

An LWC board meeting was held on 11/25/2018 at 111 Division Avenue, Levittown, NY. Here is the agenda for the meeting:

1. Open meeting
2. Introduction of board members
3. Financial report
4. Review of meeting minutes from 9/30/2018 (board meeting)
5. Review of meeting minutes from 10/26/2018 (general membership meeting)
6. Old business
7. New business
8. Close meeting

LWC President Chris Smith opened the meeting at 12:13 with a call to order and then addressed the board regarding the passing of a long-time coach, athlete, mentor and true friend, Mr. Nicholas Curry. He announced that the Holiday Open was being renamed in honor of Nick Curry and would thus be designated as the Nick Curry Memorial henceforth.

Board members in attendance were:

Chris Smith, President

Jeff Scott, Secretary

Vanessa Nicoletta, National Referee

Dan Boland, National Referee

Joe Triolo, International Category 1 Referee

Jerry Dunne, International Category 1 Referee

Dena Smith, National Referee

Frank Mintz, Technology Chair

Kurt Roderick, National Referee

Sara Soto, Athlete Rep (by telephone)

Jo Anne Drechsler, National Referee

Artie Drechsler, International Category 1 Referee

Beth Terranova, National Referee

Andrew Vasilatios, Bookkeeper

The financial report was presented by the Secretary and is included herein as it was presented.

Financial Report for LWC Board Meeting on 11/25/2018

The USAW Offices closed early this week and there wasn't anyone available who could provide a current statement for the USAW-held LWC funds.

The account balance at USAW as of 9/30/2018:

USAW account: \$ 9,952.95

The remaining account balances as of 10/31/2018:

LWC account: \$ 6,169.56

Petty cash: \$ 132.22

The minutes from the 9/30/2018 board meeting were presented in hard copy to all attendees. The minutes were reviewed and approved with amendments. The amended minutes are posted on the LWC website.

The minutes from the 10/26/2018 general membership meeting were presented in hard copy to all attendees. The minutes were reviewed and there were no questions.

The floor was opened for any old business.

Artie Drechsler's board restructuring proposal was brought up for discussion. The full text of the original proposal can be found in the minutes from the 9/20/2018 meeting. They are posted on the LWC website.

The proposal as it was amended and voted on is presented herein. Each position was voted individually and each position was approved unanimously.

Executive Board of the Metropolitan LWC.

The Met LWC Board shall consist of the following Regular Members and All USAW Members Who Serve on the USAW Board or Committees, as well as former full term Presidents of the LWC, as follows:

President - The President of the Metropolitan LWC shall be elected for a term of four years by a majority vote of the LWC Membership. To be considered for the Presidency a candidate must have been a member of the USAW for the five consecutive preceding years, be a national referee for the two preceding years, have been a sanctioned meet director within the last ten years.

Secretary - The Secretary shall be elected for a term of four years by a majority vote of the LWC Membership but the Secretary's term shall be staggered by two years relative to the President. To be considered as Secretary, a candidate must have been a USAW member for at least three consecutive years prior to the election, be a local referee or higher, have demonstrated writing skills and knowledge of proper meeting procedures.

Technical Official Leaders (TOL) – There shall be two Technical Official Leaders who share the responsibility for overseeing the Competition Secretaries for all LWC Competitions. To be a candidate for TOL, a person must have been a USAW member for the past three years, be a National Referee or higher and be committed to overseeing the Competition Secretaries for at least half the competitions held in the LWC each year. The TOLs may appoint or accept a CS for a particular competition but the TOL has final responsibility for that competition. The TOLs are elected by the National Referees and higher of the LWC for staggered four-year terms.

Treasurer/Records Chairperson (TRC) – The Treasurer administers the funds of the LWC. The TRC also maintains the LWC weightlifting records. The TRC may appoint assistant(s) to support the TRC in record keeping but those appointees do not have a vote on the LWC Board. The Treasurer is nominated by the President, with the consent of the Board by majority vote, for a term congruent with that of the President.

Technology Chair/Bookkeeper – The President shall have the right to appoint, with the consent of the Board by majority vote, an assistant to support the President in such duties as the President sees fit (e.g., Technology support), but not the duties of any of the other members of the Board, unless asked to perform those duties because the Secretary or Treasurer is not able to perform a specific duty. This individual also serves, at the pleasure of the President, as the Bookkeeper for the LWC.

Club Representatives (CR) – There shall be two CRs who represent all of the Clubs in the LWC. They are elected by a majority vote of the Club Presidents in the LWC for a two year term and must be a club president to be eligible.

Athletes' Representative: There shall be two Athlete's Representative who will serve to represent the athletes of the LWC at executive board meetings, voicing the concerns of the athletes in administrative matters. This position is to be elected by the general vote of all athletes and each ARs will serve a 2 year term. They must have qualified for a national meet for which there is a qualifying total or competed in three meets within the last twelve months. One rep must be female and one rep must be male.

Ad Hoc Members and Former Full Term LWC Presidents - Any LWC member who serves on a USAW Board or Committee shall automatically be a voting member of the LWC Board. The term of these Ad Hoc members is the same as their terms on the national level. Similarly, the LWC should welcome the input of anyone who served for a full term as LWC President, for a term of two years which can be renewed for an additional two years with approval by majority vote of the Board for a maximum term of four years.

Chris Smith proposed an amendment to Artie's proposal to include Governships. The amendment was voted on and approved unanimously. It is presented herein as it was approved.

Governors shall be elected for the zones that are not represented by the office of the LWC President. The LWC is divided into four zones. Governors in each zone not represented by the office of the LWC President will be elected every two years by the general membership in their zone. Governors are part of the executive board and have voting privileges.

1. Each zone shall have an elected Governor. The Governor coordinates with the President regarding the sanctioning events and other issues that may arise.
2. The Governor exercises authority in their zone. The Governor may appoint an assistant to take notes and organize issues at general membership meetings for their zone. No voting or motions may take place at these meetings as they are general membership meetings for informational purposes only. Any issues or concerns from meetings should be reported to the LWC President in written form.
3. The Governor and their assistant must be/have:
  - A current USAW member
  - At least an LWC referee
  - A current background check
  - Current with their safe sport training
4. The Governor and their assistant must follow all the Metropolitan LWC bylaws.
5. All Governors must attend Executive Board meetings. If they cannot attend in person, they may attend via teleconference.

The floor was opened for new business.

Kurt Roderick presented a draft of an LWC Meet Director's Handbook.

## METROPOLITAN LWC HANDBOOK FOR MEET DIRECTORS

We are excited that you are taking up the challenge as a Meet Director for the Metropolitan LWC. It is a great service that you are taking upon yourself to promote and grow the sport of weightlifting. Below you will find an updated list of current minimum standards and requirements for running a Local Weightlifting Competition within our LWC. We will do our best to keep this list up to date during the year with changes in the rules governing local competition that may be passed by the IWF, USA Weightlifting, or our LWC.

As the LWC Executive Board, we are here to help you in your efforts to promote this sport in our area. Please feel free to reach out to the Board if you have any questions about these requirements, best practices, or further educational opportunities.

### **SECTION 1: Minimum Standard & Requirements**

Please note, failure to fulfill obligations in Section 1 may result in a suspension of the ability to be a Meet Director, or further sanctioning subject to review by the USA Weightlifting Ethics and Judicial Committees. Individuals who have issues to raise about a competition they have attended should immediately reach out to [usaw@usaweighting.org](mailto:usaw@usaweighting.org).

Please note: IWF TCRR, USA Weightlifting addendum, and LWC Bylaws takes precedence over the requirements below (except where stated). In addition, the USA Weightlifting Code of Ethics, Code of Conduct together with the codes of both the US Center for SafeSport and US Anti-Doping Agency must be respected at all times.

1. The Meet Director
  - a. Must be a current USA Weightlifting member
  - b. Must hold a SafeSport Trained Certification.
  - c. Must appoint a Competition Secretary. (LWC, Article 5)
  - d. Must email out a week before the meet all National, Category 1, and Category 2 referees to assess their availability. Referees shall be selected on a first come first serve basis, but the highest ranking officials will have priority. (LWC, Article 7, Section 2)
  - e. Must provide a participation record to the LWC Secretary to be tabulated. (LWC Section 1)
  - f. Meet Directors are required to upload results from their competition within 14 calendar days of the event into the webpoint membership system. For support reach out to [usaw@usaweighting.org](mailto:usaw@usaweighting.org)
  - g. If the event is a final qualification deadline competition for a national competition, the results are required to be uploaded within 24hrs.
  - h. Once entered, it is the responsibility of the Meet Director to review the results and contact [usaw@usaweighting.org](mailto:usaw@usaweighting.org) with any discrepancies.
  - i. The Meet Director is entirely responsible for all areas of the competition inclusive of health and safety, results management and set up, regardless of if he or she delegates a task.
  - j. The Meet Director must ensure there are sufficient emergency plans in place for the event in case of medical emergency, commensurate with the number of entries.

#### Competition Secretary (LWC Article 5)

- . Must be a current USA Weightlifting member.
- a. Must be a LWC Referee or higher.
- b. May be appointed by the Meet Director. If the Meet Director cannot find some one, the LWC President will appoint someone.
- c. Is an administrator to supervise and help the meet director.

d. The duties of the Secretary include ensuring the compliance of the meet with IWF, USAW and LWC Rules and Bylaws.

e. Must file a report within one month from the date of the competition to the LWC Secretary with all official documentations from the meet and a Meet Report that includes an overall statement of approval and disapproval (LWC, Article 7, Section 4).

#### Technical Officials

. Referees: The competition must have 3 LWC officials (or higher) to adjudicate the lifting at all times. They shall have the same responsibilities and authority as Jury and the Technical Controller would at international events.

a. Weigh In Officials: All weigh ins must be conducted by two LWC Officials (or higher) who possess a background check and be SafeSport trained. (LWC Article 7, Section 2)

b. Speaker: will have the same responsibilities and authority that the speaker and marshal have at international events. Cards may be shuffled in accordance with the lifting order at the local competition in the event an electronic scoring system is not present.

#### The Meet Venue

. Competition Platform:

i. The platform may measure from 12 feet x 12 feet OR 4 meters x 4 meters and may be up to 10 cm in height. If the platform is the same height as the surface around it, the outside dimensions of the platform must be clearly marked.

ii. The competition must be completed on kilogram weights. The competition set must be a colored, kilo weight set. There must be a 15kg bar and 20kg bar for the competition.

iii. Provision of lighter technique bars for Youth athletes is strongly encouraged. If you do not have lighter bars available it must be highlighted on the entry form that the minimum attempt is 20kg for Women, 25kg for Men.

iv. In an effort to facilitate the use of the largest diameter plates available (e.g., 45 cm diameter 2.5 kg plates), men lifting less than 45 kg., and women lifting less than 40 kg., may use a lighter than standard (20kg./15kg.) bar, as long as the diameter and length of the bar inside the collars meet IWF measurement standards. Spring collars may be used (with no credit given for the weight of the spring collars).

a. Warm Up Room:

. There must be a sufficient warm up area and equipment for each athlete. As an absolute minimum standard, there must be 1 platform for every 4 competitors.

i. Each warm up platform ought to have sufficient kilo equipment.

ii. There must be 15kg and 20kg bars available for each warm up platform.

b. Spectator Area:

Alcohol is prohibited in the warm up and field of play areas. For the avoidance of doubt, alcohol is permitted in the spectator area.

c. Weigh In Area:

There must be a private area for the weigh in, using a scale that is accurate to 0.1kg at minimum. If there are any CCTV in the weigh in area, it must be shut off during the competition. Any windows or other viewable area for the weigh in area must be covered.

d. As part of the USADA Lift Clean Program, the competition may be subject to advance notice testing by the US Anti-Doping Agency. Meet Directors are obliged to provide any and all information and facilities requested by the USADA Doping Control Officer.

#### Operation of the Meet

e. Conducting a Weigh In:

Weigh In must be conducted on-site (remote weigh in is strictly prohibited).

.Government-issued ID is required for individuals aged 18 or over. A birth certificate is considered sufficient for individuals aged 17 or under, OR where the individual does not have government-issued photo ID, such as a passport or driver's license.

i.If the registration was NOT conducted through the WebPoint system, the USA Weightlifting membership card must be checked. It is good practice to check, even if registration was conducted through the WebPoint system.

ii.For weigh ins of an athlete under the age of 18 on the day of the weigh in, 2 individuals of the same gender as the athlete must be in the room during the weigh in. One of the individuals may be the coach or parent of the athlete.

iii.All athletes under the age of 18 on the day of the weigh in MUST weigh in wearing a singlet. Athletes aged 18 and older on the day of the weigh in have the OPTION to weigh in wearing a singlet. The athlete must be within the body weight category inclusive of the garment.

iv.Athletes who choose to NOT weigh in with their singlet may either weigh in nude or in their undergarments.

v.Regardless if they weigh in with singlet, undergarments, or nude, athletes may not wear shoes or sock or any other foot wear. Costume, unitard, shorts and t-shirt are not considered undergarments.

f. Conducting the Contest:

Unless designated by the entry form for invitational reasons (E.G. a college only competition, a youth only competition, a meet with qualifying totals, a meet with a cap of entries, a novice only meet or an LWC Championship), a USA Weightlifting sanctioned event is obliged to accept any USA Weightlifting members' entry who is in good standing with the organization.

.All athletes and coaches participating in the competition MUST be members of USA Weightlifting. For the avoidance of doubt, the competition will not be covered by insurance in the event non-members participate in the competition. The Meet Director is must ensure USAW memberships are checked at Athlete Registration or at the Weigh In.

i.Local level competitions may allocate sessions at the Meet Director's discretion, either by bodyweight category or by entry total.

ii.Bib numbers are not required at Local competitions

iii.Athletes in their first year of membership who are Junior or Youth athletes (aged 20 or under), are permitted to not use a singlet, however wearing a singlet is encouraged. If a Junior or Youth athlete is not wearing a singlet they must weigh in in the custom they are to wear for the competition.

iv.Introductions should follow the IWF protocol, and take place 10 minutes before competition commences, with the break clock beginning after the final introduction has taken place.

v.A clear system for the adjudication of the lift is necessary. While an electronic results system is preferred, the referees may give their decision by means of small red and white flags.

vi.If there is no electronic system for giving the down signal (that gives an audible and visual signal), the Center Referee must say, "Down," and at the same time motion downwards with the arm. However, before giving the "Down" signal, the Center Referee must seek confirmation from the two Side Referees. If there is agreement from the Side Referees or from the Center Referee, this constitutes a majority opinion and the Center Referee stops the lift and signals to the athlete to lower the barbell to the competition platform. (IWF 7.7.10)

vii.The Side Referees must signal a 'good lift' or 'bad lift' as soon as they have adjudicated the lift. They SHOULD NOT wait until the down signal is given. The down signal is given if only a majority of the referees agree on the correct adjudication of the lift.

viii.Team Point scoring for all USAW and local events shall be as follows:

PLACE	LOCAL COMPETITION POINTS
1 <sup>ST</sup> PLACE	6 POINTS
2 <sup>ND</sup> PLACE	4 POINTS

3 <sup>RD</sup> PLACE	3 POINTS
4 <sup>TH</sup> PLACE	2 POINTS
5 <sup>TH</sup> PLACE	1 POINT

- xi. Music is permitted at local competitions at the discretion of the Meet Director, however if an athlete requests the music be turned off for their lift, the Meet Director must turn down the music for that athlete's attempts.
- xii. Announcements must be made in a fashion loud enough for all athletes and coaches to be able to hear.

12. Sanctioning a Competition

- . A Meet Director may elect to have USA Weightlifting's membership system manage the competition entries and start list. To do so, email [usaw@usaweightlifting.org](mailto:usaw@usaweightlifting.org)
  - a. Sanctions for meets that have not run the year before must be requested at the first LWC General Membership Meeting of the calendar year. Please email the LWC if you would like to schedule a meet in the first three months of the calendar year to ask for an exception to this requirement. (LWC Article 4 - Section 5)
  - b. Meets that have run the year before will be given priority when asking for a renewed sanction as long as the event is held within 15 days of the previous date and was satisfactorily run the prior year.
  - c. The LWC is divided in 4 Competition Zones: (LWC Article 2 Section 2)
    - .Zone 1: Nassau, Suffolk, Kings, Queens, Manhattan, Richmond, Bronx
    - i.Zone 2: Westchester, Rockland, Putnam, Orange, Dutchess, Ulster, Kingston, Sullivan
    - ii.Zone 3: Columbia, Greene, Schoharie, Albany, Rensselaer, Washington, Saratoga, Schenectady, Fulton, Montgomery, Warren, Hamilton, Essex, Clinton, Franklin, St. Lawrence counties and all counties directly north within our LWC border.
    - iii.Zone 4: Broome, Chenango, Delaware, Oswego, Lewis and Jefferson counties, and all counties directly west within our LWC border.
- Meets that have not run the year before shall be awarded on a first come first serve basis, as long as they meet the following requirements (LWC Article 7- Section 4, 5):
- .Meet Directors are allowed to hold one competition per weekend, per LWC competition Zone (please see above for the list of LWC Zones). This limitation is waived in Zones 3 and 4 so long as the competition venues are at least 100 miles away from each other.
  - i.However, no competition will be allowed during the four week period leading up to the annual Metropolitan LWC Championships within Zones 1 and Zones 2.
  - ii.Additionally, one competition in both Zone 3 and Zone 4 will be allowed on the same date(s) of the Zone 1 and Zone 2 Metropolitan Championships. These events, if held, will be considered "upstate LWC Championships" and the combined results will determine the overall LWC Champions for a Calendar year.
- Appeals to sanction denials are heard by the USAW Presidents' Advisory Committee (PAC).  
 If the date of your competition is changed, your LWC President must also approve the date change.  
 Personal data received in connection with running a USA Weightlifting competition should be used for that exclusive purpose. Any other use of that data is strictly prohibited.

Kurt Roderick presented several proposals to amend sections of the LWC by-laws.



- Proposal 1:

*Problem* - The duties and requirements in the bylaws for the Meet Director, Competition Secretary, and 'Qualified Individual' are overlapping and conflicting. This includes conflicting information regarding what is in a Meet Report, who is assigned the Meet Report, who is held responsible for the lack of Meet Report, and who files Meet Results nationally and with the LWC.

*Solution* - Cut the requirements for the Qualified Individual. The Qualified Individual position is superseded by the Competition Secretary position.

- From Article 7 - Section 4 CUT: ~~“To obtain a sanction a potential Competition Director must secure a commitment of a LWC Officer or National Level or higher Technical Official to attend the event. This person must agree to assist with running of the competition and report back in writing to the LWC Officers. A potential Competition Director must present the name(s) of qualifying individuals who will support the competition. This requirement is waived for Competition Directors who either have run a competition as a Director in the LWC in the calendar year of 2016 that was satisfactorily done or is a National or higher Technical Official.”~~

*Solution* - Cut the requirements of a new Meet Director (circa post 2016) to sign a written agreement with the LWC to hold a meet and the list of requirements that are to be included in the agreement. Some of these requirements are the same as those required by USA Weightlifting, but some of these requirements of the Meet Director are superseded by the position of Competition Secretary.

- From Article 7 - Section 4 CUT: ~~“A potential Competition Director must also confirm via a countersigned written commitment with the LWC to do/provide the following: 1. The LWC Zone in which the competition will be held. 2. Draft entry form with tentative schedule and name of LWC Officer or Technical Official that has committed to supporting the event. 3. Confirm kilogram barbells and weights will be used for the competition. 4. Confirm all officiating, including weigh-ins, will be done by LWC or higher Technical Officials. 5. Submit/upload official competition results to USAW's Webpoint database and email them to the LWC Officer designated in the written commitment within 10 days of the completion of competition. 6. Ensure a meet report is presented, in writing prior to or verbally in person at the next scheduled LWC meeting. (Form to be provided by the LWC). 7. All rules of weightlifting competition will be followed.”~~

*Solution* - Cut the requirements for the Meet Director to send in reports to the LWC, and clearly assign this requirement to the Competition Secretary of the meet. In addition, clarify the requirements for what is in a Meet Report given by the Competition Secretary.

- From Article 4 - Section 1 CUT: ~~“Each meet director will submit participation records to the Secretary to be tabulated.”~~

- To Article 5 - Section 1: ADD: “report back to the LWC Secretary with all official documentation from the meet, a participation record of all Officials and Volunteers for the meet, and an overall approval or disapproval of the competition”

*Solution* - The Meet Director is penalized for the failures of the Competition Secretary. The Meet Director should receive sanctions that are determined to be their fault, but cannot accept responsibility for failures of the Competition Secretary. The Competition Secretary is a position that may be appointed by the President of the LWC, and the Meet Director should not be sanctioned for their actions.

- To Article 5 - Section 1 Cut: ~~“failure to provide the required documentation may result in the denial of a future sanction request”~~
- To Article 5 - Section 1 Add: “failure to provide the required documentation may result in being ineligible in the future for Competition Secretary or Meet Director. If the Competition Secretary is able to show that the Meet Director has failed to provide the required documentation for the Meet Report, the Meet Director may be subject to denial of a future sanction request.”

*Solution* - The Competition Director is held responsible by USA Weightlifting for filing the Meet Results in a timely manner (14 calendar days or 24 hours in the case of last minute qualifiers). The LWC bylaws task the Competition Secretary with this duty. WebPoint does not allow for the Meet Results to be filed by someone other than the Meet Director.

- To Article 5 - Section 1 Cut ~~“to report the results to the national office in a timely manner and”~~

Proposal 1 received 2 seconds and will be voted on at the next board meeting.

#### Proposal 2:

*Problem* - The bylaws grant the President and Technical Committee the ability to act as a jury to any Local Competition. This contradicts the rules outlined in the USA Weightlifting Addendum to IWF Technical Rules, which gives this power to the three referees officiating at local events.

*Solution* - Make the bylaws in agreement with the USAW Addendum.

- To Article 7 - Section 3 CUT ~~“In lieu of a jury, at any local meet the President and Technical Committee can act as such, with all the powers delegated to a jury under the rules of the IWF Technical and Competition Rules and Regulations (See said document Section 7.5 Jury).”~~

Proposal 2 received two seconds and will be brought to vote at the next board meeting.

#### Proposal 3:

*Problem* - The bylaws prohibit meets in LWC Zones 1 & 2 from running a meet four

weeks to the run up of the Metropolitan Championship. This is the only competition that is granted this special right, though it could be interpreted that the first Meet Directors to run the allowed Upstate Metropolitan Championships of LWC Zones 3 & 4 may also be granted the same privileges. It is not a problem, per say, that we have blackout dates for the LWC Championships. The problem is the possible ethical violations of limiting the Metropolitan Championship to one Meet Director and one Venue.

*Solution* - Establish a process by which Meet Directors and Meet Venues are able to apply to host the Metropolitan Championship for Zones 1 & 2 and for Meet Directors/Meet Venues to apply to host the Upstate Metropolitan Championships of Zones 3 & 4.

- Article 8 - Change to Article 9
- ADD "Article 9: Metropolitan Championship & Upstate Metropolitan Championships
  - SECTION 1: Meet Directors, that meet the requirements below, may apply to host the Metropolitan Championship at a venue in LWC Zones 1 & 2, or host either Upstate Metropolitan Championships at a venue in Zones 3 or 4. The venue in Zones 3 and Zones 4 are at least 100 miles away from each other.
    - i. The Meet Director must have successfully led at least 1 meet every year for the past 5 years. This requirement may be waived if the Meet Director is able to secure a Competition Secretary that meets this requirement.
    - ii. At least one of these meets must have been greater than 80 athletes, and must have been led by the Meet Director (not the Competition Secretary).
    - iii. Either the Meet Director or Competition Secretary must be a National Referee or higher.
    - iv. Must secure a letter of recommendation from at least 5 Club Directors from Zones 1 & 2 if they are applying for the Metropolitan Championship.
    - v. Must secure a letter of recommendation from at least 3 Club Directors from Zones 3 & 4 if they are applying for the Upstate Metropolitan Championships.
    - vi. A Meet Director must have secured a Meet Venue for either the third or fourth weekend of October (may not be held after the qualifying period for the American Open Final ends).
    - vii. The Meet Director must indicate if they are able to hold the meet over 1 or 2 days, and what flexibility they have in setting the date for the competition.
    - viii. The Meet Venue must be located in Zone 1 or Zone 2 for the Metropolitan Championship. The Meet Venue for the Upstate Metropolitan Championships must be located in either Zone 3 or Zone 4. There may not be two Upstate Metropolitan Championships within the same Zone.
    - ix. The Metropolitan Championships of Zones 1 & 2 and the Upstate Metropolitan Championships of Zones 3 & 4 must be held over the same weekend.

SECTION 2: The Meet Director, in their application, will confirm the following standards will be met for the competition:

- .Online Entry for athletes thru USAW's registration portal.
- i.The competition platform will be 4 meters x 4 meters.
- ii.The competition equipment will be IWF/USAW certified for competition.
- iii.There will be at least 6 warm up platforms per competition platform.
- iv.There will be a best effort to limit each session to 15 athletes (with 18 athletes the upper limit).
- v.Electronic Scoring System and Electronic Scoreboard will be used.

vi. The competition will be limited to members of the Metropolitan LWC, however, lifters from outside the LWC will be permitted to lift as EXTRA LIFTERS if entries do not exceed 80 lifters four weeks before the competition. They will not be eligible for medals or prizes.

SECTION 3: Applications must be submitted to the LWC Executive Board for the following year's Metropolitan Championships and the Upstate Metropolitan Championships at least four weeks before the date of the current year's Metropolitan Championships. The applications will be reviewed by the Executive Board before the Metropolitan Championships of that year. The Executive Board will vote on all eligible applications. If a Meet Director or owner of a Meet Venue is on the Executive Board they will excuse themselves from the deliberation and from the vote. A majority vote is required for the Metropolitan Championship for Zones 1 and Zones 2 or the Upstate Metropolitan Championships for Zones 3 and/or 4.

.If no eligible applications are received for the Metropolitan Championships, the competition will be held at its historical home, the Lost Battalion Hall of NYC Dept of Parks. The Meet Director will be selected by the Club Director of the LBH of NYC Dept of Parks Weightlifting Club. The Club Director of the LBH of NYC Dept of Parks Weightlifting Club may decline.

i. If no eligible applications are received for the Upstate Metropolitan Championships, the competition will be held at the venue that successfully held it the year prior and be led by the Meet Director who led it the year prior. The Meet Director may decline.

Proposal 3 received no seconds and was tabled.

Kurt Roderick presented a draft of an athlete funding models that he and Brian DeGennaro developed.

### **2019 Metropolitan LWC Rewards Program**

#### **Purpose:**

The purpose of the Metropolitan Rewards System is to provide Direct Athlete Support (DAS) payments to high performing athletes in the Metropolitan LWC (MetLWC) based on competition results from the Senior National Championships and American Open Finals. This support should help the athletes in their training and expenses.

#### **Budget**

The stipend/reward system shall be 85% of the USAW annual funds. This amount will be adjusted yearly. MetLWC has a limited budget with regards to payouts. MetLWC must prioritize rewards based on the two major USA Weightlifting Championships (Senior Nationals and American Open Finals) for the time being.

#### **Philosophy**

Metropolitan LWC seeks to motivate and reward the best athletes of the region. Providing monetary compensation may help drive the MetLWC lifters to more competitive totals at major competitions as well as recoup some of the cost (and time off from work) traveling to major competitions.

#### **Minimum Qualifications:**

To be considered to earn funding an athlete must meet the following minimum requirements:

**Athletes must compete in minimum of 1 MetLWC meet per year**  
**Athletes must be current members of USA Weightlifting and in good standing with USA Weightlifting and MetLWC.**

**Proposal:**

Rewards will be given out based on performance at the Senior National Championships or American Open Finals. Only medals in the total will count towards compensation. The current proposal shall be:

**Gold:** 17% of USAW annual funds

**Silver:** 10% “ “

**Bronze:** 7.5% “ “

Funds will be awarded after major national competitions and after (if any) USADA test results come back. Remaining rewards money is placed back into MetLWC account and added to funds for following year.

For example, based on a hypothetical \$5000 budget we would have a breakdown per medal of:

**Gold:** \$850

**Silver:** \$500

**Bronze:** \$375

As remaining funds are added back into the rewards account each year, the budget ought to increase year to year. Therefore maximum payout will be \$1530 for gold, \$900 for silver, and \$675 for bronze medals in the total.

**Rationale:**

Highest payouts should reflect highest level of competition. Standards should be in place so that not all funds are used each major competition or each year. The remaining funds shall be funneled back into a rewards account each year so that over time these funds can be used to reward medals for the snatch and jerk, medals at other competitions (AO Series, University, Junior Nationals) and provide larger payouts — and therefore more incentive.

Historically (based on competition results between 2014-2018) the MetLWC athletes tend to earn 1-2 bronze medals per year at either the Senior Nationals or American Open Finals. MetLWC ought to be able to stay well within budget each year, especially if remaining funds are channeled back into the rewards program year after year.

**Potential uses for extra funds/Future Proposals (years down the line):**

Subsidize or discount top performer entry fees at local and national competitions - as a sign of good faith.

Possibility of rewarding MetLWC athletes for setting LWC records at major competitions. LWC records must be stabilized to a high enough standard first.

Increase in funds over the years can provide compensation for larger range of athletes (outstanding youth/juniors), American Open Series, University/U25 Nationals, and for prestigious LWC events (Met Championships) based on ROBI points - within reason of course.

**Potential questions:**

Should this be doled out after major competition or at end of year?

What happens in a particularly good year where MetLWC earns multiple medals in multiple categories and competitions?

**Solution:** shift towards ROBI points instead of placement

What if athlete performs well (high national ranking) at American Open Series? Qualifies for international squad at AO Series?

**Final Comments:**

I would like to thank the President and the board for the opportunity to discuss this proposal at the 10/26/18 General Meeting and providing inspiration for this proposal.

I would suggest that the Executive Board should act on this proposal as soon as possible, preferably the first general meeting of the year. It would be useful to probe the MetLWC clubs' opinion or approval via Webpoint.

There should not be an issue of using the USAW annual funds or any LWC funds to provide compensation for our top athletes. As stated in our bylaws the purpose of MetLWC funds is to "utilize all funds received from whatever source exclusively in the promotion of and in furtherance of Weightlifting." If purchases for equipment and medals/rewards/food can be voted upon and approved by the board, then this proposal should be able to pass as well. This expense is as directly related to the mission of "[promoting] the growth and development of Metropolitan Weightlifting at a grassroots level" as much as purchasing equipment for competitions and rewards for outstanding athletes. Arguably, monetary compensation would be better suited for the best lifters of the MetLWC.

CALCULATION TABLE FOR REWARDS with LIMITED BUDGET					
TOTAL COMMITTED BUDGET				\$5,000	
FORMULAS					
G = TOTAL GOLD MEDALS		S = TOTAL SILVER MEDALS		G = TOTAL BRONZE MEDALS	
Cg = COEFFICIENT FOR GOLD		Cs = COEFFICIENT FOR SILVER		Cb = COEFFICIENT FOR BRONZE	
$((C_g * G) / ((C_g * G) + (C_s * S) + (C_b * B)) * \text{TOTAL BUDGET}) / G = \text{TOTAL FUNDS GIVEN TO EACH GOLD MEDAL}$					
$((C_s * S) / ((C_g * G) + (C_s * S) + (C_b * B)) * \text{TOTAL BUDGET}) / S = \text{TOTAL FUNDS GIVEN TO EACH SILVER MEDAL}$					
$((C_b * B) / ((C_g * G) + (C_s * S) + (C_b * B)) * \text{TOTAL BUDGET}) / B = \text{TOTAL FUNDS GIVEN TO EACH BRONZE MEDAL}$					
EXAMPLES					
COEFFICIENT FOR GOLD	1.5	COEFFICIENT FOR SILVER	1	COEFFICIENT FOR BRONZE	0.5
<i>Please note: Cg + Cs + Cb must equal 3</i>					
GOLD MEDALISTS	2	SILVER MEDALISTS	1	BRONZE MEDALISTS	4
EACH GOLD MEDAL (\$G)	\$ 1,250.00	EACH SILVER MEDAL (\$S)	\$ 833.33	EACH BRONZE MEDAL (\$B)	\$ 416.67
THE CHECK					
$(\$G * G) + (\$S * S) + (\$B * B) \text{ MUST EQUAL TOTAL BUDGE}$				\$ 5,000.00	

Artie Drechsler presented a proposal to modify the by-laws amendment process.

Current article:

## Article 8. Amendments to Bylaws

### Section 1: Amendment Proposal

Amendments shall be proposed by any board member at one of the board meetings. In order for the amendment to be voted on, the motion must be seconded by at least 2 other board members. If the motion is seconded, notice shall be given to all Board members and a vote from all attending Board members shall take place at the next meeting, provided a quorum of at least fifty percent of all Board members.

### Section 2: Amendment Approval

At least two thirds of the votes present is needed in order for an amendment to be approved and added to the bylaws.

Proposed article:

## Article 8. Amendments to Bylaws

### Section 1: Amendment Proposal

Amendments may be proposed by any board member. The Board member may propose such an amendment in writing, by submitting the proposal to the President and Secretary of the LWC at least 21 days prior to the next LWC Board meeting. The President and/or Secretary must circulate the proposed amendment at 14 days prior to said meeting, where the proposal will be voted on, if there is a quorum. Alternatively, a proposal for an amendment to the bylaws may be made at any regular board meeting and seconded. In such a case, written notice of the proposal shall be given to all Board members and a vote shall take place at the next meeting, provided a quorum of at least fifty percent of all Board members.

### Section 2: Amendment Approval

At least two thirds of the votes present is needed in order for an amendment to be approved and added to the bylaws.

Frank Mintz presented a proposal for new records for the LWC in the form of a letter to the Board. Frank's letter is presented here as it was written.

I have been working on setting up the met records for the new weight classes. This is what I was thinking about:

Youth Records (13 and under, 14-15, 16-17)

Junior Records

Master Records (all age groups)

The information that would be needed to place lifts done from the old classes into the new classes for the above categories just isn't readily available back to 1998, so the above records would be researched from webpoint from July 2018 forward from the first Met competition when the new weight classes started. However, if a lifter does have proof that can be confirmed of a heavier lift in any of the above categories within the new weight class then that lift would be honored.

Records for senior

all plus + weight classes the records will remain

If we look at the women class and compare the new classes this is what we can do to keep the records set by lifters in comparable weight classes. Being that the records in 6 weight classes are lower bodyweight than the adjoining old class we can use those records. If a lifter has proof of a heavier lift within the new bodyweight class then that lift will be honored (an example would be Christine DeSanno below). For the 45 and 81 classes, lifts made from July 2018 forward would be used or we can come up with a record standard for those classes. One idea for the standard for the 45 and 81 class would be the qualifying total for the senior national championship for the total record and 45% of that total for snatch and 55% of that total for CJ.



Female

old	new	
	45	use lifts when new classes started from July 2018 forward or create a standard
48	49	use 48 record
53	55	use 53 record
58	59	use 58 record
63	64	use 63 record
69	71	use 69 record
75	76	use 75 record
	81	use lifts when new classes started July 2018 forward or create a standard (Karyn Marshal lifted as a 82.5 so research would need to be done if she weighed 81 for big lifts.)
90	87	Christine DeSanno bdw 86.45 has all records in the 90 kilo class so her records will be kept because her bodyweight was less than 87
+90	+87	use +90 record

For the men

old	new	
	55	use lifts when new classes started from July 2018 forward or create a standard
56	61	use 56 record
62	67	use 62 record
69	73	use 69 record
77	81	use 77 record
85	89	use 85 record
94	96	use 94 record
	102	use lifts when new classes started July 2018 forward or create a standard
105	109	use 105 record

+105      +109 use +105 record (current record holder did weigh more than 109)

For the 55 and 102 class lifts made from July 2018 forward would be used or we can come up with a record standard for those classes (one idea would be to use the same 45/55% of senior national qualifying total outlined above or research the best result of the old 54, 99 or 100 kilo class for the new 55 and 102 records, if that info is available).

It appears that the women classes would be easy to do. The men classes would need a lot of research that I do not have access to because webpoint does not have all of the data. for example :

There could have been a lifter weighing 89 kilos before July 2018 that lifted more than the old 85 record which is used for the new 89 class. If a lifter wants to claim a record for any weight category he/she would have to provide proof of the results to be verified.

This is somewhat similar to what USAW has done with the current records.

Let me know what you think.

Frank

There being no further new business to discuss, the meeting was closed by the President at 5:00.

Jeff Scott

Secretary, LWC 06