

# ASIAN POWERLIFTING FEDERATION

## CONSTITUTION AND RULES

### ARTICLE I - NAME

- 1.The official name of the organisation is “ ASIAN POWERLIFTING FEDERATION “,APF for short.
- 2.It is an amateur association founded in 1984 during the first Asian Powerlifting Championships in Indonesia. It is composed of the national amateur sport associations or federations governing the powerlifting on the basis of one association or federation per Asian country or territory.

### ARTICLE II - OBJECTS

The primary objects of the APF shall be:-

- 1.To control, organize and promote the powerlifting competitions in Asia.
- 2.To develop and intensify friendship, cooperation and understanding among the national sport associations or federations and powerlifters.
- 3.To assist and regulate the Asian national powerlifting associations or federations in their activities regarding powerlifting.
- 4.To supervise and advise the regional activities in powerlifting competitions either Asian Championships or Single Lift Competitions in Asia in accordance with the IFF and APF Constitution and Rules.
- 5.To cooperate with the International Powerlifting Federation (IFF), and other Continental or Regional Games Federations in respect of powerlifting.
- 6.To register and establish lists of Asian Records in Asian Powerlifting and Single Lift Championships.
- 7.To receive reports from member associations or federations of their activities and to distribute all such information to all members for the benefit of mutual interests.

### ARTICLE III - APF EMBLEM & FLAG

- 1.The APF official emblem is designed and characterised by a round circle with a lifter standing in front of the globe and the powerlifting stands and bar having five discs on either end of the bar. The word 1 ASIAN POWERLIFTING FEDERATION . shall be placed and arranged around the outside circle of the globe. The colour of the entire emblem shall be green in colour.
- 2.The same design and colour shall apply to the APF flag which is white in colour.

### ARTICLE IV - GENERAL PROVISIONS

- 1.The Asian Powerlifting Federation is recognised by the International Powerlifting Federation (IPF), as the highest authority to control all activities in powerlifting competitions in Asia.
- 2.All activities must be under the principles and directives of the APF and the IPF.
- 3.All political and religious discussions or demonstrations are strictly forbidden during the APF Congresses, Meetings, Competitions and in official correspondences.
- 4.No distinction is favoured between Asian countries or territories or persons for reasons of race, colour, religion and politics.
- 5.In normal circumstances the APF office shall be located in the city where the General Secretary of the APF resides.
6. The Constitution and Rules of the APF shall be revised and published as and when necessary or during the electoral year by the APF Secretariat.

### ARTICLE V - OFFICIAL LANGUAGE OF THE APF

- 1.The official language of the APF shall be English.
- 2.All representatives of affiliated Asian countries or territories may speak in their mother tongues providing that they should have their own interpreters in this respect.
- 3.All publications and all correspondences of the APF shall be conducted in English.

### ARTICLE VI - MEMBERSHIP

- 1.Membership is open to all national sport associations or federations promoting the activities in amateur powerlifting in Asia. The APF recognises only one member from each country or territory. Application for membership shall be made in writing and submitted to the General Secretary of APF together with the following documentsI-
  - a) A request for affiliation signed by their President and General Secretary.
  - b) A copy of their Constitution.
  - c) A list of their Executive Committee.
  - d) An attestation from their National Olympic Committee or highest sports authority certifying that they are recognised as the controlling body for powerlifting.
  - e) The admission fee of US Dollars One Hundred.
- 2.Categories of APF MembershipZ-
  - a) Full Member.
  - b) Provisional Member.
  - c) Honorary Member.

3. Having received all required documents, the national sport association or federation concerned shall be accepted as Provisional Member by the decision of the Executive Board until the next Congress which shall determine the membership. A Provisional Member shall become a Full Member by a two thirds majority of votes cast at the APF Congress.

#### 4. Rights of the Members-

- a) Full Member -- To elect, be elected, nominate, propose, vote and recall.
- b) Provisional Member -- To participate all competitions only and no voting rights.
- c) Honorary Member -- The President, on the recommendation of the Executive Board may invite any distinguished person who has rendered especially valuable service to the APF as Honorary Member save that the person concerned
  - i) has no voting rights
  - ii) is not eligible to hold post in the APF.

### ARTICLE VII - SUBSCRIPTION AND FEE

- 1.a) Each Full Member shall pay a subscription of US\$100.00. annually.
  - b) Each Provisional Member shall pay a subscription of US\$100.00. annually.
  - c) All subscriptions and fees paid are not refundable.
2. The annual subscription shall be paid in the first month of the year. Any member country or territory whose current subscription is not so paid shall be suspended from all rights. Its lifters cannot participate in competitions or meetings organized under the rules of the APF.
3. The admission fee shall be US\$100.00.

### ARTICLE VIII - CONGRESS

- 1. The highest power vested in the APT is the Congress. It is composed of all APF delegates who must be members of their own national sport associations or federations which are affiliated to the APF.
- 2. The Congress shall be held annually one day before the commencement of the Asian Championships.
- 3. Each country or territory may be represented by a maximum of two delegates who must produce proof of their membership of their own association or federation. They must also be of the nationality or citizenship of the country or territory which they represent.
- 4. Competitors participating in the competition can be delegates providing that they must produce proof of their appointment by their national sport associations or federations.
- 5. The presence of the President and the General Secretary of the APF is mandatory at all APF Congresses and Championships.
- 6. The annual reports of the General Secretary, Treasurer and various Committee Chairmen should be elaborated and forwarded to all member countries or territories not later than one month before the Congress.
- 7. The quorum necessary for holding the Congress shall be two thirds of the Full Members of their affiliated associations or federations.
- 8. The verdict of the Congress on any disciplinary matter is considered final and there shall be no right to appeal.

9. The Congress has the absolute power to determine the final decision on matters on the Agenda submitted by the Executive Board of the APF. All decisions must be approved during the meeting by voting. Each member country or territory is entitled to only one vote. Voting by Proxy is not allowed.
10. The Annual Congress will be held annually in conjunction with the Asian Championships. The following items of interest must be dealt with<sup>3</sup>-
- a) The examination and approval of the annual reports.
  - b) The affiliation of new members.
  - c) The allocation of future Asian Championships.
  - d) The filling in of the vacancies in the Executive Board and Committees between the electoral years.
  - e) The important questions or comments arising from the World and the Asian powerlifting competitions, e.g. any change in technical rules and any other matters.
11. The APF Electoral Congress will be held once in every four years during the Asian Championships. The following items will be included in addition to those of the Annual Congress<sup>I</sup>-
- a) The election of all APF officers for a term of four years.
  - b) The amendments of the APF Constitution and Rules.
  - c) The proposals of affiliated associations or federations.
12. All proposals from any member country or territory must reach the General Secretary of the APF two months before the date of the Congress.
13. The Congress Agenda shall be distributed to all member countries or territories at least fourteen days prior to the Congress.

#### ARTICLE IX - EXTRAORDINARY CONGRESS

1. An Extraordinary Congress shall be called upon by the Executive Board whenever they deem it desirable or advisable or upon a written requisition signed by not less than one third of the APF members to the General Secretary of the APF,
2. Discussion during such Congress shall be confined to such subject or subjects mentioned in the \* Agenda. One month notice shall be given in the case of such Congress.
3. The quorum necessary for holding the Congress shall be two thirds of the Full Members of their affiliated associations or federations.

#### ARTICLE X - EXECUTIVE BOARD OF THE APF

1. The management and the administration of the APF shall be vested in the Executive Board. The members of the Executive Board shall be elected by the delegates of the members at the APF Congress. They shall serve and hold the office until the next APF Electoral Congress.
2. The composition of the Executive Board shall be<sup>I</sup>-
  - a) One President.
  - b) One General Secretary cum Treasurer.
  - c) Five Vice Presidents.
  - d) Four Board Members.
  - e) One Assistant General Secretary.

3.The power of the Executive Board are as followsI-

- a) To manage and administer all affairs of the APF during the periods between Congresses.
- b) To make all arrangements for the Annual Congress, Electoral-
- c) Congress and other Meetings of the APF.
- e) To pass all International, Regional or National Records created under official condition.
- d) To frame the Constitution and Rules of the APF.e, To appoint members of the Jury and Referees.
- f) To nominate and confirm all competitors.g, To appoint special commissions to attend to specific tasks.
- h) To suspend or disqualify any member or individual for any violation of the Constitution and Rules of the APF, or for conduct prejudicial to the good reputation of the APF.

## ARTICLE XI - COMMITTEES

1. Each Committee shall consist of a chairman elected by the APF Electoral Congress and a maximum of two members. The Committees shall beZ-

- a) Technical Committee.
- b) Medical Committee.
- c) Statistical Committee.

2.The functional responsibilities of various committees are as followsf-

- a) Technical Committee
  - i) To deal with all recommendations and proposals of a technical nature. However should any decision be made shall be subject to the approval of the APF Executive Board and the Congress.
  - ii) To organise courses for Referees before Asian Championships,
  - iii) To appoint Jury and Referees for the Asian Championships,
  - iv) To cooperate with the IPF Technical Delegate or Observer.
  - v) To ensure that all equipments used at the Asian Championships conform with the specifications of the IPF.
- b) Medical Committee
  - i) To cooperate with the IPF Medical Committee.
  - ii) To collect all materials from lifters concerned for the purpose of doping test.
  - iii) To supervise tests for doping in all categories at the Asian Championships.
- c) Statistical Committee
  - i) To compile and update the Asian Championship and the Single Lift Competition records.
  - ii) To compile and update the new records achieved at the International and the Asian Championships.

3.The President and the General Secretary of the APF shall be Ex-Officio of all Committees.

## ARTICLE XII - ELECTION

1. The general provisions of the elections shall be as follows:-

- a) All members of the Executive Board and the Committees will be elected for a term of four years at the APF Electoral Congress. Retiring members are eligible for re-election.
- b) Any member of the national sport association or federation affiliated to the APF is eligible for election. The candidate, however must be of the nationality or citizenship of the country or territory which he or she represents.
- c) The election of APF officials shall be conducted by secret ballot. Candidatures to the various posts of the Executive Board and Committees must reach the General Secretary of the APF at least two months before the date of APF Electoral Congress.
- d) The affiliated national sport associations or federations shall propose only-qualified candidates chosen from their own members.
- e) A person may be nominated by the affiliated national sport association or federation to various posts of the APF, but he may be elected to one post only.
- f) Nominations must be made specifically for each post to which the candidate wishes to be elected. Candidates who are not elected are eligible for election in another post.
- g) In case, two or more candidates have obtained an equal number of votes, there shall be a second ballot. If they are still the same, the President of the APF shall have the deciding vote.
- h) Each affiliated sport association or federation is entitled to only one vote.
- i) A member of the Board, who absents twice consecutively from the Board Meeting without the approval of the President or the General Secretary of the APF will cease to be member of the Board for the rest of the term.
- j) The order of elections shall be - Executive Board and then Committees.

2. The election of the APF Executive Boards:-

- a) The order of voting is - President, General Secretary, Treasurer, Vice Presidents, Board Members and Assistant General Secretary.
- b) The Vice President, with largest number of votes shall become the First Vice President.
- c) Members of the Executive Board shall be from those candidates who have obtained the largest number of votes.
- d) In the case of the vacancy of the President or the General Secretary, the First Vice President or the Assistant General Secretary will fulfill the functions respectively until the following Congress which will regulate the situation.

3. The election of the APF Committees:-

- a) The Chairman of each Committee shall be elected by the APF Electoral Congress.
- b) Each Committee shall consist of a maximum of two members who shall be appointed by the Executive Board in consultation with the respective Committee Chairman.

## ARTICLE XIII - DUTIES OF OFFICE BEARERS - EXECUTIVE BOARD

### 1. THE PRESIDENT

- a) To direct the discussion and keep order at the Congress and the Meeting of the Executive Board according to the rules of parliamentary discussion.
- b) To attend the Asian Championships and his travelling and accommodation expenses shall be paid by the association or federation hosting the Championships.
- c) To represent the APF at the meetings of other Sport Organizations of which the APF is member. All expenses so incurred shall be paid by the APF. He shall report all these information at the next Congress or submit a written report to all affiliated associations or federations for attention.
- d) To play a principle part in the Opening and the Closing Ceremonies at the Asian Championships.
- e) To present the medals to the winners in the Victory Ceremonies at the Asian Championships. He may delegate this duty to other officials and the Organizing Committee.
- f) In case of absence, he may be replaced by the First Vice President. If the latter is not available then another Vice President will be chosen to this effect.
- g) He has the decisive vote in the case of a tie-vote,
- h) He is an ex-officio member of all Committees.

### 2. THE VICE PRESIDENT

- a) To assist the President in his work as assigned.
- b) The First Vice President shall be delegated to have all the power and perform the duties of the President when the latter is not available.
- c) To represent the APF in his country or territory at National Championships and Meetings.
- d) To make proposals to the various Committees of the APF.

### 3. THE GENERAL SECRETARY

- a) To organize and control the sport of Powerlifting in Asia in accordance with the IPF and the APF Constitution and Rules.
- b) To conduct all official correspondence and maintain harmony relations with all affiliated associations or federations, the IPF and other sport and non sport organizations.
- c) To publish a bulletin containing all information concerning Powerlifting in Asia and the IPF to all affiliated countries or territories.
- d) To verify and register Records.
- e) To draw up the Agenda of the Congress and various Meetings of the APF and send it out to all affiliated associations or federations.
- f) To publish all minutes and information gathered at the Congress and the Meeting of the APF and circulate it to all affiliated associations or federations.
- g) To attend and serve as Secretary of all Congresses and Meetings.
- h) To maintain an up-to-date lists of Asian Referees and lifters under suspension.
- i) To negotiate and sign, on behalf of the APF all contracts between the APF and other organisations or companies after consultation with the President.
- j) To order and distribute the APF publications, honour medals, awards, badges and other items.
- k) To report all activities in powerlifting annually at the Congress.

- l) To attend obligatorily the Asian Championships and other Regional Competitions and to ensure that the entire organization of the Championships should proceed according to the Constitution and Rules of the APF and the IPF. His travelling and accommodation expenses shall be paid by the association or federation hosting the Championships.
- m) To appoint with authority not more than two additional Assistant Secretaries to assist the APF Secretariat.
- n) In case of inavailability, all functions shall be executed by the Assistant General Secretary or by an official nominated by the President and the General Secretary.
- o) He is an ex-officio member of all Committees.

#### 4.THE ASSISTANT GENERAL SECRETARY

- a) To assist the General Secretary in his work as assigned but has no power to vote,
- b) To perform the duties of the General Secretary when the latter is not available. In the circumstances he will have the right to vote.

#### 5.THE TREASURER

- a) To take charge of the financial matters of the APF.
- b) To compile the statement of accounts and report the financial situation of the APF annually at the Congress.
- c) To receive all payments sent to the APF and pay all necessary expenses.
- d) To make suggestions concerning the welfare of the APF.
- e) To sign all cheques together with any one of the signature, viz. the President or the Assistant General Secretary.

#### 6.THE BOARD MEMBERS

- a) To collaborate in the work with various special commissions formed for special duties by the Executive Board.
- b) To collaborate in the running with the APF Congresses and Meetings.
- c) To give full support to the Organising Committee during the Asian Championships and the Regional Competitions in accordance with the IFF and the APF Constitution and Rules.
- d) To contribute to the publication of the APF or the IPF bulletin, articles, various materials, books and other items of their associations or federations.
- e) To submit propositions and discovered possibilities for the improvement of the APF finances.
- f) To report their activities in powerlifting regularly at the Meetings.

### ARTICLE XIV - DISCIPLINARY ACTIONS AND SANCTIONS

- 1.Any affiliated association or federation is found infringement on the Constitution and Rules of the APF shall be suspended for a period to be decided by the APF Executive Board.
- 2.The APF has the right, subject to reminder to suspend or expel from the membership of the APF to those affiliated countries or territories who failed to pay their subscriptions.
- 3.If a lifter or official is suspended by his association or federation, the latter must notify the General Secretary of the APF as soon as practicable.

The General Secretary shall inform all other member countries or territories and the IPF with a view to prevent the lifter or official concerned from any participation of competition.

4. When a lifter or official commits a violation during the competition held in another country, the organising association or federation must send a written and comprehensive report to the General Secretary of the APF and the IPF. The former shall inform the Executive Board of the APF which will impose the appropriate sanctions. The organising association or federation cannot penalize any lifter or official from other countries or territories.
5. All affiliated associations or federations, lifters and officials have the right to hear before the Executive Board to the decision of sanction which shall be imposed. Any decision must be made before the competition in which the persons concerned may be participating.
6. Any lifter or official who thinks that he has been wrongly reprimanded, has the right to file a written complaint or appeal giving all reasons through his national sport association or federation. If the case implicates with another person, then the latter must be heard. The complaint or appeal can be made to the organising association or federation, the Executive Board or the Jury before the competition. The case should be examined immediately and whenever possible, an immediate decision should be taken.
7. Any lifter taking part in a competition, i.e. Z-
  - a) When the lifter is under a temporary or permanent suspension
  - b) When the lifter competes against lifters suspended or expelled or
  - c) When the lifter competes in a prohibited competition.will be strictly not permitted, suspended or expelled where appropriate.
8. The followings will be additional reasons for suspension or expulsion:-
  - a) Any lifter who is guilty of violation or disobedience towards his association or federation or official during the execution of his functions.
  - b) Any lifter who threatens the members of Jury, Referees or Officials in their functions.
  - c) Any lifter who participates in a contest without the permission of his national sport association or federation.
9. The verdict of the permanent expulsion is decided by an affiliated association or federation or by the APF Executive Board on a majority vote.
10. In the case of doping test as per IFF Rules, the lifter involved will be disqualified or suspended where appropriate.

#### ARTICLE XV - DEFINITION OF AMATEURISM

1. The Definition of Amateurism by the International Federations shall prevail for their respective sports.

#### ARTICLE XVI - COMPETITION EQUIPMENT

1. The competition equipment, i.e. bar, discs, costume and personal equipment to be used in the Asian Championships, Competitions, International Tournaments and other Championships should be conformed to all specifications and approved by the IFF and the APF.
2. The competition as well as the records will be regarded null and void if unofficial and unauthorised equipment are being used.