



Welsh Powerlifting Association

Constitution and By-Laws

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Related Document List

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Name	Job Title
Richard Parker	British Powerlifting CEO
	Chairperson



Constitution of the Welsh Powerlifting Association

Terminology

Unless specifically stated otherwise, the terms "Annual General Meeting", "Chairman" "Technical Committee" and such like shall mean the "WPA Annual General Meeting", "WPA Chairman", "WPA 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 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 GBPF 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 the 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

6.2. 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. 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
 - 6.2.1.5 To institute, locate, conduct and manage all Welsh Powerlifting
 - 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 Welsh Championships 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 chairman of the same
- 6.2.2 Extraordinary General Meetings of the WPA may be scheduled at the request of the Chairman 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 meeting of the WPA. The General Secretary 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 Secretary 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 Chairman, the Secretary and the Treasurer. Additional roles such as the Championship Secretary, the Records Registrar and the Web Master will be carried out by the three committee members until such time that the workload requires additional committee members. This will be reviewed at each AGM.

The Director of Powerlifting for Wales within the GBPF automatically becomes the Chairman 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.

The Treasurer will also assume the post of membership registrar.

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 / Chairman: The Committee shall appoint a successor to serve until the next British Powerlifting Annual General Meeting
 - 7.2.4.2 Secretary and Treasurer: 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 Chairman, 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.

By-Laws of the Welsh Powerlifting Federation

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

1. Duties of the WPA Committee

1.1 Chairman

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

1.2 Secretary

- 1.2.1 To make proper arrangements for keeping the records of the WPA and the Annual General Meeting
- 1.2.2 Issue all official notices of all WPA meetings

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- 1.2.3 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.
- 1.2.4 To serve as Secretary of the Annual General Meeting and at any special meetings or hearings of the WPA

1.3 Treasurer

- 1.3.1 Receive all monies due to the WPA and deposit it to accounts in the name of the WPA
- 1.3.2 Sign all cheques, notes and drafts together with one other signature as provided by the WPA By-Laws
- 1.3.3 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 WPA
- 1.3.4 When requested, hand over for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office
- 1.3.5 To present an audited balance sheet to the Annual General Meeting
- 1.3.6 To be responsible for collecting all fees due to the WPA
- 1.3.7 To be responsible for issuing invoices and collecting any penalties

1.4 Records Registrar

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

1.5 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 WPA calendar are as follows:

- 1.5.1 Welsh Cup
- 1.5.2 Welsh Powerlifting and Bench Press Championships
- 1.5.3 Welsh Single Lifts
- 1.5.4 Other events as approved. The Championship Secretary shall ensure that major events do not clash.

1.6 Web Master

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

- 1.6.1 Constitution and By-Laws
- 1.6.2 Members and contact details
- 1.6.3 Welsh Records
- 1.6.4 Calendar of Events
- 1.6.5 Invitations and details on forthcoming events
- 1.6.6 Results of major events

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- 1.6.7 Authorised material from the Chairman or Committee
- 1.6.8 Other than replies to routine enquiries he shall not post any other material without the written consent of the Chairman

1.7 Media Officer

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

- 1.7.1 Informing the media 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.
- 1.7.2 Publishing and controlling all news content via the website and social media channels.
- 1.7.3 Representing the WPA in all media communications.

2. Records and Awards

2.1 Competition Participation Certificates

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

2.2 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 Chairman and Secretary 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 General Secretary 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 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 members.

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.

Speeches

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

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.

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.

Voting

Except when the chairman 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 Chairman 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 Amemdments

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 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 Emblem

