

BRITISH COLUMBIA POWERLIFTING ASSOCIATION

TABLE OF CONTENTS

BY-LAWS:

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

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 *Societies 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 Union (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 within the first 3 months of the calendar 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 *Societies 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 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 ByLaws. 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 current BCPA member in good standing for greater than two years.

- (c) Any individual who has been actively involved in BCPA powerlifting for one (1) year or more, either as an athlete, coach, meet director, or frequent volunteer (more than 3 sessions per year).

4:04 Any vacancy in the Directors may be filled by appointment by the Directors until the next Annual General Meeting. An Interim Director shall not possess the voting power of an elected Director but shall be limited to the administration of the duties and powers outlined in Section 4.19, 4.20, 4.21, 4.22 and 4.23 pertaining to their respective roles. Notice of any vacancies on the existing Board of Directors shall be given to every member by way of e-mail or notice on the Society's webpage and/or social media outlets. The Board of Directors will have seven (7) days to receive any eligible candidates as outlined in section 4:03. Thereafter a suitable candidate shall be chosen by the Board of Directors.

4:05 Meetings of the Directors may be called by the President, two or more members of the Directors, or by two or more members.

4:06 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 of Directors.
- (d) Include a personal statement that should:
 - i) demonstrate that the nominee meets the requirements defined in 4:03,
 - ii) describe the nominee's motivations for joining the board as a Director,
 - iii) brief history of the nominee's involvement in powerlifting,
 - iv) list any skills or experience that may be valuable to the Board of Directors.

4:07 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.

4:08 Incumbents – Individuals currently on the Board of Directors wishing to be re-elected are not subject to nomination.

4:09 Circulation of Nominations – Valid nominations and their election platform messages will be circulated to Members at the annual general meeting prior to the elections.

4:10 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 amount 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 of Directors.

Duties and Powers of the Directors:

4:11 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:

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

4:13 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:

4:14 No Director shall receive remuneration for his or her duties.

4:15 The Society may pay reasonable travelling and other expenses of Directors incurred in connection with the affairs of the Society.

Removal of Directors:

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

4:17 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:

4:18 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:

4:19 The Officers of the Society shall be elected by the Directors from among Directors at the first meeting of the Directors following the annual general meeting in an election year.

Duties and Powers of Officers:

4:20 The Secretary shall keep the records of the Society and shall perform such duties as may be delegated by the Board of Directors.

4:21 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.

4:22 The President shall be the Chief Officer of the Society.

4:23 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.

4:24 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:

4:25 Subject to sections 4:25 and 4:26, officers of the Society shall receive no remuneration for the performance of their duties.

4:26 The Society may pay reasonable travelling and other expenses of officers incurred in connection with the affairs of the Society.

4:27 Should a Director or Directors (maximum 2) choose to host a BCPA organized and run competition, each Director(s) will be entitled up to a \$500 + \$250 per additional day stipend based on available funds. A two-day competition would allow an officer a maximum stipend of \$750, based on available funds.

Removal of Officers:

4:28 Officers of the Society may be removed as Officers by at least two-third (2/3) vote of the Directors if absent from three (3) consecutive meetings or for failure to fulfill duties and responsibilities of the position. Officer so removed shall be removed as a Director.

4:29 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.

4:30 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 at least two-third (2/3) 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.

13:02.2 All existing Provincial Records for the women's 72kg class were retired as of December 31, 2020.

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) Youth 1 (unequipped)
- (b) Youth 2 (unequipped)
- (c) Youth 3 (unequipped)
- (d) Sub-junior

- (e) Junior
- (f) Open
- (g) Master I
- (h) Master II (No minimum standard for Women's Master II)
- (i) Master III (No minimum standard for Men's or Women's Master III)
- (j) Master IV (No minimum standard for Men's or Women'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 Board of Directors. The criteria for this award will be determined by the Board of Directors. 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.

13:06 The BCPA shall accept in-writing nominations for the Craig English award from any BCPA member who is in good standing at the time of submission. Nominations for this award shall be submitted to the Board of Directors 30 days prior to the date of the Provincial Championships. This award shall be presented to the member who best exhibits sportsmanship, perseverance, and dedication to the sport of Powerlifting in BC. Eligible nominees must have a minimum of 10 years involvement in the BCPA as a volunteer. The criteria and recipients for this award will be determined by the Board of Directors. The award will not necessarily be presented each year.

13:07 The BCPA shall present up to two (2) Athlete of the Year awards annually at its Provincial Championships. This award is to recognize BCPA athletes' performance on the platform. Recipients should have competed nationally and/or internationally in the past year to be considered. The criteria and recipients for this award will be determined by the Board of Directors.

13:08 The BCPA shall present up to two (2) Bench of the Year awards annually, named the Robert O. Smith award at its Provincial Championships. This award is to recognize BCPA Bench Only athletes' performance on the platform. Recipients should have competed nationally and/or internationally in the past year to be considered. The criteria and recipients for this award will be determined by the Board of Directors.

13:09 The BCPA shall accept in-writing nominations for the Christopher Robb Award from any BCPA member who is in good standing at the time of submission. Nominations for this award shall be submitted to the Board of Directors 30 days prior to the date of the Provincial Championships. This award shall be presented to a BCPA referee who best demonstrates professionalism, dedication and knowledge of rules and policies governing the sport of powerlifting within the BCPA. The recipients for this award will be determined by the Board of Directors. The award will not necessarily be presented each year.

13:10 The BCPA shall present up to two (2) Volunteer of the Year awards annually. This award is to recognize exemplary BCPA volunteer performance in service to the BCPA. Recipients should have volunteered in a role with the BCPA or volunteered at a BCPA event in the past year to

be considered. The criteria and recipients for this award will be determined by the Board of Directors. No standing BCPA Board member or referee is eligible for the award.

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 BCPA sanctioned competitions in each accepted category as per the current CPU policies.

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 payment in the amount of \$500.00 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 payment 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 Board of Directors.

14:05 All competing athletes are subject to a CPU doping control fee which will be collected by the competition meet director. The total of which will be due and payable to the BCPA no later than 3 weeks before the contest date.

14:06 A guest lifter is defined as a member in good standing of an IPF affiliated province other than BC or nation other than Canada.

14:07 Guest lifters are not eligible to be awarded Best Overall Athlete or set BC Provincial records or place at the BCPA Provincial Championships.

14:08 Only competitions approved by the CPU or by the provincial governing bodies shall be designated as championship competitions.

14:09 The entry closing dates for the BCPA Provincial Championships must be stated as 45 days prior to the date of the Championship.

14:10 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 The Officiating Chairperson will be appointed by the Directors at the first meeting of the Directors following the annual general meeting in an election year.

The Officiating Chairperson is responsible for the following:

- (a) Testing of provincial referees.
- (b) Maintain an up-to-date list of all provincial referees.
- (c) Maintaining regular communication with the provincial referees concerning developments which involve referees and changes to the IPF Technical Rules.
- (d) Submitting an annual report for the AGM.
- (e) Conducting at least one referee clinic for all potential and current referees annually.
- (f) Having the final authority on matters involving interpretation of the IPF Technical Rules in the BCPA, with the option of contacting the CPU Technical Committee for clarification when necessary.
- (g) Coordinate referees for all BCPA sanctioned competitions.

16:02 All BCPA Provincial Referees shall be supplied with a crest which must be sewn onto the left breast of the jacket.

16:03 The BCPA will use a two category referee system. Category II referees are only permitted to officiate as side referees. Category I referees may act as either Head Referee or as a side referee.

16:04 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).

16:05 To maintain a Category II referee status, a Provincial Referee is required to officiate a minimum of two times per year. If the Category II referee is unable to meet the minimum requirement, they will be removed from the BCPA referee roster. If, at a later date, that individual requests to become a referee again, they must write the BCPA Category II Provincial Referee Exam and achieve at least the minimum passing grade. In extenuating circumstances, the Board of Directors and the Officiating Chair may grant an exemption to this requirement.

16:06 To maintain a Category I referee status, a Provincial Referee is required to officiate a minimum of once per year. If a Category I referee is unable to meet this requirement, they will then be changed to a Category II referee. In extenuating circumstances, the Board of Directors and the Officiating Chair may grant an exemption to this requirement.

16:07 If the Officiating Chairperson concludes a referee requires further development and remedial work due to the following, but not limited to:

- (a) An outdated understanding of the IPF Technical Rules;
 - (b) Demonstrates calls on the platform that are unreasonable or incorrect interpretations of the IPF Technical Rules;
 - (c) Shows disrespect to athletes, volunteers and/or other officials;
 - (d) Does not show up on time or leaves early without a prearranged agreement; and/or
 - (e) Arrives unprepared for their scheduled session;
- the referee will be put on probation for one (1) year to allow for enough time to develop and improve any issues. The Officiating Chairperson will work to assist these referees by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary. Should the referee complete the probationary period with improvement, the referee shall keep their status. If after the one (1) year probationary period the referee fails to improve to the BCPA standard, their status will be revoked. The revoked referee may apply to take the BCPA provincial referee process after six (6) months of the date of revocation.

16:08 Individuals who wish to referee in the BCPA and have obtained their referee status from outside of British Columbia who now reside in the province will be subject to a one (1) year probationary period. These individuals will be reviewed by the BCPA Officiating Chairperson. The probationary period will allow for enough time to evaluate the individual and assist them by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary. Should the BCPA Officiating Chair decide that the individual's skills are satisfactory they shall be awarded their BCPA referee status. If after the one (1) year probationary period the referee fails to meet the BCPA standards, they will not be permitted to referee in the BCPA. The individual may apply to take their BCPA referee process six (6) months after the end date of their probationary period.

16:09 All referees and any members of a jury will be uniformly dressed in a referee uniform as follows:

Men:

Dark blue blazer with the applicable BCPA/CPU/IPF referee badge sewn onto the left breast.

Grey trousers/dress pants with a white collared shirt and tie. The tie may be of any colour or design of the referee's choice. Any design that may be construed as offensive will not be allowed.

Dress wear shoes and dark socks must be worn.

Women:

Dark blue blazer with the applicable BCPA/CPU/IPF referee badge sewn on the left breast.

Grey trousers/dress pants or skirt with a white blouse or collared shirt. The option of a tie or scarf may be worn and may be of any colour or design of the referee's choice. Any design that may be construed as offensive will not be allowed.

Dress wear shoes are to be worn. Sandals are not allowed.

All new BCPA referees will be reimbursed for the purchase of the referee uniform (or a portion of) to a maximum of \$200.

All non-competing referees will be given the option to purchase a CPU Referee Membership at no cost. All referees that still compete will be given the option to purchase a BCPA membership at no cost but will still be required to purchase a CPU membership and must officiate at least one full session per membership year. Failing that, the referee must reimburse the BCPA the full cost of the BCPA membership at the time of it was issued.

17. QUALIFYING STANDARDS

17:01 Effective 2021, BCPA members wishing to compete in a BCPA Provincial Championships must, in the 24 months preceding the competition, obtain qualifying standards equivalent to or greater than the CPU Regional qualifying standard.

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.

17:02 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships members must:

- (a) Fulfill any CPU requirements;
- (b) Obtain the relevant CPU qualifying standard at a sanctioned IPF member federation competition consisting of 5 or more lifters;
- (c) Compete at any CPU Provincial Championships within the 24 months preceding a CPU Regional Championships, if the member has not previously competed at a CPU Regional or higher event;
- (d) If they have competed at a CPU Regional or higher event previously:
 - (i) Compete at or volunteer at their Provincial Championships within the 12 months preceding the CPU Regional or higher event that they wish to compete in. For

clarity, each member must compete at or volunteer at the Provincial Championships they would be eligible to compete in themselves within the 12 months preceding the CPU Regional or higher event such member wishes to compete in. The minimum obligation of volunteer time shall be determined by the Board of Directors;

- (ii) Acted as a meet director for a sanctioned powerlifting or bench press competition within the province of BC during the previous (12) months, or;
- (iii) Assisted in one (1) BCPA executive run meet as an official or other volunteer role as assigned by the meet director between the previous year's National Championships and upcoming National Championships.
- (iv) Assist the BCPA or one of the committees with it's tasks, while not being a member of said board or committee. The minimum obligation of volunteer time and acceptance criteria for the task shall be determined by the Board of Directors.

For an exemption under this section 17:02(d), a member must submit in writing a request for exemption to the Board of Directors at least fourteen days prior to the date of the BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and solely at the discretion of the Board of Directors. Members of the Board of Directors and committee members may be exempt from these requirements upon request.

17:03 In extenuating circumstances, qualifying standards may be adjusted or removed at the discretion of the Board of Directors.

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.

18:02 Any lifter who has registered CPU anti-doping rule violation shall return all awards from the competition which the positive doping result was found. Failure to do so will result in the lifter being indefinitely expelled from the society until said awards are returned and once the lifter's suspension has expired.

19. COACHING

19:01 At all National or Regional competitions, the appointed Team BC 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.

19:02 Appointed Team BC Coaches of BCPA Provincial teams at National or Regional competitions shall be eligible for reimbursement of up to 100% of their travel and accommodation expenses, subject to availability of funding from the Society.

20. PREVIOUSLY UNALTERABLE PROVISIONS

20:01 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.

20:02 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.

20:03 Clauses 20.1, 20.2 and 20.3 are unalterable in accordance with Section 22 of the *Societies Act*. This provision was previously unalterable.