



BY-LAWS

OF

GB POWERLIFTING FEDERATION LIMITED

Incorporated in 2008

Company Number: 06625045

(Adopted by Board Resolution [5 March 2017])

Introduction

1. These bylaws (the "Bylaws") are created by the Board of directors of GB Powerlifting Federation Limited ("British Powerlifting") in accordance with their obligations and rights within British Powerlifting's articles of association (the "Articles") and in furtherance to the objects therein.
2. For avoidance of doubt, wherever the Bylaws conflict with the Articles, the provisions in the Articles will take precedence.
3. Unless the context requires otherwise, the definitions of the Articles shall apply to these Bylaws.
4. British Powerlifting is the trading name of GB Powerlifting Federation Ltd.
5. The following rules, policies and procedures shall be considered part of these By-Laws:
 - 5.1. Grievance Procedure
 - 5.2. Anti-Doping Rules
 - 5.3. Code of Conduct for Officials
 - 5.4. Code of Conduct for Athletes
 - 5.5. Vulnerable Adult and Child Protection Policy.
 - 5.6. Equality and Diversity Policy
 - 5.7. Data Protection Policy
 - 5.8. International Selection Procedure
 - 5.9. Branding Guidelines

British Powerlifting/British Powerlifting Emblems

6. The official emblems of British Powerlifting shall be shown in Appendix A (the "**Emblems**"). The British Powerlifting emblem shall be the emblem primarily used and is also shown in Appendix A.1.
7. The Emblems shall not be used without the Board's prior written authorisation.
8. Only the Board (or such other individuals or committee's as they may delegate this authority to from time to time) may authorise the fabrication of the Emblems, badges, medals, or any other material items of this nature.
9. British Powerlifting merchandise may only be produced and sold under the authority of the Board (or such other individuals or committee's as they may delegate this authority to from time to time).

MEMBERS

10. This section of the Bylaws is made by the Board in accordance with Article 17 to 19 and their ability to set the membership level.

11. Please refer to the relevant sections of the Articles to confirm you have the right to join British Powerlifting.
12. The British Powerlifting has the following categories of membership available to those individuals that meet the requirements of the Articles and any conditions expressly outlined below. For avoidance of doubt, for the purpose of the Articles all of the below, with the exception of Temporary Members, are considered Members:
 - 12.1. "Individual Members" being those that have paid the required affiliation fee and been accepted into membership by British Powerlifting Board. The membership fees shall be as determined in accordance with the Articles.
 - 12.2. "Home Country" being the representative organisations of each of England, Scotland, Wales and Northern Ireland. For the time being these are the English Powerlifting Association, the Welsh Powerlifting Association, Scottish Powerlifting and the Northern Ireland Powerlifting Federation.
 - 12.3. "Division" being the representative organisation of certain defined areas of the Home Countries and currently Greater London, South East England, South West England, Yorkshire & NE, North West England, North Midlands, South Midlands, East Midlands and West Midlands.
 - 12.4. "Associate Members" being those persons, who do not compete, is not a registered referee or coach. This membership is a reduced rate based on the Individual Member, such rate to be determined by the Board at their sole discretion.
 - 12.5. "Temporary Members" being non British Powerlifting members who participate in British Powerlifting incentive schemes.
 - 12.6. "Late year Members" being:
 - 12.6.1.1. any Individual Member, that joins British Powerlifting in November or December shall be entitled to membership at the same rate as the Individual Membership for the whole of the following calendar year; and
 - 12.6.1.2. any Individual Member, that joins British Powerlifting between July 1st and October 31st shall be entitled to that year's membership at half the price of the Individual Membership for that calendar year, provided they pay for full membership for the following year at the same time.

13. All categories of Member shall be logged onto the central database by the Membership Registrar.

MEMBER RULES AND INDICATIVE PENALTIES

14. The following are a non-exhaustive list of Member rules that should be observed by Members at all times. For avoidance of doubt, these are at all times in addition to the rules or regulations within the Articles that relate to the Members and the general obligation of Members to promote the Objects of British Powerlifting. Contravention of any and all rules are to be referred to the Disciplinary Committee and dealt with in accordance with the Grievance Procedure, the Articles and the provisions herein.

15. The following actions of a Member may be subject to disciplinary action and may, subject to Bylaw 16 below, be asked to attend a hearing of the Disciplinary Committee:

15.1. violation of the rules of British Powerlifting;

15.2. disobedience towards any Appointed Official (as defined in By Law 18 below) in the execution of the Official's duties;

15.3. the use of words or gestures threatens a British Powerlifting event organiser, volunteer, loader, referee or any other Official in the execution of their duties;

15.4. the participation in an event (including competitions) with other IPF recognised countries without permission;

15.5. the bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts or posts on social media; or

15.6. false accusations of dishonour or dishonesty against a Member or Official.

16. In the case of all alleged in-Competition breaches of any and all rules, regulations or principles of British Powerlifting by a lifter, official or spectator, the competition's jury shall have three in-Competition courses of action at their disposal:

16.1. to remove the individual from the competition and refer them to the Disciplinary Committee who shall have sole discretion as to any further sanctions;

16.2. to allow the individual to continue their role within the competition and refer them to the Disciplinary Committee who shall have sole discretion as to any further sanctions; or

16.3. provided the competition jury either has the full facts and information, or in their opinion such further facts would not change which option under this Bylaw 16 they follow, to dismiss the alleged in competition breach with no further action against the individual.

For avoidance of doubt, it is a competition jury's duty to facilitate the compliant running of a competition, not to impose sanctions that stretch beyond that competition which is the duty of the Disciplinary Committee.

17. The following sanctions are indicative only and it is the sole discretion of the Disciplinary Committee to determine the appropriate sanctions of any breach of paragraphs 16 or 17. Indicatively:

- 17.1. for a first offence, a maximum suspension of six months;
- 17.2. for a second offence, a maximum suspension of 12 months; and
- 17.3. for a third offence, to be determined case by case, no indicative suspension outlined.

CODE OF CONDUCT FOR OFFICIALS OF BRITISH POWERLIFTING

18. **"Appointed Officials"** include the Board Directors, Non-Board Directors, Non-Board Officers, Head Coaches, Members of Committees, Referees and any Member appointed to represent the Board of British Powerlifting.
19. All Appointed Officials of British Powerlifting are expected to abide by British Powerlifting officials' code of conduct which will be issued to them on appointment of the relevant role, or passing of the officials examination, and such other rules, policies and directions of British Powerlifting or the Board as may be in place from time to time.
20. Appointed Officials must not post anything on social media that could be considered inflammatory, of a bullying nature or likely to bring British Powerlifting into disrepute. The standard of what may constitute these actions may differ from Non-Appointed Official Members by virtue of the role the Appointed Official has accepted.
21. Any Appointed Official who does so may be referred to the Disciplinary Committee under the Grievance Procedure.

ANTI DOPING RULES

22. British Powerlifting fully accepts the World Anti-Doping Code issued by the World Anti-Doping Agency (WADA). British Powerlifting is affiliated to the International Powerlifting Federation (IPF). The IPF follows the Olympic ideal and principles and supports and maintains the ideals and objectives of the Olympic movement. The IPF accepts and recognizes the Statutes and aims of the International Olympic Committee (IOC), the General Association of International Sports Federations (GAISF) and those of the World Anti-Doping Agency (WADA).
23. The purpose of the World Anti-Doping Code and the World Anti-Doping Code which supports it is:
 - 23.1. To protect the Athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide; and
 - 23.2. To ensure harmonised, coordinated and effective anti-doping programmes at international and national level for the detection, deterrence and prevention of doping.

24. British Powerlifting has its own Anti-Doping policy which is intended to supplement and enhance only those codes and rules in Bylaws 22 and 23 above.
25. In general, British Powerlifting Anti-Doping Rules shall apply for all British Powerlifting championships:
 - 25.1. The number of lifters selected for testing shall be determined by the Board.
 - 25.2. In addition, any lifter who having been weighed-in leaves the venue without permission may be subject to disciplinary action. Permission may only be given by British Powerlifting DCO or senior official.
 - 25.3. Interpretation and applicability of IPF Anti-doping rules within British Powerlifting shall be the responsibility of the Disciplinary Committee.
 - 25.4. Appeals against penalties for infringement of the anti-doping rules must be made to the Board Committee in writing within one month of the decision of the Disciplinary Committee.
 - 25.5. Any lifter, whose positive anti-doping test results in an IPF fine on British Powerlifting, shall not be eligible for membership of British Powerlifting until that lifter has served their suspension and reimbursed British Powerlifting the full amount of the fine.
 - 25.6. Any fine incurred at a Commonwealth Championships shall be the responsibility of the Home Country concerned.
 - 25.7. Any lifter found positive may apply for membership again after their suspension term has been served. However, the lifter must first have repaid the cost of the anti-doping test.

ANNUAL COMPETITIONS

26. The major events in British Powerlifting calendar are as follows:
 - 26.1. British Championships (both equipped and unequipped; men and women) for:
 - 26.1.1. Open;
 - 26.1.2. Junior 19-23 years and Sub-Junior 14-18 years;
 - 26.1.3. Masters;
 - 26.1.4. University Championships; and
 - 26.1.5. Such other championships as the Board may decide.
 - 26.2. Under 20 and Under 16 championships may be held at the discretion of the Board.
 - 26.3. Separate British bench press championships may be held for all age groups in by-law 26 above, as determined by the Board.

COMPETITION RULES

27. Equipment Standards shall be at all times as defined by the IPF.
28. British Powerlifting recognises the rule interpretations issued by the IPF Technical Committee.

29. Age categories and weight classes shall be as defined by the IPF, except that within British Powerlifting U16 and U20 categories may also be recognised.
30. Sponsors logos may be worn on apparel in British Powerlifting competition provided they are approved by British Powerlifting Board.
31. All referees must be current Members and be active in order to maintain their accreditation, being:
 - 31.1. In the case of divisional competitions, a Member over the age of 18 and in good standing may apply to take the Divisional Referee's exam after a minimum of two years membership and to be successful must achieve the exam pass mark as determined by the Board from time to time. Successful candidates must referee at least two divisional championships in any 2 year period following their passing of the exam otherwise their appointment will be cancelled;
 - 31.2. In the case of national competitions, divisional referees (being those meeting the standards at 31.1 above) can apply to be promoted to national status after two years satisfactory service. This must be on the recommendation of their division or home country to British Powerlifting Technical Officer. If accepted as a national referee, those individuals must referee at least 2 divisions championships in a 2 year period and 1 national championships ;
 - 31.3. In the case of International competition, national referees (being those meeting the standards at 31.2 above) can apply to take the IPF Category 2 referees exam, once they have officiated at a minimum of two national championships and having satisfied the conditions at 31.2 for a period of 2 or more years. Applications must be made in writing to British Powerlifting Technical Secretary.

RECORDS

32. British Powerlifting recognises British records in the following categories: Men's Open, Women's Open, Juniors Men and Women, Juveniles Men and Women and Masters Men and Women, Single lift Bench press: Open Men's, Open Women's, Master's Men and Women. In addition, records for Under 16 and Under 20 age groups may also be recognised.
33. British records can only be broken at National Championships, i.e. British, English, Scottish, Welsh or NI championships.
34. Claims to be sent to the Record Registrar, either using British Powerlifting referees certificate or the official score sheet for a British Championship.

PROCEEDINGS AT THE ANNUAL GENERAL MEETING

35. The Articles shall dictate all notice requirements of the Annual General Meeting.
36. The Annual General Meeting will observe the following procedural requirements:
 - 36.1. In accordance with the Articles, an agenda shall be prepared by the General Secretary and circulated to all Members at least 30 days prior to British Powerlifting Annual General Meeting;

36.2. No other business shall be discussed at the Annual General Meeting other than that on the Agenda;

36.3. The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be in regard to the accuracy of the minutes. After confirming the accuracy of the minutes, the Chairman shall sign them, and the delegates at the AGM shall be at liberty to ask questions with regard to matters arising from the minutes. Such questions shall be permitted for purposes of information only and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the General Secretary within four months of the date of circulation of the minutes to Members.

36.4. The Chairman shall decide the order of speakers.

36.5. The ruling of the Chairman on any question or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken and a majority required to determine the ruling.

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

36.7. The first proposition on any particular subject shall be known as the original motion. All succeeding propositions in that subject shall be called amendments. Every motion or amendment must be proposed and seconded by Members actually present at the meet before they can be discussed. It is permissible for a Member to make a speech first and conclude with a motion. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendment must be given before the first amendment is put to the vote.

36.8. If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, provided that it is consistent with the business and not been covered by an amendment or motion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

36.9. Except when the Chairman at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with Members, or prospective Members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

36.10. At meetings, all matters of procedure which are not covered under these standing orders shall be decided by the Chairman of the meeting.

36.11. Anything said In British Powerlifting AGM, committees or subsequent documentation is without prejudice and may not be used in litigation.

36.12. A Member that has been the subject of non-Doping related suspension or penalty may, provided their motion is raised in accordance with both the Articles and the By-Laws, appeal to the Members to remove such a suspension or penalty. Such a vote requires two thirds of the Member vote to be validly passed.

36.13. A Member may put to the vote of the Members at an Annual General Meeting a motion to remove from their role any Member who, through neglect of duty or misconduct, has brought British Powerlifting into disrepute or in any way impaired its function or development. Such a vote requires two thirds of the Member vote to be validly passed.

DUTIES OF THE BOARD

37. The structure and make-up of the Board of Directors shall be dictated by the Articles. The following duty descriptions are in addition to, and at all times subordinate to, those outlined in the Articles and the overriding duty to act in accordance with British Powerlifting objects.

38. The Chairman shall:

38.1. order meetings of British Powerlifting as provided in the Articles and these Bylaws and preside at all Board and Member meetings of British Powerlifting (including for avoidance of doubt the Annual General Meeting);

38.2. be an ex officio member of all committees;

38.3. provide leadership in the long-term and day-to-day activities of British Powerlifting; and

38.4. delegate responsibility for completion of tasks and making necessary contact with outside agencies to conduct British Powerlifting business.

39. The Chief Executive Officer Shall:

39.1. have overall responsibility for the administration of British Powerlifting;

39.2. be responsible for all official communications (in any form) and notifications to the Members and outside bodies;

39.3. advise the Board on any changes required to the organisation in order to improve and develop British Powerlifting;

39.4. be responsible for keeping a proper record of all proceedings of British Powerlifting and the AGM;

39.5. issue all official notices of all British Powerlifting meetings;

- 39.6. ensure that a complete record of competitions held under the auspices of British Powerlifting. These records shall include the results of national championships, newsletters and magazines;
 - 39.7. serve as Secretary of all general meetings of the Members of British Powerlifting;
 - 39.8. be responsible for the oversight and uploading of all nominations for international championships;
 - 39.9. certify as a "Provisional Affiliate" any applying British Isles nation who submits the proper fees and credentials, until such time as the Board may vote on such a membership.
40. The Finance Director Shall:
- 40.1. Receive monies due to British Powerlifting and deposit to accounts in the name of British Powerlifting.
 - 40.2. Sign all cheques, notes and drafts together with one other signature as detailed in the bank mandate.
 - 40.3. Pay all bills approved by the duly authorised officer or by the AGM provided it is within the authorised current budget of British Powerlifting.
 - 40.4. When requested, hand over to British Powerlifting accountant for preparation of annual accounts, ledgers, books, papers, vouchers and records pertaining to his office.
 - 40.5. To present accounts to the Annual General Meeting that have been prepared by a qualified accountant.
 - 40.6. Be responsible for issuing any invoices.
41. The Chairman of the Athletes Commission shall:
- 41.1. Maintain an open channel of communication with lifters at all levels.
 - 41.2. Allow lifters' views to be considered without resorting to potentially damaging public discussion on social media.
 - 41.3. Consider any matter brought to their attention by a lifter and bring this forward to the Board Committee, if required.
 - 41.4. Monitor all posts on social media and advise when they consider any action is required.
 - 41.5. Promote British Powerlifting as the only credible powerlifting organisation in the UK.
 - 41.6. Promulgate a positive message via social media.
42. Each of the Home Nation Directors shall:
- 42.1. be elected at the AGMs of their respective countries;
 - 42.2. ensure that their home nation's formation, constitutional documents and day-to-day running is compliant with the documents of British Powerlifting and the IPF;
 - 42.3. in the first instance, the represent their nations on the Board;
 - 42.4. be responsible for implementing powerlifting programmes in their countries, in accordance with British Powerlifting and IPF rules;
 - 42.5. ensure that no Member registered in their areas, shall contact their respective Sports Council without the prior approval of the Board; and

42.6. be responsible for affiliating their nation to the Commonwealth Powerlifting Federation and paying the required fee.

HOME COUNTRY MEMBER OBLIGATIONS

43. Each Home Country shall be responsible for the following within their relevant country:
- 43.1. The organisation of at least one 'national competition' per year for Equipped and Classic lifters.
 - 43.2. The general promotion of Divisional and other competitions.
 - 43.3. The application of the Objects, as set out in the Articles, to their Home Country.
 - 43.4. The organisation of a team at the Commonwealth Powerlifting Championships.
 - 43.5. Carry out anti-doping tests at least one championships each year.

DIVISION MEMBER OBLIGATIONS

44. Each Division shall be responsible for:
- 44.1. The organisation of divisional competitions;
 - 44.2. The general promotion of regional and other competitions;
 - 44.3. The application of the Objects, as set out in the Articles.

DELEGATION OF BOARD DUTIES

45. In accordance the Article 56, the Board has the right to delegate certain of its powers to committees or individuals as they see fit. The Board therefore wishes to create the following committees and roles and instruct those individuals that accepts these positions act in accordance with the role description outlined.
46. Quorum for all committees of British Powerlifting (for avoidance of doubt not including British Powerlifting Board who shall be governed by the Articles), shall be three (3) to include the chairman of that board where one is named. If the relevant chairman is unavailable by any reason, the Members of that committee shall refer the matter to British Powerlifting Board who shall, at their sole discretion, dictate their quorum requirements.

DISCIPLINARY COMMITTEE

47. Under instruction from the Board, the Disciplinary Committee shall be responsible for the investigation of any case of any affiliated organisation, associate member, lifter or official accused (an "**Accused Member**") of any of the following:
- 47.1. Contravening any of the provisions of the Articles or By-Laws.
 - 47.2. Contravention of IPF, EPF, British Powerlifting anti-doping rules or any other anti-doping rules as British Powerlifting Board may decide shall apply to Members from time to time.
 - 47.3. Bringing British Powerlifting, British Powerlifting or the sport of Powerlifting into disrepute.

- 47.4. Acting in a manner that is contrary to the best interests of British Powerlifting and British Powerlifting
- 47.5. Contravening any of the rules or regulations governing the accepted behaviour of Members of British Powerlifting.
- 47.6. Use of offensive language on any web-site discussion forum, e.g. Facebook or Twitter etc.
- 47.7. Failure to return British Powerlifting property when requested to do so by the Board;
- 47.8. Any other matter as the Board may deem fit to refer.
48. The Disciplinary Committee shall constitute the Disciplinary Committee Chairman and such other Members as may be appointed from time to time in accordance with these By-Laws. The Disciplinary Committee may request (should it deem appropriate) the attendance of a member of the Law and Legislation committee to assist in the interpretation of the Articles, By-Law or any other laws, rules or regulation to be applied by the Disciplinary Committee.
49. The Disciplinary Committee Chairman shall:
- 49.1. be generally responsible for the proper and prompt enforcement of British Powerlifting Articles and Bylaws;
- 49.2. convene and chair meetings of the Disciplinary Committee or a Hearing Panel as they see fit and/or on the instruction of British Powerlifting Board. These may be physical meetings or be conducted remotely (or a combination of the two);
- 49.3. prepare a report of the proceedings giving any extenuating evidence with the recommended penalty;
- 49.4. advise of any outcomes in writing to the CEO who shall write to the member concerned advising them and their right of appeal to the Board; and
- 49.5. support any appeal board convened within British Powerlifting in their investigation and hearing.
50. The Disciplinary Committee shall observe the following procedure in dealing with an Accused Member referred to them, or that they feel falls under their duties within paragraph 48:
- 50.1. The Disciplinary Committee shall send a written request for the Accused Member to attend and give full details of the alleged offence.
- 50.2. The Disciplinary Committee will form a hearing panel (the "**Hearing Panel**") on a case by case basis who shall only consist of Independent Members of the Disciplinary Committee or, if there are no Independent Members of the Disciplinary Committee, such other Members as the Disciplinary Chairman may deem fit. For avoidance of doubt, a non-Independent Member may not sit on a Hearing Panel without the consent of both the Disciplinary Committee Chairman and the Board.
- For avoidance of doubt, although the Chairman of the Board of Directors of British Powerlifting will be a member of the Disciplinary Committee generally, he will at no point be appointed to a Hearing

Panel. Further, no member of the Board shall be appointed to a Hearing Panel. This is to maintain the independence of the Board to hear any appeal.

- 50.3. The Hearing Panel shall collect all relevant information and evidence needed to deal with the case in accordance with both the Articles, the Bylaws and any other applicable rules of British Powerlifting or the IPF at that time. Confidentiality obligations to all parties involved must be observed at all times. Where the matter that the Disciplinary Committee is to consider is related to an in-competition offence, the relevant Competition Jury must submit evidence as part of that hearing.
- 50.4. The Accused Member must have the opportunity to be represented at all meetings with the Disciplinary Committee and the Hearing Panel by a person authorised on their behalf.
- 50.5. The Hearing Panel must refer their findings to the Disciplinary Committee who must decide all penalties.
- 50.6. For all competition related offences (including at international championships), the Disciplinary Committee shall have the sole discretion as to the sanctions to be put in place in the first instance, subject to the following guidelines:
- 50.6.1. For a first minor offence up to a maximum of 6-month suspension;
 - 50.6.2. For a second minor offence: up to a maximum of 12-month suspension.
 - 50.6.3. For a first serious offence: up to a maximum of 12-month suspension;
 - 50.6.4. For a second serious offence: up to a maximum of 24-month suspension.
- 50.7. An Accused Member shall have the right to an appeal. All appeals will be heard by British Powerlifting Board. No fee is payable in order to bring an appeal.
- 50.8. British Powerlifting Board shall within one month of receiving all documentation, including a written appeals statement by the Accused Member relating to their appeal, examine and investigate the matter and decide on an appropriate penalty.
- 50.9. If the appeal is successful, no financial claim or other petition for damages may be made against British Powerlifting by the Accused Member.¹
- 50.10. Where an appeal, made in accordance with paragraph **Error! Reference source not found.** above, is unsuccessful the Accused Member or British Powerlifting has, subject to complying with the

¹ I have removed the reference to the AGM here as I did not fully understand how this could work in practice? Would this mean that if someone has contravened the rules but gathers enough people on their side to the AGM this could be over-turned. If members feel the rules are either not correct, or not being applied correctly, this could be raised at the AGM but an express statement here is not necessary and slightly confusing.

procedural and other rule of Sports Resolutions, the right to appeal to a mediator (by default being Sports Resolutions).

- 50.11. In the event that this mediation is not successful, or if both parties deem mediation to not be appropriate, the Court of Arbitration for Sport in Lausanne (in accordance with the IPF requirement) shall have the authority to give final and binding arbitration in accordance with their rules, which are deemed to be incorporated by reference to this paragraph.

SELECTION SUB-COMMITEE

51. The selection sub-committee ("Selection Sub-Committee) shall, along with the Head Coach / Team Managers, have responsibility for the selection in international teams to represent British Powerlifting in accordance with British Powerlifting selection procedure in place from time to time.

COACHING COMMITTEE

52. The coaching committee ("Coaching Committee") shall have overall responsibility for all aspects of coaching within British Powerlifting, including but not be limited to:
- 52.1. Developing and keeping up to date suitable coaching courses for Powerlifting and general gym users;
 - 52.2. Ensure that course are approved by national organisations such as SkillActive;
 - 52.3. Organising and running coaching courses;
 - 52.4. Maintain a register of all qualified coaches.
53. The coaching secretary shall chair the committee and be generally responsible for all responsibilities of the Coaching Committee at paragraph 52 above.

ATHLETES COMMISSION

54. The Athletes' Commission represents the interests of the athletes and shall bring the views of the athletes to the Board Committee.
55. The Athletes' Commission shall comprise:
- 55.1. Athlete's Commission Chairman, for avoidance of doubt being a Member of the Board of directors who shall chair this committee;
 - 55.2. One (1) male and one (1) female senior athlete to be chosen at the discretion of the Athletes Commission Chairman; and
 - 55.3. One (1) male and one (1) female masters athlete to be chosen at the discretion of the Athletes Commission Chairman; and
 - 55.4. One (1) male and one (1) female sub-junior OR junior athlete to be chosen at the discretion of the Athletes Commission Chairman.

LAW AND LEGISLATION COMMITTEE

56. The Law and Legislation Committee shall be responsible for advising the Board on all legal and governance matters and this shall include:
- 56.1. Responsibility for drafting changes to the Articles, By-Laws and any other legal procedures and policies as required under instruction and guidance from the Board.
 - 56.2. Recommending any changes to the structure of British Powerlifting required to satisfy UK Sport and Sport England.
 - 56.3. Advising the Members, Disciplinary Committee or the Board as to the interpretation of any section of the Articles, By-Laws or any other policy.
 - 56.4. Advising on the handling of any legal claims made against British Powerlifting.
 - 56.5. Advising on copyright matters and the protection of trademarks
57. The Law and Legislation Committee shall comprise of suitably qualified members with legal, paralegal or commercial experience and be appointed by the Board.

DUTIES OF OTHER NON-BOARD MEMBERS

58. In addition to the committees above, British Powerlifting Board delegates the following duties to positions as outlined below.
59. Doping Control Officer
- 59.1. Shall coordinate all anti-doping activities within British Powerlifting. These shall include, but not be limited to:
 - 59.2. Arranging anti-doping testing at British championships as directed by the Board Committee. Quotes shall be obtained from WADA recognised bodies such as IDTM and PWC and the best value quote accepted.
 - 59.3. Shall attend all tested British championships and have responsibility for selecting lifters to be tested.
 - 59.4. Liaising with the Divisions and Home Countries to develop local test programmes.
 - 59.5. Maintaining a register of tested athletes in accordance with IPF requirements.]
60. Membership Registrar shall:
- 60.1. Receive and record all membership applications.
 - 60.2. Prepare and send out membership cards.
 - 60.3. Deposit all membership fees in British Powerlifting account on a regular basis.
 - 60.4. In conjunction with the Web Master, provide membership statistics as and when required by the Board.
61. Computer Secretary shall:
- 61.1. Be responsible for the provision and maintenance of electronic score sheets for British Championships.

- 61.2. Attend and support British Powerlifting championships MC's table as required by the Championships Secretary.
62. Records Registrar shall:
- 62.1. Certify all British records and maintain an up to date register of all records in all categories. These shall be posted and readily down loadable from British Powerlifting web-site.
63. Championship Secretary shall:
- 63.1. maintain a calendar of events covering all major events for a period of not less than 12 months from the date of the calendar.
64. The Web-site Master shall:
- 64.1. Maintain British Powerlifting Internet site in a professional manner with separate pages allocated where appropriate including, but not restricted to:
- 64.1.1. The directory.
 - 64.1.2. Articles and ByLaws
 - 64.1.3. Officials and contact details
 - 64.1.4. British Records
 - 64.1.5. Calendar of Events
 - 64.1.6. Invitations and details on forthcoming events.
 - 64.1.7. Results of major events.
 - 64.1.8. Drug testing results.
 - 64.1.9. Authorised material from the Chairman or Board.
- 64.2. Monitor British Powerlifting official social media sites and forums and remove any offensive postings and report these to the Board.
65. The Equipment Manager shall:
- 65.1. maintain a list of all British Powerlifting equipment and its location.
- 65.2. ensure that equipment for championships is available.
- 65.3. advise the Board of any defective equipment and requirements for new purchases.
66. The Safeguarding Officer shall:
- 66.1. prepare guidelines for the safeguarding of children and/or vulnerable adults undertaking British Powerlifting activities.
- 66.2. ensure that the necessary consent forms are prepared and signed for dope testing.
67. The Merchandising Officer shall:

- 67.1. be responsible for the purchase and sale of all British Powerlifting merchandise.
- 67.2. supply sufficient stocks shall be held to ensure there are adequate supplies for all British Powerlifting championships.

68. The Media and Sponsorship Officer

- 68.1. Shall be the primary point of contact with the media.
- 68.2. Any statement to the press, radio or television must have the prior approval of the Board.
- 68.3. Shall endeavour to obtain sponsorship for British Powerlifting events and international teams from acceptable companies, as approved by the Board.
- 68.4. Any agreements in this regard can only be agreed by the Board.

69. Assistant Secretary shall be appointed if necessary, shall undertake specific tasks as determined by the Board Committee.

TEAM MANAGERS (HEAD COACHES)

70. Team Managers/Head Coaches shall be appointed by the Board and shall:

- 70.1.1. Be generally responsible for the selection and success (both competitively and in their representation of British Powerlifting) of certain teams as may be decided by the Board in accordance with British Powerlifting Selection Procedure.
- 70.1.2. Be responsible for the analysis of lifters' performance and recommending selection for teams to the Board. The final decision on teams shall rest with the Board.
- 70.1.3. Recommend team coaches to the Board.
- 70.1.4. Complete and submit preliminary and final nominations as laid down by the EPF/IPF by the advertised due dates.
- 70.1.5. Be responsible for ensuring that entry and drug test fees are collected and sent to the Finance Director promptly.
- 70.1.6. Coordinate and make all necessary travel arrangements.
- 70.1.7. Be responsible for the proper conduct of the Team (lifters and officials), whilst travelling and at the championships.
- 70.1.8. In conjunction with the coaches ensure that sensible selections are made for each lift attempt. In the event of disagreement the Manager's decision shall be final.
- 70.1.9. Be an IPF international referee, unless agreed otherwise by the Board.
- 70.1.10. Following the championships shall submit a written report to the Board.
- 70.1.11. Team Managers will include, but not be limited to:
 - 70.1.11.1. Senior Team Manager;
 - 70.1.11.2. Junior Team Manager;
 - 70.1.11.3. Masters Team Manager;
 - 70.1.11.4. Bench Press Team Manager; and

70.1.11.5. Classic (Unequipped) Team Manager.

INTERNATIONAL COMPETITION

71. No international powerlifting event may be staged in Great Britain or Northern Ireland without the express permission of British Powerlifting Board.
72. This must be requested at least six months in advance with full details provided of the competition and participating countries.
73. The promoter must provide a preliminary bid to the Board, which approved shall be submitted to the appropriate international body (IPF, EPF or CPF) for their consideration and sanction.

PROCEDURES

74. The word "British" in connection with powerlifting may only be used by British Powerlifting for competition, records and promotional purposes.
75. All television rights for British Powerlifting competitions held in the UK shall be the sole property of British Powerlifting, less any fee negotiated with the promoting national federation.

RECORDS AND AWARDS

76. Each Home Country shall be responsible for its own records and record claims. A British record claim may be submitted upon the form normally used by that nation.
77. British Powerlifting shall provide an honour certificate free of charge to all lifters who establish bona fide British records.
78. At all British Powerlifting championships, a "Best Lifter" award may be given to the lifter who produces the best performance based upon the appropriate Wilks formula. Only class winners shall be eligible.
79. British championship participation certificates shall be awarded to each lifter and official (team manager, coach) according to British Powerlifting regulations. They shall also be awarded to approved British Powerlifting officials and referees.
80. There shall be an honorary body titled the "British Powerlifting Hall of Fame". Its purpose shall be to honour Members who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting nationally or internationally. A maximum of two lifters and one official may be elected to the Hall of Fame each year but with the added proviso that not more than two men and women may be elected in any one year. A certificate of achievement will be awarded. No one who has been involved in drug offences or has been suspended by drug abuse shall be proposed to Hall of Fame.

81. Any lifter or official previously awarded Hall of Fame will lose this distinction if suspended due to doping abuse.
82. The Board decides prior to the AGM whom will be awarded Hall of Fame. The appointed persons will be honoured at the AGM or appropriate British Championships.
83. Members of British Powerlifting Board Committee, British Powerlifting Committee Chairmen and members of British Powerlifting Hall of Fame will have free entry to any powerlifting competition organised by a member federation or its affiliates. An identification card will be issued by British Powerlifting.

APPENDIX A - OFFICIAL EMBLEMS OF GB Powerlifting Federation Limited

A.1 British Powerlifting Emblem



A.2 British Powerlifting Emblem

