

USA WEIGHTLIFTING, INCORPORATED
SOUTHERN PACIFIC LOCAL WEIGHTLIFTING COMMITTEE 33 (SPLWC33)

CONSTITUTION OF THE SOUTHERN PACIFIC WEIGHTLIFTING LOCAL WEIGHTLIFTING COMMITTEE 33
OF USA WEIGHTLIFTING, INCORPORATED

ARTICLE I - NAME

- Section 1 Name. The name of this organization shall be the Southern Pacific Local Weightlifting Committee.
- Section 2 Address. The principal office of this said Association shall be established by the board in office.
- Section 3 Duration. The duration of the Association is perpetual, except in the event of its dissolution as described in Article IX of the SPLWC 33 By-Laws, below.
- Section 4 Tax Status. At present we have not established.

ARTICLE II – TERRITORY

- Section 1 Jurisdiction. All and any territories allotted by our National Governing Body, USAW Inc.
- Section 2 Changes. Any alterations or amendments are to be made only with the express approval of the National Standard Governing Body (USAW, Inc.)

ARTICLE III – AFFILIATION

- Section 1 General. This Association is hereby affiliated with USA Weightlifting, Inc. and the United states Olympic Committee (USOC), and is subject to the Constitution and By-Laws of those bodies insofar as they affect and proscribe the functions of USAW, Inc. and the SPLWC33. This Association may become affiliated with any other organization, as it deems fit and appropriate. This Association may terminate its affiliation with any organization, as it deems fit and proper and appropriate.

ARTICLE IV – PURPOSE

- Section 1 Function. This purpose shall be to educate, promote, conserve, sponsor, coordinate, and stimulate the interest of Weightlifting, as an amateur sport, throughout our Association, Region, and Nation in accordance with the standards and regulations set forth in the By-laws of this Association.
- Section 2 Funding. The purpose shall be to receive funds and other assets by the way of donations from various and sundry sources; to receive funds from registrations, sanctions, club memberships and service fees (all of which are rebates from USA Weightlifting). To utilize all funds received from whatever source exclusively in the promotion of and in furtherance of Weightlifting.

ARTICLE V – MEMBERSHIP

- Section 1 Clubs. Each club shall be eligible for membership and shall be represented as proscribed in the By-Laws.
- Section 2 Individuals. Each individual member of the SPLWC33 shall acquire such membership as outlined in the membership criteria set forth by USAW for LWCs and will thusly become a Member of USAW.

ARTICLE VI – GOVERNMENT

- Section 1 Structure. The government of this organization shall be vested in the Executive Board, consisting of a President, Vice-President, Secretary/Treasurer, Registration Chairpersons, Records Chairperson, two (2) Directors and two (2) Athlete Representatives.
- Section 2 Election. The executive Board shall be elected in the manner prescribed in the said By-Laws.

ARTICLE VI – METHOD OF AMENDING CONSTITUTION

- Section 1 Process. The Constitution may be amended by two-thirds (2/3) vote of the members present, provided it constitutes a quorum, at any regular or special meeting, provided that written notice of the proposed amendments has been mailed or emailed to the last known street or email address of each member at least ten (10) days prior to the date of such meeting.

BY-LAWS
OF THE
SOUTHERN PACIFIC LOCAL WEIGHTLIFTING COMMITTEE 33 (SPLWC33)
OF
USA WEIGHTLIFTING, INCORPORATED

ARTICLE I – MEMBERSHIP

- Section 1 Clubs. Each club shall be eligible for membership in this organization.
- a) Approval. Prospective Club memberships shall hereafter be approved by the President and Secretary/Treasurer or Registration Chairperson. In the event of rejection, it must be presented to the membership at the next scheduled meeting of the membership for final approval or rejection. Once approved, members shall have full rights as members.
- Section 2 Individuals. Each individual member of the SPLWC33 shall acquire such membership as outlined in the membership criteria set forth by USAW for LWCs and will thusly become a Member of USAW.

ARTICLE II – DUES

- Section 1 Criteria. The annual dues for Club memberships shall be proscribed by USAW, Inc.

ARTICLE III – GOVERNMENT

- Section 1 Governing of LWC. The Executive Board shall have the exclusive control and management of the said Association and its various properties, subject to the discretion of the membership.
- Section 2 Handling of LWC Funds. Funds of this LWC are disbursed from the national office. The LWC has authority to open its own Bank account by creation of an appropriate non-profit tax status. Funds may be deposited or withdrawn by the President and the Secretary/Treasurer
- a) Co-Signature Requirements. Both the President and Secretary/Treasurer must sign all checks.
- Section 3 Bonding of Treasurer. The Secretary/Treasurer may be bonded, at the expense of the LWC, for the amount on deposit at the annual meeting held each year.
- Section 4 Governing of Competitions. All amateur weightlifting competitions are to be conducted and governed by the *International Weightlifting Federation*.

ARTICLE IV – ELECTIONS

- Section 1 Officers, In even numbered years at the annual meeting there shall be elected a President, Vice-President, Secretary/Treasurer, Registration Chairperson, Records Chairperson, two (2) Directors, and two (2) Athlete Representatives. These elected officials shall constitute the Executive Board and shall serve for a 2 year term.
- Section 2 Voting Rights at SPLWC 33 Meetings. All paid SPLWC33 members in good standing are eligible to vote.
- Section 3 Term of Office. The newly elected members of the Executive Board shall take office immediately following the election.
- Section 4 Criteria. A candidate for office, in order to be elected, must receive a majority of the votes cast. In the event that more than two names are placed in nomination for one office, and no single nominee receives a majority of the votes cast, the name of the candidate with the least number of votes shall be removed from the ballot. This procedure shall continue on successive balloting until a nominee is elected.
- Section 5 Method. Elections shall be by written ballot. Nominations for all board positions will be taken from the floor, Nominees must be current USAW members (LWC 33) in good standing and meet any special qualification for a particular board position if required. Once nomination have been verified the ballots will be collected and counted. Ballots will be distributed to current members. Membership will be verified by presenting a current USAW membership card

ARTICLE V – MEETINGS

- Section 1 Annual Elections. The annual election shall be held on a day agreed upon by the Executive Board. Such election may be part of the Annual Southern Pacific LWC 33 Meeting, whether it be in conjunction with a SPLWC 33-sponsored competition event or a scheduled and separate Annual Meeting. Notice of this meeting shall be mailed or emailed to each member at their last street or email known address at least ten (10) days prior to the election meeting.
- Section 2 Executive Board Meetings. Meetings of the Executive Board shall be held on prearranged dates or upon the call of the President.
- Section 3 SPLWC33 Special Meetings. Special meetings of the membership or of the Executive Board must be called by the President, Vice-President, Secretary/Treasurer, or at the request of at least thirty-three and one-third (33-1/3) percent of the members of this organization.

ARTICLE VI – DUTIES OF ELECTED OFFICIALS

Section 1	<u>President</u> . The President shall preside at the Membership and Executive Board meetings as chief officer of the organization; shall supervise the organization's affairs and activities;
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	shall make an annual report to the members; and be responsible for seeing that all of the organization's activities are in accordance with the USAW Rules and procedures and the SPLWC Constitution, By-laws, and rules of Order.
Section 2	<u>Vice President</u> . The Vice President shall preside at membership and Executive Board meetings in the absence of the President; shall also act on behalf of the President when required, and shall work with the President on all affairs of the organization. The Vice President will assume the Presidency in the event that the President is unable to fulfill his responsibilities.
Section 3	<u>Secretary/Treasurer</u> . The Secretary/Treasurer shall give notice of all regular and special meetings; keep permanent record of such meetings, be custodian of all official records of the organization, and furnish minutes of such meetings for publication; submit a credentials report at each meeting; supervise the ways and means affairs and projects of the organization; shall issue notice of dues payable and be responsible for the collection thereof; keep the financial records of the organization; disburse a report in detail at the annual meeting, and at other times when directed, as to the financial condition of the Association; cooperate with the party selected by the Executive Board to make an annual audit of the financial records.
Section 4	<u>Registration Chairperson</u> . The Registration Chairperson shall be responsible for the registration of all athletes and non-athletes; issuing event sanctions after approval by the President; conduct hearings for athlete or non-athlete members with regard to possible suspension and/or expulsion in cases of misconduct by any member; conduct hearings for reinstatement. The above will be conducted within the proscribed rules of the national Registration Committee. In addition, the Registration chairperson shall make such reports as required by organizations with whom the Association has a service agreement for various services rendered, and fulfill such duties as assigned by the President or Executive Board. The Registration Chairperson should also be responsible for the eligibility of all member clubs and to insure that sanctions are only issued to member clubs.
Section 5	<u>Records Chairperson</u> . The Records Chairperson shall be responsible to record and archive all records set by LWC athletes, Clubs. Keep local meet results of the LWC for the past two years. Record any historical data deemed necessary.
Section 6	<u>Directors</u> . The Directors shall be invited to attend all meetings of the Executive Board; shall fully participate therein and perform such other duties as designated by the President of the Executive Board. The Directors shall serve on the Executive Board as representatives of the members assigned to them; supervise committees under their portfolio; make written and oral reports to the President and Executive Board, which ever office his portfolio shall be assigned to, whenever the respective officers shall deem it necessary; not as liaison personnel between the Executive Board and the members they represent by contacting and notifying members of meetings, forthcoming projects and other activities.
Section 7	<u>Athlete Representatives</u> . The Athlete Representatives shall be invited to attend all meetings of the Executive Board; shall fully participate therein and perform such other duties as designated by the Executive Board. Specifically, the Athlete Representative(s) shall be a sounding board between the Athlete and the Executive Board, bringing to the

Executive Board the problems and desires of our athletes. Those individuals (a) who have represented the United States as athletes in the Olympic Games, World Championships or other major international competitions in the sport of Weightlifting within the ten (10) year period prior to December 31 of the year in which the election is held, or (b) who have competed in and finished in USAW's National Championships, American Open or National University as athletes within the two (2) year period prior to December 31 of the year in which the election is held, shall be eligible to run for Athletes Representative

Section 8 Failure to Attend Executive Board Meetings. Should any member of the Executive Board fail to attend two (2) consecutive board meetings without a valid reason or, reasons acceptable to a majority of the remaining members, that office shall be deemed to have resigned.

ARTICLE VII – COMMITTEES

Section 1 Determination of Committees. The Executive board shall determine the committees deemed necessary and proper to fulfill the objectives and purposes of the organization.

Section 2 Appointment of Committee Members. All committee chairpersons, co-chairpersons and members shall be appointed by the President and Vice-President (Registration Chairperson excepted).

Section 3 Ex-Officio Membership. The President and Vice-President shall be ex-officio members of all committees.

ARTICLE VIII – RULES OF ORDER

Section 1 Roberts Rule of Order shall govern the proceedings of all meetings of the organization and its constituent parts, except as specifically provided in the Constitution and By-Laws.

ARTICLE IX – DELEGATIONS

Section 1 Appointments and Powers. Delegations or special committees shall be appointed by the President, subject to approval of the Executive Board, to represent the organization at any convention, meeting, or assembly, as may be necessary. Such delegations or committees shall exercise only those powers specifically vested in them by the Executive Board.

ARTICLE X – METHOD OF AMENDING BY-LAWS

Section 1 Voting and Noticing Procedure. The By-Laws may be amended by either
a) A two-thirds (2/3) vote of the members present at any regular scheduled or special meeting, provided written notice of the proposed action or actions has been given

to each member at their last known street or email address at least ten (10) days prior to the date of such meeting, whereas such notice set forth the date, time and place of such meeting, and must include a copy of the proposed amendment or amendments.

- b) Amendments may be submitted to the SPLWC33 President or secretary for approval by the By-laws Committee. The Committee will recommend to the Executive Board whether or not to approve the Amendment(s). The Executive Board must pass any recommended Amendment(s) unanimously. All Amendments passed by the Executive Board in this manor must then be approved by a two-thirds (2/3) vote of the members present at any regular schedule or special meeting.

Section 2 Submission of Proposed Amendments. Proposed amendments to these By-laws may be submitted by any member in good standing, at any regular scheduled meeting, without prior written notice if a copy of the proposed amendments has been given to the secretary in advance of the meeting. Proposed amendments submitted in this manner require a unanimous vote of the members present, in order to become adopted as part of the By-Laws.

Section 3 Suspension of SPLWC 33 By-Laws. These By-Laws may be suspended at any regularly scheduled meeting of the membership of Executive Board, by a unanimous vote of the members present.

ARTICLE XI – DISSOLUTION

Section 1 Process. Upon dissolution, the net assets of the SPLWC33 shall not inure to the benefit, of any private individual or corporation, but shall be distributed to USA WEIGHTLIFTING, INC., to be used exclusively for educational/charitable purposes, or, if USAW, Inc., is not then at the time of such dissolution in existence or is not then a corporation which is exempt under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under sections 170©(2), 2055(a)(2) and 2522(a)(2) thereof, such assets shall be distributed to such an entity meeting similar criteria for the aforementioned non-profit status in this Article XI, Section 1, to be used exclusively for educational or charitable purposes.

By-Laws
of
Southern Pacific Local Weightlifting Committee 33
Ratified and Approved
August 1, 2014

Daniel J. McDermott

Patrick Cullen-Carroll

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