

BRITISH COLUMBIA POWERLIFTING ASSOCIATION

TABLE OF CONTENTS

BY-LAWS:

1.	MEMBERSHIP	pg. 2
2.	TERMINATION OF MEMBERSHIP	pg. 3
3.	MEETINGS OF MEMBERSHIP	pg. 3
4.	DIRECTORS AND OFFICERS	pg. 5
5.	BORROWING POWERS	pg. 7
6.	AUDITS OF THE ACCOUNTS OF THE SOCIETY	pg. 7
7.	THE SEAL	pg. 8
8.	MAINTENANCE OF MINUTES, BOOKS AND RECORDS	pg. 8
9.	INSPECTION OF RECORDS OF THE SOCIETY	pg. 8
10.	ALTERING BY-LAWS	pg. 8
11.	BRANCH SOCIETIES	pg. 8
12.	PENALTIES	pg. 8
13.	RECORDS, AWARDS AND CLASSIFICATIONS	pg. 8
14.	COMPETITIONS	pg. 9
15.	EQUIPMENT	pg. 10
16.	OFFICIATING	pg. 10
17.	QUALIFYING TOTALS	pg. 11
18.	DOPING CONTROLS	pg. 12
19.	COACHING	pg. 12
20.	PREVIOUSLY UNALTERABLE PROVISIONS	pg. 12

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) Honorary membership
- (c) Associate 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 subscribers to this Constitution and these By-Laws shall have the same rights as any other member.

1:08 Honorary members shall be entitled to speak at any meeting of the members of the Society.

Duties of Members:

1:09 The subscribers to this Constitution and these By-Laws shall have the same duties as any other member.

1:10 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.

1:11 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.

1:12 It is the responsibility of members to advise the Registrar of changes in address, telephone or other relevant information.

1:13 A member must uphold the integrity and spirit of the Society in accordance with the Constitution and By-Laws.

1:14 A member is responsible for the actions of his or her coaches or entourage at BCPA competitions.

1:15 All BCPA members, competitions, operations, and drug testing protocols are subject to and conducted in accordance with the rules and regulations established by the International Powerlifting Federation (IPF) and the Canadian Powerlifting Federation (CPU).

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 acknowledgement of receipt by the Board of Directors of such notice, the member shall cease to be a member and no membership fee refund will be given.
- 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 Special General Meeting called for that purpose.
- 2:04 At a meeting described in Article 2, Clause 3, a member, or delegate has the right to speak on his or her own behalf.

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.
- 3:02 Every general meeting, other than an annual general meeting, is a special general meeting.
- 3:03 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.
- 3:04 The first annual general meeting of the Society must be held not more than 15 months after the date of incorporation and after that an annual general meeting must be held at least once in every calendar year and not more than 15 months after the holding of the last preceding annual general meeting.

Notice for General and Special Meetings:

- 3:05 Every notice of an annual, general or special meeting of the Society shall specify the place, day and hour of the meeting, and shall state the nature of the business of the meeting and such notice shall be given to every member no later than fourteen days before such general or special meeting.
- 3:06 The accidental omission to give notice of a meeting to, or the non-receipt of a notice by, any of the members entitled to receive notice does not invalidate proceedings at that meeting.

The Manner in which notice is to be given:

- 3:07 Notice of any annual, general or special meeting shall be deemed to be given to every member if mailed, e-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, webpage and/or social media outlets.

Proceedings at General Meetings

- 3:08 A meeting called pursuant to Section 3:03 shall be convened and carried on pursuant to Section 58 of the Society Act.
- 3:09 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.
- 3:10 Special business is
- (a) all business at a special general meeting except the adoption of rules of order, and
 - (b) all business conducted at an annual general meeting, except the following:
 - (i) the adoption of rules of order;
 - (ii) the consideration of the financial statements;
 - (iii) the report of the directors;
 - (iv) the report of the auditor, if any;
 - (v) the election of directors;
 - (vi) the appointment of the auditor, if required;
 - (vii) the other business that, under these bylaws, ought to be conducted at an annual general meeting, or business that is brought under consideration by the report of the directors issued with the notice convening the meeting.
- 3:11 A resolution proposed at a meeting need not be seconded, and the chair of a meeting may move or propose a resolution. In the case of a tie vote, the chair does not have a casting or second vote in addition to the vote to which he or she may be entitled as a member, and the proposed resolution does not pass.

Quorum for General and Special meeting

- 3:12 A quorum for the transaction of business at any annual, general or special meeting of the Society shall be five percent of the membership as they appear on the membership rolls, but never less than three members.
- 3:13 If within 30 minutes from the time appointed for a general or special meeting a quorum is not present, the meeting, if convened on the requisition of members, must be terminated, but in any other case, it must stand adjourned to a day in the next week selected by the Directors, at a time and place selected by the Directors, and if, at the adjourned meeting, a quorum is not present within 30 minutes from the time appointed for the meeting, the members present constitute a quorum.

Voting Rights of Members:

- 3:14 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.
- 3:15 A member in good standing present at a meeting of members is entitled to one vote. In the case of an **annual general meeting** held in a calendar year after the year which the **annual general meeting** is convened to report upon, a member who was in good standing at any time during the previous year and has not been suspended is entitled to one vote. All voting is by show of hands, unless the Chair in their discretion decided the vote on a matter will be by secret ballot. Voting by proxy is not permitted.

4. DIRECTORS AND OFFICERS

Directors

4:01 The first Directors of the Society shall be the subscribers to this Constitution and these By-Laws. These Directors shall all retire at the first annual meeting. Thereafter, the number of Directors shall be determined at the first annual meeting, but in no event shall the number of positions on the Board of Directors be less than four in number or greater than 9 in number.

Appointment of Directors:

4:02 The election of directors will take place at an Annual General Meeting of the members every two years.

4:03 All Directors of the Society must be BCPA/CPU members in good standing at the time of the election.

Eligibility to become a director:

- a) Any individual, who is eighteen (18) years of age or older, who is a resident of Canada.
 - b) A BCPA member in good standing for greater than two years.
- 4:04 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.
- 4:05 Nominations – any nomination of an individual **for election** as a Director will:
- a) Include the written consent of the nominee by signed or electronic signature;
 - b) Comply with the requirements defined in section 4:03; and
 - c) Be submitted to the BCPA Secretary seven (7) days prior to the **annual general meeting**. This timeline may be extended by Ordinary Resolution of the Board.
- 4:06 Nominations from the floor – Nominations **for the election of a** Director will only be accepted from the floor if there is not a candidate **which meets** the requirements defined in Section 4.03.
- 4:07 Incumbents – Individuals currently on the Board of Directors wishing to be re-elected are not subject to nomination.
- 4:08 Circulation of Nominations – Valid nominations and their election platform messages will be circulated to Members at the **annual general meeting** prior to the elections.
- 4:09 Decision – Elections will be decided by the Members in accordance with the following:
- a) One valid nomination – Winner declared by acclamation; and

- b) Two or more nominations - The nominee(s) receiving the greatest number of votes will be elected. In the case of a tie, the nominee with the fewest amounts of votes will be removed from the pool and a second vote will be conducted. If there continues to be a tie, the process of removing the candidate with the fewest votes and re-voting will continue until the appropriate number of nominations remains. If there continues to be a tie, the winner(s) will be declared by a majority vote of the current Board.

Duties and Powers of the Directors:

- 4:10 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 these By-Laws.

Director's Meetings:

- 4:11 The Directors shall determine their own procedure and quorum.
- 4:12 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:

- 4:13 No Director shall receive remuneration for his or her duties.
- 4:14 The Society may pay reasonable travelling and other expenses of Directors incurred in connection with the affairs of the Society, including reimbursing the President of the BCPA for travel costs, or a portion of travel costs, required to attend the CPU Annual General Meeting.

Removal of Directors:

- 4:15 Directors shall cease to hold office upon their ceasing to be members of the Society.
- 4:16 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:

- 4:17 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:

- 4:18 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:

- 4:19 The Secretary shall keep the records of the Society and shall perform such duties as may be delegated by the Board of Directors.
- 4:20 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.
- 4:21 The President shall be the Chief Officer of the Society.
- 4:22 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.
- 4:23 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:

- 4:24 **Subject to sections 4:25 and 4:26,** officers of the Society shall receive no remuneration for the performance of their duties.
- 4:25 The Society may pay reasonable travelling and other expenses of officers incurred in connection with the affairs of the Society.
- 4:26 Should an Officer choose to host a BCPA organized and run competition, that Officer will be entitled to a \$500 stipend based on available funds.

Removal of Officers:

- 4:27 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.
- 4:28 Society Directors and Officers are not permitted to serve as Executive Council or Officers for a Powerlifting Federation that is not affiliated with the IPF.
- 4:29 Society Directors and Officers are not permitted to direct and/or promote competitions sanctioned by a Powerlifting Federation that is not affiliated with the IPF. For greater certainty, "Powerlifting Federation" does not include organizations involved solely with other strength sports such as weightlifting or strongman.

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 THE ACCOUNTS OF THE SOCIETY

- 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.

13. RECORDS, AWARDS, AND CLASSIFICATIONS

13:01 Where a lifter obtains a National record, he or she will also be awarded the corresponding Provincial record

but must submit individual record application forms to both the Society and CPU Records Chairs.

- 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.
- 13:02.1 All existing Provincial Records were again retired as of December 31, 2010. Any new record set after that date must have complied with new CPU weight classes.
- 13:03 The Society shall accept applications for new Provincial Records in the following age categories in each of the equipped and unequipped categories: Minimum standards to be 80% of CPU equipped standard, with the following exceptions noted below:
- a) Sub-junior
 - b) Junior
 - c) Open
 - d) Master I
 - e) Master II (No minimum standard for Women's Master II)
 - f) Master III (No minimum standard for Men's or Women's Master III)
 - g) Master IV (No minimum standard for Men's Master IV)

13:04 The Society shall maintain standardized medals for presentation to the first three place finishers at BC Provincial Championships.

13:05 The BCPA shall award up to two annual student bursaries in the amount of \$500 each. The amounts and number of awards may be increased or decreased annually at the discretion of the BCPA board. The criteria for this award will be determined by the BCPA Board. Eligible applicants must be BCPA members in good standing and must either be entering their first year of post-secondary application or in a full time post-secondary program.

14. COMPETITIONS

14:01 Registered Club teams shall be allowed to compete at any BCPA sanctioned competition. The individual competition director shall determine whether a team competition shall be held at a given competition.

14:02 The Society shall conduct Provincial championships in each accepted category as per the current CPU constitution.

14:03 Bids to host a sanctioned Society competition must be in writing, clearly stated, and signed by the submitting individual(s). All bids to host a Provincial Championships shall be presented for consideration to the President of the Society by November 30 of the preceding year. All bids must be accompanied by a certified cheque or money order in the amount of \$250.00 as a Pro-Forma Bond, which will be returned to the bidding individual(s) if all conditions of the competition bid have been met. If all conditions are not met, then the bond or cheque will be used by the Society to cover any costs it incurs to fix the problem.

14:04 Where permission to host a BCPA sanctioned competition is granted, the bidding individual(s) shall pay to the Society a sanction fee in an amount to be determined by the membership at the previous year's AGM.

14:05 Lifters registered as CPU members in provinces other than BC are not eligible to place at BCPA Provincial Championships or set BC Provincial records, unless the lifter presents proof satisfactory to the Board of Directors, including a BC Driver's License, Care Card, or letter from the lifter's BC educational institution, that he or she is now a BC resident and has been so for at least 6 months..

14:06 Only competitions approved by the CPU or by the provincial governing bodies shall be designated as championship competitions.

- 14:07 The entry closing dates for all Provincial championships must be stated as 20 - 30 days prior to the date of the Championship.
- 14:08 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships, in addition to any CPU requirements, BCPA members must obtain the relevant CPU qualifying total at a sanctioned IPF member federation competition consisting of 5 or more lifters, and must compete at BC Provincial Championships 2 years preceding a Regional Championships if the member has not competed at a Regional or higher event. In extenuating circumstances, members may apply in writing to the Board of Directors for an exemption to the requirement to attend at Provincials, with supporting documents, and the Board of Directors may grant or withhold such an exemption in its sole discretion.
- 14:09 All BCPA-sanctioned competitions must be adjudicated by at least one referee of Category I Provincial rank or higher at all times, with all remaining referees of Category II Provincial Rank or higher.

15. EQUIPMENT

- 15:01 Lifters may wear under their singlet a blank t-shirt, a t-shirt from any official BCPA or Nationals competition, a t-shirt with the lifter's approved active club logo, a t-shirt from an approved BCPA sponsor or another t-shirt which meets the technical specifications established by the IPF. No other t-shirt will be permitted.

16. OFFICIATING

- 16:01 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.
- 16:02 BC will use a two level referee system. Level II referees are only permitted to referee as side referees. Level I referees may act as either Head Referee or as a side referee.
- 16:03 Qualifications for a Category II Referee are as follows:
- a) Must achieve a passing score of 90 percent or more on a Category II written examination.

Qualifications for a Category I Referee are as follows:

- b) Must be a Category II Referee in good standing for a period of at least 1 year.
- c) Must have adjudicated at least 3 competitions and a minimum of 6 sessions.
- d) Must take a Category I practical examination at a 3 lift competition with at least 20 lifters.
- e) Must adjudicate at least 75 attempts, 35 of which must be squats, while serving as Chief Referee. First round attempts by each lifter will not be counted.
- f) The candidate will be credited with 25 points, and observed competence by the examiner/s during equipment check, weigh in and while seated at the platform. A deduction of 0.5 (half a point/mark) will be made for any error that may contravene the technical rules. The examiner will be a Provincial Category I Referee or higher.
- g) The candidate will be credited with 75 points on their decisions made at the platform as compared with those of the Jury members and not those of their fellow platform referees. The Jury will consist of one Provincial Category I referee or higher and National level referee or higher.
- h) The candidate must score at least 90 percent on their total examination. This includes the 75 points on their decisions made at the platform and 25 points from performance of the necessary duties (i.e. equipment check, weigh in and platform control).

17. QUALIFYING TOTALS

17:01 BCPA members wishing to compete in a Provincial Championships must, in the 24 months preceding the competition, obtain qualifying standards equivalent to or greater than the following Wilks score:

Equipped and Unequipped Powerlifting

Men's Wilks Point		Women's Wilks Point	
Open	350	Open	300
Sub-Junior	270	Sub-Junior	200
Junior	300	Junior	245
Master 1	310	Master 1	255
Master 2	One sanctioned event	Master 2	One sanctioned event
Master 3	One sanctioned event	Master 3	One sanctioned event
Master 4	One sanctioned event	n/a	n/a

Bench Press Only

Men's Wilks Point		Women's Wilks Point	
Open	80	Open	55
Sub-Junior	One sanctioned event	Sub-Junior	One sanctioned event
Junior	70	Junior	45
Master 1	75	Master 1	50
Master 2	One sanctioned event	Master 2	One sanctioned event
Master 3	One sanctioned event	Master 3	One sanctioned event
Master 4	One sanctioned event	n/a	n/a

Where no minimum standards are required a member must have competed in at least one IPF sanctioned event 24 months prior to the intended Provincial, Regional or National Championships.

Lifters may compete in weight classes other than the one in which they obtained the qualifying total, and lifters who obtain the equipped qualifying total will automatically also qualify to compete unequipped.

18. DOPING CONTROLS

18:01 Any lifter who registers a positive doping control test shall have all previous Provincial records, including records retired in 2010, that he/she may have held removed. Records so affected will then revert back to the previous record holder.

19. COACHING

19:01 The Society shall develop a pool of coaches to draw from for National 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 Society 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 Society.

20. PREVIOUSLY UNALTERABLE PROVISIONS

20:1 The Society shall be carried on without purpose of gain for its members and any profits or other accretions to the Society shall be used for promoting its objects. This provision was previously unalterable.

20:2 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 recognized charitable organization in the province or elsewhere in Canada as directed by the members. This provision was previously unalterable.

20:3 Clauses 20.1, 20.2 and 20.3 are unalterable in accordance with Section 22 of the Society Act. This provision was previously unalterable.