

Constitution of the Prince Edward Island Powerlifting Association (1996)

Effective December 12th 2015

2016 PEIPLA Executive :

President - John MacDonald
Vice President – Justin Smith
Secretary- Jillian Sproul
Treasurer- Tyler Ramsay
Director at Large – Heather Ayles
Public Relations - Jill MacFarlane
Officiating Chairperson- Justin Smith
Doping Officer - Vacant

1.00 Name

1.00.1 The short form for the Prince Edward Island Powerlifting Association will be henceforth known as the PEIPLA.

2.00 Affiliation

2.00.1 Affiliation: National Body

A) The PEIPLA 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.

2.00.2 Affiliation: Constitutions

A) The PEIPLA will adhere to the CPU and IPF Constitutions where the PEIPLA does not define itself clearly.

B) All By-laws which are in opposition to the National and International By-laws will be clearly defined.

3.00 Government

3.00.1 The Association shall be governed by its members, at the Provincial Annual General Meeting.

3.00.2 The Association shall be governed by an Executive Council, comprised of the elected positions of President, Vice President, Secretary, treasurer, director at large, PR rep, Officiating Chairperson and doping officer. Offices may be combined if sufficient members are not found to fill each office.

3.00.3 Terms will be three years. If an officer is unable to fulfill their term, at least two months notice is requested. The position shall remain vacant until the following years PAGM when an election for an interim server of the remainder of the term shall be held except in the case of the President, where the Vice-President shall immediately move into and fulfill the duties of the position.

3.00.4 At least 4 members must be present for election of officers.

3.00.5 Duties of the Executive Council

A) 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 debate.
2. The President will set up a committee that will be responsible for taking disciplinary action against any member whose conduct is considered prejudicial to the PEIPLA or has violated the PEIPLA constitution and rules.
3. The President will issue all official notices of all meetings.
4. Will conduct all official correspondence of the PEIPLA.
5. Will be responsible for all provincial matters, expenses and receipts.
6. In order to serve as President, one must sit on the PEIPLA executive for a minimum of 2 years.
7. Be present at the AGM

B) Duties of the Vice-President

1. The Vice-President shall perform all the duties of the President.
2. The Vice-President will preside at all meetings.
3. The Vice-President will be responsible for fundraising.
4. Be present at the AGM

C) Duties of the Secretary

1. To keep the constitution up to date of PEIPLA.
2. To keep minutes of the AGM.
3. Be present at the AGM
4. Prepare PEIPLA Newsletter

D) Duties of the treasurer

1. The Treasurer shall be responsible for all PEIPL financial matters
2. Be present at the AGM

F) Duties of Director at large

1. Be involved in the guidance of the association
2. Be present at the AGM

G) Duties of Doping Officer

1. Be involved in the guidance of the association
2. Be present at the AGM
3. receive allegations of PED
4. Stay current on top of the banned substances.
5. Communicate directly with CPU Anti-Doping members

H) Duties of the Officiating Chairperson

1. Must be a National level Referee or higher
2. Adjudicate testing of provincial level referees
3. Update provincial level referees on any IPF/CPU rule changes
4. Be present at CPU AGM

3.00.6 If there is inactivity of an executive member defined by not performing all of his or hers duties. That member may be removed by a majority vote of the remaining members and subsequently be replaced at any time between AGMs.

4.00 Provincial Annual General Meeting (PAGM)

4.00.1 The provincial AGM will take place on a date before the provided deadline to make submissions at the CPU AGM. Exact date of the provincial AGM is to be determined by the Executive Council.

4.00.2 All PEIPLA members may attend. Any issues requiring voting will be by majority vote of those present.

4.00.3 Any issues that require voting also requires an executive quorum of 3/5 officers present.

4.00.4 In the event of a tie, the president will be the deciding vote.

5.00 Membership

5.00.1 Membership: Definition of membership = ownership of CPU card for the past year By virtue of membership in the PEIPLA, the member agrees to all provisions within this document in every way.

5.00.2 Membership Classes

A) Full PEIPL / CPU Member. Open to any PEI resident. Full members of the PEIPLA are automatically included as members of the Canadian Powerlifting Union. He or she may also be a referee, coach, or official.

B) A Sub Junior Member is as above, but limited to the IPF definition of "Sub Junior"

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5.00.3 Membership Fee's

Memberships are to be purchased directly from the CPU website (www.powerlifting.ca) and are valid for a full year from the day of purchase.

5.00.4 Membership: Suspension and Withdrawal

A) By being a member of PEIPLA, the members agrees to submit to a drug testing procedure at any time during the balance of that year and the full calendar year following.

B) Suspension will take place for two reasons.

1. A person fails to comply with rules of the PEIPLA.
2. A person is suspended by the IPF, CPU or PEIPLA for a positive doping sample at an IPF, CPU, or PEIPLA sanctioned competitive powerlifting meet, or an out of meet (OMT) test, or for refusal to submit to a test.

5.00.5 Membership: Duration of Suspension

A) for 5.00.4 B)1, the Executive will determine the actual length of time. B) For 5.00.4 B) 2, the competitor will be automatically suspended from competition for a period in accordance with CPU national penalties.

5.00.6 Membership: Authorization to Suspend or Remove Suspension

A) For 5.00.4 B) 1, only the Executive has the power to suspend a member or remove the suspension.

B) For 5.00.4 B) 2, the President of the sanctioning organization shall inform the President of the PEIPLA who in turn will inform the competitor by registered mail. Only the PEIPLA executive will have the power to lift such a suspension after a thorough investigation. The PEIPLA may not contravene any suspension by the CPU or IPF.

5.00.7 Club affiliation

Power lifting clubs may become affiliated with PEIPLA . Clubs must pay an annual fee of \$50 to PEI PL. Clubs may host powerlifting meets. Clubs must complete a club affiliation document.

6.00 Referees

6.00.1 Referees: General

- A) PEIPLA has 2 categories of referee certification: Category 1 and Category 2.
- a. Category 1 requirements:
 - i. Member in good standing of CPU for a minimum 2 years
 - ii. Achieve 90% on category 1 written exam
 - iii. Complete practical exam under supervision of Officiating Chairperson or designate (must be a Nationally qualified judge).
 - b. Category 2 requirements:
 - i. Member in good standing of CPU for minimum of 1 year
 - ii. Achieve 90% on category 2 written exam
 - iii. Complete practical exam under supervision of Officiating Chairperson or designate (must be a Nationally qualified judge).

Category 2 referees may level up to Category 1 after serving as Category 2 for 1 year with a minimum 2 meets completed.

B) Referees may be tested at any sanctioned PEIPLA meet provided that the Officiating Chairperson or designate is present.

C) PEIPLA referees shall be responsible for informing the President or Officiating Chairperson of any changes necessary to their contact information to facilitate ease of communication between referees within the PEIPLA.

D) PEIPLA referees will be provided with a referee badge.

6.00.2 Referees: Dress

A) Referees and members of the jury at any sanctioned PEIPLA meet shall be uniformly dressed as follows:

MEN: White shirt, grey or black trousers. Tie is optional.

WOMEN: White blouse, skirt or trousers either grey or black in color

6.00.3 Membership fee rebate for referees

A) PEIPLA referees are eligible to receive a rebate on their CPU membership costs provided that they referee at one full PEI PLA sanctioned meet in the calendar year for which they have purchased a CPU card.

B) If a PEIPLA referee does not have an active CPU membership but is needed to officiate at a competition, they will be provided with a membership by PEIPLA.

7.00 Competition

7.00.1 Competition: Technical Rules

A) The PEIPLA shall abide by the technical rules laid down by the Canadian Powerlifting Union and the International Powerlifting Federation.

B) Only certified PEIPLA or higher level referees shall be used at all sanctioned contests within the Province.

7.00.2 Competition: Sanction Defined

A) An Open Meet sanctioned is open to all PEIPLA/CPU card holders who are in good standing.

B) A Championship Meet sanctioned shall come under full scrutiny of the PEIPLA executive.

C) A sanction fee of \$200 will be applied to all CPU sanctioned event in PEI. The fee will be paid by the Meet Director to the PEIPLA.

D) PEIPLA as a whole can decide to host events and all excess revenue shall go to PEIPLA.

7.00.3 Competitions: Qualifications

- A) All competitors wishing to participate in the CPU National Championships must,
1. Have a qualifying total according to the CPU
 2. Be in good standing with PEIPLA
 3. Must compete or volunteer at any PEIPLA sanctioned meet at least annually

8.0 Annual PEIPLA awards shall be awarded to both male and female lifters

9.0 PEIPLA shall start a Hall of Fame . The PEIPLA Hall of Fame is a lifetime induction

10.0 Members wishing to make changes to the PEIPLA constitution, may put forth a motion to the President in writing 30 days in advance of the AGM or a special AGM .

8.00 Equipment

A) Equipment used in competition sanctioned by the PEIPLA must meet the appropriate specifications outlined in the IPF rule book.

B) Equipment owned by the PEIPLA may be signed out by members if he/she meets the following criteria:

i) He / She is a member in good standing

ii) There is appropriate reasoning

iii) He / She signs a waiver accepting full responsibility for any damages incurred.

Before any equipment is signed out, an application must first be approved by the Executive Council.