

# **Constitution of the Saskatchewan Powerlifting Association Corp.**

## **Article 1 – Name**

1. The short form for the Saskatchewan Powerlifting Association Corp. will be henceforth known as the SPA.

## **Article 2 – Affiliation**

1. Affiliation: National Body
  - A) The SPA is affiliated with the Canadian Powerlifting Union (CPU) which is affiliated with the International Powerlifting Federation (IPF).
  - B) The affiliation will come under review every Olympic year at the Annual General Meeting.
2. Affiliation: Constitutions
  - A) The SPA will adhere to the CPU and IPF Constitutions where the SPA does not define itself clearly.
  - B) All By-laws which are in opposition to the National and International By-laws will be clearly defined.

## **Article 3 – Objective**

1. To work in accord with the Canadian Powerlifting Union.
2. To promote, control and develop powerlifting on a provincial scale.
3. To promote an interest in and a dedication to better health and fitness through weight training.
4. To help in the development of new training techniques involving weight training for other sports.
5. To set up and enforce rules for competition in accordance with IPF rules.
6. To appoint qualified provincial referees.
7. To regulate and control provincial championships.
8. To set up a committee to discipline clubs and individuals that do not follow the constitution.
9. To honour individuals in the form of special awards for exceptional work and achievement.

## **Article 4 – General Provisions**

1. The SPA forbids distinctions between individuals for reasons of race, colour, religion or politics.
2. The SPA headquarters is situated in the town where the President lives.
3. The SPA forbids sexual harassment, whether it is of a verbal or physical nature to any individual. Refer to the Policy on Discrimination and Harassment for more information.

## **Article 5 – Government**

1. The Association shall be governed by its members, at the Annual General Meeting.
2. Between meetings, the association shall be governed by an executive council, comprised of the elected positions of President, Vice President, Secretary, Treasurer, Technical Chair, Records Chair, Registration

Chair and Social Media Chair. Offices may be combined if sufficient members are not found to fill each office.

A) There shall be a Past President position existing when the President position changes hands. The Past President shall be a member of the executive council for one year following the election or appointment of a new President. The Past President shall be a non-voting position for that year.

3. All members of the executive council must be current Regular Members of the SPA/CPU with a current CPU card. Failure to have a valid card will result in forfeit of the executive position.
4. Elections for the specific offices will occur in the following order:

	President	Vice President	Secretary	Treasurer	Records	Registrar	Technical	Social Media
Election Year	2021	2020	2019	2020	2019	2020	2021	2019
Next Election Year	2024	2023	2022	2023	2022	2023	2024	2022
Next Election Year	2027	2026	2025	2026	2025	2026	2027	2025
Election every 3 years following								

If an officer is unable to fulfill their term, at least two months notice is requested. All previously elected members who remain in good standing with the SPA/CPU shall be eligible for re-election.

5. The election of members of the executive council will be carried out by secret ballot.
6. Should an executive council member resign between election years, the executive council shall appoint an interim member until the next AGM at which time an election will take place to fill the executive position for the remainder of the term.
7. At least 6 members must be present for election of officers.
8. All expenses incurred in the operation of the SPA by its executives shall be reimbursed by the Association.

**Article 6 – Duties of the President**

1. The President directs the debate and keeps order at the general meetings according to the traditions and rules of parliamentary procedure.
2. In case of equal voting on a motion, the President, as Chairman, shall have the deciding vote. The Chairman shall not have a vote under any other circumstances.
3. The President will issue all official notices of all meetings.

**Article 7 – Duties of the Vice-President**

1. The Vice-President shall perform all the duties of the President, whenever the President ceases to hold office for any reason or is prevented from attending to his/her duties.
2. The Vice-President will preside at all meetings of the Association in the absence of the President.

**Article 8 – Duties of the Secretary**

1. The secretary shall be responsible for taking and keeping the Official Minutes of all provincial and executive meetings.

## **Article 9 – Duties of the Treasurer**

1. The treasurer shall be responsible for all Provincial financial matters. He/she must keep accounts which will be verified by the auditors at appointed times by the Executive Council.
2. The fiscal year will be from September 1 to August 31. Any other organization requiring a different period will be provided with such financial statements reflecting that period.

## **Article 10 – Duties of the Technical Chair**

1. The Technical Chair shall be a minimum of a CPU National Referee in good standing to hold the position.
2. The Technical Chair shall be responsible for all testing of provincial referees.
3. The Technical Chair will keep in constant communication with the National Officiating Chairperson concerning developments which involve referees, and changes to the technical rules.
4. The Technical Chair will work with meet directors to organize the referees for their events and send out an open call to referees once the yearly schedule is set. The technical chair will work to ensure all referees are provided with a chance to referee.
5. The Technical Chair shall maintain an up-to-date list of all provincially registered referees, with current contact information.

## **Article 11 – Duties of the Records Chair**

1. The Records Chair shall be responsible for maintaining current Provincial Records for all male and female age and weight categories and special interest groups.
2. The Records Chair shall be responsible for maintaining Provincial Ranking Lists for male and female.

## **Article 12 – Duties of the Registration Chair**

1. The Registration Chair shall maintain an up-to-date list of all provincially registered Regular and Affiliate members, with current contact information.
2. The Registration Chair shall maintain an up-to-date list of all registered teams or clubs within the province, with current contact and training centre information.

## **Article 13 – Duties of the Social Media Chair**

1. The Social Media Chair shall maintain current and up-to-date information on social media platforms where the association maintains accounts, including the website, regarding powerlifting events, news, and information.
2. The Social Media Chair shall organize and oversee a committee of social media volunteers to support the development of materials needed to promote the association on social media.
3. The Social Media Chair will oversee social media content to ensure that materials are representative of the association, with no bias to clubs or individuals, and aligns with the policies on discrimination and harassment.

## **Article 14 – Annual General Meeting (AGM)**

1. The AGM will take place in conjunction with the annual provincial championships.
2. All SPA members may attend. Any issues requiring voting will be by majority vote of regular members present. Voting by proxy is not allowed.
3. A regular member of the SPA may put forth a change to the bylaws of the Association for discussion at the AGM. Submissions must be received by the Secretary six weeks prior to the AGM. A full agenda will be made available to all members of the SPA three weeks prior to the AGM.

## **Article 15 – Membership**

1. **Membership: General**  
By virtue of membership in the SPA, the member agrees to all provisions within this document in every way.
2. **Membership Classes**
  - A) Regular SPA / CPU Member. Open to any Saskatchewan resident. Regular members of the SPA are automatically included as members of the Canadian Powerlifting Union. He or she may also be a referee, coach, or official.
  - B) A New Member is a Regular member as in A) above, however they have never bought a CPU card from Saskatchewan or any other province before.
  - C) Special Member is a person from groups such as Blind, or Special Olympians.
  - D) A Provincial Referee is a person who has written and passed the provincial referee exam and is a referee in good standing with the SPA and CPU. If a referee is not a Regular Member, they must purchase a Provincial Referee membership prior to being allowed to referee at any SPA sanctioned contest.
  - E) Honorary Member – As decided on by the SPA Executive, for their service to the organization
3. **Membership Fee's**

A) Full Member	The cost of the CPU portion of a CPU card plus \$30.
B) Special Member	The cost of the CPU portion of a CPU card.
C) Provincial Referee	\$10.00

Memberships are for one year from the date of purchase.
4. **Teams and Clubs**
  - A) Teams or clubs are required to register with the SPA as an official team or club in January of each year. To register, teams or clubs must provide the Registration Chair with the Club Registration Form. Additionally, the Club Registration Form must be accompanied by a yearly \$20 registration fee. Each team or club must submit their logo with the Club Registration Form for approval of the logo by the Registration Chair. Team or club shirts with the official, registered club logo may be worn at any SPA Provincial or lower contest. Any other logos must follow the IPF Technical Rules on logos. Each lifter who trains as part of a team or club will have that team or club name written on their CPU card each year.
  - B) A team or club is defined as:
    1. being registered with the SPA.
    2. any number of lifters training together on a regular basis (at least once a week).
  - C) A SPA member may only be an official member of one team or club.
5. **Membership: Suspension and Withdrawal**
  - A) Withdrawal can take place at any time voluntarily.
  - B) Suspension will take place for two reasons.
    1. A person fails to comply with rules of the SPA or commits a criminal act against the SPA.
    2. A person is suspended by a World Anti-Doping Agency (WADA) or Canadian Center for Ethics in Sport (CCES) affiliated sport governing body.
6. **Membership: Duration of Suspension**
  - A) For Article XV, 4 B) 1, the executive will determine the actual length of time.

- B) For Article XV, 4 B) 2, the competitor will be suspended from competition based on the Canadian Anti-Doping Program (CADP) and/or WADA.
7. Membership: Authorization to Suspend or Remove Suspension  
 A) For Article XV, 4 B) 1, only the executive has the power to suspend a member or remove the suspension.  
 B) For Article XV, 4 B) 2, the SPA may not contravene any suspension.
8. Membership: Method of Reinstatement  
 A) The suspended individual will inform the President of his/her intentions within one month of Official Notification of Suspension. If this fails to occur then the suspension will hold for the duration of the set time. The only exception to this will be ill-health, military duty or a civic duty. All correspondence will take place by registered mail.  
 B) The executive will convene within 3 months on this issue and give their written answer within one month after this meeting. All correspondence will take place by registered mail.  
 C) For Article XV, 4 B) 2: the CPU/CADP will be responsible for notifying the individual of when they are eligible to return to competition.

## **Article 16 – Competition**

1. Competition: Technical Rules  
 A) The SPA shall abide by the technical rules laid down by the Canadian Powerlifting Union and the International Powerlifting Federation.  
 B) Only certified SPA Provincial or higher level referees shall be used at all sanctioned contests within the province. The exception to this is if the third referee is writing his/her SPA practical exam, in which case he/she will be allowed to referee without being a certified referee.  
 C) During any Provincial level competition or lower, should a lifter fail to succeed in either or both of the squat or bench press disciplines, the lifter may continue to compete for the remainder of the contest but will not record a total, placing or be eligible for a provincial record.
2. Competition: Sanction Defined  
 A) An Open Meet, which has been sanctioned by the SPA Executive, is open to all CPU card holders who are in good standing.  
 B) The Provincial Championship shall come under full scrutiny of the SPA executive. The Provincial Championship is a closed meet and only CPU members who are also SPA members are eligible to compete. There is to be no guest lifters. The SPA reserves the right to withdraw its sanction at any given point up to and thru-out the championship.  
 C) Meet directors for Provincial Championships or for Western Canadian Championships held within Saskatchewan must have prior experience holding contests, or must be “co-director” with an experienced meet director.  
 D) All competitions held within the province at a Provincial level or lower must receive sanction from the SPA executive. All sanctioned competitions must include Powerlifting and Bench Press Only competitions. Prior approval from the SPA Executive is required to hold a sanctioned competition without Powerlifting or Bench Press Only. Meet directors must complete and submit a completed SPA Sanction Form to receive a sanction for the competition.  
 E) Meet directors must submit their meet logo and/or marketing material for approval by the executive council.
3. Competition: Sanctioned Meet Fee  
 A) The fee shall be \$50.00 and must be received upon awarding of the sanction for the competition.
4. Competitions: Qualifications  
 A) Any athlete wishing to lift at their first SPA Provincial Championship must qualify for the provincial championship. The qualification standard shall be recording a total in a lower level competition. Recording a 3 lift total shall qualify the athlete for 3 lift and bench only while recording a bench only total shall only qualify the athlete for bench only.

B) For the Canadian National Championships, all competitors must attain the qualifying total as specified in the CPU Constitution and Bylaws for their respective Age and Weight classes.

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), compete or volunteer at the Saskatchewan Provincial Championships in the year preceding the National Championship.

1) Volunteering is considered any activity which can be assigned by a meet director or SPA executive member, which is needed to be able to hold a meet. Coaching is not considered volunteering.

2) If a competitor applies for an exemption from the above 4.C. to be able to participate in CPU Nationals, the competitor must submit their application at least one month prior to the current year's provincial championships, and in his/her application, must identify:

1. Reason for exemption as it pertains to 4.C.
2. Previous year's competition and volunteering history.

5. Competitions: Provincial Championships

A) The annual Provincial Powerlifting and Bench Press Championships will take place between September 1<sup>st</sup> and October 31<sup>st</sup>.

B) The SPA Provincial Championships is open to any Saskatchewan resident that is an SPA member, and no others.

C) At every provincial championship, there will be a team/club competition included in the contest. Teams or clubs are defined in the SPA constitution, Article XV. A keeper plaque or award will be given to the winning team/club to keep at their training centre.

For the purposes of the team/club competition at Provincials, a team will be comprised of the top two Classic Powerlifters, Equipped Powerlifter, Classic Bench Only, and Equipped Bench Only combined, using the current IPF scoring system (two of the Powerlifting scores must be from the opposite gender) combined to give the team score. This is the maximum, but a team can contain less than stated and still compete in the team/club contest.

D) The SPA will offer reimbursement for transportation of the platform equipment if the distance being travelled from the location the equipment is being kept to the location of the Provincial Championship is greater than 50 kilometers. The platform equipment the SPA shall provide for each Provincial Championship is as follows: the competition rack, competition set of weights, competition bar, competition collars, competition weight trees, light system, deadlift helper, scale.

6. Competition: Referees

A) A SPA referee must write and pass the Provincial Referee exam, both written and practical before being certified as a Provincial Referee.

B) A Provincially Certified Referee must sit as a referee at a minimum of three times per election period with any level of meet counting towards this requirement and attend a rules clinic per election period of the technical chair. One session may be a Bench Only session and one session may be as a Technical Controller. Failure to meet this requirement shall result in the loss of referee certification.

C) A Provincial Referee who is interested in writing their National Referee Exam must communicate their intention to the SPA Technical Chair a minimum of 6 weeks prior to the Regional or National Championship. The Technical Chair will determine if the Provincial Referee is of the caliber to be nominated to write their National Referee Exam.

D) Referees shall be compensated as per the payment schedule listed. The SPA will invoice the meet director and issue cheques for compensation. A referee is not allowed to referee three 3 lift sessions in one day.

Daily amounts:

- Bench Only session: \$20
- First 3 lift session: \$40
- Second 3 lift session: \$80

7. Competitions: National and International Events

A) Any member or group who hosts a CPU Regional, CPU National, or IPF International competition in Saskatchewan will be eligible for support through the way of sponsorship from the SPA. The amount will be up to a maximum of \$500 per event.

## **Article 17 – Drug Testing**

1. All SPA drug testing shall follow the CPU Constitution and Bylaws.

## **Article 18 – Records, Awards, Classifications and Rankings**

1. Records
  - A) Only Saskatchewan residents that are SPA members shall be able to set SPA Provincial records.
  - B) Records shall be kept by the Records Chair for individual records set for all ages and sex categories laid out by the IPF or CPU according to the authenticated official results of the competition.
  - C) Records shall be kept by the Records Chair for Open Special Olympic Records in the Squat, Bench Press, Deadlift, 2-lift total and 3-lift total.
2. Saskatchewan Powerlifting Association Hall of Fame
  - A) The SPA Hall of Fame will consist of two categories, Athlete and Builder, with criteria defined in 2.A) i) and ii).
    - i) Athlete – This award will be presented to an athlete who best exemplifies the perseverance, dedication and excellence needed to compete in powerlifting. The athlete must have lifted for a minimum of 5 years with the SPA, with a lifetime clean doping control record.
    - ii) Builder – This award will be presented to a person who has committed to building the SPA and promoting powerlifting within the province. The builder will have been committed to the SPA for a minimum of 5 years, focusing on the growth and development of the sport of powerlifting in Saskatchewan.
  - B) Nominations shall be submitted to the President at least one week prior to the AGM. The SPA executive will determine the award winners.
  - C) An award to honour the recipients will be presented at the Provincial Championships.
  - D) These awards will not necessarily be given out each year if there are no suitable nominations.
  - E) A current member of the SPA executive may not be nominated for the athlete or builder award.

## **Article 19 – Correspondence**

1. Correspondence: General Membership
  - A) All provincial contest results, provincial records, and the minutes of the General Meeting of the SPA and other information important to the general membership will be published on the Saskatchewan Powerlifting Website ([www.saskpowerlifting.ca](http://www.saskpowerlifting.ca)). This may also include this constitution, information for officials, contest entry forms, membership applications, and annual reports.
  - B) If finances permit, a hard copy newsletter may also be produced with the same information as in Article XVII, 1 A), to be mailed to all members.
2. Correspondence: Suspensions  
All correspondence for this purpose will be carried out by registered mail.