

## PART I - PRELIMINARY

### 1 Interpretation

(1) In these Rules, unless a contrary intention appears:

"Association" means Powerlifting Australia Incorporated;

“Board” means the body referred to in Rules 12-24;

"By-Laws" means the By-Laws made in accordance with Rule 38;

“CAS” means the Oceania Registry of the Court of Arbitration for Sport in Sydney.

"Commission" means the Australian Sports Commission;

"Doping" means the scientific testing for drugs in accordance with Rule 3;

"Doping Offence" means a doping offence as defined by the Policy of the Association recognised, endorsed and adopted in Rule 3(1), and any similar practice, by whatever name described, proscribed by the doping policy or policies of the International Federation recognised, endorsed and adopted in Rule 3(1), and includes refusing an authorised drugs test;

"Drug Agency" means the Australian Sports Drug Agency;

"Drug Agency Act" means the Australian Sports Drug Agency Act 1990, as amended, or any superseding legislation;

"financial year" means the year ending on 30 June;

"Individual Member" means a natural person admitted to membership of the Association in accordance with Rule 4;

"International Federation" means the International Powerlifting Federation and such other international sporting bodies as are approved by the Association in general meeting from time to time;

"Member" means a Member Body or an Individual Member;

"Member Body" means a body admitted to membership of the Association in accordance with Rule 4;

"Executive Director" means an individual who occupies the position set out in Rules 12, 13 and 14;

"office bearer" means an individual who occupies a position as set out in Rules 12, 13 and 14;

"the Act" means the Associations Incorporation Act 1981 (Vic), as amended, or any superseding legislation;

"the Regulations" means the Associations Incorporation Regulations 1993 (Vic) or any superseding regulations;

"State" means a state of Australia and the Australian Capital Territory and the Northern Territory.

(2) In these Rules:

(a) a reference to a function includes a reference to a power, authority and duty; and

(b) a reference to the exercise of a function includes, where the function is a power, authority or duty, a reference to the exercise of the power or authority or the performance of the duty.

(3) The provisions of the Interpretation of Legislation Act 1984 (Vic) apply to and in respect of these Rules in the same manner as those provisions would so apply if these rules were an instrument made under an Act.

## 2 Objects

The objects for which the Association is established are:

(a) to organise and promote powerlifting as a sport and means of physical improvement;

(b) to encourage the ethics of true sportsmanship, and as testimony to this, to ban within the Association the use of prohibited ergogenic drugs, both in training and competition;

(c) to establish uniformity in all aspects of competitive powerlifting among Members;

(d) to authorise and supervise the making of all official lifts;

(e) to give lifters a status and rank in accordance with their officially ascertained abilities, thus protecting the genuine lifter against the exaggerated claims of those who do not care to be subjected to any official or authentic doping test;

(f) to obtain extensive recognition of the Association by the public and the media.

## 3 Doping

(1) The Association adopts a Doping Policy and that Doping Policy has force upon the Association and its Individual Members equally as any or all Rules or By-Laws; the Association also adopts the doping policies of the International Federation.

(2) An Individual Member of the Association may be tested at any time in accordance with the Association's Rules, By-Laws and Doping Policy, the rules of the International Federation and the Drug Agency Act, by the Drug Agency or any body operating through or under it, or by the International Federation.

Where an Individual Member is alleged to have committed a Doping Offence, that alleged offence shall be dealt with under the terms of the Association's Doping Policy.

(3) An Individual Member finally found to have committed a Doping Offence shall be suspended from participation in all P.A. competitions as a lifter, coach, lifter-handlers or official of any kind and also from any activity within P.A. as a coach, official, promoter or similar for the period of suspension.

(4) Where an Individual Member is so suspended the time to complete that suspension shall only accrue whilst that Individual Member remains a Member of the Association and so subject to ongoing testing.

(5) Where a Member Body is alleged to have acted in a manner involving a Doping Offence, or similar, that Member Body shall be dealt with according to Rules 10 and 11 of the Association's Constitution.

## PART II - MEMBERSHIP

### 4 Membership Qualifications

#### Member Bodies

(1) Only one body will be admitted as a Member Body of the Association from each State.

(2) The Board may accept for admission as a Member Body any body which:

(a) provides in its constitution that the Association's Doping Policy, By-Laws & Rules (Constitution) related to doping apply to its members and will be implemented by it;

(b) is considered by the Board as likely to further the objects of the Association; and

(c) is otherwise regarded by the Board as suitable for membership of the Association.

(3) An application for membership as a Member Body must be:

(a) made in writing in such form as the Board from time to time prescribes;

(b) accompanied by a copy of the proposed Member Body's constitution and such proof as to the activities of the applicant as the Board may require; and

(c) accompanied by the entrance fee determined in accordance with Rule 7.

#### Individual Members

(4) (a) Any number of natural persons may be admitted as Individual Members of the Association.

(b) All persons active in a Member Body as a coach, referee, lifter, life member or office bearer shall be registered members of the Association.

(5) The Board shall admit a natural person as an Individual Member of the Association, provided that:

(a) the person has lodged with the Association a Drug Agency athlete information form or its equivalent, which will serve as his or her agreement to be available for drugs testing in accordance with the requirements of the Drug Agency and the Association;

(b) the person has made an application for membership in the Association in writing in such form as the Board from time to time prescribes; and

(c) the person is otherwise regarded by the Board as suitable for membership of the Association.

(6) A Member Body will:

(a) suspend any of its members who are suspended from membership of the Association (for the same period of time and from the same activities for which they are suspended from the Association); and

(b) expel any of its members who:

(i) are not Individual Members of the Association

(ii) make an application for membership of the Association which is rejected by the Board pursuant to subrule (7); or

(iii) are expelled or resign from membership of the Association.

Members generally

(7) The Board must consider an application for membership at the next meeting of Board occurring after the application is received, and it must decide whether to accept or reject the application. The Board has an absolute discretion to grant or refuse any application for membership, and is not required to give any reason for its decision.

(8) If the application for membership is rejected by the Board then any fees accompanying the application will be refunded to the applicant within 1 month of the meeting at which the application is rejected.

(9) The Board shall keep and maintain a register of Members, and if an application for membership is accepted by the Board, the Board will enter the applicant's name and class of membership in the register of Members whereupon he she or it will become a Member.

## 5 Cessation of Membership

### Resignation

(1) A Member Body may at any time give 3 calendar months' notice in writing of resignation to the National Executive Director. At the expiration of the 3 calendar months, the resigning Member Body's membership will cease but the Member Body will continue to be liable for any annual subscription and all arrears due and unpaid at the date of effect of the resignation.

(2) An Individual Member may not resign as a member of the Association or as a member of a Member Body except by lodgement of a resignation in writing with the National Executive Director of the Association. Not until the next following 1st of July will the resigning Individual Member's membership cease, and the Individual Member will continue to be subject to possible drug-testing as per Rule 3, other Rules of the Association and the Association's By-Laws & Doping Policy, until that 1st of July.

(3) Existing Members of the Association must pay the annual membership fee -

(a) in the case of Member Bodies, between 1st January and 31st January in

each year

(b) in the case of Individual Members, between 1st January and 30th June in

each year;

for the purposes of Rule 8, those fees are considered to be due and payable on 1st January in that year.

(4) Persons or entities applying to become Members of the Association for the first time, or after a lapse of their membership, must, as per Rule 4(3) (c) include with their application an entrance fee equal to the amount of the Association's membership fee for that year; if their application to become a member is successful that entrance fee shall go to the Association and stand as the new Member's membership fee for that year.

## 6 Termination

(1) The Board may terminate the membership of a Member in accordance with Rule 8 or Rule 10.

## 7 Fee, subscription etc.

(1) An annual membership fee shall be paid by each Member.

(2) The annual membership fee shall be set at an annual general meeting as a By-Law of the Association and shall be payable by all members in the following calendar year(s).

(3) Prior to participating in any event sanctioned by the Association, a member must have paid to the Association, as the case may be, all membership fees or other monies presently due and payable by that person to the Association.

## 8 Unpaid subscription



(1) If the subscription of a Member to the Association remains unpaid for a period of 5 calendar months after it becomes due in the case of Individual Members or one calendar month in the case of Member Bodies, the Board is to send a notice of the default to the Member. If the subscription remains unpaid 1 month after the issuing of the notice of default, the Board shall terminate the membership of the Member.

## 9 Members' liabilities

The liability of a Member to contribute towards the payment of debts and liabilities of the Association or the costs, charges and expenses of the winding up of the Association is limited to the amount, if any, unpaid by the Member in respect of membership of the Association as required by Rule 6.

## 10 Disciplining of Members

(1) Where the Board is of the opinion that a Member Body:

(a) would not, if it was being considered for membership of the Association for the first time, be eligible for admission as a Member Body in accordance with subrule 4(2);

(b) has failed to implement, or has acted in a manner to promote, facilitate or allow contravention of the Policy or Rules or By-Laws relating to doping, by itself, by Individual Members or by other persons;

(c) has otherwise persistently refused or neglected to comply with a provision of the Association's Doping Policy or Rules or By-Laws relating to doping;

(d) has persistently and/or wilfully acted in a manner prejudicial to the interests of the Association,

the Board may, by resolution:

(e) expel the Member Body from the Association; or

(f) suspend the Member Body from such rights and privileges of membership of the Association as the Board may determine for a specified period.

(2) Subject to subrule (3) and also subject to Rule 3 (3), where the Board is of the opinion that an Individual Member has persistently and/or wilfully acted in a manner prejudicial to the interests of the Association, the Board may, by resolution:

(a) expel the Individual Member from the Association; or

(b) suspend the Individual Member from such rights and privileges of membership of the Association as the Board may determine for a specified period.

(3) Where the Board passes a resolution under subrule (1) or (2), the Executive Director will, as soon as practicable, cause a notice in writing to be served on the Member:

(a) setting out the resolution of the Board and the grounds on which it is based; and

(b) (i) either:

stating that the Member may address the Board at a meeting to be held not earlier than 14 days and not later than 28 days after service of the notice;

stating the date, place and time of that meeting; and

informing the Member that the Member may attend and speak at that meeting, submit to the Board at or prior to the date of that meeting written representations relating to the resolution, or do both;

or

(ii) if the Executive Director has been directed by the Board that a notice that complies with subrule 10(3)(b)(i) should not be sent out or that the Member should not have the right to attend and speak at the meeting, the National Executive Director will, as soon as practicable, cause a notice in writing to be served on the Member

stating that the Board will consider whether to confirm its resolution at a meeting to be held not earlier than 14 days and not later than 28 days after service of the notice;

stating the date of that meeting; and

informing the Member that the Member may submit to the Board prior to the date of that meeting written representations relating to the resolution.

(4) Subject to the Act, at a meeting of the Board specified in a notice referred to in subrule (3), the Board will:

(a) if the notice informs the Member that the Member may attend and speak at the meeting, give to the Member an opportunity to make oral representations;

(b) give due consideration to any written representations submitted to the Board by that Member at or prior to the meeting; and

(c) if a resolution to be confirmed or revoked was made under subrule (1) or (2), by resolution determine whether to confirm or to revoke a resolution of the Board made under subrule (1) or (2); and

(5) Where the Board confirms a resolution under subrule (4), the Executive Director will, within 7 days after that confirmation, by notice in writing inform the Member of that confirmation and of the Member's right of appeal under Rule 11.

(6) A resolution confirmed by the Board under subrule (4) does not take effect:

(a) until the expiration of the period within which the Member is entitled to appeal against the resolution where the Member does not exercise the right of appeal within that period; or

(b) where within that period the Member exercises the right of appeal, unless and until the Association in general meeting confirms the resolution in accordance with subrule 11(4).

## 11 Right of appeal of disciplined Member

(1) A Member may appeal to the Association in general meeting against a resolution of the Board which is confirmed under subrule 10(4), within 7 days after notice of the resolution is served on the Member, by lodging with the Executive Director a notice to that effect.

(2) Upon receipt of a notice under subrule (1), the Executive Director will notify the Board, which will convene a general meeting of the Association to be held within 21 days after the date on which the Executive Director received the notice or as soon as possible after that date.

(3) Subject to the Act, at a general meeting of the Association convened under subrule (2):

(a) no business other than the question of the appeal will be transacted;

(b) the Board and the Member will be given the opportunity to make representations in relation to the appeal orally or in writing, or both;

(c) if a resolution to be confirmed or revoked is one that was first made by the Board under Rule 10(1) or (2), the delegates present in person or by proxy will vote by secret ballot on the question of whether the resolution made under subrule 10(4) is confirmed or revoked; and

(4) If and only if the meeting passes a special resolution in favour of the confirmation of the resolution made under subrule 10(4), that resolution is confirmed.

(5) Where a resolution is confirmed, that resolution takes effect as provided in subrule 10(1) or 10(2), provided that if new and relevant information concerning a ground of the expulsion or suspension is submitted to the Board, then the Board may in its absolute discretion revoke a resolution to suspend a Member (or lessen the period of the suspension) and, where a Member has been expelled, may re-admit that Member as a Member of the Association.

(6) A Member Body which has been re-admitted as a Member of the Association in accordance with subrule (5) is not required to pay an entrance fee on its re-admission.

(7) Nothing in these Rules should be interpreted as in any way affecting the discretion of the Board to adopt & follow the policies & procedures in relation to drug testing & anti-doping set out in the Association's Doping Policy, that including P.A. holding hearings and appeals regarding possible doping offences committed by Individual Members under the terms of the Doping Policy.

(8) In addition to any of its powers contained in these Rules, the Board may refer any dispute or expulsion or disciplining of Members, regardless of what other action has been taken in respect of that dispute, expulsion or disciplining, to:

(a) the Court of Arbitration for Sport (provided that the dispute is within the jurisdiction of CAS); or

(b) such person, body or organization as the Board may in its discretion decide.

and from the moment of such referral, the rules, procedures and ruling of CAS, or other persons, bodies or organisations so referred to, shall take precedence over the Association's Rules.

## PART III - THE BOARD OF MANAGEMENT

### 12 Powers of the Board of Management

(1) The Board, subject to the Act, the Regulations, these Rules, and to any resolution passed by the Association in general meeting:

(a) will control and manage the affairs of the Association, that including the setting and amendment of By-Laws

(b) may exercise all such functions as may be exercised by the Association other than those functions that are required by these Rules to be exercised by the Association in general meeting; and

(c) has the power to perform all such acts and do all such things as appear to the Board to be necessary or desirable for the proper management of the affairs of the Association.

(2) A resolution of the Association in general meeting may not invalidate any prior act of the Board.

(3) It shall be within the powers of the Board to enter into contracts on behalf of the Association for the proper and effective management of the Association's affairs. All written contracts (other than contracts involving expenditure by the Association where the total sum of that expenditure is less than two hundred dollars) shall be signed by at least two members of the Board and shall be notified to the Members at the next General Meeting. Notification shall include the following terms:

(i) the parties to the contract;

- (ii) the date it was signed;
  
- (iii) the nature of the service.

13 Constitution and Membership

(1) The Board will comprise the following office bearers:

- (a) Executive Director
- (b) Finance Director;
- (c) Administration Director
- (d) Coaching Director
- (e) Officiating Director
- (f) Promotions Director

and also the President of the Association.

(2) An office bearer & the President must each be Individual Members of the Association

(3) Office bearers shall be appointed by the Association at each alternate annual general meeting. Office bearers may only be appointed if they have applied for a particular position, in the form of a written application to be received by the Executive Director no less than 30 days prior to the annual general meeting at which such appointments are to occur, in accordance with Rule 27. If no such written applications are received for a particular position nominations may be made from the floor at the annual general meeting. Written applications which have been received by the Executive Director 30 days or more prior to the annual general meeting shall be circulated to Member Bodies at least 14 days prior to the annual general meeting, in accordance with Rule 29(4).

(4) Each office bearer will, subject to these rules, hold office until the conclusion of the second annual general meeting of the Association next following the office bearer's election, but is eligible for re-appointment.

(5) The President shall be elected by the Association at each other alternate annual general meeting relative to the annual general meeting referred to in rule 13(3). The President may only be elected if he or she is nominated by a Member Body, in the form of a written nomination to be received by the Executive Director no less than 30 days prior to the annual general meeting at which such an election is to occur, in accordance with rule 27. If no such written nominations are received for a particular position nominations may be made from the floor at the annual general meeting. Written nominations which have been received by the Executive Director 30 days or more prior to the annual general meeting shall be circulated to Member Bodies at least 14 days prior to the annual general meeting, in accordance with rule 29(4).

(6) The President will, subject to these rules, hold office until the conclusion of the second annual general meeting of the Association next following the President's election, but is eligible for re-election.

(7) In the event of a vacancy in the membership of the Board, the Board may appoint an Individual Member to fill the vacancy and the office bearer or President so appointed will hold office, subject to these rules, until the conclusion of the annual general meeting following the date of the appointment.

(8) A person may not simultaneously hold more than two positions on the Board, provided that where a position on the Board is not filled, the duties may be devolved to the other members of the Board but the vote allocated to the position is not exercised; where a person holds two positions on the Board that person shall exercise only one vote.

14            Executive Director

The Executive Director will implement:

(a)            planning, development & strategy for the Association



(b) management control of the Board

(c) external administrative representation of the Association

(d) act as Public Officer for the Association

15 Finance Director

The Finance Director will:

(a) collect and receive all moneys due to the Association and make payments authorised by the Association;

(b) keep correct accounts and books showing the financial affairs of the Association with full details of all receipts and expenditure connected with the activities of the Association; and

(c) carry out all budgeting & financial planning tasks required for the Association.

16 Administration Director

The Administration Director will:

(a) maintain administrative systems for the Association, those including, but not limited to member registrations and records.

17 Coaching Director

The Coaching Director will:

- (a) develop & administer the National Coaching Accreditation Scheme in the Association;
- (b) develop & administer other coach development systems in the Association;
- (c) administer national team selection, staffing & the like.

18        Officials Director

The Officials Director will:

- (a) develop & administer referee & officials development in the Association.
- (b) organize & supervise the selection of referees and officials at National Championships.

19        Promotions Director

The Promotions Director will:

- (a) administer marketing & fund-raising activities for the Association
- (b) develop & administer programmes for the advancement of special groups (women, disabled, schools, etc.) within the Association.

20        Vacancies

(1) For the purposes of these rules, the position of an office bearer becomes vacant if the officer bearer:

- (a) dies;
- (b) ceases to be an Individual Member;
- (c) resigns from office;
- (d) is removed from office pursuant to Rule 21;

(e) becomes an insolvent under administration within the meaning of the Corporations Law;

(f) suffers from mental incapacity;

(g) is disqualified from the office of public officer under section 27(2) of the Act;

(h) is absent without the consent of the Board from all meetings of the Board held during a period of 12 months; or

- (i) is suspended under the Doping rules described in Rule 3.

## 21 Removal of office bearers

The Association in general meeting may by resolution, subject to the Act, remove any office bearer of the Board from the office before the expiration of that office bearer's or individual's tenure.

(1) The Board may meet as and when it sees fit to conduct the business of the Association, subject to there being a minimum of three Board meetings being held in each calendar year.

(2) The Executive Director alone, or any two office bearers, may convene a meeting of the Board.

(3) Written notice of a meeting of the Board to be held in person will be given by the Executive Director to each office bearer at least 7 days (or such other period as may be unanimously agreed upon by the Board) before the day appointed for the holding of the meeting.

(4) Any 3 members of the Board constitute a quorum for the transaction of the business of a meeting of the Board.

(5) No business will be transacted by the Board unless a quorum is present and if within one hour after the time appointed for the meeting a quorum is not present, the meeting stands adjourned to the same place and at the same hour of the day on the following day.

(6) If at the adjourned meeting a quorum is not present within an hour after the time appointed for the meeting, the meeting will be dissolved.

(7) At meetings of the Board:

(a) the Executive Director, or in the absence of the Executive Director, the Administration Director, will preside; or

(b) if the Executive Director and the Administration Director are absent, one of the remaining members of the Board may be chosen by the office bearers present to preside.

(8) The Board may meet either in person or by telephone or by other means of communication by which all persons participating in the meeting are able to hear and be heard by all other participants. A meeting conducted by telephone or other means of communication is deemed to be held at the place agreed upon by the office bearers attending the meeting, provided that at least one of the office bearers present at the meeting was at that place for the duration of the meeting.

## 23 Delegation by Board to Sub-Committee

(1) The Board may delegate any of its powers and functions (not being duties imposed on it by these Rules, the Act, any other legislation, or the general law or by resolution of the Association in general meeting) to one or more sub-committees consisting of such Individual Members and office bearers as the Board thinks fit.

(2) Any sub-committee formed under this Rule must conform to any regulation that may be imposed by the Board or the Association in general meeting, but such a regulation may not invalidate any prior act of the sub-committee.

(3) A function, the exercise of which has been delegated to a sub-committee under this Rule may, while the delegation remains unrevoked, be exercised from time to time by the sub-committee in accordance with the terms of the delegation.

(4) A delegation under this Rule may be made subject to such conditions or limitations as to the exercise of any function, or as to time or circumstances, as may be specified in the instrument of delegation.

(5) Notwithstanding any delegation under this Rule, the Board may continue to exercise any function delegated.

(6) Where an act or thing done or suffered by a sub-committee acting in the exercise of a delegation under this Rule is within the scope of its authority under this rule, it has the same force and effect as it would have if it had done or suffered by the Board.

(7) The Board may, by instrument in writing, revoke wholly or in part any delegation under this Rule.

(8) A sub-committee may meet and adjourn as it thinks proper in accordance with the terms of its delegation.

## 24 Voting and decisions

(1) All votes at Board and sub-committee meetings shall be determined by a simple majority of the votes present.

(2) Each office bearer of the Board shall be entitled to one vote at a meeting of the Board and each individual member of a sub-committee shall be entitled to 1 vote at a meeting of the sub-committee, provided that in the event of an equality of votes on any question the person presiding may exercise a second or casting vote.

(3) Subject to subrule 22(4), the Board may act notwithstanding any vacancy on the Board.

(4) Any act or thing done or suffered, or purported to have been done or suffered, by the Board or by a sub-committee of the Board is valid and effectual notwithstanding any defect that may afterwards be discovered in the appointment or qualification of any office bearer.

## PART IV - GENERAL MEETINGS

### 25 Delegates

(1) Member Bodies may each appoint up to 2 delegates to attend on their behalf at general meetings, subject to subrule (5).

(2) The President may attend general meetings.

(3) The Executive Director & other Board office-bearers may attend general meetings.

(4) Each Member Body will have 1 vote to be exercised through its 2 delegates. If only 1 delegate of a Member Body is present in person or by proxy at a general meeting, that delegate may exercise the whole vote of the Member Body. If two delegates of the Member Body are present in person or by proxy at the general meeting, each delegate may exercise one half of the vote of the Member Body.

(5) Member Bodies will notify the Executive Director in writing not less than 3 days before the date of a general meeting of the name and address of the delegates and only the delegates duly notified to the Executive Director will be entitled to attend the general meeting and to exercise the vote of the Member Body. A person shall not be eligible to be a delegate unless he or she is a member of the executive of the Member Body they are representing.

(6) A delegate will remain entitled to exercise a vote until the Executive Director is

duly notified to the contrary.

## 26 Annual general meetings - holding of

(1) The Association will, at least once in each calendar year and within the period of 5 months after the expiration of each financial year of the Association, convene an annual general meeting of its Member Bodies.

(2) Subrule (1) has effect subject to the powers of the Registrar of Incorporated Associations under section 30 of the Act in relation to extensions of time.

## 27 Annual general meetings - calling of and business at

(1) The annual general meeting of the Association will, subject to the Act and Rule 26, be convened on such date and at such place and time as the Board thinks fit.

(2) The business of an annual general meeting will be:

(a) to confirm the minutes of the last preceding annual general meeting and of any general meeting held since that meeting;

(b) to receive from the Board reports on the activities of the Association during the last preceding financial year;

(c) to receive and consider the statement of accounts and the reports that are required to be submitted to Members pursuant to section 30(3) of the Act;

(d) if required by law, to appoint an auditor;

second (e) to appoint, in accordance with rule 13(3), office bearers each calendar year

(f) to elect a President each other second calendar year

(g) to ratify or otherwise amend the Rules or By-Laws as put, in accordance with Rule 29 (3) to the annual general meeting by the Board or by Member bodies

(3) An annual general meeting will be specified as such in the notice convening it in accordance with Rule 28.

(4) An annual general meeting will be conducted in accordance with the provisions of this Part.

(5) An annual general meeting shall not proceed and no business shall be transacted unless delegates representing at least 4 Member Bodies are present.



(1) The Board may, whenever it thinks fit, convene a general meeting of the Association.

(2) The Board will, on the requisition in writing of not less than 4 Member Bodies, convene a general meeting of the Association.

(3) A requisition of Member Bodies for a general meeting:

(a) will state the purpose or purposes of the meeting;

(b) will be signed by the Member Bodies making the requisition;

(c) will be lodged with the Executive Director; and

(d) may consist of several documents in a similar form, each signed by 1 or more of the Member Bodies making the requisition.

(4) If the Board fails to convene a general meeting within 2 months after the date on which a requisition of Member Bodies for the meeting is lodged with the Executive Director, any 1 or more of the Member Bodies who made the requisition may convene a meeting to be held not more than 3 months after that date.

(5) A general meeting convened by a Member Body or Member Bodies referred to in subrule (4) will be convened as nearly as is practicable in the same manner as general meetings are convened by the Board and any Member Body who thereby incurs expense is entitled to be reimbursed by the Association for any reasonable expense so incurred.

(1) The Executive Director will, at least 60 days before the date fixed for the holding of a general meeting, cause to be sent by pre-paid post to each Member Body at the Member's Body's address appearing in the register of Members, a notice specifying the place, date and time of the meeting and the general nature of the business proposed to be transacted at the meeting in accordance with Rule 27(2).

(2) Subject to Rule 27, no business other than that specified in the notice convening a general meeting will be transacted at the meeting.

(3) A Member Body, or the Board, desiring to propose any amendments to the Rules or By-Laws to a general meeting must give notice in writing of that proposal to the Executive Director, and that notice must be received by the Executive Director at least 30 days prior to the date of that meeting.

(4) At least 14 days before the day fixed for the holding of the general meeting, the Executive Director will cause to be sent by pre-paid post to each Member Body at the Member Body's address appearing in the register of Members, a notice specifying in detail the nature of the business to be conducted at the annual general meeting.

(5) Subject to these Rules, an Individual Member is not entitled to receive notice of any meeting.

### 30 General meetings - procedure and quorum

(1) No item of business will be transacted at a general meeting unless a quorum is present during the time the meeting is considering that item.

(2) For the purpose of Subrule (1), a quorum consists of delegates in person or by proxy representing at least 4 Member Bodies entitled under these rules to vote.

(3) If within an hour after the appointed time for the commencement of a general meeting a quorum is not present, the meeting if convened upon the requisition of the Member Bodies will be dissolved and in any other case will stand adjourned to the next day at the same time and (unless another place is specified at the time of the adjournment by the

person presiding at the meeting or communicated by written notice given before the day to which the meeting is adjourned to Member Bodies) at the same place.

(4) If at the adjourned meeting a quorum is not present within an hour after the time appointed for the commencement of the meeting, the delegates present in person or by proxy (consisting of not less than 4 delegates representing not less than 3 Member Bodies) will constitute a quorum.

(5) Votes by proxy may only be made in accordance with these Rules and the By-Laws.

### 31 Presiding Member

(1) The President will preside at each general meeting of the Association.

(2) If the President is absent from the general meeting, the delegates present will elect 1 of their number to preside at the meeting.

(3) For the purposes of subrule (2), each delegate present in person or by proxy has the number of votes specified in subrule 25(4).

### 32 Adjournment

(1) The person presiding at a general meeting at which a quorum is present may, with the consent of the meeting, adjourn the meeting from time to time and place to place, but no business will be transacted at an adjourned meeting other than the business left unfinished at the meeting at which the adjournment took place.

(2) Where a general meeting is adjourned for 14 days or more, the Executive Director will give written or oral notice of the adjourned meeting to each Member Body stating the place, date and time of the meeting and the nature of the business to be transacted at the meeting.

(3) Except as provided in subrules (1) and (2), notice of an adjournment of a general meeting or of the business to be transacted at an adjourned meeting is not required to be given.

### 33 Making of decisions

(1) A question arising at a general meeting of the Association will be determined on a show of hands of delegates and unless a poll is demanded, a declaration by the person presiding that a resolution has, on a show of hands, been carried or carried unanimously or carried by a particular majority or lost, and an entry to that effect in the minute book of the Association, is evidence of the fact without proof of the number or proportion of the votes recorded in favour of or against that resolution.

(2) At a general meeting of the Association, a poll may be demanded by the person presiding or by delegates representing not less than 4 Member Bodies present at the meeting.

(3) Where the poll is demanded at a general meeting, the poll will be taken:

(a) immediately in the case of a poll which relates to the election of the person to preside at the meeting or to the question of an adjournment; or

(b) in any other case, in such manner and at such time before the close of the meeting as the person presiding directs, and the resolution of the poll on the matter will be deemed to be the resolution of the meeting on that matter.

### 34 Voting

(1) Subject to subrule (3), upon any question arising at a general meeting of the Association an Individual Member has no votes and a Member Body has 1 vote only.

(2) All votes will be given by delegates personally or by proxy (in accordance with these Rules and the By-Laws).

(3) In the case of an equality of votes on a question at a general meeting, the person presiding is entitled to exercise a second or casting vote.

(4) A delegate or proxy is not entitled to vote at any general meeting of the Association unless all money due and payable to the Association by the Member Body whose vote is being exercised in whole or in part by the delegate or proxy has been paid.

### 35 Appointment of proxies

(1) A delegate notified as per subrule 25(5) will be entitled to appoint another delegate as proxy by written notice given to the Executive Director no later than 2 hours before the time of the meeting in respect of which the proxy is appointed.

## PART V - MISCELLANEOUS

### 36 Funds - source

(1) The funds of the Association may be derived from entrance fees, competition fees, annual membership fees, donations and, subject to any resolution passed by the Association in general meeting and subject to the Act, such other sources as the Board determines.

(2) All money received by the Association will be deposited as soon as practicable and without deduction to the Association's bank account.

(3) The Association will, as soon as practicable after receiving any money, issue an appropriate receipt.

### 37 Funds - management

(1) Subject to any resolution passed by the Association in general meeting, the funds of the Association will be used in pursuance of the objects of the Association in such a manner as the Board determines.

(2) All cheques, drafts, bills of exchange, promissory notes and other negotiable instruments will be signed by any 2 office bearers.

### 38 Alteration of objects and Rules

These Rules and the statement of purposes will not be altered except in accordance with the Act.

### 39 By-Laws

(1) By-Laws of the Association shall be maintained and applied to regulate the activities of the Association and its Members.

(2) i. The Association may, in General Meeting, repeal, amend or create By-

Laws for the purposes of the management of the Association or any other purpose, provided that those By-Laws are subject to these Rules.

ii. The Board may in Board meetings repeal, amend or create By-Laws for the purposes of the management of the Association or any other purpose, provided that those By-Laws are consistent with these Rules.

(3) To the extent of any inconsistency between the By-Laws and these Rules, these Rules prevail.

#### 40 Common seal

(1) The common seal of the Association will be kept in the custody of the Executive Director.

(2) The common seal will not be affixed to any instrument except by the authority of the Board and the affixing of the common seal will be attested by 2 of the President, Executive Director and Administration Director.

#### 41 Custody of books

(1) Subject to the Act, the Regulations and this constitution, the Board will keep in its control all records, other documents and securities relating to the Association.

#### 42 Inspection of books

(1) The records, books and other documents of the Association will be open to inspection free of charge, by a Member Body at any reasonable hour by arrangement with the Board.

(2) An Individual Member has no right to inspect the records, books and other documents of the Association.

#### 43 Service of notices

(1) For the purpose of these Rules, a notice may be served by or on behalf of the Association upon any Member at the Member's address shown in the register of Members.

(2) Where a document is sent to a Member by properly addressing, prepaying and posting to the Member an envelope containing the document, the document will, unless the contrary is proved, be deemed for the purposes of these Rules to have been served on the person at the time at which the envelope would have been delivered in the ordinary course of post.

#### 44 Dividends to Members

(1) No dividends may be declared or paid from the property of the Association.

(2) The income and property of the Association however derived must be applied solely towards the promotion of the objects of the Association as set out in these rules and no part of that income or property may be paid or transferred, directly or indirectly by way of dividend, bonus or otherwise by way of profit to Members. This Rule does not prevent the payment in good faith of remuneration or other monies to any Member for services rendered to the Association or for goods supplied, nor prevent the payment of interest at a rate not exceeding the rate for the time being fixed for the purposes of this rule by the Association in general meeting on money borrowed from a Member or reasonable and proper rent for premises demised or let by a Member to the Association.

#### 45 Surplus property

(1) Should the Association be wound up, all property remaining after the satisfaction of the debts and liabilities of the Association and the costs, charges and expenses of winding up shall vest in another body nominated by a special resolution of the Association which:

(a) has objects substantially similar to those of the Association;

(b) is not carried on for the object of trading or securing pecuniary gain for its members;  
and

(c) has a provision in its rules which requires that on a winding up or dissolution all property remaining after the satisfaction of its debts and liabilities and the costs, charges and expenses of winding up or dissolution shall vest in another body which has objects



substantially similar to it and is not carried on for the object of trading or securing pecuniary gain for its members.

(2) If no such body is nominated by a special resolution, then the liquidator may select such a body.

#### 46 Sanctioned events

(1) No competition shall be sanctioned by the Association or a Member Body unless all persons who actively take part in the competition as competitors, coaches or referees are Individual Members.

(2) No Individual Member shall participate in any powerlifting event unless it is recognised by the Association or the International Federation.