

BRITISH COLUMBIA POWERLIFTING ASSOCIATION (BCPA)
CONSTITUTION and BY-LAWS

As amended on 27 January 2008.

BRITISH COLUMBIA POWERLIFTING ASSOCIATION

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CONSTITUTION

1. The name of the Society is "BRITISH COLUMBIA POWERLIFTING ASSOCIATION".
2. The purposes of the Society are:
 - (a) To promote, control and develop Powerlifting throughout the province of British Columbia.
 - (b) To honour individuals in the form of special awards for exceptional achievement in powerlifting.
 - (c) To educate the general public as to the importance of better health and fitness through powerlifting.
 - (d) To do everything incidental and necessary to promote and attain the foregoing objects throughout the province of British Columbia.
3. The Society shall be carried on without purpose of gain for it's members and any profits or other accretions to the Society shall be used for promoting its objects.
4. In the event that the Society should at any time be wound up or dissolved, the remaining assets after payment of all debts and liabilities shall be turned over to a recognised charitable organization in the province or elsewhere in Canada as directed by the members.
5. Clauses 3,4 and 5 are unalterable in accordance with Section 22 of the Society Act.

BY-LAWS

1. MEMBERSHIP

Terms under which a person may be admitted to the Society:

1:01 There shall be the following classes of memberships:

- (a) Individual membership
- (b) Associate membership
- (c) Honourary membership

1:02 Any person interested in or in any way connected with Powerlifting may apply for membership in the society as an individual member, or as an associate member by applying to the Board of Directors.

1:03 Any person who is now or has been concerned with or active in the field of Powerlifting may apply for membership as an honorary member of the Society by applying to the Board of Directors.

1:04 Minors under nineteen years of age may apply for membership in the Society in any of the classes of membership according to the terms and conditions as set by the Board of Directors and the Society Act.

1:05 The Board of Directors has discretion to accept or reject an application for membership in the Society, provided that before membership is accepted, the applicant must pay to the Society the membership fee, if any. The exercise of the said discretion is subject to review at any meeting of the members of the Society.

1:06 The membership fee for each class of members, if any, shall be determined by the Board of Directors subject to review by the members at any meeting of the members of the Society.

1:07 The Board of Directors shall determine the day in each year when the membership fees, if any, from each member shall be paid.

1:08 The subscribers to this Constitution and these By-Laws shall have the same rights as any other member.

1:09 Honorary members shall be entitled to speak at any meeting of the members of the Society.

Duties of Members:

1:10 The subscribers to this Constitution and these By-Laws shall have the same duties as any other member.

1:11 It is the duty of each member, in order to remain in good standing in the Society, to comply with the By-Laws of the Society and pay when due the membership fee, if any, for the current year.

1:12 If a member resigns his membership in writing before the expiry date, the said membership will come up for review by the Board of Directors before membership is re-established.

1:13 It is the responsibility of members to advise the Registrar of changes in address, telephone or other relevant information.

1:14 A member must uphold the integrity and spirit of the Society in accordance with the Constitution and By-Laws.

1:15 A member is responsible for the actions of his or her coaches or entourage at BCPA contests.

1:16 It is a requirement of membership that all members of the Society are subject CPU anti-doping regulations.

2. TERMINATION OF MEMBERSHIP

Conditions under which membership in the Society ceases:

- 2:01 Any member who desires to withdraw from membership in the Society may notify the Board of Directors in writing to that effect and on receipt by the Board of Directors of such notice, the member shall cease to be a member.
- 2:02 A member shall cease to be a member if he or she or it fails to pay the annual membership fee, if any, on the date due.

Conditions under which a member may be expelled from the Society:

- 2:03 Any member of the Society may be expelled from the Society by a special resolution of the members passed in the General Meeting called for that purpose.
- 2:04 At a meeting described in Section 2:03, a member, or delegate has the right to speak on his or her own behalf.
- 2:05 Refusal by any member to participate in a doping control test when requested will result in suspension for life.

3. MEETINGS OF MEMBERSHIP

Month of Annual General Meeting:

- 3:01 The Annual General Meeting shall be held during the month of January in each year at a place within the province and on a day to be fixed by the Board of Directors.

Notice for General and Special Meetings:

- 3:02 Every notice of an annual, general or special meeting of the Society shall state the nature of the business of the meeting and such notice shall be given to every member fourteen days before such general or special meeting.

The Manner in which notice is to be given:

- 3:03 Notice of any annual, general or special meeting shall be deemed to be given to every member if mailed or handed to every member, and in addition a notice of the annual, general or special meeting may be advertised in any newspaper circulating in the city of Vancouver or the Society's newsletter.
- 3:04 The Board of Directors, or any two members of the Board of Directors, or ten percent or more of the membership of the Society may call a special meeting of the Society for any purpose.
- 3:05 A meeting called pursuant to Section 3:04 shall be convened and carried on pursuant to Section 58 of the Society Act.
- 3:06 The rules of procedure at an annual, general or special meeting shall be determined by the Board of Directors, or if any member objects, the Robert's Rules of Order shall apply.

Quorum for General and Special meetings:

3:07 A quorum for the transaction of business at any annual, general or special meeting of the Society shall be ten percent of the membership as they appear on the membership rolls but never less than three members.

Voting Rights of Members:

3:08 Only individual members of the Society can vote at any meeting of the members of the Society. Associate and honorary members shall have no voting rights.

4. DIRECTORS AND OFFICERS

Directors:

4:01 The number of Directors may be changed at a meeting of the members of the Society, but in no event shall the number of positions on the Board of Directors be less than four in number.

Appointment of Directors:

4:02 The Directors of the Society shall be elected by the members of the Society at the annual meeting and shall hold office for two years.

4:03 Any vacancy in the Directors may be filled by appointment by the Directors. Meetings of the Directors may be called by the President, two or more members of the Directors, or by two or more members.

Duties and Powers of the Directors:

4:04 The management and the administration of the affairs of the Society shall be vested in the Directors. In addition to the powers and authority given by the by-laws or otherwise expressly confirmed upon them, the Directors may exercise all such powers of the Society and do all such acts of its behalf as are not by the Societies Act or any of these by-laws required to be exercised or done by the Society at a general or special meeting and the Directors shall have full power to make such rules and regulations as they deem necessary, provided that such rules and regulations are not inconsistent with the Constitution and By-Laws of the Society.

Director's Meetings:

4:05 The Directors shall determine their own procedure and quorum.

4:06 A resolution in writing signed by all the Directors personally shall be valid and effectual as if it has been passed at a meeting of Directors duly called and constituted.

Director's Remuneration:

4:07 No Director shall receive remuneration for his or her duties.

Removal of Directors:

4:08 Directors shall cease to hold office upon their ceasing to be members of the Society.

4:09 Ten percent or more of the members can require the Directors to call a special meeting of the members of the Society for the purpose of removing any member of the Board of Directors and/or substituting a new member in that position.

Officers of the Society:

4:10 The officers of the Society shall consist of the President, the Vice-President, the Secretary, the Treasurer, plus such other officers as may be determined at a meeting of the members of the Society.

Election of Officers:

4:11 The Officers of the Society shall be elected by the Directors from among Directors at the first meeting of the Directors next following the meeting of members at which the Directors are elected.

Duties and Powers of Officers:

4:12 The Secretary shall keep the records of the Society and shall perform such duties as may be delegated by the Board of Directors.

4:13 The Treasurer shall be custodian of the funds of the Society and subject to the control of the Board of Directors shall pay any and all bills and also make available to the annual meeting an accounting of all moneys of the Society. The Treasurer with the President, or in the absence of the President with such other member officer as may be designated by the Directors, may co-sign all cheques drawn on the funds of the Society.

4:14 The President shall be the Chief Officer of the Society.

4:15 The Vice-President shall generally assist the President and shall, in the event of the absence or disability of the President, perform his duties and possess his authority.

4:16 The other officers of the Directors, if any, shall perform such duties as is determined by the membership and Directors can delegate duties and powers to the other officers of the Directors that are not inconsistent with any resolution passed by the membership, or inconsistent with these by-laws or the Societies Act.

Officers Remuneration:

4:17 Officers of the Society shall receive no remuneration for the performance of their duties.

4:18 The Society may pay reasonable travelling and other expenses of officers incurred in connection with the affairs of the Society.

Removal of Officers:

4:19 Officers of the Society may be removed as Officers by a majority vote of the Directors. Officers so removed shall remain members of the Board of Directors.

5. BORROWING POWERS

5:01 The Officers shall have the power to borrow or raise or secure the payment of money in such money as the Society shall think fit and without limiting the foregoing, the Society may issue debentures or debenture stock, perpetual or otherwise, charged upon all or any of the Society's present or future property, and to purchase, redeem or pay off any such security; provided that debentures shall not be issued without the authority of a special resolution of the Society.

6. AUDITS OF SOCIETY ACCOUNTS

6:01 The Directors shall present before the members of the Society at the annual general meeting a financial statement showing the income and expenditure, assets and liabilities, of the Society during the preceding fiscal year; the said financial statement shall be signed by two or more members of the Directors or by the Society's auditor.

7. THE SEAL

Custody of the Seal:

7:01 The seal of the Society shall be kept in the custody of the Secretary of the Society.

Affixing the Seal:

7:02 The seal of the Society shall not be affixed to any document or instrument unless authorized by the Directors and then only by and in the presence of such officers as the Directors may authorize and such persons as shall be authorized to affix the seal of the Society and shall sign every instrument to which the seal is affixed in their presence.

8. MAINTENANCE OF MINUTES, BOOKS AND RECORDS

8:01 The Directors shall see that the minutes of members meetings and minutes of Directors meetings, and all other necessary books and records of the Society required by the by-laws of the Society or by any applicable statute or law are regularly and properly kept.

9. INSPECTION OF RECORDS OF THE SOCIETY

9:01 The books and records of the Society shall be open to inspection by the members at all reasonable times at the office of the Society.

10. ALTERING BY-LAWS

10:01 The by-laws of the Society may be amended at any general, special or annual meeting of the Society by a special resolution adopted by three-quarters majority vote of the members of the Society present at any special or annual meeting.

10:02 Notice to amend any by-law or to introduce a new one shall be given in writing at a meeting of the Society previous to the meeting or circulated to the members fourteen days in advance of the meeting at which it is intended to be considered.

10:03 Any resolution or motion shall be deemed passed, if a majority vote of the members present vote in favour of such resolution or motion.

11. BRANCH SOCIETIES

11:01 At any annual meeting or special meeting the members may by resolution set up a branch office consistent with the requirements of the Societies Act.

12. PENALTIES

12:01 Any member who is found by the Board of Directors to have contravened any of the by-laws of the Society may be subject to cancellation of his or her membership in the Society.

12:02 Any member who tests positive for use of any substances banned by the International Powerlifting Federation will be subject to the current CPU sanctions.

13. RECORDS, AWARDS, AND CLASSIFICATIONS

13:01 The BCP.A shall be responsible for it's own records and forms, but a National Record application must be submitted on a Standard CPU National Record Application Form.

- 13:02 All existing Provincial Records were retired as of August 15, 1986. Any new record set after that date must have complied with CPU anti-doping rules.
- 13:03 The BCPA shall accept applications for new Provincial Records in the following age categories:
- a) Sub-junior
 - b) Junior
 - c) Open
 - d) Master I
 - e) Master II
 - f) Master III
 - g) Master IV
- 13:04 The BCPA shall maintain standardised medals for presentation to the first three place finishers at BCPA-sanctioned contests. Other awards must be approved by the Board of Directors.
- 13:05 It is optional for lifters to wear their qualification badges on their costume when competing.

14. COMPETITIONS

- 14:01 Club teams shall be allowed to compete at Provincial Championships.
- 14:02 The BCPA shall conduct Provincial Championships in two categories, as follows:
- a) Men's
 - b) Women's
- Bids to host Provincial Championships must be in writing, clearly stated, and signed by the submitting individual(s). All bids shall be presented for consideration to the president of the BCPA by November 30th, and must be accompanied by a certified cheque or money order in the amount of \$ 50.00 as payment of the sanction fee, and an additional fee of \$ 250.00 to be paid in the form of a Pro-Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding individual(s) if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the BCPA to cover any costs it incurs to correct the problem.
- 14:03 Registration cards must be checked during the weigh-in at all contests.
- 14:04 Competitors must reside in BC at least 12 months prior to the provincial championship contest date.
- 14:05 Only competitions approved by the CPU or by the provincial governing bodies shall be designated as championship competitions.
- 14:06 The entry closing dates for all Provincial championships must be stated as 7 - 10 days prior to the date of the Championship.
- 14:07 The BCPA requires its members to participate in Provincial Championships, either as a competitor or designated volunteer, in order to be eligible to compete at the National Championships the following year. In extenuating circumstances, members may apply in writing to the Board of Directors for an exemption to this requirement with supporting documents.

- 14:08 At all National competitions, the coaches have the final say as to the lifter's attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.
- 14:09 All BCPA-sanctioned competitions must be adjudicated by referees of Category I Provincial rank or higher.
- 14:10 Lifters may wear blank shirts, shirts from any official BCPA or Nationals contest or shirts from an approved BCPA sponsor. No other shirts will be permitted.
- 14:11 A single lift contest must not be held within a 3-lift competition.

15. EQUIPMENT

- 15:01 All equipment for Powerlifting competitions in British Columbia shall meet the specifications stated in the official IPF Technical Rules Handbook.
- 15:02 Any changes in equipment specifications which have been adopted and approved by the IPF congress shall be deemed to have been simultaneously adopted and approved by the BCPA

16. OFFICIATING

- 16:01 The rules governing Powerlifting competitions in British Columbia are those stated in the official IPF Technical Rules Handbook.
- 16:02 Referees and members of the jury at all BCPA sanctioned competitions shall be uniformly dressed as follows:

Men: Winter dress: Dark blue blazer with appropriate CPU or IPF crest on the left breast, grey trousers, white shirt and tie.

Summer dress: White shirt and grey trousers, tie optional.

Women: Winter dress: Dark blue blazer with appropriate CPU or IPF crest on the left breast, grey skirt or trousers, white blouse.

Summer dress: Grey skirt or trousers, white blouse.

The officiating Chairman shall determine whether winter or summer dress will be worn.

- 16:03 All BCPA Provincial Referees shall be supplied with a referee's card, and a crest which must be worn on the left breast pocket of the jacket.

17. QUALIFYING TOTALS

- 17:01 British Columbia lifters wishing to compete in Provincial Championships are not required to meet qualifying totals.

18. DOPING CONTROLS

- 18:01 All doping controls carried out in British Columbia shall meet CPU anti-doping standards.
- 18:02 Any lifter who registers a positive doping control test shall have all previous records that he/she may have held removed. Records so affected will then revert back to the previous record holder.

19. COACHING

- 19:01 The BCPA shall develop a pool of coaches to draw from for Provincial Teams. Nominations for membership in the coaching pool shall be provided by the membership.
- 19:02 The Coaching Certification Program must be approved/adopted by the BCPA Executive.
- 19:03 At all National competitions, the coaches will have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.
- 19:04 Head Coaches of BCPA Provincial teams at National competitions shall be eligible for reimbursement of up to 50% of their travel and accommodation expenses, subject to:
- availability of funding from the BCPA