CONSTITUTION

OF

THE EUROPEAN POWERLIFTING FEDERATION

In force from 01.01.2027

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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. NAME, OBJECTIVE and STATUS

1.1. Name

The EUROPEAN POWERLIFTING FEDERATION hereinafter called “EPF” is an organisation founded on May 14, 1977, in Turku, Finland.

1.2. Objektives

- To be the union of all eligible national federations or associations in powerlifting throughout the Europe;
- To maintain a system for recognizing and approving records.
- To establish administrative and technical commissions from its own number.
- To establish, define and enforce rules for the government of European powerlifting.
- To promote, support and encourage drug free powerlifting.
- To produce official bulletins and/or powerlifting publications.
- To secure other national affiliates (National powerlifting Federations).
- To promote, sanction and supervise European development programs and competitions, including European powerlifting championships and single lift competitions.
- To maintain an EPF General Assembly of bona fide European representatives.
- To maintain membership in the International Powerlifting Federation.
- To work towards gender equity in powerlifting.
- To safeguard the integrity of powerlifting, respecting good governance and observing human rights principles in Europe.

1.3. Status

1.3.1. The EPF is recognized by the International Powerlifting Federation (IPF). EPF shall not be affiliated to any other organization purporting to be, or seeking to become, a worldwide governing body for the sport of powerlifting.

1.3.2. The EPF is composed of the affiliated National member Federation governing the sport of powerlifting based on one National Member Federation per country.

1.3.3. A new member nation must be recognized and affiliated to the IPF before it can be affiliated to the EPF.

1.3.4. 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 the benefit of the sport. Any profits may be supplied only for statutory purposes. Members receive no shares in the profits and are not liable for any losses.

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

1.3.6. In its activities, the EPF follows the Olympic ideal, principles, and supports and maintains the ideals and objectives of the Olympic movement. The EPF accepts and recognizes the Statutes and aims of the International Olympic Committee (IOC) and those of the World Anti-Doping Agency (WADA).

1.3.7. EPF in its activities is governed by the Regulations, Policies and Codes of the IPF.

1.3.8. In the case of conflict between the EPF Constitution and the IPF Constitution, the terms of the IPF Constitution shall prevail.

1.3.9. EPF recognizes the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration for all disputes, which cannot be settled amicably, or through local arbitration or mediation. However, all internal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.

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

1.3.11. The EPF supports all initiatives by Powerlifters for peace and understanding.

1.3.12. No distinction is made between and no discrimination shall be accepted concerning continents, countries or individuals for reasons of race, color, gender, sexual orientation, religion or politics.

1.3.13. No one who has committed an Anti-Doping rules violation will be eligible to serve in position of leadership in the EPF, defined as a member of the Executive Committee or of any commission.

1.4. Funds for Reaching the Organizational Objectives

The funds for reaching the Federation's objectives are raised via:

- Membership fees of the member federations, lifters, coaches and referees;

- Income from events;
- Event participation fees;
- Sanction fees;
- Donations;
- Fines imposed by the EPF;
- Income from advertisements;
- Income from the granting TV rights and from Internet Pay TV;
- Sponsorship income;
- Miscellaneous income.

2. EMBLEM and FLAG

2.1. Emblem/ Logo

The official EPF emblem/logo includes the illustration of a powerlifting bar of blue colour in oblique position with three plates on both ends. An elliptic arc of yellow colour closes the ends of the bar. The letters EPF are displayed inside the arc in blue colour.

2.2. Flag

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

2.3. Authorisation

The EPF emblem/ logo must not be used without the EPF's authorization. Only the EPF may authorize the fabrication of its emblem/ logo at any product (badges, medals, clothes etc.).

3. OFFICIAL LANGUAGE of the EPF

The official language of the EPF is English.

All publications and reports of the EPF are in English. The proceedings of the General Assembly, meetings of the Executive Committee and Commissions are held in English.

4. MEMBERSHIP

4.1. Full Member

The membership of the European Powerlifting Federation is comprised solely of National Powerlifting Federations active in powerlifting, which are members of the IPF in the geographical area of Europe or affiliated to the EPF by the IPF EC decision.

The Full Member may participate in the EPF events and has a voting right at the EPF GA, granted that the annual membership fee has been payed in full before the end of January each year.
A new National Member Federation must be affiliated to the IPF before it can be affiliated to EPF.

4.2. Provisional Membership

A Provisional Member may only compete in the European championships by the decision of the EPF Executive Committee. However, once granted permission, a Provisional Member shall have all competition rights but no vote. The Executive Committee will be authorised to decide the amount of annual subscription fee required from a Provisional Member.
All countries applying for the membership shall, on payment of the annual subscription fee, be granted provisional membership of the EPF according to the decision of the EPF EC.

5. LEGAL BODIES of the EPF

The EPF is composed of the following bodies:

- the General Assembly (GA)
- the Executive Committee (EC)
- the Commissions

6. GENERAL ASSEMBLY

6.1. General Provisions

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

6.1.2. The General Assembly shall be conducted annually in the terms of meeting during the European Championship in the first half of the calendar year physically, digitally or in combined way.

6.1.3. The General Assembly is composed of the EPF Executive Committee members elected in accordance with these Articles, and the delegates nominated by the voting National Member Federations.

6.1.4. At the General Assembly EC members have voice and voting rights. However, EC members cannot represent both the EC and their national federation at the same time, no person can have more than one vote.

6.1.5. Each National Federation with the status of full member may send maximum two delegates with one vote per country.

6.1.6. A General Assembly may be an Ordinary or an Extraordinary Assembly.

6.2. Powers

The General Assembly has the power:

6.2.1. To propose to the IPF admission or exclusion of any National Member Federation, following the decision of EPF General Assembly.

6.2.2. To approve the annual reports for the preceding year.

6.2.3. To approve the annual accounts (balance sheet and financial accounts) of the preceding year after having taken into consideration the reports of the auditors.

6.2.4. To approve the budget for the following year.

6.2.5. To prescribe and amend the Constitution and By-Laws.

6.2.6. To apply any sanctions against National Member Federations for any violation of the EPF Constitution or By-Laws as well as other applicable rules where competence is not explicitly reserved for another organ, body, or commission of the EPF or IPF. An appeal against a decision made by the General Assembly according to this rule may only be filed with CAS.

6.2.7. To remove from office by means of a two thirds (2/3) 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.

6.2.8. To control the income, expenditures, and the property of the EPF.

6.2.9. To elect the executive officers of the EPF every four years.

6.2.10. To fill any casual vacancies, which may occur between election years.

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

6.3. Ordinary General Assembly (GA)

Unless otherwise determined by the EPF EC, the ordinary GA of the EPF will be held once a year to comply with Norwegian law related to the non-profit associations. Under special circumstances, the Executive Committee may determine an alternative date and location for ordinary GA.

6.4. Extraordinary General Assembly (EGA)

Extraordinary General Assemblies of the EPF are scheduled:

- By the General Assembly;
- At the request of the President;
- At the written request of 2/3 of the Nations full Members of the EPF.

6.5. Notices

Not less than ninety (90) days' notice must be given of any annual GA and not less than thirty (30) days' notice must be given of any Extraordinary General Assembly of the EPF. The Secretary General will send by email a notice and an agenda to all EPF National Member Federations. The abovementioned documents will be placed simultaneously on the EPF website at www.europowerlifting.org. A notice sent to the last email address known to the Secretary General complies with this requirement.

The official agenda for the General Assembly must be received by all members at least thirty (30) days before the General Assembly takes place.

Items not on the agenda cannot be considered by the General Assembly.

6.6. Order of Business

The President presides as Chair at any General Assembly.

If the President is not present, the Vice President shall preside in his absence.

If neither are present, the longest serving member of the EC shall preside over the General Assembly.

At all annual EPF General Assembly meetings, the following issues must be included in the order of business, but not limited to:

1. Welcome
2. Roll Call
3. Minutes of the Last General Assembly
4. President's Report and Approval
5. Executive Committee Report and Approval
6. Treasure's Report and Approval
7. Auditor's (Internal and External) Report and Approval
8. Budget and Approval
9. Commissions' Reports and Approval

9.1 Technical Commission
9.2 Law and Legislation Commission
9.3 Gender Equality Commission
9.4 Sport for All Commission

10. Outstanding Legal Matters
11. Elections (if any)
12. Action on Proposed Amendments
13. New Member Applicants
14. Delinquent Nations
15. Hall of Fame
16. Future Championships
17. Any Other Business
18. Adjournment

6.7. Voting Procedure at the EPF Meetings

At all EPF meetings, unless otherwise prescribed in this Constitution, a proposal shall be passed if supported by a simple majority of the valid votes.

Abstentions shall not be counted.

In the event of a tie, the vote of the Chairperson of the meeting shall have a casting vote.

6.8. Procedures for the General Assembly Meetings

The following are the procedural rules for the EPF General Assembly meetings:

6.8.1. The Standing Orders of the EPF are the supreme document for all EPF meetings except when they conflict with the provisions of the Constitution. In such cases, the Constitution prevails.

6.8.2. A motion to table is debatable only when a time to debate is fixed by a simple majority of the General Assembly.

6.8.3. All proposals to amend the Constitution must be submitted to the President, the Secretary General and the Chairperson of the Law and Legislation Commission, at least ninety days (90) prior the date of the General Assembly. The Executive Committee or a National full Member Federation, can submit amendments to the Constitution. The Secretary General shall send out all proposed amendments to the National Member Federations, at least thirty (30) days prior to the date of the GA.

6.8.4. Two-thirds (2/3) majority of votes cast nedeed to prescribe and amend the Constitution, subject to the Norwegian central sports law on non-profit organisations. A quorum of one-thirds (1/3) of National Member Federations with full membership status is required to amend the Constitution. The changes take effect immediately, unless the GA decides otherwise.

6.8.5. To determine the outcome of the vote on Constitution changes only valid votes are counted. A valid vote is one that conforms with all stated requirements. The following shall be not counted as valid votes and are not taken into consideration in the calculation of the required majority:

- Abstentions
- Blank votes
- Votes for more or fewer candidates than the number required.
- Votes declared void by the scrutineers whose decision shall be final i.e., unintelligible votes.

6.9. Credentials

The following is required:

6.9.1. 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 must be a member of their national federation and must present a written authority of their national federation not later than the opening of the annual or extraordinary General Assembly.

6.9.2. At any meeting of the General Assembly, only the delegates duly registered and certified shall be permitted to speak and vote.

6.9.3. Failure to make the proper certification will deny a seat at such meetings.

6.10 Decisions by Correspondence in Urgent Matters

6.10.1 In cases where urgent action is required, the vote may be conducted by correspondence.

6.10.2 Procedure

6.10.2.1 The proposal for a decision shall be circulated in writing, by electronic means or other verifiable communication methods, to all members entitled to vote.

6.10.2.2 The circulation must include all necessary information for informed decision-making, including supporting documents and a clear statement of the proposed resolution.

6.10.2.3 Members shall be given a minimum period of 7 days to cast their vote.

6.10.3 Voting and Quorum

6.10.3.1 A decision by correspondence shall be deemed valid if it receives the affirmative votes of a majority of the members entitled to vote.

6.10.3.2 The quorum requirement for a decision by correspondence shall be identical to that required for an in-person meeting.

6.10.4 Record of Decision

6.10.4.1 All votes cast by correspondence and the resulting decision shall be documented and retained as part of the official records of the EPF.

6.10.4.2 The decision shall have the same force and effect as if taken at a duly convened meeting.

7. EXECUTIVE COMMITTEE (EC)

7.1. Titles

The titles of the EPF Executive Committee officers are President, Vice-President, Secretary General, Treasurer, the Technical Commission Chairperson, the Law and Legislation Commission Chairperson and the Championship Secretary. A maximum of two executive officers shall be of the same nation.

A member of the EPF Executive Committee cannot hold both EPF and IPF officer function as President, Secretary General or Treasurer.

7.2. Vacancies of the Executive Committee

In the event of the death, resignation, or in case of inattention to duty, by recommendation of the IPF Court of Justice, the various offices are to be filled as follows:

- President. The vice President shall succeed the President until the next General Assembly. The Presidential successor shall be elected.
- Vice President. The EC shall appoint a successor to serve until the next GA. At this General Assembly, the Vice President's successor shall be elected.
- Secretary General and Treasurer. The Executive Committee shall appoint a successor to serve until the next GA. At this General Assembly, the Secretary and Treasurer shall be elected.
- For the vacancies for other charges the EC shall appoint a successor to serve until the next GA. At this GA the successors shall be elected.

7.3. Quorum in the EPF EC Meetings

7.3.1 There shall be at least a quorum of ½ of the EC members.

7.3.2 The decisions are made by the simple majority principle. In the event of an impasse (stalemate), the President shall cast the deciding vote.

7.3.3 Decisions of the Executive Committee may, when necessary, be made via electronic communication platforms, provided that all members have access to the platform, are duly informed of the proposal under consideration, and explicitly submit their votes within a designated time frame. The result of the vote shall be recorded in the minutes, including the method of voting, the names of members who voted, their respective votes, and the final decision. Such a procedure shall be deemed equivalent to a meeting decision.

7.4. Powers of the EPF Executive Committee

The EC shall be the governing body of the EPF between General Assemblies and shall have the following powers, without limitation:

- To maintain running control of the expenditure of the EPF, in accordance with the budget approved by the General Assembly.
- To prepare a budget for the forthcoming year for presentation to the General Assembly.
- To appoint the non-executive officers. The EC shall also have the power to remove the non-executive officer from his/her position.
- To administer the EPF Development Fund.
- To establish Commissions and Working Groups, assign the tasks, objectives, functions and responsibilities of these Commissions or Working groups.
- To invite the Chairpersons of Commissions or Working groups for discussion of issues that fall within their competence.
- To negotiate and sign contracts.
- To implement, approve and monitor the Strategic Plan.
- To prepare and finalize the Calendar of events to be presented to the GA.
- To vary the composition of Events on the Calendar of Events.
- Establish new events.
- To negotiate the participation of Powerlifting as a sport in Multisport Games and events.
- To determine the creation, deletion, and modification of the By-Laws when necessary. Changes made by the EC shall be presented, voted on and ratified on the first possible EPF General Assembly.
- To call and determine the time and place of extraordinary meetings of the General Assembly.
- To institute, locate, conduct, and manage all European powerlifting affairs.
- To establish, define and enforce rules for the government of the European powerlifting.
- To explain, define and interpret any provision of the EPF Constitution.
- To form committees and commissions, elect the chairpersons and appoint other members, where mandated.

The EPF members have duties and responsibilities as specified in the EPF Constitution and By-Laws. Any misconduct or responsibility neglect by a member not solved by the Executive Committee, shall be forwarded to the IPF Court of Justice for review and action.

EPF as organization shall hold harmless EPF officials from undue actions from third parties including civil lawsuits connected to their EPF work, as long as their work conforms to the EPF Constitution and By Laws.

7.5. Election of the EPF EC Officers

7.5.1. Elections for all officers will be held every four years at the General Assembly. Names of candidates for election of EPF officials shall be received by the EPF Secretary General at the latest 90 days prior to the General Assembly where the election takes place. Later nominations shall not be accepted. 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 person under suspension of any sport organization, including WADA, EPF and IPF cannot be nominated. All nominations must be posted on the EPF website at least sixty (60) days prior to the GA.

7.5.2. Election is by a simple majority, i.e., the person who has obtained the higher number of valid of votes is elected. When two or more candidates obtain an equal number of votes, another ballot shall be held. If after a second ballot there is still a tie, the President shall cast the deciding vote. In terms of the elections of the President, the deciding vote must belong to the longest serving person in the board. Elections shall be held by secret ballot. The GA shall select two scrutineers that will be approved by the GA to collect, inspect and count the votes. The tally of the votes shall be reported to the Secretary General and the Chairperson of the GA.

7.5.3. To determine the outcome of each election, only valid votes are counted.

7.5.4. The term of office for all officers of the EPF shall be 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.

7.5.5. Prior to the candidate being elected, the EC in consultation with the Law and Legislation Commission shall determine whether the candidate for office is in good standing with the EPF. If a dispute arises between the EC and any of the candidates on the matter of his/her standing or behavior in the EPF, the case shall be reported to the IPF EC to be referred to the Court of Justice.

7.5.6. New EPF Officials elected by the General Assembly (GA) enter their office the day after the completion of the Open European Classic Powerlifting Championship following the GA.

8. NON-EXECUTIVE OFFICERS

8.1. Titles

The titles of the non-executive officers of the EPF are: Records Registrar, Gender Equality Commission Chairperson, Internal Auditor, Safeguard Officer, and Sport for All Commission Chairperson.

8.2. Rights and Appointments

The Executive Committee shall appoint non-executive officers, taking into consideration the gender ratio. By invitation of the President, they may attend meetings of the Executive Committee but without vote and with voice only on matters relating to their respective duties.

9. COMMITTES, COMMISSIONS and WORKING GROUPS

Commissions and Working Groups act as consultative bodies to the Executive Committee.

In carrying out their functions, each Commission and Working Group shall respect eventual rules decided by the EC. The Chairperson of each Commission and Working Group shall coordinate the proper running of activities and write report on those activities to the EC.

10. FINANCIAL YEAR

The accounting period of EPF is from January 1st to December 31st.

11. AUDITORS

The annual financial statement shall be audited by an internal and external auditors. The internal auditor is elected by the GA. The external auditor shall be licensed and practicing accountant that shall be independent from the EPF and appointed for the office by EPF EC. Both auditors are responsible for auditing the accounts in compliance with EPF Constitution and By-Laws as pertinent rules. All audits should follow good governance principles and international accounting standards.

12. JUDICIAL BODY

The EPF Secretary General shall transmit all acts of any disciplinary procedures, to the IPF Secretary General who will forward it to the responsible disciplinary bodies of the IPF for further actions, approval and decisions.

13. CONFLICT OF INTERESTS

Members of any EPF decision-making body shall avoid any situation that could lead to a conflict of interest or perceived conflict of interest. Any actual, perceived or potential conflict of interest must be declared and action taken by the individual to remove himself/herself from the situation where the conflict may arise. It is the personal responsibility of each person to avoid any case of conflict of interest. The conflict of interest must be reported and sent to the EPF Secretary General. Any

official violating this principle shall be referred to the IPF Ethic Commission.

14. ANTIDOPING AFFAIRS

The EPF strictly follows the IPF Anti-Doping Rules.

15. MATTERS NOT COVERED

The EC of EPF shall have the power to decide on all matters that are not expressly provided under this Constitution.

16. VOLUNTARY DISSOLUTION OF THE ORGANISATION

Dissolution of the EPF shall only be possible by a decision of the General Assembly. For this purpose, a written request stating the reasons for such dissolution shall be handed over to the Executive Committee. After discussion of the request, the Executive Committee will then put the request on the agenda of the next General Assembly. For the dissolution to become valid, a three quarters (3/4) 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 to 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 allocated to charitable causes.

17. MISCELLANEOUS

In these Articles, unless the context requires another interpretation:
Words importing the singular number only shall include the plural number and vice versa.
Words importing the masculine gender only or neutral shall include the feminine gender.
Words importing persons shall include corporations.

18. ADOPTION AND EFFECTIVE DATE

Adopted by the EPF Extraordinary General Assembly on 18.03.2026.
Effective from 01.01.2027.