

Niagara LWC Bylaws

Article 1. Name and Status

Section 1: Name: **Niagara LWC**

Section 2: Status

This LWC is recognized as a local weightlifting committee of USA Weightlifting, Inc. (USAW).

Article 2. Territory

Section 1: Jurisdiction

The Niagara LWC includes all athletes registered as members of the Niagara LWC. Athletes who live in the Niagara LWC may join a club outside of the LWC but are only authorized to compete in the LWC Championships of the Niagara LWC, not in the championship for the LWC of the external club. Clubs must be registered under the Niagara LWC via USAW based on the address of the club. Geographically, the Niagara LWC includes the counties of Orleans, Genesee, Wyoming, Niagara, Erie, Chautauqua, Cattaraugus, Allegany, Monroe, Livingston, Wayne, Ontario, Yates, Seneca, Tioga, Steuben, Schuyler, Chemung, Tompkins. All other counties in the state of NY belong to the Metropolitan LWC.

See Article 7 for further information on events.

Article 3. Mission Statement

Section 1: Mission Statement

To promote the growth and development of Niagara Weightlifting at a grassroots level abiding by the rules and governance of Niagara Weightlifting and USA Weightlifting, Inc.

Section 2: Function

The purpose shall be to educate, promote, conserve, sponsor, coordinate and stimulate the interest of weightlifting.

Article 4. Officers and the Board

Section 1: Officers

President: The President shall preside at the membership and Executive Board meetings as chief officer of the organization; shall supervise the organization's affairs and activities; shall make an annual report to the members; and be responsible for seeing that all of the organization's activities are in accordance with these bylaws and USA Weightlifting bylaws and rules. The President of the Niagara 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.

Secretary/ Treasurer: shall give notice of all regular and special meetings; keep permanent record of such meetings, be custodian of all official records of the organization, and prepare Minutes of such meetings for publication; submit a credentials report at each meeting. The Secretary shall be elected for a term of four years by a majority vote of the LWC membership.

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.

Athletes Representative: will serve a two-year term. They must have qualified within the last 2 years for a national level competition for which there is a qualifying total. The national competitions are:

American Open Series and American Open Finals

Sr. National championship

Master Nationals championship

University Nationals championship

Jr. Nationals championship

Or competed in 2 local meets within NY State in the previous year of their election.

Technology Chair/Bookkeeper/Records Chairperson: 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. This individual also serves, at the pleasure of the President.

All of these positions listed above are voting members on the executive board.

Resolution of an issue: Outside of an LWC meeting, The President and Secretary may agree on the resolution of an issue. The resolution will stand until the next Executive Board meeting at which it will be voted on for approval.

Section 2: Removal of Officers

If an officer is found to be non-compliant with the Code of Conduct of USA Weightlifting, Inc. or expected duties an officer can be removed.

1. Proposal: A motion for removal can only be considered for a vote if at least 2 board members bring written complaints to the board. After a proposal is decided on, the vote shall be set for the next meeting, with the officer being removed have the right to present his/her case at that next meeting.

2. Required Votes Present: 50% of the board must be present to vote on removal.

3. Approval: Two thirds of the votes present are necessary for removal.

Section 3: Meetings

At least two Executive Board Meetings shall take place every year at the discretion of the president. The president can have more if needed. These meetings are open to only Executive Board members. At these meetings, the board will discuss issues of administration including meet results, upcoming meets, voting criteria, and previous minute meetings along with

any other technical issues. Any concerns brought to the Executive Board by LWC members will be addressed at these meetings.

Article 5. Competition Secretary

Section 1: Function and Duties

Each competition will be appointed a Competition Secretary by the meet director at the time the sanction is submitted. The competition secretary must be an LWC referee or higher. If the meet director cannot secure the services of a qualified competition secretary, the LWC President will assist in finding or appointing a qualified competition secretary for the event. The competition secretary is an administrator to supervise and help the meet director. At the end of the meet, the cards and all other official documents shall be given to the competition secretary.

Competition Secretary and the meet director must work together, they cannot be the same person. All final responsibility falls on the meet director.

Competition Secretary duties:

- to check that the platform, the barbell, the scales, the light system, the time clock, the warm up area and the other facilities are sufficient and in working order
- to check that the number of lifters at the actual meet is acceptable for the venue and that there are the required number of officials meaning referees, announcers, and time keepers
- to ensure the costume of every competitor follows USA Weightlifting guidelines
- to ensure the accuracy of the results on the score sheet at the end of the competition
- to report the results to the national office within the 2 week window; to send data/results within one month from the date of the competition; to report back to the LWC Secretary with all official documentation; failure to

provide the required documentation may result in the denial of a future sanction request

Article 6. Funding

Section 1: Funding

The purpose shall be to receive funds and other assets by the way of donations from various and sundry sources; to receive funds from registrations and sanctions from USA Weightlifting, Inc.; to utilize all funds received from whatever source exclusively in the promotion of and in furtherance of weightlifting.

Section 2: Financial Statements and Disclosure Policy

The account and all financial statements shall be overseen and maintained by the Treasurer and Bookkeeper of the Niagara LWC who will report on and produce account records at each meeting.

Section 3: Collection

All funds are from USA Weightlifting, Inc., voluntary donations or fundraising efforts specific to Niagara LWC. They should be made payable to the account and remitted to the national offices.

Section 4: Purpose of Funds

The funds shall be dispensed as agreed by the LWC's board members solely for expenses directly related to the LWC's mission. Purchases and transactions shall be approved by the board via a majority vote. These purchases shall include equipment and other necessary expenses for the conduct of sanctioned competitions.

Article 7. Events

Section 1: Notification

Members of the Niagara LWC shall be notified of events via a calendar and list found on the LWC web site or social media.

Section 2: Management

Every sanctioned competition shall have a meet director who is stipulated on the sanction form and a competition secretary.

Referees shall be selected on a “first come, first serve” basis, but the highest ranking referees will have priority. The meet director must contact all national, category I, and category II referees one month prior to the meet to assess their availability and the need for local referees.

Weigh-ins must be conducted in a private room, not a public bathroom or open area whatsoever. The LWC will adhere to IWF rules. At no time may a referee be alone in the weigh-in room with a minor.

Section 3: Monitoring

Every sanctioned competition shall be monitored by a Competition Secretary (see Article 5). After the Competition Secretary has conducted his duties, he shall report back to the president and secretary within one month from the date of the competition with a full report on the event including an overall statement of approval or disapproval. In lieu of a jury, at any local meet the President or the rest of the executive board can act as such, with all the powers delegated to a jury under the rules of the IWF Technical and Competition Rules.

Section 4: Awarding of Dates/Sanctions

All USAW members seeking approval for an open meet are encouraged and can submit their sanction for approval at the beginning of the year. The Executive Board will convene subsequently in order to consider all submitted sanctions and schedule the meets for the coming year.

Sanctioned competitions that were run in the past year shall 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. Any other dates/sanctions, for open or closed competitions, shall be awarded on a first come first serve basis to the extent they satisfy the requirements stipulated in the “Frequency of Events” section below.

To obtain a sanction a potential Competition/Meet Director must secure a commitment from one of the executive board members or an experienced meet director, if it is their first time running a 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 that was satisfactorily done, or is a National or higher Technical Official.

A potential Competition Director must also confirm via a countersigned written commitment with the LWC to do/provide the following:

1. Draft entry form with tentative schedule and name of LWC Officer or Technical Official that has committed to supporting the event.
2. Confirm kilogram barbells and weights will be used for the competition.
3. Confirm all officiating, including weigh-ins, will be done by LWC or higher Technical Officials.
4. Submit/upload official competition results to USAW's database and email them to the LWC Officer designated in the written commitment within 10 days of the completion of competition.
5. All rules of weightlifting competition will be followed.

Section 5: Frequency of Events

No more than 1 open competition every 4 weeks will be allowed. No competitions will be allowed during the 6 week period leading up to the annual Niagara LWC Championships. However, closed meets may be permitted at the LWC president discretion.

Section 6: Closed Competitions / Gym Sanctioned Competitions

Closed Competitions or Gym Sanctioned competitions, are events held by individual gyms or clubs that are not listed on the USA Weightlifting, Inc. event page or calendar but are still sanctioned events in the LWC. Sanctions are awarded to clubs by request under the same procedure for Open Competitions.

Closed events are restricted to a maximum of 15 athletes. No closed meet may be held on the same weekend as an Open Competition.

Section 7: Sanction Rejection Appeals Process

Sanction rejections are appealed directly to the national office where they will go to the President's Advisory Committee (PAC) for judgment.

Section 8: Binding Waiver

Request and Release:

I, the undersigned, hereby request permission to enter the premises [location] and to participate in the Weightlifting competition(s) to be held there on [date]. I have inspected the premises and I know the substantial risks and dangers involved in the said activities, and that unanticipated and unexpected dangers may arise during such activities. I assume all risks of injury to my person and property that may be sustained in connection with the stated and associated activities in and about the premises and in traveling to and from the said premises and activities. In consideration of the permission granted to me to enter the premises and participate in the stated activities, I do hereby, for myself, my heirs, my administrators and assign, release, remise and discharge the Metropolitan Local Weightlifting Committee of the USAW and the individual members thereof, [location], owners, operators, sponsors, and sanctioners of said premises of the activities and causes of in said premises, and participation in the stated activities, regardless of who is at fault or whose negligence caused such a loss or injury, even if the loss or injury is caused by the fault or negligence of the LWC and the individual members thereof, or any other of the parties mentioned herein as being released I represent and certify that my true date of birth is stated below, and if I am not, in any way, the employee, servant, or agent of the owners, operators, sponsors, or sanctioners of the premises and/or activities therein. I further agree that I have reviewed, understand, and agree to abide by the rules and regulations of this program.

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.

Article 9. Miscellaneous

Section 1: Severability and Headings

The invalidity of any provision of these Bylaws shall not affect the other provisions in these Bylaws, and in such event these Bylaws shall be construed in all respects as if such invalid provision were omitted.

Section 2: Procedure for Adoption

These by laws shall be discussed, and approved at a duly scheduled Board meeting with each potential Board member receiving notice; provided a quorum of at least fifty percent of all Board members, and shall be approved and adopted upon a two thirds vote. No proxies shall be allowed.

Effective: 07/01/2020