

Constitution
of
Manx Weight Lifting Association
1st May 2023

1. Name

The name of the organisation is

MANX WEIGHTLIFTING ASSOCIATION

2. Location of Principal Office is

9 Sprucewood Close
Foxdale
Isle of Man
IM4 3JT

3. Objectives

The objectives of the organisation are:

- (a) To promote the art and science of and education in lifting weights;
- (b) To encourage and advance the education of children and adults within the community with the purpose of promoting a healthy lifestyle and improving their condition of life.
- (c) To promote community involvement in healthy recreation by providing facilities for the lifting of weights and the playing of other sports and activities capable of improving physical health to such persons who have need for such facilities and to encourage and advance the education of such persons in order to allow them to develop to the best of their abilities, both physical and otherwise.

4. Membership

Membership to the organisation is open (upon approval by committee members) to any officially Licensed British Weightlifting Club located on the Isle of Man. For guidelines on what constitutes an official British Weightlifting Club please see www.britishweightlifting.org

5. Sport Equity

Core to the Manx Association is our Equality, Diversity and Inclusivity policy. We believe that weightlifting should be accessible to all. Therefore all association clubs and club owners must have completed the British Weightlifting EDI online course which is available at no extra cost to all British Weightlifting members at www.britishweightlifting.org

6. Committee

The committee of the Manx Weightlifting Association shall be formed to ensure fairness and impartiality is achieved across all aspects and matters internally and externally.

Functions and duties of committee members

The committee members shall manage the affairs of the organisation and may for that purpose exercise all the powers of the organisation. It is the duty of each member:

(a) to exercise his or her powers and to perform his or her functions in his or her capacity as a committee member in the way he or she decides in good faith would be most likely to further the purposes of the organisation; and;

(b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

(i) any special knowledge or experience that he or she has or holds himself or herself out as having; and

(ii) if he or she acts as a committee member of the organisation during a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

Eligibility for committee member

(a) Every committee member must be a natural person.

(b) No individual may be appointed as a committee member of the organisation if he or she is under the age of 16 years;

(c) No one is entitled to act as a committee member whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the committee members decide, his or her acceptance of the office of committee member.

(d) At least one of the members of the organisation must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the committee members, or appoint a new committee member.

Number of committee members

(a) There must be at least three committee members. If the number falls below this minimum, the remaining member or members may act only to call a meeting of the committee members, or appoint a new committee member.

(b) There is no maximum number of committee members.

First committee members

The first committee members are as follows, and are appointed for the following terms –

Jake Chapman for four years; **Trevor Christian** for four years; and **Lukas Widomski** for four years.

Appointment of committee members

(1) Apart from the first committee members, every member must be appointed for a term of four years by a resolution passed at a properly convened meeting of the committee members.

(2) In selecting individuals for appointment as committee members, the committee members must have regard to the skills, knowledge and experience needed for the effective administration of the organisation.

Information for new committee members

The committee members will make available to each new committee member, on or before his or her first appointment:

- (a) a copy of the current version of this constitution; and
- (b) a copy of the organisation's latest Members' Annual Report and statement of accounts.

Retirement and removal of committee members

A committee member ceases to hold office if he or she:

- (a) retires by notifying the organisation in writing (but only if enough committee members will remain in office when the notice of resignation takes effect to form a quorum for meetings);
- (b) is absent without the permission of the committee members from all their meetings held within a period of six months and the trustees resolve that his or her office be vacated;
- (c) dies;
- (d) in the written opinion, given to the organisation, of a registered medical practitioner treating that person, has become physically or mentally incapable of acting as a member and may remain so for more than three months.

Any person retiring as a committee member is eligible for reappointment.

Taking of decisions by committee members

Any decision may be taken either:

- at a meeting of the committee members; or
- by resolution in writing or electronic form agreed by a majority of all of the committee members, which may comprise either a single document or several documents containing the text of the resolution in like form to which the majority of all of the committee members has signified their agreement. Such a resolution shall be effective provided that
 - a copy of the proposed resolution has been sent, at or as near as reasonably practicable to the same time, to all of the committee members; and
 - the majority of all of the committee members has signified agreement to the resolution in a document or documents which has or have been authenticated by their signature, by a statement of their identity accompanying the document or documents, or in such other manner as the committee members have previously resolved and delivered to the organisation at its principal office or such other place as the members may resolve within twenty eight days of the circulation date.

Delegation by committee members

(1) The committee members may delegate any of their powers or functions to a third party committee or committees, and, if they do, they shall determine the terms and conditions on

which the delegation is made. The committee members may at any time alter those terms and the committee members shall from time to time review the arrangements which they have made for the delegation of their powers.

(2) This power is in addition to the power of delegation in the General Regulations and any other power of delegation available to the committee members, but is subject to the following requirements:

(a) a committee may consist of two or more persons, but at least one member of each committee must be a lifting club owner;

(b) the acts and proceedings of any committee must be brought to the attention of the committee members as a whole as soon as is reasonably practicable; and

(c) the committee members shall from time to time review the arrangements which they review the arrangements which they have made for the delegation of their powers.

Meetings of committee members

(1) Calling meetings

(a) Any committee member may call a meeting of the committee.

(b) Subject to that, the committee members shall decide how their meetings are to be called, and what notice is required.

(2) Chairing of meetings

The committee members may appoint one of their number to chair their meetings and may at any time revoke such appointment. If no-one has been so appointed, or if the person appointed is unwilling to preside or is not present within ten minutes after the time of the meeting, the committee members present may appoint one of their number to chair that meeting.

(3) Procedure at meetings

(a) No decision shall be taken at a meeting unless a quorum is present at the time when the decision is taken. The quorum is two committee members, or the number nearest to one third of the total number of committee members, whichever is greater, or such larger number as the committee members may decide from time to time. A committee members shall not be counted in the quorum present when any decision is made about a matter upon which he or she is not entitled to vote.

(b) Questions arising at a meeting shall be decided by a majority of those eligible to vote.

(c) In the case of an equality of votes, the person who chairs the meeting shall have a second or casting vote.

(4) Participation in meetings by electronic means

(a) A meeting may be held by suitable electronic means agreed by the organisation

Committee members in which each participant may communicate with all the other participants.

(b) Any committee members participating at a meeting by suitable electronic means agreed by the committee members in which a participant or participants may communicate with all the other participants shall qualify as being present at the meeting.

(c) Meetings held by electronic means must comply with rules for meetings, including chairing and the taking of minutes.

7. Accounting records, accounts, annual reports and returns, register maintenance

The committee members must comply with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be available to all committee members, regardless of the income of the organisation, within ten months of the financial year end. The organisation shall have a bank account in its name to receive and make payments for the benefit and furtherment of the association. Any profits made shall be reinvested into the betterment of the sport of weightlifting on the Isle of Man.

8. Rules

The committee members may from time to time make such reasonable and proper rules or byelaws as they may deem necessary or expedient for the proper conduct and management of the organisation, but such rules or bye laws must not be inconsistent with any provision of this constitution. Copies of any such rules or bye laws currently in force must be made available to any member of the committee on request.

9. Disputes

If a dispute arises between members of the organisation about the validity or propriety of anything done by the members under this constitution, and the dispute cannot be resolved by agreement, the parties to the dispute must first try in good faith to settle the dispute by mediation before resorting to litigation.

10. Amendment of constitution

This constitution can only be amended:

(a) by resolution agreed in writing by all members of the organisation; or

(b) by a resolution passed by a 75% majority of those voting at a general meeting of the members of the organisation.

A copy of every resolution amending the constitution, together with a copy of the organisation's constitution as amended must be made available by the end of the period of fifteen days beginning with the date of passing of the resolution, and the amendment does not take effect until it has been recorded.

11. Voluntary winding up or dissolution

As provided by the Dissolution Regulations, the organisation may be dissolved by resolution of its members. Any decision by the members to wind up or dissolve the organisation can only be made:

1. at a general meeting of the members of the organisation of which not less than fourteen days' notice has been given to those eligible to attend and vote:

(a) by a resolution passed by a 75% majority of those voting, or

(b) by a resolution passed by decision taken without a vote and without any expression of dissent in response to the question put to the general meeting; or

2. by a resolution agreed in writing by all members of the organisation. Subject to the payment of all the organisation's debts:

(a) Any resolution for the winding up of the organisation, or for the dissolution of the organisation without winding up, may contain a provision directing how any remaining assets of the organisation shall be applied.

(b) If the resolution does not contain such a provision, the committee members must decide how any remaining assets of the organisation shall be applied.

(c) In either case the remaining assets must be applied for purposes the same as or similar to those of the organisation.

(d) The organisation must observe the requirements of the Dissolution Regulations, and in particular:

The committee members must make available:

(i) a copy of the resolution passed by the members of the committee;

(ii) a declaration by the committee members that any debts and other liabilities of the organisation have been settled or otherwise provided for in full; and

(iii) a statement by the committee members setting out the way in which any property of the organisation has been or is to be applied prior to its dissolution in accordance with this constitution;

(b) the committee members must ensure that a copy of the application is sent within seven days to every member and employee of the organisation, and to any committee members of the organisation who was not privy to the application.

(c) If the organisation is to be wound up or dissolved in any other circumstances, the provisions of the Dissolution Regulations must be followed.

