

Bylaws

Article 1. Name and Status

Section 1: Name

“Metropolitan LWC” (Met LWC).

Section 2: Status

The Met LWC is recognized as local weightlifting committee #6 of USA Weightlifting, Inc. (USAW), a 501(c)(3) corporation of the State of New York and the National Governing Body of the sport of Olympic-style weightlifting.

Article 2. Territory

Section 1: Jurisdiction

The Met LWC includes all athletes registered as members of the Met LWC. Athletes who live in the Met LWC may join a club outside of the LWC but are only authorized to compete in the LWC Championships of the Metropolitan LWC, not in the championship for the LWC of the external club. Clubs must be registered under the Met LWC via USAW based on the address of the club. Geographically, the Met LWC includes the counties of Suffolk, Nassau, Queens, Kings, Richman, New York, Bronx, Westchester, Rockland, Putnam, Orange, Dutchess, Ulster, Sullivan, Columbia, Greene, Delaware, Broome, Chenango, Otsego, Schoharie, Albany, Rensselaer, Washington, Saratoga, Schenectady, Fulton, Montgomery, Kingston, Warren, Hamilton, Essex, Clinton, Franklin, St. Lawrence, Cortland, Madison, Herkimer, Oneida, Onondaga, Cayuga, Oswego, Lewis, Jefferson. All other counties in the state of NY belong to the Niagara LWC.

Section 2: Competition Zones

For the purposes of sanctioning competitions the LWC is broken into four competition zones.

1. Nassau, Suffolk, Kings (Brooklyn), Queens, New York (Manhattan), Richmond (Staten Island), Bronx
2. Westchester, Rockland, Putnam, Orange, Dutchess, Ulster, Kingston, Sullivan
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.
4. Broome, Chenango, Delaware, Ostego, Cortland, Madison, Herkimer, Oneida, Onondaga, Cayuga, Oswego, Lewis and Jefferson counties. and all counties directly west within our LWC border

See [Article 7](#) for further information on events.

Article 3. Mission Statement

Section 1: Mission Statement

To promote the growth and development of Metropolitan Weightlifting at a grassroots level abiding by the rules and governance of Metropolitan 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 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 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 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.
- **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.
- **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.

- Club Representatives (CR) – There shall be two CRs who represent all of the Clubs in the LWC. The Club Representatives will serve to represent the various clubs of the LWC at executive board meetings, voicing club concerns in administrative matters. By attending executive board and general membership meetings, the club representative will be an effective liaison between the board and weightlifting clubs. 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 two-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.
- 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 President, Secretary, Treasurer, and Technology Chair are all LWC Administrators. If 3 out of 4 of these individuals 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 3 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 5: Meetings

Two General Business Meetings shall take place every year. These meetings are open to the general membership and will serve the purpose of discussing issues that concern the membership directly. The membership shall be notified of the General Business Meetings via a calendar on the LWC website that shall have the dates put up immediately after scheduling. At least two Executive Board Meetings shall take place every year at the discretion of the president. 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.

- All USAW members seeking approval for an open meet must submit their sanction for approval at a General Business meeting taking place 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.

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.

The duties of the Competition Secretary are

- to verify the list of competitors and divide into groups if necessary according to the best results
- to conduct the weigh ins
- to supervise the order of lifting

- 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 that the information displayed is correct, meaning the time clock, weightlifter etc. and cleaning of the barbell
- to ensure the costume of every competitor follows USA Weightlifting guidelines
- to ensure that communication between the announcer, coaches and all other officials is able to occur in a clear and swift manner
- 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 in a timely manner and, 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 Metropolitan 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 fund raising efforts specific to the Met LWC. No percentage of registration will be collected by the LWC; all meet entry fees go to the meet director. They should be made payable to the account and remitted to the Met LWC and promptly deposited in the LWC's account by an approved signatory.

Section 4: Purpose of Funds

The funds shall be at the 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 Metropolitan LWC shall be notified of events via a calendar and list found on the LWC website (metropolitanweightlifting.com).

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 week 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 bathroom or open area whatsoever. The LWC will adhere to IWF rules. Two referees must be present at weigh-ins. 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 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).

Section 4: Awarding of Dates/Sanctions

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 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.

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.

Section 5: Frequency of Events

One competition per weekend, per LWC competition zone, will be allowed. This limitation is waived in zones 3 and 4 so long as the competition venues are at least 100 miles away from each other. Frequency is unrestricted throughout the calendar year with one exception. No competitions will be allowed during the four week period leading up to the annual Metropolitan LWC Championships within Zone 1 and Zone 2. Zones 3 and 4 will not be subject to this limitation however participation in the Metropolitan LWC Championship is encouraged. 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.

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 Met LWC. Sanctions are awarded to clubs by request under the same procedure for Open Competitions. Closed events are restricted to 30 athletes. No closed meet may be held on the same weekend as an Open Competition, in the same Zone, without the written consent and approval of the Meet Director holding the Open Competition on the requested date/weekend.

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 assigns, 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 injury 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: 11/25/18