

# **WELSH**

## **POWERLIFTING**

A S S O C I A T I O N



**Welsh Powerlifting Association (WPA)**

**Constitution and By-Laws**



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**Version:** 3.0

**Revision Date:** 17<sup>th</sup> April 2024

**Document Status:** Published Document

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## Change History

Version	Date	Author	Comments
0.1	02/12/2014	Rob Thomas	Initial Draft
1.0	03/12/2014	Rob Thomas	Published Document
1.1	18/12/2014	Rob Thomas	Amendments after Review Form GBPF Exec
2.0	18/12/2014	Rob Thomas	Published Document
2.1	26/08/15	Rob Thomas	Added role of Media Officer
2.2	19/01/2017	Tanya Bull and Richard Parker	Amendments in line with British Powerlifting Articles and By-Laws
2.3	18/03/2021	Tanya Bull	Inclusion of clause 6.1.3 as agreed by AGM 13/03/2021
3.0	29/04/2024	Adam Thomas	<ul style="list-style-type: none"> <li>Amendments to reflect new committee structure as agreed by AGM 24/03/2024.</li> <li>Amended with new Branding and logo per March 2024</li> <li>Added By-Law 2.1 Qualification Procedure</li> </ul>

## Related Document List

Document Name	Owner	Version
British Powerlifting Articles and By-Laws	James Brincat-Smith (British Powerlifting CEO)	

## Document Distribution List (sign off)

Name	Job Title
James Brincat-Smith	British Powerlifting CEO
Ben Davis	British Powerlifting Chairperson



## Constitution of the Welsh Powerlifting Association

### Terminology

Unless specifically stated otherwise, the terms "Annual General Meeting", "CEO" "Committee" and such like shall mean the "WPA Annual General Meeting", "WPA CEO", "WPA Committee" etc.

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

## 1. Definition

### 1.1 Name

The WELSH POWERLIFTING ASSOCIATION hereinafter called "WPA" is an organisation founded in 2014.

### 1.2 Status

The WPA 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 WPA 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 WPA 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 WPA is charged with the promotion and support of the British Powerlifting objects in Wales. All members of British Powerlifting living in Wales automatically fall under the charge of the WPA.
- 1.3.2 Maintain a system for recognizing and approving records.
- 1.3.3 Establish, define, and enforce IPF and BP rules for the management of Powerlifting within Wales
- 1.3.4 Promote, support, and encourage drug free Powerlifting.
- 1.3.5 Produce official bulletins and/or Powerlifting publications.
- 1.3.6 Promote, sanction, and supervise Welsh development programmes and competitions, including Welsh championships and single lift competitions.
- 1.3.7 Hold annual WPA General Meetings of bona fide Welsh representatives.
- 1.3.8 To further the cause of Powerlifting within Wales and strive for acceptance by Sport Wales



## **2. Emblem and Flag**

### **2.1 Emblem**

The official emblem for the WPA is shown in Appendix C.

### **2.2 Flag**

The national flag of Wales will be flown at all championships.

### **2.3 Authorisation**

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

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

## **3. General Provisions**

3.1 The WPA shall affiliate to the Commonwealth Powerlifting Federation (CPF) and be recognised as a constituent part of British Powerlifting.

3.2 The WPA 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 WPA.

3.4 The WPA 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 affiliated to British Powerlifting and subject to their rules.

## **5. WPA Bodies**

The WPA is composed of the following bodies:

- Annual General Meeting (AGM)
- WPA Committee

As the WPA does not operate as a limited company, no executive members are required.



## **6. Annual General Meeting (AGM)**

### **6.1 General Provisions**

- 6.1.1 The AGM is the overall governing body of the WPA.
- 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.
- 6.1.3 The AGM can be convened physically, virtually or a combination of the two to allow full participation by all eligible members.

### **6.2. Powers**

- 6.2.1 The AGM 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 remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the WPA into disrepute or in any way impaired its function or development.
  - 6.2.1.3 To establish dues of the WPA
  - 6.2.1.4 To control the income, expenditure, and property of the WPA. It shall examine the audited balance sheet presented by the Finance Director and approve a budget for the period up to the next Annual General Meeting
  - 6.2.1.5 To institute, locate, conduct, and manage all Welsh Powerlifting business.
  - 6.2.1.6 To explain, define and interpret any provision of the Constitution.
  - 6.2.1.7 To consider and accept proposed changes to the Constitution and By-Laws every year.
  - 6.2.1.8 To elect the officers of the WPA. Elect officers to fill any casual vacancies, which may occur between AGMs.
  - 6.2.1.9 To form standing, ad hoc and sub committees and to elect the chairperson of the same.
- 6.2.2 Extraordinary General Meetings of the WPA may be scheduled at the request of the CEO or at the written request of two thirds of the members of the WPA. 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 meetings of the WPA. The General Chairperson will post a notice and agenda to all named delegates or their national federation. A notice sent to the last address known to the General Chairperson complies with this requirement. The official agenda for the WPA 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 WPA, a quorum will consist of a minimum of 10 members entitled to vote.

## **7. WPA Committee**

### **7.1. The WPA Committee Members**

The WPA committee shall comprise the Executive team and the Operations Team. The Executive team comprises: Chief Executive Officer; Finance Director and Chairperson

The Operations Team shall comprise: Memberships & Records manager, Competition Director, Competition Secretary, Technology Manager, Communications Manager, Technical Officer, Safeguarding and Anti-doping Manager.

The Director of Powerlifting for Wales within British Powerlifting automatically becomes the CEO and shall be elected every three years by the WPA AGMs. The confirmation of appointment or removal of the Director of Powerlifting for Wales must be made at the British Powerlifting Annual AGM.

### **7.2 Powers of the WPA Committee**

7.2.1 It shall be the governing body of the WPA between Annual General Meetings

7.2.2 To maintain running control of the expenditure of the WPA, 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 Director of Powerlifting for Wales / CEO: The Committee shall appoint a successor to serve until the next British Powerlifting Annual General Meeting

7.2.4.2 Chairperson and Finance Director: The Committee shall appoint a successor to serve until the next WPA Annual General Meeting

## **8. Other Committees, Commission, Panel**

### **8.1 General Provisions**

Each additional committee shall consist of the WPA Committee and a maximum of 4 members from who shall be appointed by the WPA Committee.



## **8.2 Disciplinary Committee**

### **8.2.1 Disciplinary Hearings**

All disciplinary hearings will be dealt with by British Powerlifting.

## **8.3 Official Defined**

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

## **9. Restrictions on Trading**

The CEO, Chairperson, Finance Director 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.

## **By-Laws of the Welsh Powerlifting Federation**

### **Terminology**

Unless specifically stated otherwise, the terms "Annual General Meeting", "CEO" "Committee" and such like shall mean the "WPA Annual General Meeting", "WPA CEO", "WPA Committee" etc.

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

## **1) Duties of the WPA Committee**

The WPA committee comprises the Executive Team and the Operations Team

### **The Executive**

#### **a) CEO**

- i) Orders meetings of the WPA as provided in the Constitution and presides at all meetings of the WPA and Annual General Meeting
- ii) Has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

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- iii) Is an ex officio member of all committees.
- iv) Provides leadership in the long-term and day-to-day activities of the WPA.
- v) Has delegating responsibility for completion of tasks and making necessary contact with outside agencies to conduct WPA business.

### **b) Chairperson**

- i) To make proper arrangements for keeping the records of the WPA and the Annual General Meeting
- ii) Issue all official notices of all WPA meetings
- iii) Keep a complete record of competitions held under the auspices of the WPA. These records shall include the results of national championships, newsletters and magazines.
- iv) To serve as Chairperson of the Annual General Meeting and at any special meetings or hearings of the WPA

### **c) Finance Director**

- i) Receive all monies due to the WPA and deposit it to accounts in the name of the WPA
- ii) Sign all cheques, notes, and drafts together with one other signature as provided by the WPA By-Laws
- iii) 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 WPA.
- iv) When requested, hand over for audit or other purposes, all monies, accounts, books, papers, vouchers, and records pertaining to his office.
- v) To present an audited balance sheet to the Annual General Meeting
- vi) To be responsible for collecting all fees due to the WPA
- vii) To be responsible for issuing invoices and collecting any penalties

## **The Operations team**

### **d) Memberships & Records Manager**

- i) Shall certify all Welsh records and maintain an up-to-date register of all records in all categories.
- ii) Management of the Welsh membership database (regular and non-lifting memberships) and liaising with British Powerlifting on all membership related matters.

### **e) Competition Director**

- i) Responsible for creation and execution of the annual event calendar
- ii) Liaise with event venues to agree dates, prices and access as needed.
- iii) Ensure primary competition equipment is available as needed (platform, combo rack, weights, bar)
- iv) Ensure secondary competition equipment and setup is available as needed (warm up area)
- v) Ensure ancillary competition equipment is available as needed (e.g.) chair hire.



The major events in the WPA calendar are as follows:

- vi) Welsh Winter Cup
- vii) Welsh Championships
- viii) Welsh Summer Cup
- ix) Welsh Autumn Cup
- x) Other events as approved. The Competition Director shall ensure that major events do not clash.

**f) Competition Secretary**

Works together with the Competition Director to support creation and execution of the annual event calendar.

**g) Technology Manager**

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

- i) Constitution and By-Laws
- ii) Members and contact details.
- iii) Welsh Records
- iv) Calendar of Events
- v) Invitations and details on forthcoming events
- vi) Results of major events
- vii) Authorised material from the CEO or Committee
- viii) Other than replies to routine enquiries he shall not post any other material without the written consent of the CEO
- ix) Maintains and manages the WPA competition technology setup (e.g.) OpenLifter, LiftingCast, laptops, screens, referee's lights, livestream. Point of contact for any external tech (e.g.) photography, videography, livestream

**h) Communications and Social Media Manager**

Is the initial point of contact between the WPA and the media regarding news and events. The primary roles and responsibilities include:

- i) Informing the media and members about all competitions held by the WPA, generating as much interest and coverage as possible using whatever channels are deemed fit for purpose. This includes email, telephone, and social media.
- ii) Publishing and controlling all news content via the website and social media channels.
- iii) Representing the WPA in all media communications.

**i) Technical Officer**

- i) Organising referee exams
- ii) Coordinating referees and putting together communication on rules etc
- iii) Participate in WPA committee discussions on all topics, raising improvement ideas



**j) Safeguarding & Anti-Doping Manager**

- i) Maintain awareness of British Powerlifting anti-doping rules
- ii) Respond to member anti-doping queries (e.g.) prohibited lists, therapeutic use exemptions.
- iii) Liaise with British Powerlifting anti-doping officials as needed.
- iv) Ensure an anti-doping contact is assigned for each WPA competition (to liaise with UKAD as needed).
- v) Maintain awareness of British Powerlifting safeguarding rules
- vi) Respond to member safeguarding queries.
- vii) Liaise with British Powerlifting safeguarding officials as needed.
- viii) Ensure a safeguarding contact is assigned for each WPA competition.
- ix) Advise WPA committee on Anti-doping and Safeguarding matters as needed.
- x) Participate in WPA committee discussions on all topics, raising improvement ideas.

## **2. Qualification, Records and Awards**

### **2.1 Qualification Procedure**

The Welsh National championships are open to all full members of the WPA, provided they have achieved the qualifying total, are active in the division and are not subject to suspension either by the WPA, British Powerlifting or the IPF.

- 2.1.1 Qualifying totals are set yearly based on championship performances and must be achieved at a competition recognised by the WPA. If a qualifying total set in a particular category exceeds that of higher weight classes, the lifter may elect to lift in the higher class. This must be shown on the entry form.
- 2.1.2 Lifters must be active in Wales. Active means competing, officiating, spotting, loading or being involved in the promotion of divisional or home nation events.
- 2.1.3 Current national champions can defend their title without qualification however should they wish to compete at a different bodyweight they must make the qualifying total for that bodyweight.
- 2.1.4 Competitors cannot change their nominated bodyweight after the closing date for entries and if they don't make the required weight limit for their category, they can only lift as a guest and cannot place. Additionally, entry fees shall not be refundable after the closing date for entries.
- 2.1.5 All Welsh National championships will be held in accordance with IPF technical rules and rules of performance.
- 2.1.6 A national championship title can only be claimed if the qualifying total is attained.
- 2.1.7 Qualification must be achieved in the period from the date of the previous championship to five weeks before the current championship.
- 2.1.8 All competitors must comply with WPA anti-doping procedures and be available for testing should it be required of them.

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- 2.1.9 [Article 14](#) of the Constitution of the International Powerlifting Federation applies to national championships. Accordingly, lifters who have competed internationally in a non-WADA compliant powerlifting event will not be eligible to compete at British Powerlifting national championships for a period of 12 months thereafter. Lifters who have competed nationally in a non-WADA compliant event during the relevant qualification period will be required to withdraw their membership to any other non-WADA compliant powerlifting federation prior to entering the British Powerlifting national competition they intend to compete in.
- 2.1.10 Those who compete in Sub-Junior, Junior or Masters' events must produce proof of age i.e. birth certificate, drivers' licence or passport at the weigh-in.
- 2.1.11 Current British Powerlifting or home nation membership cards must be shown at the weigh-in if they have not entered in their membership year.
- 2.1.12 The WPA will ensure that divisional and national results are posted on the relevant website.
- 2.1.13 Entry for championships can only be made online via the WPA website, which will be available up to four weeks before the championship.
- 2.1.14 Qualifying totals for the Welsh National Championships may be made at any divisional or home nation championship providing that it is indicated on the score sheet.
- 2.1.15 Competitors wishing to receive trophies, participation certificates or medals must attend the presentation ceremony.

## 2.2 Competition Participation Certificates and medals

Competition participation certificates may be awarded to each lifter and official (team manager, coach) according to WPA regulations. They may also be awarded to approved WPA officials and referees.

## 2.3 Categories of Welsh Records

The WPA recognises Welsh records in the following categories:

- Classic men and women powerlifting (juniors, open and masters)
- Classic men and women bench press (juniors, open and masters)
- Equipped men and women powerlifting (juniors, open and masters)
- Equipped men and women bench press (juniors, open and masters)

# 3. Competition Technical Rules

## 3.1 Equipment Standards

Equipment standard shall be as defined by the IPF.

## 3.2 Rule Interpretations

The WPA recognises only the rule interpretations issued by the IPF Technical Committee and enforced by British Powerlifting.



#### **4. Signing Authority WPA Contracts**

The CEO and Chairperson must sign all contracts performed in the name of the WPA when the majority of the WPA Committee have accepted such contract to be signed. A copy of the contracts must be given to all WPA Committee members if it is requested.



## **APPENDIX A – Standing Orders**

### **Order of Business**

An agenda shall be prepared by the Chairperson and circulated to all members at least 30 days prior to the WPA 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.

### **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 regarding the accuracy of the minutes. After confirming the accuracy of the minutes, the CEO shall sign them, and the delegates at the Annual General Meeting shall be at liberty to ask questions regarding 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 Chairperson within four months of the date of circulation of the minutes to members.

### **CEO's Ruling**

The ruling of the CEO 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.

### **Speeches**

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

### **Motions and Amendments**

The first proposition on any 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 present at the meeting 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.

### **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, if it is consistent with the business and not been covered by an



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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.

### **Voting**

Except when the CEO at their 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.

### **Matters of Procedure**

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

### **Privileged Immunity of the Annual General Meeting**

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



## **APPENDIX B – Constitution and By-Law Amendments**

Proposals to amend the WPA 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 of 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 – WPA Official Branding Document

**PRIMARY HORIZONTAL**

**WELSH POWERLIFTING ASSOCIATION**

**PRIMARY STACKED**

**WELSH POWERLIFTING ASSOCIATION**

**SECONDARY**

**WELSH POWERLIFTING ASSOCIATION**

**TEAM WALES**

**TEAM WALES**

**TERTIARY**

**WPA**

**SUBMARK**

**COLOUR PALETTE**

- #067A3E
- #DA1F26
- #0A0505
- #FFFFFF

**Alleron Black**  
**Aileron Bold**

**TYPEFACE**

**MOCKUP**

TEAM WALES