

BRITISH COLUMBIA POWERLIFTING ASSOCIATION

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BYLAWS

1. GENERAL PROVISIONS

- 1:01 Purpose – These Bylaws relate to the general conduct of the affairs of the Society, the British Columbia Powerlifting Association (BCPA).
- 1:02 Definitions – The following terms have these meanings in these Bylaws:
- a) Act – The *British Columbia Societies Act*, SBC 2015, c18.
 - b) Bylaws – Bylaws that contain provisions respecting the internal affairs of the, as described in section 11 of the *Act*.
 - c) Days – A calendar day, inclusive of weekdays, weekends and statutory holidays.
 - d) Director – An individual elected or appointed to serve on the Board of Directors pursuant to these Bylaws.
 - e) Member – Individuals meeting the definition of Members that are admitted as Members of the Society under these Bylaws.
 - f) Officer – An individual elected or appointed to serve as an Officer of the Society pursuant to these Bylaws.
 - g) Provincial Championship – Reference to Provincial Championships that is prepositioned by “BC” or “BCPA” is understood to be the annual Provincial Championships. Generic “Provincial Championship” may refer to any event occurring within the province that is sanctioned by the BCPA.
 - h) Regulations – Regulations made under the *Act*, as amended, restated or in effect from time to time.
 - i) Society – The British Columbia Powerlifting Association, a society that is incorporated, amalgamated, continued or converted under the *Act*.
- 1:03 Registered Office – The Registered Office of the BCPA will be located in the province of British Columbia at such address as the Board may determine.
- 1:04 Ruling on Bylaws – Except as provided in the Act, the Board will have the authority to interpret any provision of these Bylaws that is contradictory, ambiguous or unclear, provided such interpretation is consistent with the objectives, mission, vision and values of the BCPA.
- 1:05 Interpretation – Words importing the singular will include the plural and vice versa; words importing the masculine will include the feminine and vice versa; and words importing persons will include bodies corporate. Words importing an organization name, title, or program, will include any successor organizational name, title or program.

2. MEMBERSHIP

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

- 2:01 There shall be the following classes of memberships:
- (a) Individual membership
 - (b) Honorary membership
 - (c) Associate membership
- 2:02 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.

- 2:03 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.
- 2:04 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*.
- 2:05 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.
- 2:06 The membership fee for each class of members, if any, shall be determined by the Board of Directors. Any changes to the membership fees for existing Members will be communicated to active Members at least 14 Days prior.
- 2:07 The subscribers to this Constitution and these Bylaws shall have the same rights as any other Member.
- 2:08 Honorary Members shall be entitled to speak at any meeting of the Members of the Society.

Duties of Members:

- 2:09 The subscribers to this Constitution and these Bylaws shall have the same duties as any other Member.
- 2:10 It is the duty of each Member, in order to remain in good standing in the Society, to comply with the Bylaws of the Society and pay when due the membership fee, if any, for the current year.
- 2:11 If a Member resigns their 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.
- 2:12 It is the responsibility of Members to advise the Registrar of changes in address, telephone or other information.
- 2:13 A Member must uphold the integrity and spirit of the Society in accordance with the BCPA Constitution, Bylaws and Code of Conduct.
- 2:14 A Member is responsible for the actions of their coaches or entourage at BCPA competitions.
- 2:15 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).

3. TERMINATION OF MEMBERSHIP

Conditions under which membership in the Society ceases:

- 3:01 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.
- 3:02 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:

- 3:03 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.
- 3:04 At a meeting described in Article 3, Clause 3, a Member, or delegate has the right to speak on their own behalf.

4. MEETINGS OF MEMBERSHIP

Month of Annual General Meeting:

- 4:01 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.
- 4:02 Every general meeting, other than an annual general meeting, is a special general meeting.
- 4:03 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.
- 4:04 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:

- 4:05 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 21 days before such general or special meeting.
- 4:06 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:

- 4:07 Notice of any annual, general or special meeting shall be deemed to be given to every Member if mailed, e-mailed 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:

- 4:08 A meeting called pursuant to Section 3:03 shall be convened and carried on pursuant to Section 58 of the *Societies Act*.
- 4:09 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.
- 4:10 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.
- 4:11 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:

- 4:12 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.
- 4:13 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:

- 4:14 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.
- 4:15 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.

5. DIRECTORS AND OFFICERS

Directors:

- 5:01 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 Directors shall be determined at the first Annual Meeting. The number of Directors shall not be less than four in number or greater than nine in number.

Appointment of Directors:

- 5:02 The election of directors will take place at an Annual General Meeting of the Members every two years.
- 5:03 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.
 - (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).
- 5:04 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 5:19, 5:20, 5:21, 5:22 and 5:23 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 5:03. Thereafter a suitable candidate shall be chosen by the Board of Directors.
- 5:05 Meetings of the Directors may be called by the President, two or more Members of the Directors, or by two or more Members.
- 5:06 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 5:03; 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 5:03,
 - 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.

- 5:07 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 5:03.
- 5:08 Incumbents – Individuals currently on the Board of Directors wishing to be re-elected are not subject to nomination.
- 5:09 Circulation of Nominations – Valid nominations and their election platform messages will be circulated to Members at the annual general meeting prior to the elections.
- 5:10 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:

- 5:11 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 Bylaws 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 Bylaws 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 Bylaws.

Director's Meetings:

- 5:12 The Directors shall determine their own procedure and quorum.
- 5:13 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:

- 5:14 No Director shall receive remuneration for their duties.
- 5:15 The Society may pay reasonable travelling and other expenses of Directors incurred in connection with the affairs of the Society.
- 5:16 Should a Director choose to host a BCPA organized and run competition, each Director will be entitled a base \$500 stipend based on available funds. Competitions requiring more than one day will entitle each Director to a \$250 stipend per additional day based on available funds.

Removal of Directors:

- 5:17 Directors shall cease to hold office upon their ceasing to be Members of the Society.

- 5:18 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:

- 5:19 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:

- 5:20 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:

- 5:21 The Secretary shall keep the records of the Society and shall perform such duties as may be delegated by the Board of Directors.
- 5:22 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. Cheques drawn on the funds of the Society must be signed by the President or the Treasurer, or co-signed by both.
- 5:23 The President shall be the Chief Officer of the Society.
- 5:24 The Vice-President shall generally assist the President and shall, in the event of the absence or disability of the President, perform their duties and possess their authority.
- 5:25 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 Bylaws or the *Societies Act*.

Officers Remuneration:

- 5:26 Subject to sections 5:26 and 5:27, officers of the Society shall receive no remuneration for the performance of their duties.
- 5:27 The Society may pay reasonable travelling and other expenses of officers incurred in connection with the affairs of the Society.

Removal of Officers:

- 5:28 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.
- 5:29 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.

5:30 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.

6. BORROWING POWERS

6:01 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.

7. AUDITS OF THE ACCOUNTS OF THE SOCIETY

7:01 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.

8. THE SEAL

Custody of the Seal:

8:01 The seal of the Society shall be kept in the custody of the Secretary of the Society.

Affixing the Seal:

8:02 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.

9. MAINTENANCE OF MINUTES, BOOKS AND RECORDS

9:01 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 Bylaws of the Society or by any applicable statute or law are regularly and properly kept.

10. INSPECTION OF RECORDS OF THE SOCIETY

10:01 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.

11. ALTERING BYLAWS

11:01 The Bylaws 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.

- 11:02 Notice to amend any Bylaw 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 14 days in advance of the meeting at which it is intended to be considered.

All proposals to amend any bylaw or introduce a new one must be submitted in writing to the secretary 16 days before the meeting at which they will be considered.

- 11:03 Any resolution or motion shall be deemed passed, if a majority vote of the Members present vote in favour of such resolution or motion.

12. BRANCH SOCIETIES

- 12:01 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*.

13. PENALTIES

- 13:01 Any member who is found by the Board of Directors to have contravened any of the bylaws, policies and code of conduct of the Society may be subject to cancellation of his or her membership in the Society.

14. RECORDS, AWARDS, AND CLASSIFICATIONS

- 14:01 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.
- 14:02 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.
- 14:02:1 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.
- 14:02:2 All existing Provincial Records for the women's 72kg class were retired as of December 31, 2020.
- 14:03 The Society shall accept applications for new provincial records and maintain provincial records for all combinations of the recognized weight, gender, age, lifting style (equipped/unequipped), and discipline (Squat, bench press, deadlift, bench only, and competition total) categories except those listed below:
- (a) Youth 1 (All categories)
 - (b) Youth 2 (All categories)
 - (c) Youth 3 (All equipped categories)
- 14:03.1 Minimum standards for provincial record categories that have not been previously set are to be defined at the discretion of the Society, but may not exceed the corresponding minimum standards for CPU national records.
- 14:04 The Society shall maintain standardized medals for presentation to the first three place finishers at BC Provincial Championships.

- 14:05 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.
- 14:06 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.
- 14:07 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.
- 14:08 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.
- 14:09 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.
- 14:10 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.

15. COMPETITIONS

- 15:01 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.
- 15:02 The Society shall conduct BCPA sanctioned competitions in each accepted category as per the current CPU policies.

- 15:03 Bids to host a sanctioned Society competition must be in writing, clearly stated, and signed by the submitting individual(s). 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.
- 15:04 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.
- 15:05 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.
- 15:06 A guest lifter is defined as a member in good standing of an IPF affiliated province other than BC or nation other than Canada.
- 15:07 Guest lifters are not eligible to be awarded Best Overall Athlete or set BC Provincial records or place at the BCPA Provincial Championships.
- 15:08 Only competitions approved by the CPU or by the provincial governing bodies shall be designated as championship competitions.
- 15:09 The entry closing dates for the BCPA Provincial Championships must be stated as 45 Days prior to the date of the Championship.
- 15:10 At the BCPA Provincial Championships athletes cannot change their entered age and weight class 21 days before the contest starts. Any athlete who does not make weight will not compete. This policy does not apply to youth division athletes.
16. EQUIPMENT
- 16.01 Lifters may wear under their singlet a blank t-shirt, a t-shirt from any BCPA, CPU, or IPF sanctioned 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.
17. DOPING CONTROLS
- 17:01 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.
- 17:02 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.

18. PREVIOUSLY UNALTERABLE PROVISIONS

- 18:01 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.
- 18:02 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.
- 18:03 Clauses 18:01, 18:02 and 18:03 are unalterable in accordance with Section 22 of the *Societies Act*. This provision was previously unalterable.