

YORKSHIRE AND NORTHEAST POWERLIFTING FEDERATION



CONSTITUTION & BY-LAWS

AMENDMENT RECORD

| Date | Amendment | Approved By |
|-------------|------------------------------------------|--------------------|
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CONSTITUTION OF THE YORKSHIRE AND NORTHEAST POWERLIFTING FEDERATION

CONSTITUTION

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APPENDIX C - YNEPF LOGO

CONSTITUTION OF THE YORKSHIRE AND NORTHEAST POWERLIFTING FEDERATION

The YNEPF accepts and recognises the Constitution of the English Powerlifting Association (EPA) and shall adhere to it.

All disciplinary actions raised within the YNEPF will be handled by the EPA and / or British Powerlifting (BP).

Terminology

Unless specifically stated otherwise, the terms "Annual General Meeting", "Chairman" and such like shall mean the "YNEPF Annual General Meeting", "YNEPF Chairman" etc. Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

1. DEFINITION

1.1. Name

- The YORKSHIRE AND NORTHEAST POWERLIFTING FEDERATION hereinafter called "YNEPF" is an organisation founded in 1928 (as YAWWA). The Federation comprises the English counties of Yorkshire, Cleveland, Durham, Tyne & Wear and Northumberland.

1.2. Objectives

- To further the development of Powerlifting within Yorkshire, Cleveland, Durham, Tyne & Wear and Northumberland, under the guidance of the English Powerlifting Association (EPA) and British Powerlifting (BP).
- To affiliate to or otherwise be recognised by the EPA, BP and Special Olympics.
- Maintain a system for recognizing and approving divisional records.
- Establish appropriate administrative and technical committees from member clubs.
- Enforce IPF and BP rules for the management of Powerlifting within Yorkshire, Cleveland, Durham, Tyne & Wear and Northumberland.
- Promote, support and encourage drug free Powerlifting.
- Produce official bulletins and/or Powerlifting publications.
- Promote, sanction and supervise development programmes and competitions.
- Hold an annual YNEPF General Meeting of bona fide divisional members.

2. EMBLEM

2.1. Emblem

- The official emblem of the YNEPF shall be as shown in Appendix C.

2.2. Authorisation

- The YNEPF emblem shall not be used without the YNEPF's authorisation.
- Only the YNEPF may authorise the fabrication of its emblem as badges, medals, etc.

3. GENERAL PROVISIONS

- The YNEPF is recognised by British Powerlifting and the English Powerlifting Association.
- All political and religious discussions or demonstrations are forbidden within the YNEPF.
- The YNEPF supports all initiatives by Powerlifters for peace and understanding.
- No distinction is made between individuals for reasons of race, colour, gender, religion, politics, abilities or disabilities

- The YNEPF will support the running of disability sport with the support of the Special Olympics.

4. MEMBERSHIP

- Membership is open to all bona fide members of British Powerlifting, who are resident in Yorkshire, Cleveland, Durham, Tyne & Wear or Northumberland.

5. YNEPF BODIES

- The YNEPF is composed of the following bodies:
 - Annual General Meeting.
 - Executive.
 - Committee(s).

6. ANNUAL GENERAL MEETING

6.1. General Provisions

- The Annual General Meeting (AGM) is the overall governing body of the YNEPF.
- The AGM shall be held once a year and notification given to all those entitled to attend at least one calendar month in advance.
- Each current bona fide member of British Powerlifting, who are resident in Yorkshire, Cleveland, Durham, Tyne & Wear or Northumberland, is allowed to attend the AGM and each member has equal power, with one vote per member.

6.2. Powers

- The Annual General Meeting has the power:
 - To amend the By-Laws by a simple majority of votes cast.
 - To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the YNEPF into disrepute or in any way impaired its function or development.
 - To establish dues of the YNEPF.
 - To control the income, expenditure and property of the YNEPF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the period up to the next Annual General Meeting.
 - To institute, locate, conduct and manage Powerlifting within the Yorkshire and Northeast division.
 - To elect the executive officers of the YNEPF. Elect executive officers to fill any casual vacancies, which may occur between AGMs.
 - To form ad hoc and sub committees and to elect the chairman of the same.
- Extraordinary General meetings. Extraordinary General Meetings of the YNEPF may be scheduled at the request of the Chairman, 5 members of the Executive or at the written request of 25 members of the YNEPF. Specific matters can be considered at a special meeting.
- Not less than thirty (30) days notice must be given of any special or annual meeting of the YNEPF. The General Secretary will e-mail a notice and agenda to all named and post on social media.
- The official agenda for the YNEPF Annual General Meeting must be made available to all members at least thirty (with amendment 30) days before the Annual General Meeting takes place. Items not in the agenda cannot be considered in the Annual General Meeting.

7. EXECUTIVE OF THE YNEPF

7.1. Executive

- The Executive shall comprise the President, Chairman, General Secretary, Treasurer Records Registrar, Technical Officer, Drugs Control Officer, Media Officer, Merchandise Officer, Equipment Officer, Sponsorship Officer and Junior Development Officer. In the event of an impasse (stalemate), the Chairman shall have a casting vote.

7.2. Powers of the Executive

- It shall be the governing body of the YNEPF between Annual General Meetings.
- To maintain running control of the expenditure of the YNEPF, in accordance with the budget approved by the Annual General Meeting.
- It shall prepare a budget for the forthcoming year for presentation to the Annual General Meeting.
- 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:
 - Chairman: A Chairman will be designated by the Executive to succeed the Chairman until the next Annual General Meeting. At this Annual General Meeting, the Chairman successor shall be elected.
 - General Secretary and Treasurer: The Executive shall appoint a successor to serve until the next Annual General Meeting.
- At their discretion, the Executive may appoint a number of co-opted members, to help non-executive officers with their tasks, on an ad hoc basis.

8 COMMITTEES, COMMISSION, PANEL

8.1 General Provisions

- Each committee shall consist of a chairman elected by the Annual General Meeting or the YNEPF Executive Committee and a maximum of six (6) members from who shall be appointed by the Executive in consultation with the Committee Chairman.

9 RESTRICTIONS ON TRADING

- The President, Chairman, Executive Members, General Secretary, Treasurer, and all Committee Chairmen's and their spouses, de-facto partners, siblings, parents and children shall not be permitted to deal in or supply Powerlifting equipment, without prior disclosure to the YNEPF Committee.

BYLAWS OF THE YORKSHIRE AND NORTHEAST POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "Annual General Meeting", "Chairman" and such like shall mean the "YNEPF Annual General Meeting", "YNEPF Chairman" etc. Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

1 DUTIES OF THE EXECUTIVE

1.1 President

- President shall act as the figurehead of the Division, but shall have no Executive duties.

1.2 Chairman

- Orders meetings of the YNEPF as provided in the Constitution and presides at all meetings of the YNEPF and Annual General Meeting.
- Has the right to exercise all the duties pertaining to his office in accordance with the Constitution.
- Is an ex officio member of all committees.
- Provides leadership in the long-term and day-to-day activities of the YNEPF.
- Has delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct YNEPF business.

1.3. General Secretary

- To make proper arrangements for keeping the records of the YNEPF and the Annual General Meeting.
- Issue all official notices of all YNEPF meetings.
- Keep a complete record of competitions held under the auspices of the YNEPF. These records shall include the results of championships, newsletters and magazines.
- To serve as Secretary of the Annual General Meeting and at any special meetings or hearings of the YNEPF.
- Delegate any of the aforementioned duties to an "assistant secretary" appointed by the Executive or to such assistants as may be provided by the YNEPF By-Laws.
- In association with the Chairman, manage / organise the YNEPF calendar for the following calendar year.

1.4. Treasurer

- Receive all monies due to the YNEPF and deposit it to accounts in the name of the YNEPF.
- Sign all cheques, notes and drafts together with one other signature as provided by the YNEPF By-Laws.
- Pay all bills approved by the duly authorised officer or by the Annual General Meeting provided it is within the authorised current budget of the YNEPF.
- When requested, hand over for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- To present an audited balance sheet to the Annual General Meeting. Audit of YNEPF accounts is to be made by a qualified accountant.
- To be responsible for collecting all fees due to the YNEPF.
- To be responsible for issuing invoices and collecting any penalties.

2. DUTIES OF THE NON-EXECUTIVE OFFICERS

2.1. Records Registrar

- To receive and certify all YNEPF records.
- To maintain an up to date register of all records in all categories on the YNEPF website.

2.2. Technical Secretary

- Liaise between YNEPF and EPA/BP on technical matters.
- Answer all queries regarding IPF Technical Rules.
- The Technical Secretary, or a nominated substitute, shall act as Technical Officer at YNEPF Competitions ensuring all technical arrangements have been made and to make decisions on technical matters.
- Provide Referee Courses and nominate Divisional referees for National Status.
- Provide and manage referees at all YNEPF competitions.

2.3. Drug Control Officer

- To work with the Chairman in the organising of drug testing at YNEPF competitions and report these findings to the YNEPF / EPA / BP.
- To liaise with all related agencies and the BP DCO, in providing information and highlighting the dangers of drug usage, to the members of the YNEPF.
- Maintaining a register of tested athletes, in association with the BP DCO.

2.4. Media Officer

- Maintains the YNEPF website in a professional manner with separate pages allocated where appropriate including, but not restricted to:
 - Constitution and By-Laws.
 - Members and contact details.
 - Records.
 - Calendar of Events.
 - Results of major events.
 - Authorised material from the Chairman or Executive (including drug test results).
 - Other than replies to routine enquiries he shall not post any other material without the written consent of the Chairman.
- To manage all other aspects of media, social media and live streaming (some of these areas will be managed through delegation to co-opted members):
 - YNEPF Facebook Group.
 - YNEPF Facebook Page.
 - YNEPF YouTube Account.
 - YNEPF Instagram Account.
 - YNEPF Live streaming Account.
 - Press reporting's / photographers at YNEPF competitions.

2.5. Merchandising Officer

- Shall be responsible for the procurement of YNEPF branded goods for sale to members and expanding the range of goods as required.
- A record of all purchases and sales shall be provided to the treasurer, and all profits shall go to the YNEPF

2.6. Equipment Officer

- To maintain an up to date register of all assets held by YNEPF.
- As required, to arrange the repair or calibration of any assets held by the YNEPF.
- As required, to arrange the sale of assets held by the YNEPF or purchase of assets for the YNEPF.

2.7. Sponsorship Officer

- Working with the Media, Merchandising and Equipment Officers, arrange sponsorship for the division on an annual or by competition basis.

2.8. Junior Development Officer

- Shall produce a junior development strategy.
- Establish sound links with powerlifting groups where there are predominately juniors such as Universities, Colleges and schools.
- Help in the promotion and management of Junior events such as the Northern Universities Competition.
- Report on the progress of the junior strategic plan.
- Manage the Talented Lifter Scheme.
- Develop special needs events at the Junior and University level.

3. BEHAVIOUR OF MEMBERS

3.1 EQUAL OPPORTUNITIES

- The YNEPF is an equal opportunities organisation and strives to ensure that any Executive, Non-Executive or member is treated equally. We shall work towards the elimination of discrimination based on race, sex, disability, religion, sexual orientation, class nationality, gender, unrelated criminal convictions, age or any other matter which causes a person to be treated with injustice.
- The YNEPF is open to people of any background and ability. We promote equality of opportunity and good relations between all persons.
- The YNEPF will not allow any form of direct discrimination, where a person is treated less favourably than another person is, or would be treated in similar grounds because of their race, sex, disability, religion, sexual orientation, class nationality, gender, unrelated criminal convictions or age.
- The YNEPF will not allow any indirect discrimination if a particular condition or requirement is imposed, that does not refer to on race, sex, disability, religion, sexual orientation, class nationality, gender, unrelated criminal convictions or age.
- The YNEPF will not allow any victimisation.
- Wherever practicable, the YNEPF will provide facilities that consider the needs of the disabled person.
- Where appropriate, the YNEPF will receive advice, guidance and training to ensure that equal opportunity is achieved within the division.

3.2 Social Media

- All Executive and Non-Executive officers must act in an appropriate manner:
 - Online, through the YNEPF Facebook Group or Page and the Facebook Groups or Page of any groups linked to BP or the EPA.

- Via e-mail or private messages, relating to the business of the YNEPF.
- The behaviour of any YNEPF member, on the YNEPF Facebook Group or Page, deemed not appropriate can be referred to the committee by anyone, and can be reported either in person, or via email

3.3 Non-Compliance

- Should a member of the Executive or Non-Executive not comply with the above, the Executive may vote to suspend the position, until the AGM or an EEM, where it can be decided if the offender should be removed from office.
- Should a member of the YNEPF not comply with the above, the Media Officer will remove or arrange the removal of their access to the YNEPF Facebook Group and Page.
- If the above actions do not resolve the issue(s), the YNEPF will refer the matter to the EPA / BP, for disciplinary review.

4. RECORDS AND AWARDS

4.1 Categories of Records

- The YNEPF recognises Yorkshire and Northeast records, for both classic and equipped lifts, in the following categories: Men's Open, Women's Open, Juniors Men and Women, Sub-Juniors Men and Women, and Masters Men and Women; Single lift Bench press: Men's Open, Women's Open, Juniors Men and Women, Sub-Juniors Men and Women, and Masters Men and Women.

5. COMPETITION TECHNICAL RULES

5.1 Equipment Standards

- Equipment standard shall be as defined by the IPF.

5.2 Rule Interpretations

- The YNEPF recognises the rule interpretations issued by the IPF Technical Committee.
- The YNEPF recognises the Special Olympics and will run Special Olympic Powerlifting competitions, with the help of the Special Olympics.

5.3 Disabled Athletes competing in Able Bodied Divisions, Procedures for Weigh-In

- Bench press Championships shall be organised without a special division of disabled lifters. Disabled lifters can compete within the non-disabled classes, if they fulfil the IPF rules as for non-disabled lifters pertaining to the actual lift. The blind, sight impaired, mobility impaired, may be assisted to and from the bench with the aid of the "coach" or/and with the aid of crutches, or sticks."
- For lifters who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The lifter shall be weighed in without the device, with compensatory weight added according to the established fractional charts. For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.

6. SIGNING AUTHORITY YNEPF CONTRACTS

- The Chairman has the power to sign Anti-Doping Testing contracts. The Chairman and General Secretary must sign all contracts performed in the name of the YNEPF when the majority of

the EC have accepted such contract to be signed. A copy of the contracts must be given to all EC-members, if it is requested.

7. ASSET DISPOSAL

- If the YNEPF is replaced by a similar powerlifting organisation(s), all assets shall pass to that body, subject to a resolution to do so being passed at the final General Meeting. However, should the YNEPF cease to exist in any form, its assets shall be distributed amongst the clubs within the division, in proportion to the registered number of members at that time or passed to the EPA, to be distributed to other divisions within England.

8. CONSTITUTION

- The constitution of the YNEPF should be reviewed on at least a bi-annual basis, to ensure that it matches the current needs of the lifters.

9. EXPENSES

- All expenses claimed from the YNEPF should be accompanied by legitimate receipts.
- The YNEPF reserves the right to refuse to pay an expense should receipts not be presented.

APPENDIX A – STANDING ORDERS

1. Order of Business

An agenda shall be provided by the General Secretary and circulated to all members at least 30 days prior to the YNEPF Annual General Meeting. 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.

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 Annual General Meeting 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 member.

3. 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.

4. Speeches

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

5. 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 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.

6. 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.

7. 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.

8. 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.

9. Privileged Immunity of the Annual General Meeting

Anything said In the YNEPF Annual General Meeting, committees or subsequent documentation is without prejudice and may not be used in litigation.

APPENDIX B – CONSTITUTION & BY-LAW AMENDMENTS

Proposals to amend the YNEPF Constitution, By-Laws, and/or Appendices, hereinafter referred to as rule(s), shall be set out as follows:

1. Clear identification of the exact rule(s) or portion thereof concerned
2. Action to be taken:
 - a. Deletion, or
 - b. Addition, or
 - c. Amendment, delete ... and insert (or replace with)...
3. Text involved:
 - a. 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.
 - b. The text of the addition or insertion, accompanied in the former case by the proposed rule No. or location.
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 Annual General Meeting. 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.

APPENDIX C – YNEPF OFFICIAL EMBLEM

