

**CONSTITUTION**  
**and**  
**BY LAWS**  
**of**  
**The EUROPEAN Powerlifting Federation**



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# CONSTITUTION OF THE EUROPEAN POWERLIFTING FEDERATION



## Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the "EPF General Assembly", "EPF President", "EPF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

## **1 DEFINITION**

### **Name**

- 1.1.1 The EUROPEAN POWERLIFTING FEDERATION hereinafter called "EPF" is an organisation founded on May 14, 1977 in Turku, Finland. The EPF is a non-profit organisation. The Federation is composed of the affiliated European National Federations governing the sport of powerlifting on the basis of one national federation per country.

### **1.2 Objectives**

- 1.2.1 The union of all eligible national federations or associations active in powerlifting throughout in Europe.  
 1.2.2 To develop standardised competitive rules according to the IPF rules.  
 1.2.3 Maintain a system for recognising and approving records.  
 1.2.4 Establish administrative and technical committees from its own number.  
 1.2.5 Establish, define and enforce rules for the government of European powerlifting.  
 1.2.6 Promote, support and encourage drug free powerlifting.  
 1.2.7 Produce official bulletins and/or powerlifting publications.  
 1.2.8 Secure other national affiliates (countries).  
 1.2.9 Promote, sanction and supervise European development programs and competitions, including European championships and single lift competitions.  
 1.2.10 Maintain an EPF General Assembly of bona fide European representatives.  
 1.2.11 To maintain membership of the International Powerlifting Federation.

### **1.3 Public utility**

The EPF works for the purposes of this order for the benefit of the public in each valid version.

The members have no interest in the federation's property. The members of this body work in an honorary capacity; the property of the EPF serves exclusively for charitable purposes of the sport. Any profits may be supplied only for statutory purposes. Members receive no shares in the profits.

No person may receive for an activity or task in the EPF, an unreasonably high reimbursement.

### **1.4. Funds for reaching of the statutory tasks**

To the fulfilment of the federation tasks, necessary money is raised by:

- a) Membership fees of the member federations, lifters and referees
- b) Income of competitions
- c) Sanction fees
- d) Donations
- e) Fees
- f) Income from advertisements
- g) Income for TV rights
- h) Miscellaneous income

## **2 EMBLEM AND FLAG**

### **2.1 Emblem**

The official emblem is characterised with an illustration in blue colour of a powerlifting bar in oblique position with three plates on either end of the bar. The ends of the bar are closed by an elliptic arc in yellow colour. The letters EPF are displayed inside the arc in blue colour.

### **2.2 Flag**

2.2.1 The flag of the EPF is the emblem on a white background.

### **2.3 Authorisation**

2.3.1 The EPF emblem must not be used without the EPF's authorisation.

2.3.2 Only the EPF may authorise the fabrication of its emblem, badges, medals, etc.

## **3 GENERAL PROVISIONS**

3.1 The EPF is recognised by the International Powerlifting Federation (IPF).

3.2 In its activities, the EPF follows the Olympic ideal and principles and support and maintain the ideals and objectives of the Olympic movement. The EPF accept and recognize the Statutes and aims of the International Olympic Committee (IOC) and those of the World Anti-Doping Agency (WADA).

3.3 All political and religious discussions or demonstrations are forbidden within the EPF.

3.4 The EPF supports all initiatives by powerlifters for peace and understanding.

3.5 No distinction is made between continents, countries or individuals for reasons of race, colour, gender, religion or politics.

## **4 OFFICIAL LANGUAGE OF THE EPF**

4.1 The official language of the EPF is English.

4.2 All publications and reports of the EPF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

## **5 MEMBERS**

### **5.1 Membership**

The membership of the EPF consists of European national affiliates active in powerlifting. The EPF can recognise only one member (organisation) from each nation.

Categories of EPF Membership:

5.1.1 Full Member

5.1.2 Provisional Member

A Provisional Member may only compete in European championships by the decision of the EPF Executive. However, once granted permission, a Provisional Member shall have all competition rights but no vote. The Executive will be authorised to decide the amount of annual subscription required from a Provisional Member.

All countries applying for membership shall, on payment of the annual subscription fee, be granted provisional membership of the EPF subject to ratification at the next General Assembly.

### **5.2 Representation**

The EPF is governed by a General Assembly consisting of a maximum of two delegates from each nation affiliate with one vote per country, and the EPF EC members with one vote each.

An annual membership fee as stipulated in 103.2.1 of the EPF By-Laws must be paid by the member nations at the latest by the end of March each year to have voting rights at the annual General Assembly of this particular year.

EC members are restricted to only one vote each as the officers cannot represent both their nation and the EPF Executive Committee.

## **6 EPF BODIES**

The EPF is composed of the following bodies:

- the General Assembly
- the Executive
- the Committees

## **7 GENERAL ASSEMBLY**

### **7.1 General Provisions**

7.1.1 The General Assembly is the supreme governing body of the EPF.

7.1.2 The General Assembly shall meet annually one day before the start of the combined European Men's and Women's Powerlifting Championships.

### **7.2 Powers**

The General Assembly has the power:

7.2.1 To admit any national affiliate (country) eligible under the Constitution by means of a two-thirds majority of votes cast.

7.2.2 To prescribe and amend the constitution by a two-thirds majority of votes cast and the By-Laws by a simple majority of votes cast.

7.2.3 To impose and enforce penalties for any violation of the Constitution or By Laws.

7.2.4 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person or organisation, being members of the EPF.

7.2.5 To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the EPF into disrepute or in any way impaired its function or development.

7.2.6 To establish dues of the EPF.

7.2.7 To control the income, expenditure and property of the EPF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the forthcoming year.

7.2.8 To call and determine the time and place of special meetings of the General Assembly.

7.2.9 To institute, locate, conduct and manage all European powerlifting.

7.2.10 To establish, define and enforce rules for the government of European powerlifting.

7.2.11 To explain, define and interpret any provision of the Constitution.

7.2.12 To consider and accept proposed changes to the Constitution and By-Laws.

7.2.13 To elect the executive officers of the EPF every four years. Elect executive officers to fill any casual vacancies, which may occur between such election years.

7.2.14 To elect the EPF representative as to the IPF Board Member in the electoral years of the IPF. The final ratification is made by the IPF General Assembly.

7.2.15 To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the EPF shall include Law and Legislation, Technical, Disciplinary, Appeal and Women's Committee.

### **7.3 Annual General Assembly**

#### **7.3.1 Annual**

Unless otherwise determined by the General Assembly, the annual meeting of the EPF will be held one day before the start of the combined European Men's and Women's Powerlifting Championships.

#### **7.3.2 Special**

Special meetings of the EPF are scheduled at the request of the President or at the written request of two thirds of the members of the EPF. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

### **7.3.3 Notices**

Time is of the essence. Not less than ninety (90) days notice must be given for any annual meeting (the General Assembly) and not less than thirty (30) days notice of any special meeting of the EPF. The Secretary General will airmail, fax or e-mail a notice and agenda to all named delegates or their national federation. A notice sent to the last address known to the Secretary General complies with this requirement. The official agenda for the EPF General Assembly must be received by all members at least thirty (with amendment 30) days before the General Assembly takes place. Items not in the agenda cannot be considered in the General Assembly.

### **7.3.4 Order of Business**

At all annual meetings of the EPF the following will be the order of business:

- 1) Roll Call
- 2) President's Address
- 3) Minutes of the last General Assembly
- 4) Treasurer's Report - Auditors' reports
- 5) Secretary General's Report
- 6) Committee Reports
- 7) Elections
- 8) Action on proposed amendments
- 9) New Member Applicants
- 10) Delinquent Nations
- 11) Hall of Fame
- 12) Future Championships
- 13) Any Other Business
- 14) Adjournment

### **7.3.5 Quorum**

At all meetings of the EPF, a quorum will consist of thirty per cent of nations in full membership.

### **7.3.6 Procedures**

The following are the procedural rules for all meetings of the EPF:

- 7.3.6.1 The Standing Orders of the EPF are the supreme document for all EPF meetings except when they are in conflict with the provisions of the Constitution. In such cases, the Constitution prevails.
- 7.3.6.2 A motion to table is debatable only when a time to debate is fixed by a simple majority of the General Assembly.
- 7.3.6.3 All amendments to the Constitution and the By Laws must be submitted to all national affiliates and the appropriate committee before it can be acted upon at the annual meeting of the EPF. Such proposed amendments must be in the hands of the Secretary General at least sixty (60) days prior to the date of the General Assembly. A national federation, a sub-regional federation, EC members or the appropriate committee, can submit all such amendments. The Secretary General shall send out all such amendments at least thirty (30) days prior to the date of the General Assembly for the attention of all national affiliates.

### **7.3.7 Credential**

The following are required:

- 7.3.7.1 The names of all delegates to the General Assembly. Member Federations may designate a maximum of two delegates, preferably the President and the Secretary General. Delegates other than the President and Secretary General shall present a written authority of their national federation not later than the opening of the annual or special meeting.
- 7.3.7.2 Failure to make the proper certification will deny a seat at such meetings unless the delegate is accepted by a simple majority vote by the General Assembly.
- 7.3.7.3 At any meeting of the General Assembly, only the delegates duly registered and certified shall be permitted to speak and vote.

## **8 EXECUTIVE OF THE EPF**

### **8.1 Titles**

The titles of the Executive officers of the EPF are: President, Vice-President, Secretary General, Treasurer, the Technical Committee Chairman and the Law & Legislation Committee Chairman. A maximum of two executive officers shall be from any nation.

- 8.1.1 A member of a regional (EPF) Executive Committee can not hold both a regional (EPF) and an IPF officer function as President, Secretary General or Treasurer; only the elected representative of the EPF as to the member of the IPF Executive Committee (refer Constitution 7.2.14) can hold a regional (EPF) and an IPF officer function.

### **8.2 Executive**

The Executive shall consist of all the EPF officers, listed in 8.1, of whom a minimum of four are required to form a quorum. In the event of an impasse (stalemate), the President shall cast the deciding vote.

### **8.3 Powers of the Executive**

- 8.3.1 It shall be the governing body of the EPF between General Assemblies.
- 8.3.2 To maintain running control of the expenditure of the EPF, in accordance with the budget approved by the General Assembly.
- 8.3.3 It shall prepare a budget for the forthcoming year for presentation to the General Assembly.
- 8.3.4 Vacancies. In the event of the death, resignation or in case of inattention to duty by recommendation of the Disciplinary Committee, the various offices are to be filled as follows:
- 8.3.4.1 President: The Vice President will be designated by the Executive to succeed the President until the next General Assembly. At this General Assembly, the presidential successor shall be elected.
- 8.3.4.2 Vice-President: The Executive shall appoint a successor to serve until the next General Assembly.
- 8.3.4.3 Secretary General, Treasurer, Technical Committee Chairman and Law and Legislation Committee Chairman. The Executive shall appoint a successor to serve until the next General Assembly.
- 8.3.5 To appoint the non-executive officers specified in 10.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.
- 8.3.6 To administer the EPF Sport Development Fund
- 8.3.7 To negotiate and sign contracts with equipment manufacturers. The term of such contracts shall be not more than an election period.

## **9 ELECTION OF THE EPF-OFFICERS**

### **9.1 Election**

Elections for all officers will be held every four years. The elections are to take place in the same year as those designated for IPF elections.

- 9.1.1 Names of candidates for election of EPF officials shall be received by the EPF Secretary General at the latest 6 weeks prior to the General Assembly where the election takes place. Later nominations shall not be accepted.
- 9.1.2 A person may be nominated for EPF office by any national member federation provided that the candidate is in good standing in his own national federation. "A member in good standing" shall be defined as a fully paid up or honorary member within his national federation, who is not under suspension by that body or by any other respectable sport organization, including EPF and IPF.
- 9.1.3 If a candidate withdraws or an office has no nominated candidate at the time of election, new candidate(s) may be nominated by the General Assembly delegates.

### **9.2 Term of Office**

- 9.2.1 The term of office for all officers of the EPF shall be for four years and the mandate of all officers, even those who were elected between electoral General Assemblies, shall expire at the electoral General Assembly. All officers shall be eligible for re-election.

## **10 NON-EXECUTIVE OFFICERS**

### **10.1 Titles**

The titles of the non-executive officers of the EPF are: Records Registrar, Championships Secretary, Doping Control Secretary, Internet Officer, and Media Officer.

### **10.2 Appointment and Rights**

The Executive shall appoint non-executive officers. By invitation of the President they may attend meetings of the Executive but without vote and with voice only on matters relating to their respective offices.

## **11 COMMITTEES**

### **11.1 General Provisions**

Each committee shall consist of a chairman elected by the General Assembly and a maximum of four (4) members from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

### **11.2 Technical Committee**

- 11.2.1 The Technical Committee shall be entrusted with the examination of all requirements and proposals of a technical nature submitted to the EPF by affiliated federations.
- 11.2.2 The decisions of the Technical Committee are subject to approval of General Assembly, and if accepted, they will be presented to the succeeding IPF General Assembly as proposals.
- 11.2.3 The Committee appoints the chief and side referees for European championships and the members of the jury.
- 11.2.4 The Committee trains and instructs referees who have not reached the international level and re-examine those who have already reached it. The Committee shall inform the General Assembly of the names of referees qualified to officiate at international championships and of those who need to be re-examined.
- 11.2.5 Organises courses for referees before important competitions such as the European championships. The expense of organising courses or clinics shall be borne by the host national federation.
- 11.2.6 It shall establish procedures for the training of officials in order to improve the standards of all officials involved in the conduct of contests and prepare job briefs for the use of officials having specific duties during a contest.
- 11.2.7 Establish a code of ethics and good behaviour for the use of all officials. Infringements of the code may be referred to the Executive Committee for appropriate action.
- 11.2.8 The Committee may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with methods of training and performance of the power lifts. Such material shall be sent to all affiliated federations.
- 11.2.9 Ensure that the equipment used by member nations and at European championships conforms to the specific detailed requirements of the EPF and IPF.

### **11.3 Disciplinary Committee**

#### **11.3.1 Disciplinary hearings**

The following provisions shall apply to Disciplinary hearings.

##### **11.3.1.1 DISCIPLINARY HEARINGS**

The Disciplinary committee shall investigate the case of any affiliated federation, lifter or official accused of any of the following:

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

Following such investigation it may impose an appropriate penalty.

##### **11.3.1.2 Representation**

The nation, the concerned lifter or official has the opportunity to let himself be represented at the hearing of the Disciplinary Committee by an authorized person, e.g. lawyer. The costs for the representative have to be paid by the nation, the lifter or the official himself, regardless of the outcome of the hearing.

### 11.3.2 Duties

The Disciplinary committee (DC) shall be entrusted with the examination and decision of disciplinary cases within the EPF. The Secretary General mandated by the Executive Committee shall send such cases to the DC. Disciplinary cases also can be sent to the DC by a national federation. The DC shall further collect all relevant information needed to deal with the case as mandated in the various parts of the Constitution and By-Laws. All sensitive information shall be treated confidential within the parties involved.

The Disciplinary committee consists out of the Chairman elected by General Assembly and 2 members.

The Disciplinary committee must decide about all penalties except on doping related cases. All doping related cases shall be handled and decision(s) made for them by the relevant bodies of the IPF in accordance with the procedures set forth in the IPF Anti-Doping Rules.

## 11.4 Appeal Committee

### 11.4.1 Appeal hearings

The Appeal committee shall receive all documents relating to any appeal except an appeal(s) against any decision of the IPF on doping related cases. Decisions made under the IPF Anti-Doping Rules may be appealed exclusively to the Court of Arbitration for Sport (CAS) in accordance with the provisions applicable before such court (Ref. the IPF Anti-Doping Rules, article 13).

Appeals other than appeals to the CAS must be lodged with the Appeal Committee Chairman within one month of the written notification of the decision on which the appeal is based. A copy of the appeal must be sent to the Secretary General.

The Appeal committee shall within one month of receiving all documentation relating to the appeal examine and investigate the matter and decide on an appropriate penalty.

Appeals lodged with the Appeal Committee and appeals to the General Assembly must each be accompanied by payment according to By-Laws 103.2.6 for appeals. If the appeal is successful no financial claim or other petition for damages may be made against the EPF. Following successful appeals, the fee paid for the appeal will be refunded.

An appeal against any decision of the Appeal Committee may be made to the General Assembly. Such appeal must be lodged with the Secretary General within one month of the written decision of the Appeal Committee, and not later than six weeks before the date of the General Assembly. The appeal shall be lodged with the Secretary General who shall then include the appeal on the agenda to be considered by General Assembly.

Within a one month period following the decision of General Assembly on an appeal, there shall be a right of appeal to the Court of Arbitration for Sport in Lausanne / Switzerland.

The Appeal Committee may, in its absolute discretion, waive or vary the time limits contained herein.

### 11.4.2 Duties

The Appeal committee consists out of the Chairman elected by General Assembly and 2 members. The members must not be simultaneous a member in the Disciplinary Committee.

Duties are described in the in the EPF-Constitution 11.4.1 „Appeal Hearings“.

After examining all facts and documents the committee makes its decision and sends this in writing to the EPF-Executive and the concerned national federation.

## 11.5 Law and Legislation Committee

11.5.1 Shall receive any proposals regarding Constitution and By-Law documents of the EPF from member nations within the proper time frame, evaluate accordingly and suggest to the EPF Executive Committee alternative courses in action.

11.5.2 Shall serve as the parent committee in further amending the Constitution and By-Laws.

11.5.3 Is responsible for updating the Constitution and the By-Laws.

11.5.4 Shall study the Constitutions of new applicant nations and report the results to the Secretary General.

## 11.6 Women's Committee

11.6.1 Consists out of the Chair (female) elected by General Assembly and a sufficient number of members appointed by the Chair.

11.6.2 Shall work to promote female powerlifting and recruit Women into governing bodies in powerlifting.

11.6.3 The Chair of the Women's Committee is not the member of the Executive, but may be invited at the EC meetings where she has a right to speak but not vote when the question is of matters applying to the activity of the Committee and/or concerning the proposals for any rule changes the Committee would like to be made.

## **11.7 Auditors Committee**

- 11.7.1 Consist of two (2) Auditors elected by the General Assembly.
- 11.7.2 Shall audit the balance sheet and books of the Treasurer prior to the General Assembly.
- 11.7.3 Monitor the expenditure of the EPF in regard to the budget.

## **12 SUBSCRIPTIONS AND FEES**

### **12.1 Subscription**

The General Assembly will determine the amount of the annual subscription to the EPF from time to time. The subscription is payable during the first month of the year. Upon receiving payment, a certificate of membership will be issued by the Treasurer. Any country, which has not paid its subscription for the current year, cannot participate or vote in the various meetings of the EPF. Its lifters cannot take part in competitions or meetings organised under the rules of the EPF and IPF, nor obtain ratification of their records. A reminder letter shall be sent to every national federation, which has not paid its subscription by the end of January.

### **12.2 Fee for organising an international contest**

Any national federation organising an international contest must pay to the EPF a fee in accordance with the scale set out in the By Laws.

### **12.3 Permission for organising an international contest**

On payment of the required fee, the Secretary General will issue a permit for the international contest to the organising national federation. An additional condition for a permission is, that at the international contest drug tests must be carried out according IPF rules. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms, and are not used for other purposes during the date of contest. Only member federations can apply for a sanction of an international contest.

### **12.4 Participation in a contest without permission**

No national federation shall take part in a contest for which a permit has not been issued.

### **12.5 Doping Control Costs**

- 12.5.1 All costs arising from doping controls in all European Championships and Cups, initiated by the EPF are born by the EPF. This includes:
  - a reasonable compensation to the sampling officer and his or her assistant;
  - material costs for sampling kit and formulas;
  - transport of the sealed samples to the WADA accredited laboratory; and
  - sample-analysis by the WADA accredited laboratory.

## **13 DISCIPLINARY ACTIONS AND PENALTIES**

### **13.1 Failure to apply for Competition Permit**

National federations, which neglect to request the required EPF permit for an international competition and do not pay the required fee, shall be fined an additional EUR 200. The Secretary General shall send a warning letter to them. If the fee and fine are not paid within thirty (30) days of sending the warning, the national federation shall be suspended until such time as the total amount has been paid. Sanction fees for European championships must be paid at the time of application for the event.

### **13.2 Failure to Pay Annual Subscription Fee**

A national federation, which has not paid its annual subscription by the 30<sup>th</sup> of June, despite having received a reminder letter, shall be suspended from membership of the EPF.

### **13.3 Sanctions and Consequences for Anti-Doping Rule Violations**

- 13.3.1 In case a violation of the IPF Anti-Doping Rules, the lifter or other person involved shall be imposed in an appropriate period of Ineligibility as defined under article 10 of the IPF Anti-Doping Rules and shall be subject to other consequences as defined under articles 9 and 10 of the IPF Anti-Doping Rules.

- 13.3.2 Consequences to Teams shall be as defined under article 11 of the IPF Anti-Doping Rules.  
 13.3.3 Sanctions and costs assessed against National Federations shall be as defined under article 12 of the IPF Anti-Doping Rules.

### **13.4 Defaulting on Agreements to Compete**

If a national federation defaults on a competition engagement with another country or countries, the DC may, in the case of disagreement between them, make a decision or impose penalties if the EPF Constitution or rules have been ignored.

### **13.5 Reporting Infractions in International Competition**

If a lifter or official commits any form of violation during an international contest in another country, the organising national federation must send a detailed report to the Secretary General. He in turn will inform the Disciplinary Committee which will impose appropriate penalties. The organising national federation cannot penalise lifters or officials from other countries.

### **13.6 Suspension of Federations for Violations of the Constitution/Bylaws**

Any affiliated national federation, which violates the Constitution or rules of the EPF, shall be suspended by recommendation of the Disciplinary Committee for a period to be decided by the General Assembly.

### **13.7 Hearing prior to Penalty**

Any national federation, lifter or officials asserted to have committed a rule violation has the right to be heard before the Disciplinary Committee before it decides upon the penalty to be imposed.

### **13.8 Procedure for Filing Complaints against Individuals**

Any lifter or official who considers that he has been wronged has the right to file a written complaint stating his reasons for complaining. This must be done through the intermediary of his national federation. If another person is implicated, the latter must be heard if at all possible. If the complaint is not made to the organizing national federation, it may be made to the Jury before the start of the competition. It must be examined immediately and if possible a decision taken.

A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Disciplinary Committee.

### **13.9 Participating in Non-IPF/EPF Competition**

Any lifter, coach, referee or official, who competes or participates in an international Powerlifting or Bench Press competition not organized, sanctioned or approved by the IPF or EPF shall not be permitted to take part at any EPF championship or cup for a period of 12 months from the date of that non-approved competition.

### **13.10 Other causes for Suspension/Expulsion: Dishonourable conduct, failure to attend, "throwing competitions"**

The following may be subject to suspension or expulsion:

- 13.10.1 Any lifter properly entered for a competition that without acceptable reasons does not attend.  
 13.10.2 Any lifter who is deemed guilty of violating the rules or disobedience towards his national federation or any official in the execution of his duties.  
 13.10.3 Any lifter convicted of agreement to alter his best effort.  
 13.10.4 Any lifter or official, who by words or gestures threatens referees or any other officials in the execution of their duties.  
 13.10.5 Any lifter who participates in a contest organised in a foreign country without permission of his national federation.

#### Penalties

Up to a maximum of 6-month suspension for the first offence.

Up to a maximum of 12-month suspension for the second offence and a maximum fine of EUR 250.

### **13.11 Offences against person while at Championships, Jury Role**

For offences such as false accusations of dishonour or dishonesty against a lifter or Official occurring at a championship, the Jury decides in these cases as soon as is possible (see Constitution 13.13 and 13.16)

#### Penalties

First minor offence: up to a maximum of 6-month suspension.

Second minor offence: up to a maximum of 12-month suspension and a maximum fine of EUR 250.

First serious offence: up to a maximum of 12-month suspension.

Second serious offence: up to a maximum of 24-month suspension and a maximum fine of EUR 500.

### **13.12 Ad Hoc Jury as Discipline Body**

In absence of a Jury an ad hoc Jury may exclude a lifter or official from a competition for reasons of his misconduct. In such a case the Jury or ad hoc Jury must inform the lifter or official's own national federation, who in turn must decide what punishment to impose upon the lifter or official.

In absence of a Jury the EPF Official, who is the official representative of the EPF at this championship, must arrange an ad hoc Jury. The decisions of this Jury must be sent to the Disciplinary Committee.

### **13.13 Penalty for "Bringing the Sport into Disrepute"**

Any member of an affiliated national federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts may be requested to appear before the Disciplinary Committee. Should the Committee feel that a bona fide case of violation exists, they will then present the matter to the General Assembly with a recommendation for appropriate penalties.

### **13.14 Responsibility for Payment of Fines**

The concerned member federations are responsible for the payment of all fines that the Disciplinary Committee has imposed.

### **13.15 Limitations to Jury's Role in Discipline**

The Jury has the right to act as Disciplinary Committee, but only in cases which are connected to the championship and which need an immediate decision. The decision of the Jury is definite for this championship. The President of the Jury must send a copy of all decisions with all related documents to the Disciplinary Committee who will then review the actions of the Jury.

### **13.16 Withdrawal by a Promoter**

When a National Federation have been granted permission to organise an European Championships or cup, and thereafter, withdraws from the obligation to host this championships, a fine will be imposed which will be paid by the National Federation to EPF. Penalties will be set according to the time period in which the organizer withdraws, as follows:

- 13.16.1 if 6-12 months prior to the scheduled date of the championships the fine to be paid is the same amount as the championships fee (refer By-Law 103.2).
- 13.16.2 if 3-6 month prior to the scheduled date of the championships, the fine to be paid is equivalent to twice the championships fee (refer By Law 103.2).
- 13.16.3 if less than 3 month prior to the scheduled championships, the fine to be paid is equivalent to three times the championships fee (refer By Law 103.2). Penalties will also include the documented losses (e.g. cancelled air tickets) from nominated participants (lifters and officials). The fines above will not be imposed if the reason for the withdrawal is due to circumstances the promoter could not possibly have foreseen which are catastrophic and which place potential participants at risk (e.g. natural disasters, political crises, outbreak of war etc.)

### **13.17 Official Defined**

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the IPF Technical Rules or appointed by the organising committee of a championship, to act in any official capacity during the whole or any part of that championship.

## **14 DOPING CONTROL, MAIN PROCEDURES**

### **14.1 General**

- 14.1.1 The EPF shall conduct doping testing in all European Championships and Cups. Testing conducted by the EPF shall be in substantial conformity with the WADA *International Standard for Testing* and the *IPF Anti-Doping Rules* in force at the time of testing.
- 14.1.2 The EPF shall consult with the IPF Doping Commission prior to testing arrangements for the EPF contest(s).

- 14.1.3 The EPF has the right to determine the manner in which the lot draws for lifters to be tested is made at any contest under its jurisdiction.
- 14.1.4 Prior to the start of a competition, the Executive member(s) present shall decide the number of tests to be taken in each category.
- 14.1.5 Doping Control Samples shall be sent for analysis only to a WADA accredited laboratory. The choice of the WADA accredited laboratory used for the Sample analysis shall be determined by the EPF Executive upon consult with the IPF Doping Commission.
- 14.1.6 Results from all analyses shall be sent directly to the IPF President from the WADA accredited laboratory.
- 14.1.7 Result Management for tests initiated by the EPF (and for tests performed by the IPF at the EPF contests, or for tests performed by WADA pursuant to agreement with the IPF) shall be conducted by the relevant bodies of the IPF as set forth under article 7 of the IPF Anti-Doping Rules.
- 14.1.8 When it appears, following the Result Management process, refer 14.1.7 above, that the IPF Anti-Doping Rules have been violated in connection with the testing at the EPF Contest then the case shall be assigned to the IPF Doping Hearing Panel for adjudication.
- 14.1.9 Decision made under the IPF Anti-Doping Rules may be appealed as set forth in article 13.2 through 13.6 of the IPF Anti-Doping Rules.

## **14.2 Comply with the IPF Anti-Doping Rules**

EPF and all its National Federations shall comply with the IPF Anti-Doping Rules. The Anti-Doping Rules shall also be incorporated either directly or by reference into each National Federations Rules. All National Federations shall include in their regulations the procedural rules necessary to effectively implement the IPF Anti-Doping Rules. Each National Federation shall obtain the written acknowledgement and agreement, in the form attached as Appendix 2 of the IPF-Anti-Doping rules, of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the Rules of each National Federation shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under the jurisdiction of the National Federation shall be bound by the IPF Anti-Doping Rules.

## **15 RESTRICTIONS ON TRADING**

The President, Board Members, Secretary General, Treasurer, Auditor and all the committee members and their spouses, de-facto partners, siblings, parents and children shall not be permitted to deal in or supply powerlifting equipment.

## **16 VOLUNTARY DISSOLUTION OF THE ORGANISATION**

Dissolution of the EPF shall only be possible by decision of the General Assembly. For this purpose, a written request stating the reasons for such dissolution shall be handed over to the Executive. After discussion of the request, the Executive will then put the request on the agenda of the next General Assembly.

In order for the dissolution to become valid, a three-quarters majority of all votes cast is required.

In the event of such dissolution of the EPF and provided the EPF still holds assets, and having covered any liabilities, the General Assembly shall also decide on whom to transfer the remaining assets. These assets shall, if possible and permitted, be transferred to an organisation having the same or similar interests compared to the EPF, or shall be allocated to good causes.

# BYLAWS OF THE EUROPEAN POWERLIFTING FEDERATION



## Terminology

Unless specifically stated otherwise, the terms “General Assembly”, “President” “Technical Committee” and such like shall mean the “EPF General Assembly”, “EPF President”, “EPF Technical Committee” etc.

Unless specifically stated otherwise, the terms “him”, “his” and “Chairman” shall refer to persons of either sex.

## **101 GENERAL ASSEMBLY**

### **101.1 General Assembly May be Open to Public**

The General Assembly may be open provided that space is available. The decision to be taken by the Executive and announced prior to the opening of the General Assembly.

### **101.2 Outside Parties Attending the General Assembly**

The President may invite outside persons to attend the General Assembly. However, although they may be invited to address the General Assembly, they remain ineligible to vote and cannot be elected.

### **101.3 Constitutional General Assembly Schedule**

The General Assembly shall, if necessary, address itself to re-examining in full the Constitution, By-Laws and their appendices every fourth year commencing in 1999. However, amendments may be considered annually.

### **101.4 International Powerlifting Federation**

The General Assembly shall serve and maintain a membership in the International Powerlifting Federation and in the General Assembly of European Sports Federations.

### **101.5 Proposals to the World General Assembly**

The General Assembly itself can make proposals to the World General Assembly (IPF General Assembly)

### **101.6 Past Presidents Participation in General Assembly**

The General Assembly shall recognise Past-Presidents as active but non-voting members of the General Assembly.

### **101.7 Awarding European Championships to Individuals and Commercial Entities**

The General Assembly, in the absence of bids from a national federation, may award European Championships to an individual or a commercial entity.

### **101.8 Participation Guidelines for Committee Chairmen**

The Committee Chairmen, other than the Technical Committee and Law and Legislation Committee Chairmen, and non-executive officers by virtue of their attaining officer status in the EPF are allowed admission to the General Assembly in its entirety but without vote and with voice only as pertains to their respective responsibilities.

## **101.9 Speeches by Candidates for EPF Office**

Candidates for EPF office shall be permitted to address the General Assembly for a maximum period of five minutes.

## **101.10 Duties of the Executive**

All EPF EC officers by virtue of their attaining officers' status in the EPF are allowed admission to the General Assembly in its entirety with vote and with voice.

The duties of various officers are those duties appointed by the General Assembly and include:

### **101.10.1 President**

- 101.10.1.1 He orders meetings of the EPF as provided in the Constitution and presides at all meetings of the EPF and General Assembly.
- 101.10.1.2 He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.
- 101.10.1.3 He is an ex officio member of all committees.
- 101.10.1.4 The President provides leadership in the long-term and day-to-day activities of the EPF, delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct EPF business.
- 101.10.1.5 He shall represent the EPF at the IPF Executive meetings and the IPF General Assembly.

### **101.10.2 Vice President**

- 101.10.2.1 He has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.

### **101.10.3 Secretary General**

- 101.10.3.1 To make proper arrangements for keeping the records of the EPF and the General Assembly.
- 101.10.3.2 Issue all official notices of all EPF meetings.
- 101.10.3.3 To serve as Secretary of the General Assembly and at any special meetings or hearings of the EPF.
- 101.10.3.4 To certify as a "Provisional Member" any applying nation who submits the proper fees and credentials, until such time as the General Assembly shall deliberate such membership.
- 101.10.3.5 Delegate any of the aforementioned duties to an "assistant secretary" appointed by the Executive or to such assistants as may be provided by the EPF By-Laws to perform it.
- 101.10.3.6 All television rights and multimedia coverage for international competition shall be the sole property of the EPF, less any fee negotiated with the promoting national federation. At European championships, the EPF will receive 40%; the promoting national federation 30% and all the participating national federations will share the remaining 30% of the television revenue. This distribution of monies will only apply when the EPF obtains the contract and represents the profit after any costs of providing the signal for the broadcast are deducted. In the event of the EPF not having obtained a signed contract with a TV company at least twelve months before the date of the championships, then the EPF will waive its rights in favour of the promoter and receive an agreed percentage of the TV and sponsorship monies. This percentage will not exceed 25% of said monies. Promoters of European championships should be aware that when they apply for a sanction to promote the championships, the EPF does not guarantee that it will be able to obtain a TV contract for the event.

### **101.10.4 Treasurer**

- 101.10.4.1 Receive all monies due to the EPF and deposit it to accounts in the name of the EPF.
- 101.10.4.2 Sign all cheques, notes and drafts together with one other signature as provided by the EPF By-Laws by a sum greater than Euro 2.500.
- 101.10.4.3 Pay all bills approved by the duly authorised officer or by the General Assembly, provided it is within the authorised current budget of the EPF.
- 101.10.4.4 When requested, hand over to the Auditor for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- 101.10.4.5 To present an audited balance sheet to the annual General Assembly. Audit of EPF accounts is to be made by the Auditor.
- 101.10.4.6 To be responsible for collecting all fees due the EPF.
- 101.10.4.7 To be responsible for issuing invoices and collecting any penalties.

**101.10.5 Chairmen of the Technical and L & L Committees**

- 101.10.5.1 Duties of the Technical Committee Chairman are as designated in article 11.2 of the Constitution.  
 101.10.5.2 Duties of the Law and Legislation Chairman are as designated in article 11.5 of the Constitution.

**101.11 Duties of the Non-Executive Chairmen**

- 101.11.1.1 Duties of the Disciplinary Committee Chairman are as designated in article 11.3 of the Constitution.  
 101.11.1.2 Duties of the Appeal Committee Chairman are as designated in article 11.4 of the Constitution.  
 101.11.1.3 Duties of the Women's Committee Chair are as designated in article 11.6 of the Constitution.

**101.12 Duties of the Non-Executive Officers**

Duties of the non-executive officers are those duties mandated by the Executive including.

**101.12.1 Records Registrar**

- 101.12.1.1 Shall certify all European records and maintain an up to date register of all records in all categories. European records can only be confirmed if IPF drug testing requirements according IPF Anti-Doping Rules 5.7 for the acceptance of European records have been complied with. Pending the confirmation of a negative drug test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than three months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

**101.12.2 Championship Secretary**

- 101.12.2.1 Shall maintain a Calendar of Events covering all major events for a period of not less than 24 months from the date of the Calendar.  
 In normal circumstances, all European championships and Cups shall be allocated dates within the calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible. For example, the Men's and Women's Open European Championships should be staged in May each year. The date of the organization of the Sub-Junior & Junior Powerlifting Championships shall be in April each year, starting from 2013.

The major events in the EPF calendar are as follows:

- 101.12.2.1.1 European Powerlifting Championships for Men and Women in the following categories: Open, Sub-Junior & Junior (Sub-Junior age category starting from 2011) and European Bench Press Championships for Men and Women in the following categories: Open and Masters.  
 101.12.2.1.2 Danube-Cup (held in every other year) and Western European Championships.  
 101.12.2.1.3 Other international events as approved.

The Championship Secretary shall ensure that major international events do not clash. If necessary, sanction may be refused in order to achieve an orderly calendar.

- 101.12.2.2 Shall distribute to affiliate federations the invitation and details of major events at least six months prior to the event. He shall also distribute team nomination forms and other necessary documents to affiliated federations.

The invitation will be based upon the answers to a standard questionnaire sent to the host national federation and/or promoters of the championship when a bid is accepted. Closing date for an organizer of European Championships to provide all details in the invitation is 6 to 8 months prior to the contest date. If special hotel and transport booking forms are required, a draft copy of these forms shall also be sent to the Championship Secretary in order that they may be distributed with the invitation. Nomination forms for European championships must provide columns for the following information:

- 101.12.2.2.1 Lifter's family name.  
 101.12.2.2.2 Lifter's first name in full.  
 101.12.2.2.3 Lifter's best total performed within the preceding twelve months at national or international championships.  
 101.12.2.2.4 Lifter's year of birth.  
 101.12.2.2.5 Lifter's passport number.

- 101.12.2.3 Shall collate all team nomination forms and ensure that they are fully and properly completed. He shall then prepare a full list of lifters nominated for the event and make sure of that the nominations are published at the EPF Website.

- 101.12.2.4 Prepare or obtain from the responsible event official, the full results of the event and distribute this to the persons specified in the preceding section. Pending the final drug testing results championships results shall be published as "Provisional Pending Final Drug Test Results."

- 101.12.2.5 Shall sanction European competitions on an international level. This applies to any competition between two or more nations, which is not open to all nations within Europe. Previous to such sanction, he must consult the GS to be informed about the applicants conditions related to his EPF obligations.
- 101.12.2.6 Before a sanction for a major event is granted he must ensure that the applicant has the capacity for successfully promoting the event and the ability to comply with all the requirements of the EPF.

### **101.12.3 Doping Control Officer**

- 101.12.3.1 Arranges and co-ordinates drug testing for all European Championships and Cups in liaison with the IPF Doping Commission.

### **101.12.4 Internet Officer**

- 101.12.4.1 Maintains the EPF Internet site.
- 101.12.4.1.1 The Directory
- 101.12.4.1.2 Constitution and By-Laws
- 101.12.4.1.3 The IPF Anti-Doping Rules
- 101.12.4.1.4 European Records
- 101.12.4.1.5 Calendar of Events
- 101.12.4.1.6 Invitations and details on forthcoming events
- 101.12.4.1.7 Results of major events
- 101.12.4.1.8 Authorised material from the President or Executive
- 101.12.4.2 Other than replies to routine enquiries he shall not post any other material without the written consent of the President.

### **101.12.5 Media Officer**

- 101.12.5.1 Shall work together with the IPF Media Officer to distribute results and other information from every EPF calendar Event to the mass media, i.e., TV, Radio, Newspapers, etc. in Europe.
- 101.12.5.2 Shall promote the EPF through the electronic and print media. The President must approve in writing all promotional material and press releases.
- 101.12.5.3 Shall make personal contacts and relationship with key persons in mass media.

## **102 PROCEDURES**

### **102.1 EPF Member Nations Addresses**

All listings of the EPF member nations shall include the name of the national federation.

### **102.2 Expulsion of Member Nations**

No national federation shall remain a member of the EPF if the General Assembly by at least two-thirds majority of votes cast decides that it is not in the best interest of the EPF for that national federation to remain a member.

### **102.3 Timelines for Submitting, Awarding Bids for European Championships**

Bids shall be made and European Championships awarded three years in advance. All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Secretary General at least ninety (90) days before the next General Assembly.

All organising federations must sign the promoter contract one year before the according championships otherwise the EPF sanctions will apply if this federation withdraws.

The executive committee will examine the bids and makes the decision where the different championships will be held.

The selected nation must then report in detail to the General Assembly.

### **102.4 Testing for Category I Referees**

The EPF may test for category 1 referees at any European championship except that of the Bench Press Championships.

### **102.5 Application for National Affiliation**

The Secretary General shall design and maintain an application form for the use of nations wishing to affiliate to the EPF. The form shall require all necessary information from the applicant including the names and addresses of

officers, other affiliations and relevant organisational data. The form will be returned together with a copy of the applicant Nation's constitution.

## 102.6 Incorporation of the EPF

The EPF shall be incorporated under the laws of Norway. The headquarters is located at the place of residence of the President. It is not necessary to move the country of incorporation with changes in officers or with a move of the headquarters if all functions of the EPF are continued without interruption and the corporate and legal integrity of it are maintained. The Executive will make any need for changes in location of incorporation or of location of the headquarters.

## 102.7 Litigation among EPF Entities

No entity of the EPF may bring litigation against another entity of the EPF.

## 102.8 Permitted Expenses by Officers

The permitted expenses of all officers of the EPF shall be decided by the EPF-EC and contained in the Treasurer's budget proposals. If necessary the executive may by two-thirds majority vary payments approved in the budget.

## 102.9 Standing Orders Authority

The Standing Orders of the EPF shall be the supreme document for all EPF meetings. The exception being when they are in conflict with the Constitution (Re: EPF Constitution 7.3.6.1).

## 102.10 Use of "European" as Relates to European Championships Defined

The word "European" in connection with powerlifting may only be used by the EPF for competition and records.

## 102.11 Proposals accepted by the IPF General Assembly and adopted with the EPF

All proposals accepted at the IPF General Assembly for inclusion in the official IPF Constitution or By-Laws shall be immediately examined by the EPF Executive preferably post that General Assembly. If they are deemed to be equally relevant to the EPF region, they will be adopted and will become operative on the same date as that decided upon by the IPF.

## 102.12 Proposals and nominations to the EPF General Assembly

Proposals and nominations to the EPF General Assembly can only be made by EPF member federations which have paid the yearly membership fee within the deadline for forwarding such proposals and nominations.

# 103 FINANCE

## 103.1 Audit of the Auditors

The Auditors shall perform an audit closing the books on 31<sup>st</sup> of December each year. There must be an audit of EPF accounts. The audit is to be made by the Auditors.

## 103.2 EPF Subscription and Fees

The annual membership fee includes EPF sanction fees, but sanction will still be required from the Championships Secretary. For European championships a sanction fee will still be required.

103.2.1	National affiliations (annually):	EUR	250
103.2.2	Sanction fee for international matches:		Free
103.2.3	Sanction fee for European Championships	EUR	500
103.2.4	Sanction fee for Western European Championships	EUR	200
103.2.5	Sanction fee for Danube Cup	EUR	100
103.2.6	Appeals (refer EPF-Con. 11.4.1):	EUR	150
103.2.7	Doping test fee for each lifter entered:	EUR	50
103.2.8	Participation fee for each nominated lifter. The fee to be split with EUR 20 to the organiser and EUR 20 to the EPF:	EUR	40

EPF membership fee paid at the EPF account within 31<sup>st</sup> of January is EUR 250 (refer 103.2.1). If paid later, an additional sum of EUR 50 will be charged, and the total sum of the EPF membership fee is then EUR 300.

An annual membership fee as stipulated above in 103.2.1 must be paid by the member federations at the latest by the end of March each year to have voting rights at the annual General Assembly of this particular year.

The promoter shall be responsible for providing at his own expense all necessary medals, 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> for all competing categories and classes (refer to 104.4 for medals or certificates for individual lifts). The category and class medals are to be ordered from the Treasurer at least three months prior to the championships.

The participating national federations shall pay a drug test fee of EUR 50 for each lifter nominated at the final entry form and not withdrawn 7 days prior to the Technical Meeting for this competition. If a national federation is not represented at the Technical Meeting, then a fee is required for all lifters nominated and entered on the final entry form less any lifter has withdrawn at the latest 7 days prior to the Technical Meeting for this-competition.

A national federation taking part in European championships and cups shall pay the EPF doping test fee and the participating fee besides any specified hotel reservation fee for each lifter nominated and entered on the final entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters. Latest date of withdrawal of any lifter from the nomination list, to avoid paying the fees for those, is 7 days prior to the technical meeting for this competition.

Furthermore the maximum banquet fee is EUR 25 for each lifter and official, which participate at the banquet.

### **103.3 Penalty Fee for Not Paying the Participation and Doping Fees in Time**

103.3.1 If a national federation nominated for European championships or cups has not paid the required participation and doping fees to the bank account of the EPF within the day of the Technical Meeting for the particular championship a penalty fee of 500 Euro will be charged.

103.3.2 The invoice must be sent to the nominated federations by the EPF Treasurer at the latest 14 days prior to the day of the Technical Meeting for each of the European Championships.

103.3.3 If any withdrawals of nominated lifters are done at the latest 7 days prior to the Technical Meeting, the EPF will repay any excess payments to the concerned national federations.

### **103.4 Suspension for Failure to Pay Appropriate Sanction Fee for Competition**

Any national federation organising any of the events listed in 103.2 and who has not paid the necessary sanction fee, shall automatically be suspended from memberships of the EPF until such time as the required fee is paid in full.

### **103.5 Television Rights of the EPF**

All television rights and multimedia coverage for European competition shall be the sole property of the EPF. If the EPF Executive cannot obtain a signed contract at least twelve months before the date of the competition, then the EPF will waive its rights in favour of the promoter and in accordance with the terms contained in 101.10.3.6 of the By-Laws.

### **103.6 Hotel Bills for National Federations and Officials at European Championships**

At all European championships, participating national federations shall be responsible for their own hotel bills.

All pre-booked rooms have to be paid before the championships, except those rooms which have been cancelled until seven (7) days before the beginning of the championships.

Cancellation has to be proved by a written confirmation of the organiser e.g. by email or fax.

No other exception can be accepted.

Not the organiser, but the national federation concerned will be charged for any damages or thefts occurring in the room.

### **103.7 Hotel Bills for EPF Officials Attending European Championships**

The hotel bills of a maximum of three (3) EPF officials as decided by the EC shall be paid by the promoter of the championships on the basis of room and breakfast only for a maximum of seven (7) days.

### **103.8 Travel Costs for EPF Officials**

The EPF shall pay travel costs and other expenses of three (3) EPF officials as decided by the EC as follows:

103.8.1 One hundred percent of the cheapest airfare obtainable from recognised carriers less any subsidy paid by any other agency.

103.8.2 In the event of a promoter not being in a position to honour his obligation to the three EPF officials with regard to their hotel bills, the EPF shall pay same on the basis of a length of stay at least equal to that of the teams, or for a reasonable period of time not to exceed seven (7) days.

- 103.8.3 Any finance referred to in item 103.7.2, shall be derived from the championship itself or current EPF deposits. Such funding must not be offset against future deposits.
- 103.8.4 Both the President and the Treasurer must approve all claims for expenses or reimbursements. This ruling applies equally to the issue and signing of cheques and contracts.

### **103.9 Lapel Pins**

A lapel pin portraying the official EPF emblem shall be obtained for sale to all members. In addition, the Treasurer will obtain a stock of items such as belt buckles, cuff links, ties and tie clasps etc. for sale to members and as a means of raising funds.

### **103.10 Delinquent National Affiliate Fees**

Delinquent Nations: National federations more than one year in arrears with their annual subscription shall be suspended from membership of the EPF.

### **103.11 Video Fee for Commercial Enterprises and Individuals**

Video Fee: Any person making videos of European championships for commercial reasons, i.e. resale to the public at large, shall pay EUR 200 for the privilege. The organising national federation will however, have the right to its own video coverage with the income to be shared as for commercial video with a free copy for the EPF files. If no commercial contract for videos exists, then individuals may be given permission to video separate bodyweight classes in which a member of their family or club is competing. In these circumstances the EPF will issue a permit at a nominal fee not exceeding EUR 30.

### **103.12 Imposition of new Conditions for European Championships Promoters**

The General Assembly will not impose changes in EPF requirements and conditions for promoting European championships upon promoters until twelve months after acceptance of such proposals. Promoters awarded European Championships prior to such changes shall be entitled to relinquish their sanctions without penalty, within 3 months of the change(s) being accepted by General Assembly. Promoters will not have any recourse against the EPF as a result of such changes.

### **103.13 Promoters Responsibility to Honour EPF Contracts**

The promoter of an European championship must honour all contracts legally undertaken between the EPF and any outside commercial concern.

### **103.14 EPF Sport Development Fund**

The EPF may budget for and maintain a development fund. This is to be administered by the Executive Committee. The purpose of the fund is to assist national member federations with low economy (not supported by their National Confederation of Sport or National Olympic Committee nor Government) organizing European Championships to provide IPF recognised, high standard equipment at the warm up room and at the lifting platform.

- 103.14.1 National federations organizing European Championships may apply for an economical support from EPF to purchase an IPF approved equipment to be used at European Championships held in that nation.
- 103.14.2 The EPF Sport Development Fund is limited, and the EPF EC will yearly evaluate and decide about organizing national federation(s) to whom the money from the EPF Sport Development Fund will be donated.
- 103.14.3 Further details of the development fund are outlined in the Application form for receiving of economical support from EPF, and also in the Contract regarding the EPF Sport Development Fund that will be made with the National federation(s) the EC has decided will receive an economical support from this fund.

## **104 RECORDS AND AWARDS**

### **104.1 National Records and Claims for European Records**

Each national federation shall be responsible for its own records and record claims. An European record claim may be submitted upon the form normally used by that nation.

## **104.2 European Record Certificates**

The EPF shall provide an honour certificate free of charge to all lifters who establish bona fide European records.

## **104.3 Best Lifter Award**

At all EPF championships, a "Best Lifter" award shall be given to the lifter who produces the best performance based upon the appropriate Wilks formula.

## **104.4 EPF Medals**

104.4.1 The EPF shall maintain standardised medals which are obligatory for use at all European championships. The maximum price of medal is 10 Euro / medal and EPF will pay 50% of the medal cost when the organizers order the medals from the EPF Secretary General. Medals to be presented for first, second and third places in each category based upon totals. In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of Squat, Bench Press and Deadlift in each category. Lifter must make a total in the competition in order to qualify for an award. In the event of two competitors lifting the same weight, the lighter lifter will be declared the winner. The face of medals to be inscribed with the EPF-emblem and suitable wording. The reverse to remain blank for use by the promoter at his own expense.

Other awards may be provided according to the custom of the host nation.

104.4.2 Host nations may prepare medals to use as awards for category winners, in lieu of medals obtained from the EPF. Such medals must be of high quality, and must be submitted to the Executive for approval six months prior to the championships in question. Arrangements for manufacture and time of completion must be submitted as well.

## **104.5 European Championships Participation Certificates**

European championship participation certificates shall be awarded to each lifter and official (team manager, coach) according to EPF regulations. They shall also be awarded to approved EPF officials and referees.

## **104.6 EPF Hall of Fame**

Hall of Fame: There shall be an honorary body titled the "EPF 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 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 one woman 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.

Any lifter or official previously awarded Hall of Fame will lose this distinction if suspended by his/her National Federation, EPF or IPF due to doping abuse or other serious violation.

## **104.7 Election to Hall of Fame**

The Executive decides prior to the General Assembly, after having received the bids from nations, whom will be awarded Hall of Fame. The appointed persons will be honoured at the General Assembly.

## **104.8 National Award of Merits**

EPF National Award of Merits are to be given to members of national federations who have rendered outstanding services in the development of the sport of Powerlifting in national level.

EPF will produce standard medals of 5 cm in diameter. The EPF emblem is printed on one side of the medal with the text "EPF Award of Merits", and the other side is blank for engraving the name of the person receiving the medal. A diploma accompanies with the medal.

To order the medal and diploma by a national federation a standard form must be filled in and sent to the EPF Secretary General. A nation will be charged 10 Euro for each medal.

The National Award of Merit may be awarded by the EPF Executive Committee under the following conditions:

- a) The Gold Award for 25 years of continuous membership and work.
- b) The Silver Award for 15 years of continuous membership and work.
- c) The Bronze Award for 10 years of continuous memberships and work.

## **104.9 Free Entry to Championships, Executive, Committee Chairmen, Hall of Fame Members**

Members of the EPF Executive Committee, EPF Committee Chairmen and members of the EPF 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 the EPF.

## **104.10 Categories of European Records**

The EPF recognises European records for Men and Women in the following categories: Open, Sub-Junior (starting from 2011), Junior and Masters, and in single lift Bench Press for Open and Masters.

104.10.1 European records will be accepted and registered only within the categories listed in this item.

104.10.2 Records will only be accepted if applications are made strictly in accordance with the requirements of the IPF Technical Rules and according the IPF Anti-Doping Rules and include a copy of the relevant score sheet. Claims to be sent to the Record Registrar.

## **104.11 Recognition of European Records**

European records will only be accepted from competitions where doping testing is carried out According IPF Anti-Doping Rules 5.7 and the lifter returns a negative doping test. This must be done strictly in accordance with the IPF Anti-Doping Rules including the analysis of samples in a laboratory accredited at the time of analysis by WADA.

## **104.12 European Powerlifters of the Year**

The Executive appoints at the end of each year one female and one male European lifter as European Powerlifter of the Year.

104.12.1 The appointment is based on Wilk's points. Lifters with the highest scores calculated from the total at both the European Open Powerlifting and the World Open Powerlifting Championships in one calendar year are elected.

104.12.2 Each elected lifter will be honoured by a silver plated dish with inscriptions.

104.12.3 No one who has been involved in an anti-doping rule violation is eligible for appointment.

# **105 COMPETITIONS**

## **105.1 Non-discrimination in EPF Competition**

No one is to be denied access to competition on the grounds of race, colour or creed.

## **105.2 National Flags**

Each participating nation at an European championship must provide if required, a national flag approximately 1.5 m x 1.0 m in size. Any nation failing to meet this obligation will be fined the sum of EUR 30 in order to reimburse the promoter for any loss and inconvenience suffered. It is the responsibility of the promoter to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the promoter fails to return a nation's flag, he shall be required to reimburse that nation for the loss suffered.

## **105.3 Entry to Championships, Coaches, Officials, Meals for Working Officials**

At all European championships the promoter shall provide free access to the venue and other competition buildings or functions for team officials and coaches on the following scale:

105.3.1 For the first three competing lifters, one official or coach shall be permitted access.

105.3.2 For every additional three competing lifters, one additional official or coach shall be permitted access to maximum of three per nation.

105.3.3 The courtesy of free access shall also be extended to all officiating referees and jury members to a maximum of three per nation.

105.3.4 The courtesy of free access shall be extended to all members of the Sports Medicine Team who participate during the championships. The names of such personnel shall be forwarded to the promoter and an agreement reached between the Doping Control Officer and the promoters upon the number to be accepted.

105.3.5 Promoters of European Championships and Cups shall provide for the referees and the EPF officials free meals during the competition. Free meals should preferably include at least two servings of food and non-alcoholic drinks each competition day served in the competition area. Only referees and EPF officials that work with official duties during a competition day shall be granted such benefit from the promoter.

## **105.4 Invitation and Accommodation**

105.4.1 The official invitation and details of European championships must be received by member nations at least six months prior to the event. Details shall include the date of the General Assembly, competition date, names and addresses of hotels and the rates to be charged.

- 105.4.2 Accommodation rates charged by the promoter must not exceed the normal rack rate charged by the establishment providing the accommodation.
- 105.4.3 At all European Championships the accommodation fees shall be payable by bank transfer or credit card as follows:
- 1) by bank transfer as specified by the organizer in the invitation for each European Event;
  - 2) by credit card.

## 105.5 Nomination

- 105.5.1 Nomination of lifters and officials to European championships shall be received by the EPF Championship Secretary with a copy to the Meet director within following time limits:
- Preliminary nomination not later than 60 days before the Date of each European championship.
  - Final nomination, submitted not later than 21 days before the date of the Championship, must be made from those nominated in preliminary nomination.
  - Later entries will not be accepted.

## 105.6 Representation at the Technical Meeting

All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation.

## 105.7 Obligatory to Stay in the Meet Hotel

It is obligatory for all competitors who participate in European championships to stay in the official competition hotel(s) advised in the invitation for the particular championship. If a competitor is not staying in the official competition hotel he/she is not allowed to compete in this European Championship.

## 105.8 Meet Director's Guide

An organizer of European Championships needs to sign 3 contracts with the EPF which contain detailed specifications the Organizer must meet.

- 105.8.1 *Promoter's Contract* contains general rules and regulations for the overall organization.
- 105.8.2 *Organizer's Checklist* contains technical rules, regulations and recommendations for the technical part of the organization.
- 105.8.3 *Antidoping Control Agreement* contains rules and specifications regarding the doping control room and the conduct of the doping control.

## 105.9 Computer Secretary at Europeans

- 105.9.1 An organiser of European Championships may request from EPF a Computer Secretary. If accepted, EPF will pay for both his travelling expenses and work, and the organiser shall pay his accommodation including meals.
- 105.9.2 The organiser must provide all computer equipment necessary according to the Organisers Handbook, and as agreed by the Computer Secretary.

## 105.10 Equipment Standards

The EPF accept the "Equipment Standards" for all equipment, which is approved by the IPF.

## 105.11 Sub-Regional Competitions

The EPF Executive shall sanction sub-regional competitions on an international level. Sub-regional means a competition between two or more nations but not open to all the nations in that region.

## 105.12 Competitions

- 105.12.1 Any national federation or promoter of international events must not attempt to advertise or invite lifters and officials to the event without first obtaining a written sanction from the Secretary General. Only written contracts or sanction will be valid.
- 105.12.2 Normally, only national federations affiliated to the EPF may apply for sanctions.
- 105.12.3 All members of national teams taking part in European or international competition must be in possession of a valid passport of the country they are to represent. Failing this, proof of a two-year period of residence in that country will be accepted.
- 105.12.4 The Secretary General of the IPF has to be informed of all sanctions granted by the EPF.

- 105.12.5 A lifter can only compete in championships or Cups outside his/her Region if nominated by his/her national federation and accepted by the organizing federation. Nominations must be made within the time limits as specified in Article 105.5.
- 105.12.6 Such participation at any championship or Cup under the supervision of the EPF will be as a guest lifter outside of a particular competition for the placements in that championship or Cup.
- 105.12.7 Participation and anti-doping fees as specified in Article 103.2 must be paid for the guest lifters as well.

### **105.13 Including a Referee in National Teams, Fine, Restriction**

Any nation participating with more than 4 lifters in EPF championships or EPF cups, as nominated at the final entry form and not withdrawn 7 days prior to the Technical Meeting for this championship, should include at least one international referee among its team officials available for refereeing or being a member of the jury. In combined championships/cups (men and women) the 4 lifters include the total number of lifters from one nation. If a referee from that nation is not present or, if present, is not available to act in the capacity of either referee or member for jury during the championship/cup, the lifters are allowed to take part, but a fine of Euro 250 has to be paid by the nation. The EPF treasurer must receive such payment before lifters from that nation are allowed to take part in any further EPF championships or cups.

- 105.13.1 Each national federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the EPF Technical Committee Chairman issues a referee list for the whole championship. Any changes of a referee's duty may be reported to the Technical Committee Chairman until 7 days prior to the championship. After that date the referees cannot expect to officiate in other duties than specified on the referees' duty list.

### **105.14 Sanction of International level Competitions in Europe**

European competitions on an international level shall be sanctioned by the Championship Secretary. This applies to any competition between two or more nations, which is not open to all nations within Europe.

### **105.15 Failure to Use IPF Approved Equipment**

If the promoter of a Championship listed in 103.2 does not use the IPF recognised bars and/or plates at the competition platform, he will be fined a sum of Euro 1.500, and any European record broken by the lifters at the competition will not be accepted.

### **105.16 Failure to Submit Technical Checklist**

If the promoter does not return the Technical Checklist within stated time limit, he will be fined a sum of Euro 125.

### **105.17 Facilities and Equipment Differing From Those Specified on the Technical Checklist**

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the promoter will be fined a sum of maximum Euro 1500, and the EPF will not grant any European championship or cup to this nation for a period of two years after the event where the deviation from the Technical Checklist specifications are considered being seriously against the IPF rules.

### **105.18 IPF Acknowledgement and Agreement**

All lifters taking part in international events shall sign the IPF Acknowledgement and Agreement (below), which is as Appendix 2 of the IPF Anti-Doping Rules, and is also separately displayed and printable on the IPF and the EPF website.

Signature of the IPF Acknowledgement and Agreement shall take place prior to lifter's participation in an international event. In European Championships and Cups this form shall be handed over to the EPF officials during the weighing in. A copy in the lifter's native language and two copies in English shall be completed and signed by the lifter. A copy in English shall be given to the lifter, and the remainder copies shall be sent to the IPF Secretary General by the EPF.

## APPENDIX 2

### Acknowledgement and Agreement

I, as a member of \_\_\_\_\_ and/or participant in a \_\_\_\_\_ or IPF  
National Federation National Federation

authorized or recognized event, hereby acknowledge and agree as follows:

1. I have received and had an opportunity to review the IPF Anti-Doping Rules.
2. I consent and agree to comply with and be bound by all of the provisions of the IPF Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
3. I acknowledge and agree that \_\_\_\_\_ and the IPF have jurisdiction to  
National Federation  
 impose Sanctions as provided in the Anti-Doping Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the IPF Anti-Doping Rules, after exhaustion of the process expressly provided for in the IPF Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the IPF Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of International-Level Athletes is the Court of Arbitration for Sport.
5. I acknowledge and agree that the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
6. I have read and understand this Acknowledgement and Agreement.

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Print name (Last Name, First Name)

\_\_\_\_\_  
 Date of Birth  
 (Day/Month/Year)

\_\_\_\_\_  
 Signature (or, if a minor, signature of  
 legal guardian)

Received:

\_\_\_\_\_  
 Date and Place

\_\_\_\_\_  
 Official's signature (EPF or IPF)

## **106 CONTRACTS**

### **106.1 Signing Authority, EPF Contracts**

Both the President and the Treasurer (and/or Secretary General) must sign all contracts performed in the name of the EPF when the majority of the EC have accepted such contract to be signed. A copy of the contract must be given to all EC-members, if it is requested.

## **107 APPENDIX STANDING ORDERS**

### **107.1 Order of Business**

An agenda shall be prepared by the Secretary General and circulated to all member federations at least 30 days prior to the EPF General Assembly. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for the consideration of the meeting may only do so after the business on the agenda has been completed.

### **107.2 Minutes**

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 General Assembly 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 Secretary General within four months of the date of circulation of the minutes to member federations.

### **107.3 Selection of Speakers**

The Chairman shall decide the order of speakers.

### **107.4 Chairman's Ruling**

The ruling of the Chairman on any question under the Standing Orders 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 two-thirds majority required to the ruling.

### **107.5 Speeches**

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

### **107.6 Motions and Amendments**

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.

### **107.7 Substantive Motions**

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.

### **107.8 Voting**

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.

## **107.9 Matters of Procedure**

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

## **107.10 Privileged Immunity of the General Assembly**

Anything said In the EPF General Assembly, committees or subsequent documentation is without prejudice and may not be used in litigation.

## **108 APPENDIX OFFICIAL AGENDA**

- 108.1 Roll Call of Nations and Delegates Presentation of Credentials of each Nation. Certification of Athletes and Referees
- 108.1 President's Address
- 108.2 Minutes of the last General Assembly
- 108.3 Treasurer's - Auditors' Reports
  - a) To examine the accounts of the previous year
  - b) To approve the budget for the forthcoming year
  - c) Fees (if requested)
- 108.4 Secretary General's Report
- 108.5 Committee Reports
  - (a) Technical Committee
  - (b) Disciplinary Committee
  - (c) Appeal Committee
  - (d) Law & Legislation Committee
  - (e) Women's Committee
- 108.6 Elections
- 108.7 Proposals
- 108.8 New Member Applicants
- 108.9 Action on Delinquent Nations
- 108.10 Hall of Fame
- 108.11 Future Championships
- 108.12 Any Other Business
- 108.13 Adjournment

## **109 APPENDIX RULE AMENDMENTS**

Proposals to amend the EPF Constitution, By-Laws, Technical Rules and/or Appendices. Hereinafter referred to as rule(s), shall be set out as follows:

- 109.1 Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."
- 109.2 Action to be taken:
  - 109.2.1 Deletion, or
  - 109.2.2 Addition, or
  - 109.2.3 Amendment, delete ... and insert (or replace with)...
- 109.3 Text involved
  - 109.3.1 and (109.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full.

109.3.2 and (109.2.3) above. The text of the addition or insertion, accompanied in the former case by the proposed rule no. or location.

109.4 Optional

A brief statement of the reasons(s) for the proposal. This will form part of the formal proposal but is merely for the guidance of The General Assembly. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be effected, have been consistently dealt with by the proposal.

Renumbering. It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.