represents the interests of the athletes. It has the right to bring the points of view of the athletes and proposals to the AGM, the Executive Committee and the Committees, in particular to the Technical, and the Coach Commission. A representative is entitled to take part at the meetings of the AGM It reports to the Executive Committee and the General Secretary.
- 101.2.8.2.15 The duties of the Athletes' Commission are:
 - 101.2.8.2.15.1 To represent the athletes in the decision making bodies of the GBPF
 - 101.2.8.2.15.2 To act as mediator between active athletes and the GBPF Committee's
 - 101.2.8.2.15.3 To represent the athletes in the meetings of the Technical Committee and in the Anti-Doping Committee if invited by the Chair;
 - 101.2.8.2.15.4 To form the official opinion of the athletes concerning actual issues and to pass resolutions of the athletes;
 - 101.2.8.2.15.5 To work for the athletes' representation in the Federation;
 - 101.2.8.2.15.6 To represent the athletes during the GBPF competitions as a spokesman / spokeswoman.
 - 101.2.8.2.16 All proposals by the Athletes' Commission must be decided by the relevant committee. The proposals must be in connection with the duties of that Committee.

101.2.8.3 Coach Committee

- 101.2.8.3.1 The Coach Commission is composed of Members who hold coaching qualifications, and one of them shall be the speaker elected by the Members of the Committee. To be eligible a coach must be preferably internationally active in the last two seasons before the elections.
- 101.2.8.3.2 The Coach Committee represents the interests of the coaches. It has the right to bring the points of view of the coaches and proposals to the Executive Committee and the Committees, in particular to the Technical, the Anti-Doping Committees and the Athletes' Committee. A representative is entitled to take part at the meetings of the AGM. It reports to the Executive Committee and the General Secretary.
- 101.2.8.3.3 The duties of the Coach Committee are:
 - 101.2.8.3.3.1 To represent the coaches in the decision making bodies of the GBPF
 - 101.2.8.3.3.2 To act as mediator between coaches and the Selection Committee's;
 - 101.2.8.3.3.3 To represent the coaches in the meetings of the Technical Committee and in the Anti-Doping Committee if invited by the Chair;
 - 101.2.8.3.3.4 To form the official opinion of the coaches concerning actual issues and to pass resolutions of the coaches;
 - 101.2.8.3.3.5 To work for the coaches' representation in the Federation.

101.2.8.3.4 All proposals by the Coach Commission must be decided by the Executive Board. The proposals must be in connection with the duties of the Committee

102 PROCEDURES

102.1 GBPF Addresses

All listings of the GBPF members shall include the name of the national federation.

102.2 Election of Additional Board Members

Elections of Board Members of the GBPF shall be determined by the Executive Board and ratified by the AGM.

102.3 Incorporation of the IPF

The GBPF is incorporated under the laws of Great Britain The headquarters is located in the home town of the General Secretary. It is not necessary to move the headquarters with changes in officers or with a move of the headquarters if all functions of the GBPF may be continued without interruption and the corporate and legal integrity of it may be maintained. The Executive will make any need for changes in location of incorporation or of location of the headquarters.

102.4 Litigation among GBPF Entities(Divisions)

No entity (Division)of the GBPF may bring litigation against another entity of the GBPF

102.5 Permitted Expenses by Officers

The permitted expenses of all officers of the GBPF shall be decided by the GBPF EC and contained in the Treasurer's budget proposals. If necessary the executive may by two-thirds majority vary payments approved in the budget.

102.6 Standing Orders Authority

The Standing Orders of the GBPF shall be the supreme document for all GBPF meetings. The exception being when they are in conflict with the Constitution

103 FINANCE

103.1 Audit of the Auditor

The Auditor shall perform an audit closing the books on 31st December each year. There must be an audit of GBPF accounts. The audit is to be made by the Auditor.

103.2 GBPF Subscription and Fees

The annual membership subscription shall include Insurance cover at the rate agreed with Perkins Slade Insurers.:

103.2.1	Senior Membership	GBP	35
103.2.2	Junior Membership upto age 23 years:	GBP	20
103.2.3	Club Afilliation to GBPF		free

103.3 GBPF Development Fund

The GBPF may budget for and maintain a development fund. This is to be administered by the Executive. The purpose of the fund is to assist:

- 103.3.1 Development of powerlifting for Juniors and beginners.
- 103.3.2 Provide coaching courses for the sport of powerlifting .

104 COMPETITIONS

104.1 Non-discrimination in GBPF Competition

No one is to be denied access to competition on the grounds of race, colour or creed.

104.2 Entry to Championships, Coaches, Officials, Meals for Working Officials

At all National championships the promoter shall provide free access to the venue and other competition buildings or functions for officials on the following scale:

- 104.2.1 The courtesy of free access shall be extended to all officiating referees and jury members provided that they are named on the official promoters list of " Officials and Guests"
- 104.2.2 The courtesy of free access shall be extended to all members of the Anti-Doping Team who participate during the championships. The names of such personnel shall be forwarded to the promoter and an agreement reached between the Chairman of the Anti-Doping Committee and the promoters.
- 104.2.3 Promoters of National Championships shall provide for the referees and the GBPF officials free meals during the competition. Free meals should preferably include at least two servings of food and non-alcoholic drinks each competition day served in the competition area. Only referees and GBPF officials that work with official duties during a competition day shall be granted such benefit from the promoter.

104.3 Entries

- 104.3.1 Entries of lifters and officials to National championships shall be received by the GBPF Championship Secretary within 14days of the Championship
Entries received after the official deadline will not be accepted..

104.4 Meet Director's Guide

The Technical Committee shall prepare and maintain the 'Meet Director's Guide', this document will contain useful information designed to help promoters and promoters involved in staging a championship. It will outline the responsibilities of both the promoter and the GBPF.

104.5 Equipment Standards

An "Equipment Standards" sub-committee to the Technical Committee is responsible for publishing minimum standards for all equipment to be used at National Championships

104.6 Failure to Use IPF Approved Equipment

If the promoter of a Championship does not use the IPF recognised bars and/or plates at the competition platform, any National/European/World records broken by the lifters at the competition will not be accepted, or submitted for approval and acceptance.

104.7 Technical Checklist

The promoter is responsible for supplying a Technical Checklist prior to the commencement of the Championships. Failure to do so may result in future bids being rejected.

104.8 Facilities and Equipment Differing From Those Specified in the Technical Checklist

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the promoter will not be allowed to stage any National Championships for a period of two years after the event where the deviation from the Technical Checklist specifications are considered being seriously against the GBPF/IPF rules.

105 CONTRACTS

105.1 Signing Authority, IPF Contracts

Both the Chairman and the Treasurer (and/or General Secretary) must sign all contracts performed in the name of the GBPF when the majority of the EC have accepted such contract to be signed. A copy of the contracts must be given to promoters, if it is requested.

106 APPENDIX STANDING ORDERS

107.1 Order of Business

An agenda shall be prepared by the General Secretary and circulated to all members at least 28 days prior to the GBPF AGM. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for the consideration of the meeting may only do so after the business on the agenda has been completed.

107.2 Minutes

The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be in regard to the accuracy of the minutes. After confirming the accuracy of the minutes, the Chairman shall sign them, and the delegates at the AGM shall be at liberty to ask questions with regard to matters arising from the minutes. Such questions shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the General Secretary within four months of the date of circulation of the minutes to members.

107.3 Selection of Speakers

The Chairman shall decide the order of speakers.

107.4 Chairman's. Ruling

The ruling of the Chairman on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken and a two-thirds majority required to the ruling.

107.5 Speeches

No member shall speak for more than five minutes at any one time.

107.6 Motions and Amendments

The first proposition on any particular subject shall be known as the original motion. All succeeding propositions in that subject shall be called amendments. Every motion or amendment must be proposed and seconded by members actually present at the meet before they can be discussed. It is permissible for a member to make a speech first and conclude with a motion. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendment must be given before the first amendment is put to the vote.

107.7 Substantive Motions

If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, provided that it is consistent with the business and not been covered by an amendment or notion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

107.8 Voting

Except when the chairman at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

107.9 Matters of Procedure

At meetings, all matters of procedure which are not covered under these standing orders, shall be decided by the Chairman of the meeting.

107.10 Privileged Immunity of the Congress

Anything said In the GBPF AGM, committees or subsequent documentation is without prejudice and may not be used in litigation.

108 APPENDIX OFFICIAL AGENDA

108.1 Roll Call

108.2 Chairmans Address

108.3 Minutes of the last AGM

108.4 Treasurer's Report – Auditor's report

- a) To examine the accounts of the previous year
- b) To approve the budget for the forthcoming year
- c) Fees (if requested)

108.5 General Secretary's Report

108.6 Committee Reports

- (a) Technical Committee
- (b) Medical Committee
- (c) Disciplinary Committee
- (d) Appeal Committee
- (e) Law & Legislation Committee
- (f) Doping Commission
- (g) Doping Hearing Panel

108.7 Elections

108.8 Proposals

108.9 New Member Applicants

108.10 Future Championships

108.11 Any Other Business

108.12 Adjournment

107 APPENDIX RULE AMENDMENTS

Proposals to amend the GBPF Constitution, By-Laws, Technical Rules and/or Appendices. Hereinafter referred to as rule(s), shall be set out as follows:

- 109.1 Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."
- 109.2 Action to be taken:
 - 109.2.1 Deletion, or
 - 109.2.2 Addition, or
 - 109.2.3 Amendment, delete ... and insert (or replace with)...
- 109.3 Text involved
 - 109.3.1 and (109.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full.
 - 109.3.2 and (109.2.3) above. The text of the addition or insertion, accompanied in the former case by the proposed rule No. or location.
- 109.4 Optional

A brief statement of the reasons(s) for the proposal: This will form part of the formal proposal but is merely for the guidance of The AGM It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be affected, have been consistently dealt with by the proposal.

Renumbering: It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.

Great Britain Powerlifting Federation- Bye Laws Rules and Regulations.

Specific requirements are as outlined in separate documentation relevant to each Committee.

September 2008.