



CONSTITUTION
of the
Manx Powerlifting Association

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1. Objective

1.1 The objective of the Manx Powerlifting Association (hereafter MPA) is to promote and organise the sport of powerlifting and support general powerlifting development across the Isle of Man. Part of this duty is to stimulate cooperation between the members and to represent the federation in national and international bodies.

1.2 To further the development of Powerlifting under the umbrella of the MPA, throughout the Isle of Man.

1.3 Establish, define and enforce IPF and British Powerlifting rules for the management of Powerlifting within the Isle of Man.

1.4 Promote, support and encourage drug free Powerlifting.

1.5 Promote, sanction and supervise Manx development programmes and competitions, including Manx championships and single lift competitions.

1.6 Hold annual MPA General Meetings of bona fide Manx representatives.

1.7 To further the cause of Powerlifting within the Isle of Man

2 Organisation

2.1 Manx Powerlifting Association is recognised as the governing body for powerlifting in the geographic region known as the Isle of Man.

2.2 The Isle of Man is classified as a Home Nation of British Powerlifting, a member of the commonwealth powerlifting federation and works under auspices of the European Powerlifting Federation and International Powerlifting Federation.

2.3 The MPA represents a Home Nation Member of GB Powerlifting Federation Limited (company number 06625045, trading as British Powerlifting and as defined within the GB Powerlifting Federation Articles of Association). The MP agrees to at all times act in accordance with the Articles of Association (including the furtherance of those objects), the By-Laws and any requests of the Board of GB Powerlifting Ltd (the "British Powerlifting Member Laws").

2.4 For avoidance of doubt, should this Constitution or any other by-law or direction of the MPA conflict with any British Powerlifting Member Laws, those laws shall be the prevailing position

2.5 MPA follows and accepts the anti-doping rules as specified by WADA.

2.6 Powerlifting is practised in accordance with the IPF Technical Rules.

3 Duties and competence

3.1 The MPA shall develop activities, organisations and systems to meet requirements from the members, the National umbrella sport federation, the Government and International sport federations.

3.2 Education, training and the opportunity to build experience of elected people, serving in the Executive or Committees, is an important part of the duties.

4 Membership

4.1 All drug free lifters within clubs/teams practising powerlifting or weight training and recognised by the Community or local sport authorities have the right to apply to become a member of MPA.

4.2 MPA have the right to reject membership applications by majority vote of the committee.

4.3 All members are bound by the Members Code of Conduct.

4.4 All members accepted by the MPA have an obligation to comply with the rules of the British Powerlifting, European Powerlifting Federation and the International Powerlifting Federation.

4.5 In order to set records a lifter must be a current member of the MPA and hold a valid membership card.

4.6 Members must be born or have residency in the Isle of Man and the Isle of Man must be the main residency for 6+ months per calendar year unless in full time education in the UK, which can be proven if requested.

4.7 Members will be logged as MPA members and have the rights afforded as such in terms of team selection, competition entry and record setting

5 Subscriptions

5.1 The MPA decides about the subscription and fees during the Annual General Meeting held once per year.

5.2 A percentage of each MPA subscription will be paid to the National Governing Body (British Powerlifting), at not more than quarterly intervals during the calendar year.

6 Economic compensations for honorary & coaching posts

6.1 Elected people in the Executive and Non-Executive teams may receive a reasonable compensation for their work and documented expenses.

6.2 Coaches reimbursement percentages to be agreed at the AGM for the coming year

6.3 Reasonable expenses will be reimbursed for honorary & coaching posts upon receipt of adequate source documentation.

6.4 All such compensations shall be approved by at least 2 Executive members and will be included in the budget and the annual accounts for the MPA

8 Disciplinary Cases

8.1 A disciplinary committee shall be entrusted with the examination and decision of disciplinary cases.

8.2 Any disciplinary action will be undertaken using the guidelines as defined by the relevant MPA policies.

8.3 Disciplinary assessment and action of the MPA will be escalated to British Powerlifting for input and/or final decision as appropriate and decided as a majority vote by the committee.

9 The AGM

9.1 Annual: The MPA Executive Committee is the supreme governing body of the MPA. The Executive shall meet annually at an appropriate date

9.2 Notice: The Executive shall notify the members a minimum of 30 days ahead of the Annual Congress.

9.3 Proposals and amendments must be received by the Executive prior to the AGM. Every amendment must be proposed and seconded by members actually present at the meet before they can be discussed.

9.4 A complete agenda must be sent to all members latest 2 weeks prior to the AGM.

9.5 Votes: At the AGM, a quorum will consist of the authorised delegates present. No delegate shall have more than one vote. Proxy voting is permitted as per the guidelines in the proxy voting form.

9.6 Law changes: Proposals to change the law of MPA can only be examined if included in the Agenda distributed to all members and requires a majority by the delegates present to be accepted.

9.7 All accepted proposals will be in power from the first day after the AGM if not otherwise stated.

9.8 Privileged Immunity of the Annual General Meeting - Anything said In the MPA Annual General Meeting, committees or subsequent documentation is confidential, without prejudice and may not be used in litigation.

10 AGM Representation

10.1 Any MPA member with a valid and current membership card will be able to vote.

11 The order of the AGM

11.1 The duties of the AGM are:

11.1.1 The Chairman presides the meeting, secretary to record the meeting

11.1.2 Roll call of delegates.

- 11.1.3 To accept the Agenda
- 11.1.4 To examine the Executive reports.
- 11.1.5 To examine the Treasurers report.
- 11.1.6 To examine proposals and amendments.
- 11.1.7 Decide about membership fees and other fees.
- 11.1.8 To examine the budget.

11.2 Election of Executive Team:

- 11.2.1 President
- 11.2.2 Chairperson
- 11.2.3 Vice Chairperson
- 11.2.4 Secretary
- 11.2.5 Chief Executive Officer
- 11.2.6 Director of Finance
- 11.2.7 Director of Operations
- 11.2.8 Deputy Chief Executive Officer
- 11.2.9 Deputy Director of Finance
- 11.2.10 Deputy Director of Operations

11.3 Election of the Non-Executive Team:

- 11.3.1 Anti Doping & Safeguarding Manager
- 11.3.2 Media & Communications Manager
- 11.3.3 Referee & Volunteer Manager
- 11.3.4 Technical Manager
- 11.3.6 Membership & Records Manager
- 11.3.9 Sub-Committees and support officers where appropriate.
- 11.4 One person may take on several Non-Exec roles where it is required and makes administrative/efficiency sense to do so.

12 Order of votes by the Executive Committee

12.1 If not otherwise decided, a proposal is accepted by a majority of votes.

12.2 Election of candidates shall be in writing if there is more than one candidate for a duty.

12.2.1 If there are more candidates but no one gain majority, a new election between the two candidates with most votes shall take place. In case two candidates gain equal number of votes, a draw shall be made to decide which one shall be elected.

12.2.2 If a role remains vacant after the AGM, applications may still be sought and the voted in Executive Committee given the authority to appoint in the interim pending the next AGM

12.2.3 If a member of the executive committee resigns before the next AGM the remaining members of the Executive Committee may appoint in the interim pending the next AGM

13 Extraordinary Meeting

13.1 Extraordinary meeting may be called by the Executive with at least 14 days notice if:

13.1.1 Required by a superior Sport organisation or the Government or National umbrella organisation.

13.1.2 Decided by the AGM

13.1.3 Decided by the Executive.

13.1.4 Required by at least 25% of the members.

13.1.5 The number of committee members falls below minimum working requirement of the three.

13.2 An Extraordinary meeting shall only deal with cases included in the agenda when called.

14 Powers of the Executive

14.1 The Executive team will:

14.1.1 Be the governing body of the MPA between AGMs.

14.1.2 Carry out decisions made by the AGM.

14.1.3 Carry out daily management of the federation, represent the federation and practise skilled authority.

14.1.4 Appoint members in committees others that elected by the AGM and work out guidelines for such committees.

14.1.5 Maintain running control of the expenditures of the MPA

14.1.6 An executive meeting will be held quarterly at a minimum.

14.1.7 Additionally an Executive Meeting may be called by any of the Exec Team.

14.1.8 A quorum is formed if a majority of the Executive members are present.

14.1.9 Decisions are made by a majority vote of the Executive members present.

14.1.10 In case of an equality of the votes, the vote of the CEO is determining.

15 Committee Structure and Job Roles

15.1 The Executive and Non-Executive team need to be voted in at a maximum every 3 years

15.2 The Positions for the MPA Executive Team are detailed in the structure and job roles documentation.

15.3 Each position is responsible for the setting and delivery of the objectives for that functional unit in line with the job role and can second in help/assistance as relevant when agreed with the Exec Team.

15.4.1 All assistants can attend committee meetings and give input, but can't vote on final decisions.

16 Sub Committees

16.1 The MPA Executive may need to elect non-permanent committees to support normal business or issue assessment/resolution.

16.1.1 Technical committee.

16.1.2 Disciplinary committee

16.1.3 Appeal committee

16.2 Technical Committee

The committee shall consist of a maximum of 3 members of elected by the Executive and report to the Technical Manager

16.2.2 The committee shall educate and instruct referees, organise referee clinics, and appoint referees at national championships.

16.2.3 The committee shall evaluate all new Constitutional proposals and amendments and state their conclusions to the AGM Further, the duty is to update and maintain the Constitution and interpret the content if required.

16.3 Disciplinary Committee

16.3.1 The Disciplinary Committee (DC) shall consist of a maximum of 3 members elected by the Executive and report to the Chairperson & CEO. The Disciplinary committee shall investigate the case of any affiliated federation, lifter or official accused of any of the following:

- I) Bringing the MPA or the sport of Powerlifting into disrepute.
- II) Acting in a manner that is contrary to the best interests of the MPA.

- III) Contravening any of the provisions of the Constitution or By-Laws.
- IV) Contravening any of the rules or regulations governing the accepted behaviour of members of the MPA.

Following such investigation it may impose an appropriate penalty.

16.3.2 The DC shall abide by the MPA disciplinary policy documentation

16.3.4 Sensitive information shall be treated confidential within the parties involved.

16.3.7 Appeals will follow the British Powerlifting Appeals Policy

16.4 Appeal Committee

16.4.1 The Appeal committee will be appointed by the Executive

16.4.2 They shall receive all documents relating to any appeal and within one month examine and investigate the matter and decide on an appropriate penalty.

16.4.3 Appeal requests against a sanction by the Appeal Committee may be made to British Powerlifting for final decision. Such appeal must be lodged to the BP Executive within 1 month after the decision is made by the Appeal Committee.

17 Constitutional Changes

17.1 Constitutional changes are only possible at the ordinary AGM or at an extraordinary meeting.

17.2 Such proposals must be included on the agenda when the meeting is called and require a majority of the delegates present.

18. Competition Rules, Records and Awards

18.1 Only the Manx Powerlifting Open & Championship competitions will hold national status. All other competitions will be classified at divisional level.

18.2 The MPA recognises National records in the following categories for Classic and Equipped: Men's Open, Women's Open, Sub-Junior & Juniors Men and Women and Masters Men and Women; Single Lift Bench press: Open Men's, Open Women's, Sub-Junior & Juniors Men and Women, Master's Men and Women.

18.3 Competition technical rules, & equipment standard shall be as defined by the IPF

18.4 Rule Interpretations

The MPA recognises only the rule interpretations issued by the IPF Technical Committee

19 Dissolution

19.1 A proposal to dissolve the federation must first be discussed at an ordinary or extraordinary meeting.

19.2 If a decision is made in favour of a dissolution by a majority, it will be considered as a final decision and the Executive Committee will undertake any actions applicable to fulfil the decision.

19.3 Any remaining equipment and/or funds of the MPA shall come to a superior sport federation or to a charity organisation as decided by the AGM once all dissolution activities have been invoiced.