



**ENGLISH POWERLIFTING
ASSOCIATION**

CONSTITUTION & BY-LAWS

AMENDMENT RECORD

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CONSTITUTION OF THE ENGLISH POWERLIFTING ASSOCIATION

Terminology

Unless specifically stated otherwise, the terms "Annual General Meeting", "Chairman" "Technical Committee" and such like shall mean the "EPA Annual General Meeting", "EPA Chairman", "EPA Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

1 DEFINITION

1.1 Name

The ENGLISH POWERLIFTING ASSOCIATION hereinafter called "EPA" is an organisation founded in 2010. The Association comprises English Divisions of the GB Powerlifting Federation; namely North West (Greater Manchester, Lancashire, Cheshire, Cumbria), Yorkshire & North East (Yorkshire, Cleveland, Durham, Tyne & Wear, Northumberland), North Midlands (Nottinghamshire, Derbyshire, Lincolnshire, Leicestershire), West Midlands (Warwickshire, Staffordshire, Worcestershire, Shropshire, Herefordshire), East Midlands (Bedfordshire, Essex, Cambridgeshire, Norfolk, Suffolk, Hertfordshire, Northamptonshire), South Midlands (Oxfordshire, Berkshire, Buckinghamshire, Hampshire), South West (Gloucestershire, Bristol, Wiltshire, Somerset, Dorset, Devon, Cornwall), Greater London, South East (Kent, Surrey, Sussex)

1.2 Status

The EPA is a Home Nation Member of GB Powerlifting Federation Limited (company number 06625045, trading as **British Powerlifting** and as defined within the GB Powerlifting Federation Articles of Association). The EPA agrees to at all times act in accordance with the Articles of Association (including the furtherance of those objects), the By-Laws and any requests of the Board of GB Powerlifting Ltd (the "**British Powerlifting Member Laws**"). For avoidance of doubt, should this Constitution or any other by-law or direction of the EPA conflict with any British Powerlifting Member Laws, those laws shall be the prevailing position".

1.3 Objectives

- 1.3.1 In accordance with the British Powerlifting Articles and By-Laws the EPA is charged with the promotion and support of the British Powerlifting objects in England. All members of British Powerlifting living in England automatically fall under the charge of the EPA.
- 1.3.2 To further the development of Powerlifting under the umbrella of the EPA, throughout England.
- 1.3.2 Maintain a system for recognizing and approving records.
- 1.3.3 Establish appropriate administrative and technical committees from member divisions.
- 1.3.5 Enforce IPF and GBPF rules for the management of Powerlifting within England.
- 1.3.4 Promote, support and encourage drug free Powerlifting.
- 1.3.5 Produce official bulletins and/or Powerlifting publications. promote, sanction and supervise English development programmes and competitions, including English championships and single lift competitions.
- 1.3.6 Hold annual EPA General Meetings of bona fide English Divisional representatives.

2 Emblem and Flag

2.1 Emblem

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

2.2 Flag

The EPA flag shall be flown at all championships.

2.3 Authorisation

2.3.1 The EPA emblem shall not be used without the EPA's authorisation.

2.3.2 Only the EPA may authorise the fabrication of its emblem, badges, medals, etc.

3 GENERAL PROVISIONS

3.1 The EPA shall affiliate to the Commonwealth Powerlifting Federation (CPF).

3.2 The EPA accepts and recognizes the Statutes and aims of the International Powerlifting Federation, the Commonwealth Powerlifting Federation, the General Association of International Sports (GAISF) and those of the World Anti-Doping Agency (WADA).

3.3 All political and religious discussions or demonstrations are forbidden within the EPA.

3.4 The EPA supports all initiatives by Powerlifters for peace and understanding.

3.5 No distinction is made between individuals for reasons of race, colour, gender, religion or politics.

4 MEMBERSHIP

All members must be resident in England, affiliated to British Powerlifting and subject to their rules.

5 EPA BODIES

The EPA is composed of the following bodies:

- Annual General Meeting
- Executive
- Committees

6 ANNUAL GENERAL MEETING

6.1 General Provisions

6.1.1 The Annual General Meeting (AGM) is the overall governing body of the EPA.

6.1.2 The AGM shall be held once a year and notification given to all those entitled to attend at least one calendar month in advance.

6.2 Powers

6.2.1 The Annual General Meeting has the power:

6.2.1.1 To amend the Constitution by a two-thirds majority of votes cast and By-Laws by a simple majority of votes cast.

- 6.2.1.2 To impose and enforce penalties for any violation of the Constitution or By Laws.
- 6.2.1.3 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person or organisation, being members of the EPA.
- 6.2.1.4 To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the EPA into disrepute or in any way impaired its function or development.
- 6.2.1.5 To establish dues of the EPA.
- 6.2.1.6 To control the income, expenditure and property of the EPA. 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.
- 6.2.1.7 To institute, locate, conduct and manage all English Powerlifting.
- 6.2.1.8 To explain, define and interpret any provision of the Constitution.
- 6.2.1.9 To consider and accept proposed changes to the Constitution and By-Laws every English Championships year.
- 6.2.1.10 To elect the executive officers of the EPA. Elect executive officers to fill any casual vacancies, which may occur between AGMs.
- 6.2.1.11 To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the EPA shall include Medical, Technical, Disciplinary and Appeal.

6.2.2 Extraordinary General meetings

Extraordinary General Meetings of the EPA may be scheduled at the request of the Chairman or at the written request of two thirds of the members of the EPA. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

- 6.2.3 Not less than thirty (30) days notice must be given of any special or annual meeting of the EPA. The General Secretary will airmail a notice and agenda to all named delegates or their national federation. A notice sent to the last address known to the General Secretary complies with this requirement. The official agenda for the EPA Annual General Meeting must be received by 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.

- 6.2.4 At all general meetings of the EPA, a quorum will consist of twenty per cent of those entitled to vote.

7 EXECUTIVE OF THE EPA

7.1 Executive

The Executive shall comprise the President, Chairman, General Secretary, Treasurer and one member nominated by each Division, one of whom shall be the Vice-Chairman. There shall be at least a quorum of four members. In the event of an impasse (stalemate), the Chairman shall have a casting vote.

7.2 Powers of the Executive

- 7.2.1 It shall be the governing body of the EPA between Annual General Meetings.
- 7.2.2 To maintain running control of the expenditure of the EPA, in accordance with the budget approved by the Annual General Meeting.
- 7.2.3 It shall prepare a budget for the forthcoming year for presentation to the Annual General Meeting.
- 7.2.4 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:
 - 7.2.4.1 Chairman: The Vice 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.
 - 7.2.4.2 Vice-Chairman: The Executive shall appoint a successor to serve until the next Annual General Meeting.

- 7.2.4.3 General Secretary and Treasurer: The Executive shall appoint a successor to serve until the next Annual General Meeting.
- 7.2.5 To appoint the non-executive officers specified in 8.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.

8 NON-EXECUTIVE OFFICERS

8.1 Titles

The titles of the non-executive officers of the EPA shall include Championships Secretary, Selections Secretary, Assistant Treasurer, Sponsorship Officer, Merchandising Officer, Supplies Officer, Web-site Master and Records Registrar.

8.2 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.

9 COMMITTEES, COMMISSION, PANEL

9.1 General Provisions

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

9.2 Disciplinary Committee

9.2.1 Disciplinary hearings

9.2.1.1.1 General

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

- I) Bringing the EPA or the sport of Powerlifting into disrepute.
- II) Acting in a manner that is contrary to the best interests of the EPA.
- 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 EPA.

Following such investigation it may impose an appropriate penalty.

9.2.1.2 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.

9.2.2 Appeals Procedure

9.2.2.1 Appeal hearings

Appeals must be submitted in writing to the General Secretary. The Appeal committee shall within one month of receiving all documentation relating to the appeal examines and investigate the matter and decide on an appropriate penalty.

An appeal against any decision of the Appeal Committee may be made to the Annual General Meeting. 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 Annual

General Meeting. The appeal shall be lodged with the General Secretary who shall then include the appeal on the agenda to be considered by Annual General Meeting.

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

9.3 Official Defined

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the EPA 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.

10 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.

BYLAWS OF THE ENGLISH POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "Annual General Meeting", "Chairman" "Technical Committee" and such like shall mean the "EPA Annual General Meeting", "EPA Chairman", "EPA Technical Committee" 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 Association, but shall have no Executive duties.

1.2 Chairman

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

1.4 Vice Chairman

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.

1.4 General Secretary

- 1.4.1 To make proper arrangements for keeping the records of the EPA and the Annual General Meeting.
- 1.4.2 Issue all official notices of all EPA meetings.
- 1.4.3 Keep a complete record of competitions held under the auspices of the EPA. These records shall include the results of national championships, newsletters and magazines.
- 1.4.4 To serve as Secretary of the Annual General Meeting and at any special meetings or hearings of the EPA.
- 1.4.5 Delegate any of the aforementioned duties to an "assistant secretary" appointed by the Executive or to such assistants as may be provided by the EPA By-Laws.

1.5 Treasurer

- 1.5.1 Receive all monies due to the EPA and deposit it to accounts in the name of the EPA.
- 1.5.2 Sign all cheques, notes and drafts together with one other signature as provided by the EPA By-Laws.
- 1.5.3 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 EPA.
- 1.5.4 When requested, hand over for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- 1.5.5 To present an audited balance sheet to the Annual General Meeting. Audit of EPA accounts is to be made by a qualified accountant.
- 1.5.6 To be responsible for collecting all fees due to the EPA.
- 1.5.7 To be responsible for issuing invoices and collecting any penalties.

2 DIVISIONS

2.1 Divisional AGM

All Divisions must hold an AGM before the end of January of the following year to present divisional accounts and elect officers for the forthcoming year. A copy of the minutes must be provided to the EPA General Secretary within two months. This is necessary to ensure Divisions have proper governance.

2.2 Divisional Council

That all Divisions must elect a Divisional Council comprising as a minimum the following:

- i) President
- ii) Chairman
- iii) Secretary
- iv) Treasurer
- v) Representatives from constituent counties
- vi) A representative to sit on the EPA Council, who ideally should be a resident of the Division.

2.3 Divisional Representative

The Divisional Representative shall provide the primary point of contact for each division. They are responsible for ensuring maintaining a working powerlifting structure in their areas, holding divisional championships and that all information issued by the EPA is disseminated to members in their areas in a timely manner.

2.4 Clubs

Clubs may affiliate for £10 per annum and their members are then entitled to a 10% reduction on entry fees English national championships. In addition, clubs will be given free advertising space on the English web site.

3. DUTIES OF THE NON-EXECUTIVE OFFICERS

3.1 Assistant Treasurer

Shall assist the Treasurer and carry out duties as delegated by the Treasurer or Executive Committee.

3.2 Sponsorship Secretary

To be responsible for raising funds from any viable source to finance major national and international competitions, purchase of English team apparel and attendance at international competitions. These shall include the bi-annual Commonwealth Powerlifting Championships and the annual Four Nations Competition.

3.3 Records Registrar

Shall certify all English records and maintain an up to date register of all records in all categories.

3.4 Championship Secretary

Shall maintain a Calendar of Events, covering all major events for a period of not less than 24 months from the date of the Calendar.

The major events in the EPA calendar are as follows:

- a) English Championships for Men (Open), Women (Open), Junior 19-23 years (Men and Women), Juvenile 14-18 years (men and Women), and Masters (Men and Women). Masters age categories are 40-49 years and 50-59 years and over 60 years for men. Over 40-49 years and over 50 years for women. English bench press championships for Men (Open), Women (Open).
- b) Other events as approved. The Championship Secretary shall ensure that major events do not clash.

3.5 Selections Secretary

Shall maintain current ranking lists of all English lifters and propose selections for all international competitions.

3.6 Web-site Master

Maintains the EPA Internet site in a professional manner with separate pages allocated where appropriate including, but not restricted to:

- 2.5.2 Constitution and By-Laws
- 2.5.3 Members and contact details
- 2.5.4 English Records
- 2.5.5 Calendar of Events
- 2.5.6 Invitations and details on forthcoming events
- 2.5.7 Results of major events
- 2.5.8 Drug testing results
- 2.5.9 Authorised material from the Chairman or Executive
- 2.5.10 Other than replies to routine enquiries he shall not post any other material without the written consent of the Chairman.

3.7 Merchandising Officer

Shall be responsible for the procurement of EPA branded goods for sale to members, either by himself or via the Supplies Officer. A record of all purchases and sales shall be kept and all profits shall go to the EPA

3.8 Supplies Officer

The Supplies Officer is appointed by the EPA to sell Powerlifting apparel (belts, lifting suits, wraps etc) at English Championships. Anyone else wishing to sell goods at and English championships may only do so with the express permission of the EPA Executive Committee and a charge may be levied.

4. RECORDS AND AWARDS

4.1 English Championships Participation Certificates

English championship participation certificates shall be awarded to each lifter and official (team manager, coach) according to EPA regulations. They shall also be awarded to approved EPA officials and referees.

4.2 Categories of English Records

The EPA recognises English records in the following categories: Men's Open, Women's Open, Juniors Men and Women, Men and Women and Masters Men and Women; Single lift Bench press: Open Men's, Open Women's, Master's Men and Women.

4.3 Recognition of English Records

English records will only be accepted from competitions registered for drug testing.

5. COMPETITION TECHNICAL RULES

5.1 Equipment Standards

Equipment standard shall be as defined by the IPF

5.2 Rule Interpretations

The EPA recognises only the rule interpretations issued by the IPF Technical Committee. In addition, Unequipped Competitions may be run, in accordance with the rules laid down by the GBPF.

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

“Benchpress Championships shall be organised without a special division of disabled lifters. Disabled lifters can compete within the non-disabled classes, if they fulfill the EPA 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 EPA CONTRACTS

The Chairman and General Secretary must sign all contracts performed in the name of the EPA 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.

APPENDIX A - STANDING ORDERS

1. Order of Business

An agenda shall be prepared by the General Secretary and circulated to all members at least 30 days prior to the EPA 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 EPA 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 EPA 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 - EPA OFFICIAL EMBLEM AND FLAG



**ENGLISH POWERLIFTING
ASSOCIATION**