

## Introduction.

Membership in the European Powerlifting Federation (EPF) and the International Powerlifting Federation (IPF) will only be granted to a National Powerlifting Federation that has a Constitution that:

- has a democratic organisation
- fully accepts and follows the antidoping rules specified by WADA
- fully accepts and follows the rules and regulations specified in the EPF and IPF Constitutions and By Laws.

This document is an example of a *National Constitution* which a new founded National Powerlifting Federation may use as a template to make up an own Constitution.

Most probably, some adjustments must be made to this template to fit National rules, civil laws and general customs. This means that chapters may be removed or changed. In some chapters an asterisk (\*) is included to state that optional text may replace the proposed text.

Outside a national Constitution, the federation should make up a document named

### ***National Rules for powerlifting.***

Such document should include:

- Rules for organising national competitions and championships
- Rules for recording national records
- Rules for Referees.

(National Rules is for internal use in the federation to complete the Constitution)

### *Abbreviations used in this document:*

PF : Powerlifting Federation  
(\* : Means that guiding text follows

# CONSTITUTION

of

## The Great Britain Powerlifting Federation



***STRENGTH & INTEGRITY***

**GREAT BRITAIN POWERLIFTING FEDERATION**

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1. **Objective.**

The objective of the Great Britain PF is to promote and organise the powerlifting sport and support general power training. Part of the duty is to stimulate cooperation between the members and to represent the federation in international bodies. The work shall have a character of voluntariness, loyalty and equivalency. All sport activity shall be based on fellowship, health and honesty.

2. **Organisation.**

The Great Britain PF is a union of members practising powerlifting and weight training.

The Great Britain PF is a member of the European Powerlifting Federation (EPF) and the International Powerlifting Federation (IPF) and are subjected to their laws.

Great Britain follows and accepts fully the anti-doping rules as specified by WADA . Powerlifting is practised in accordance with the IPF Technical Rules.

3. **Duties and competence.**

The Great Britain PF shall develop activities, organisations and good economic systems to meet requirements from the members, the National umbrella sport federation, the Government and International sport federations.

Education of elected people, serving in the Executive or Committees, is an important part of the duties.

4. **Membership.**

All members practising powerlifting or weight training and recognised by the Community or local sport authorities have the right to become a member of Great Britain PF, subject to acceptance by the Federation. All members accepted by the Great Britain PF have an obligation to comply with the rules of the National and International federations. Membership shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation religion or other beliefs. The Executive may refuse membership, or remove it only for good cause, such as conduct or character likely to bring the GBPF or the sport into disrepute. Appeal against removal may be made to the Appeal Committee.

5. **Subscriptions.**

The AGM decides about the subscription and fees.

Unpaid subscriptions and fees result in loss of votes and rights at the AGM. The Executive members may suspend members that owe subscription or fees for more than 1 year. The Great Britain PF agree to abide and comply with these rules.

6. **Economic compensations for honorary posts.**

Elected people in the Executive and committees may receive a reasonable compensation for their work and re-imburement for pre-approved documented expenses. Levels of compensation for the Executive will be pre-approved at the preceding AGM ( where possible). Levels of compensation for posts outside the executive will be set by the executive. In all cases the maximum levels for such compensation should be set in accordance with the arms length principle.

Such compensations shall be disclosed in the budget and the annual accounts for the Great Britain PF, itemised by position.

7. **Inability.**

A person employed by the Great Britain PF can not simultaneously hold an honorary post in the federation. This clause now removed as a result of Item 6 above.

**8. Disciplinary cases.**

The Great Britain disciplinary panel shall consist of 3 members, and this disciplinary committee shall review grievances and suggest disciplinary measure to the Executive in accordance with set procedure..

**9. The Annual General Meeting.**

*Annual.* The AGM is the supreme governing body of the Great Britain PF.

The AGM shall meet annually within end of March each year.

*Notice.* Time is of essence. The Executive shall notify the members 8 weeks ahead of the AGM.

Proposals and amendments must be received by the Executive latest 4 weeks prior to the AGM

Complete Agenda must be sent to all members latest 2 weeks prior to the AGM

*Order of Votes at the AGM.*

At the AGM a quorum will consist of the authorised delegates present.

No delegate shall have more than one vote as they can not carry votes for persons not present at the AGM.

*Law changes.* Proposals to change the law of Great Britain PF can only be examined

*If presented to the General Secretary within 6 weeks to be included in the Agenda distributed to all members and requires 2/3 majority by the delegates to be accepted.*

All accepted proposals will be in power from the first day after the AGM if not otherwise stated.

**10 AGM representation.**

Great Britain Powerlifting Federation

**Representation at AGM**

All members fully paid up 6 months prior to the AGM have 1 vote each

Any member currently under suspension, any employee of the Federation, and any Member not fully paid up 6 months prior to the AGM cannot vote.

**11. The power of the AGM.**

The duties of the AGM are:

1. The delegates elect one person to preside at the meeting, one secretary to record the meeting and two persons to sign the secretary protocol.
2. Roll call of delegates.
3. To accept the Agenda
4. To examine the Executive report.
5. To examine the Treasures – Auditor's report.
6. To examine proposals and amendments.
7. Decide about membership fees and other fees.
8. To examine the budget
9. Elect or confirm the name of the Auditor
10. Election of :
  - a) President and Vice President
  - b) 3 Executive members and 2 deputy members (2 of the functions may be Treasurer and Secretary).
  - c) Technical Committee
  - d) Disciplinary Committee
  - e) Law and Legislation Committee
  - f) Appeal Committee
  - g) Election Committee

Candidates of both sex shall be represented in the Executive and Committees.

### **12 Order of votes at the AGM**

If not otherwise decided, a proposal is accepted by a majority of votes. However, Constitutional changes require 2/3 majority.

Election of candidates shall be in writing if there is more than one candidate for a duty.

If there are more candidates but no one gain majority, a new election between the two candidates with most votes shall take place. In case two candidates gain equal number of votes, a secret ballot shall be made to decide which one shall be elected. If more candidates shall be voted, all must gain more than 50% of the total votes to be elected. If necessary , additional rounds of votes must be made to achieve the 50%

### **13 Extraordinary AGM**

Extraordinary AGM may be called by the Executive with at least 14 days notice if:

- a) Required by a superior Sport organisation or the Government/National umbrella organisation
- b) Decided by the AGM
- c) Decided by the Executive
- d) Required by at least 25% of the members.

An extraordinary Congress shall only deal with cases included in the agenda when called.

### **14 Powers of the Executive.**

1. It shall be the governing body of the Great Britain PF between AGM's
2. It shall carry out decisions made by the AGM and superior sport authorities.
3. It shall carry out daily management of the federation, represent the federation and practise skilled authority.
4. Appoint members in committees others that elected by the AGM and work out guidelines for such committees.
5. To maintain running control of the expenditures of the Great Britain PF, in accordance with the budget as set out by the Finance Committee and approved by AGM.
6. To impose penalties and sanctions on Home Countries competing in events not under the control of the GBPF i.e 4 Nations, Commonwealth Championships and Home Country National Championships where drug offences or disciplinary matters arise.

An executive meeting is called by the President/Chairman or if a majority of the Executive members ask for a meeting

A quorum is formed if a majority of the Executive members are present. Decisions are made by a majority vote of the Executive members present. In case of an equality of the votes, the vote of the President/Chairman is determining.

### **15 Committees**

- a) Technical committee
- b) Disciplinary committee
- d) Appeal committee
- c) Law and Legislation committee

(\*Below is an example of mandates):

- a) *Technical Committee.*

- The committee shall consist of 3 members of which the chairman is elected by the AGM and the two others appointed by the Executive.  
This Committee shall apply and update all rules and regulations, and as confirmed by the EPF/IPF  
The Technical Committee shall be responsible for ensuring all rules and Regulations are adhered to at all Divisional and National events.
- The committee shall educate and instruct referees, organise referee clinics, and appoint referees at national championships. (\* other duties may be included).

b) *Disciplinary Committee.*

- The Disciplinary Committee (DC) shall consist of 3 members elected by the AGM.
- The DC shall be entrusted with the examination and decision of disciplinary cases within the federation handed to them by the Executive.  
The DC shall collect all relevant information needed to deal with a case according to the Constitution. Sensitive information shall be treated confidential within the parties involved.
- Decisions made by the DC may by both parties be appealed to the Appeal Committee within 1 month.

d) *Appeal Committee.*

- The Appeal committee shall receive all documents relating to any appeal and within one month examine and investigate the matter and decide on an appropriate penalty.  
Appeal against a sanction by the Appeal Committee may by both parties be made to the Executive (\*or to an umbrella national sport organisation if it exists) for final decision. Such appeal must be lodged to the Executive within 1 month after the decision is made by the Appeal Committee.

c) *Law and Legislation Committee.*

- The committee shall consist of 3 members of which the chairman is elected by the AGM and the two others appointed by the Executive.
- The committee shall evaluate all new Constitutional proposals and amendments and state their conclusions to the AGM. Further, the duty is to update and maintain the Constitution and interpret the content if required.

**16 Constitutional changes.**

Constitutional changes are only possible at the ordinary AGM or at an extraordinary AGM. Such proposals must be included on the agenda when the AGM is called and require 2/3 majority of the delegates present.

**17 Dissolution.**

A proposal to dissolve the federation must first be discussed at an ordinary AGM  
If a decision is made in favour of a dissolution by a 2/3 majority, an extraordinary AGM shall be called 3 months later. Again a 2/3 majority is required for a final decision of a dissolution of the federation.

The funds of the federation shall come to a superior sport federation or to a charity organisation as decided by the AGM

For and on behalf of  
Great Britain Powerlifting Federation

Arthur Hoey

General Secretary

**GREAT BRITAIN POWERLIFTING FEDERATION**

**Appointed Officers of the Company as at 19<sup>th</sup> May 2008**

<b>Chairman:</b>	<b>Ralph Farquharson</b>
<b>General Secretary:</b>	<b>Arthur Hoey</b>
<b>Finance:</b>	<b>John Jackson</b>
<b>Director for Wales &amp; Athletes</b>	<b>Phillip Richard</b>

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