

CONSTITUTION

and

BY LAWS

of the

Oceania Regional Powerlifting Federation

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CONSTITUTION OF THE OCEANIA REGIONAL POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the "ORPF General Assembly", "ORPF President", "ORPF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

1 DEFINITION

1.1 Name

1.1.1 The "Oceania Regional Powerlifting Federation" hereinafter called "ORPF" is an organisation founded in August 2018. The ORPF is a non-profit organisation. The Federation is composed of the affiliated IPF Member National Federations within the IPF Oceania region governing the sport of powerlifting on the basis of one national federation per country.

1.2 Objectives

- 1.2.1 The union of all eligible national federations or associations active in powerlifting throughout Oceania.
- 1.2.2 To develop standardised competitive rules according to the IPF rules.
- 1.2.3 Maintain a system for recognising and approving records.
- 1.2.4 Establish administrative and technical committees from its own number.
- 1.2.5 Establish, define and enforce rules for the government of Powerlifting within the Oceania region.
- 1.2.6 Promote, support and encourage drug free Powerlifting.
- 1.2.7 Produce official bulletins and/or Powerlifting publications.
- 1.2.8 Secure other national affiliates (member nations).
- 1.2.9 Promote, sanction and supervise development programs and competitions within the Oceania region.
- 1.2.10 Maintain a ORPF General Assembly of bona-fide representatives.
- 1.2.11 To maintain membership of the International Powerlifting Federation.
- 1.2.12 To conduct, advise and support Powerlifting at the Pacific Games.

1.3 Public utility

The ORPF works for the purposes of this order for the benefit of the public in each valid version.

The members have no interest in the federation's property. The members of this body work in an honorary capacity; the property of the ORPF serves exclusively for charitable purposes of the sport. Any profits may be supplied only for statutory purposes. Members receive no shares in the profits.

No person may receive for an activity or task in the ORPF, an unreasonably high reimbursement.

1.4. Funds for reaching of the statutory tasks

To the fulfilment of the federation tasks, necessary money is raised by:

- a) Membership fees of the member federations, lifters and referees
- b) Income of competitions
- c) Sanction fees
- d) Donations
- e) Fees
- f) Income from advertisements
- g) Income for TV rights
- h) Miscellaneous income

2 EMBLEM AND FLAG

2.1 Emblem

An official emblem will be developed and maintained for the ORPF, it will be presented at the 2019 General Assembly for approval.

2.2 Flag

2.2.1 An official flag will be developed and maintained for the ORPF, it will be presented at the 2019 General Assembly for approval.

2.3 Authorisation

2.3.1 The ORPF emblem must not be used without the ORPF's authorisation.

2.3.2 Only the ORPF may authorise the fabrication of its emblem, badges, medals, etc.

3 GENERAL PROVISIONS

3.1 The ORPF is recognised by the International Powerlifting Federation (IPF).

3.2 In its activities, the ORPF follows the Olympic ideal and principles and support and maintain the ideals and objectives of the Olympic movement. The ORPF accepts and recognize the Statutes and aims of the International Olympic Committee (IOC) and those of the World Anti-Doping Agency (WADA).

3.3 ORPF recognises the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration for all disputes that cannot be settled amicably or through local arbitration or mediation. However, all internal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.

3.4 In the case of conflict between the ORPF Constitution and the IPF Constitution, the terms of the IPF Constitution shall prevail.

3.5 All political and religious discussions or demonstrations are forbidden within the ORPF.

3.6 The ORPF supports all initiatives by Powerlifters for peace and understanding.

3.7 No distinction is made between continents, countries or individuals for reasons of race, colour, gender, sexual orientation, religion or politics.

4 OFFICIAL LANGUAGE OF THE ORPF

4.1 The official language of the ORPF is English.

4.2 All publications and reports of the ORPF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

5 MEMBERS

5.1 Membership

The membership of the ORPF consists of Oceania national affiliates active in powerlifting. The ORPF can recognise only one member organisation from each nation. A new member nation must be affiliated to the IPF before it can formally apply to be affiliated to the ORPF.

Categories of ORPF Membership:

5.1.1 Full Member

5.1.2 Provisional Member

A Provisional Member may only compete in ORPF championships by the decision of the ORPF Executive. However, once granted permission, a Provisional Member shall have all competition rights but no voting rights. The Executive will be authorised to decide the amount of annual subscription required from a Provisional Member.

All countries applying for membership shall, following acceptance by the Executive and payment of the required annual subscription fee, be granted provisional membership of the ORPF subject to ratification at the next General Assembly, following ratification the nation will be granted Full Membership rights.

5.2 Representation

The ORPF is governed by a General Assembly consisting of a maximum of two delegates from each nation affiliate with one vote per country.

An annual membership fee as stipulated in 103.2.1 of the ORPF By-Laws must be paid by the member nations prior to the General Assembly to maintain voting rights.

With regards to voting, Executive Committee members do not have any voting rights, which the exception that the President has the power to cast a deciding vote in the case of a stalemate.

6 ORPF BODIES

The ORPF is composed of the following bodies:

- the General Assembly
- the Executive
- the Committees

7 GENERAL ASSEMBLY

7.1 General Provisions

- 7.1.1 The General Assembly is the supreme governing body of the ORPF.
- 7.1.2 In non-Pacific Games years the General Assembly shall meet annually one day before the start of the Oceania Regional Powerlifting Championships.
- 7.1.3 In Pacific Games years, the General Assembly shall meet two days before the start of the Pacific Games Powerlifting schedule.

7.2 Powers

The General Assembly has the power:

- 7.2.1 To admit any national affiliate eligible under the Constitution by means of a two-thirds majority of votes cast.
- 7.2.2 To prescribe and amend the constitution by a two-thirds majority of votes cast and the By-Laws by a simple majority of votes cast.
- 7.2.3 To impose and enforce penalties for any violation of the Constitution or By Laws.
- 7.2.4 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person or organisation being members of the ORPF.
- 7.2.5 To remove from office by means of a two-thirds majority vote, any person who through neglect of duty or misconduct has brought the ORPF into disrepute or in any way impaired its function or development.
- 7.2.6 To establish dues of the ORPF.
- 7.2.7 To control the income, expenditure and property of the ORPF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the forthcoming year.
- 7.2.8 To call and determine the time and place of special meetings of the General Assembly.
- 7.2.9 To institute, locate, conduct and manage all Oceania powerlifting.
- 7.2.10 To establish, define and enforce rules for the government of Oceania powerlifting.
- 7.2.11 To explain, define and interpret any provision of the Constitution.
- 7.2.12 To consider and accept proposed changes to the ORPF Constitution and By-Laws.
- 7.2.13 To discuss and approve potential proposals & motions to put forward for the IPF General Assembly.
- 7.2.14 To elect the executive officers of the ORPF every four years. Elect executive officers to fill any casual vacancies, which may occur between such election years.
- 7.2.15 To elect the ORPF representative to act as the IPF Board Member in the electoral years of the IPF. The final ratification is made by the IPF General Assembly.
- 7.2.16 To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the ORPF shall include the Technical Committee, Women's Committee & Athlete's Committee.

7.3 Annual General Assembly

7.3.1 Annual

In non-Pacific Games years the General Assembly shall meet annually one day before the start of the Oceania Regional Powerlifting Championships, and in Pacific Games years, the General Assembly shall meet two days before the start of the Pacific Games Powerlifting schedule, unless otherwise determined by the General Assembly.

7.3.2 Special

Special meetings of the ORPF are scheduled at the request of the President or at the written request of two-thirds of the member nations of the ORPF. Specific matters, except amendments to the Constitution can be considered at a special meeting.

7.3.3 Notices

Time is of the essence. Not less than ninety (90) days' notice must be given for any annual meeting (the General Assembly) and not less than thirty (30) days' notice of any special meeting of the ORPF. The Secretary General will send by e-mail a notice and agenda to all national member federations.

A notice sent to the last email address known to the Secretary General complies with this requirement. The official agenda for the ORPF General Assembly must be received by all members at least thirty (30) days before the General Assembly takes place. Items not in the agenda cannot be considered in the General Assembly.

7.3.4 Order of Business

At all annual meetings of the ORPF the following will be the order of business:

- 1) Roll Call
- 2) President's Address
- 3) Minutes of the last General Assembly
- 4) Treasurer's Report - Auditors' reports - Approval of Budget
- 5) Secretary General's Report
- 6) Committee Reports
- 7) National Reports
- 8) New Member Applicants
- 9) Elections
- 10) Proposals
- 11) Delinquent Nations
- 12) Hall of Fame
- 13) Future Championships
- 14) Any Other Business
- 15) Adjournment

7.3.5 Quorum

At all meetings of the ORPF, a quorum will consist of one nation more than fifty per cent of nations in full membership. If practical, provisions will be made for nations to attend via online video conference to complete this quorum. Any nation appearing via video link must be accepted by two-thirds majority of nations in actual attendance.

7.3.6 Procedures

The following are the procedural rules for all meetings of the ORPF:

- 7.3.6.1 The Standing Orders of the ORPF are the supreme document for all ORPF meetings except when they are in conflict with the provisions of the Constitution. In such cases, the Constitution prevails.
- 7.3.6.2 A motion to table is debatable only when a time to debate is fixed by a simple majority of the General Assembly.
- 7.3.6.3 All proposed amendments to the Constitution and the By Laws must be submitted to all national affiliates and the appropriate committees before it can be acted upon at the annual meeting of the ORPF. Such proposed amendments must be in the hands of the Secretary General at least sixty (60) days prior to the date of the General Assembly. A national federation, a sub-regional federation, EC members or an appropriate committee, can submit all such amendments. The Secretary General shall send out all such proposed amendments at least thirty (30) days prior to the date of the General Assembly for the attention of all national affiliates.

7.3.7 Credentials

The following are required:

- 7.3.7.1 The names of all delegates to the General Assembly. Member Federations may designate a maximum of two delegates, preferably the President and the Secretary General. Delegates other than the President and Secretary General must be a member of their national federation and must present a written authority of their national federation not later than the opening of the annual or special meeting.
- 7.3.7.2 Failure to make the proper certification will deny a seat at such meetings unless the delegate is accepted by a simple majority vote by the General Assembly.
- 7.3.7.3 At any meeting of the General Assembly, only the delegates duly registered and certified shall be permitted to speak and vote.

8 EXECUTIVE OF THE ORPF

8.1 Titles

The titles of the Executive officers of the ORPF are: President, Vice-President, Secretary General, Treasurer & the Technical Committee Chairman, A maximum of two executive officers shall be from each nation.

- 8.1.1 A member of a the ORPF Executive Committee cannot hold both a ORPF Executive Committee position and an IPF officer function as President, Secretary General or Treasurer; only the elected representative of the ORPF as to the member of the IPF Executive Committee (refer IPF Constitution 7.2.15) can hold a ORPF Executive Committee position and an IPF officer function.

8.2 Executive Committee.

The Executive shall consist of all the ORPF officers, listed in 8.1, of which a minimum of four is required to form a quorum. In the event of an impasse (stalemate), the President shall cast the deciding vote.

8.3 Powers of the Executive

- 8.3.1 It shall be the governing body of the ORPF between General Assemblies and have the following power without limitation.
- 8.3.2 To maintain running control of the expenditure of the ORPF, in accordance with the budget approved by the General Assembly.
- 8.3.3 It shall prepare a budget for the forthcoming year for presentation to the General Assembly.
- 8.3.4 Vacancies; In the event of the death, resignation or in case of inattention to duty by recommendation of the IPF Disciplinary Committee, the various offices are to be filled as follows:
- 8.3.4.1 President: The Vice President will be designated by the Executive to succeed the President until the next General Assembly. At this General Assembly, the presidential successor shall be elected.
- 8.3.4.2 Vice-President: The Executive shall appoint a successor to serve until the next General Assembly.
- 8.3.4.3 Secretary General, Treasurer, Technical Committee Chairman: The Executive shall appoint a successor to serve until the next General Assembly.
- 8.3.5 To appoint the non-executive officers specified in 10.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.
- 8.3.6 To administer the ORPF Sport Development Fund
- 8.3.7 To negotiate and sign contracts with equipment manufacturers. The term of such contracts shall be not more than an election period.

9 ELECTION OF THE ORPF OFFICERS

9.1 Election

Elections for all officers will be held every four years. The elections are to take place at the final ORPF Annual General Assembly prior to IPF elections.

- 9.1.1 Names of candidates for election of ORPF officials must be received by the ORPF Secretary General at the latest forty-five (45) days prior to the General Assembly where the election takes place. Later nominations shall not be accepted.
- 9.1.2 A person may be nominated for ORPF office by any national member federation. The nominated person must not be under suspension, or hold office in an organisation that is under suspension or previously excluded by any internationally respected sport organisation, including ORPF and IPF.
- 9.1.3 If a candidate withdraws, or an office has not more then one nominated candidate at the time of election, additional candidate(s) may be nominated by the General Assembly delegates.

9.2 Term of Office

- 9.2.1 The term of office for all officers of the ORPF shall be until the final ORPF Annual General Assembly prior to IPF elections (each four years) and the mandate of all officers, even those who were elected between electoral General Assemblies, shall expire at the electoral General Assembly. All officers shall be eligible for re-election.
- 9.2.2 New ORPF Officials elected by the General Assembly (GA) enter their office the day after the completion of the championships that follows the GA.
- 9.2.3 The initial Interim positions shall be held until the final ORPF Annual General Assembly prior to IPF elections(2019).

10 NON-EXECUTIVE OFFICERS

10.1 Titles

The titles of the non-executive officers of the ORPF are: Athlete's Committee Chairman, Women's Committee Chairwoman, Records Registrar, Championships Secretary, Internet Officer, and Media Officer.

10.2 Appointment and Rights

The Executive shall appoint the non-executive officers. By invitation of the President they may attend meetings of the Executive but without vote and with voice only on matters relating to their respective offices.

11 COMMITTEES

11.1 General Provisions

Each committee shall consist of a chairman elected by the General Assembly and a maximum of four (4) members from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

11.2 Technical Committee

- 11.2.1 The Technical Committee shall be entrusted with the examination of all requirements and proposals of a technical nature submitted to the ORPF by affiliated federations.
- 11.2.2 The decisions of the Technical Committee are subject to approval of the Executive Committee.
- 11.2.3 The Committee appoints the chief and side referees for ORPF championships and the members of the jury.
- 11.2.4 The Committee trains and instructs referees who have not reached the international level and re-examine (when required) those who have already reached it. The Committee shall inform the General Assembly of the names of referees qualified to officiate at international championships and of those who need to be re-examined.
- 11.2.5 Organises courses for referees before important competitions such as the Oceania championships. The expense of organising courses or clinics shall be borne by the ORPF and not the participants.
- 11.2.6 It shall establish procedures for the training of officials in order to improve the standards of all officials involved in the conduct of contests and prepare job briefs for the use of officials having specific duties during a contest.
- 11.2.7 Establish a code of ethics and good behaviour for the use of all officials. Infringements of the code may be referred to the Executive Committee for appropriate action.
- 11.2.8 The Committee may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with processes and duties with relation to International competition. Such material shall be sent to all member nations.
- 11.2.9 Ensure that the equipment used by member nations at ORPF competitions conforms to the specific detailed requirements of the ORPF and IPF.

11.3 Athlete's Committee

- 11.3.1 The Athlete's Committee is composed of a Chairman and up to four members of different nationality (preferably two male and two female) appointed by the Executive in consultation with the Athlete's Committee Chairman. The Chairman is elected by the General Assembly. To be eligible for election a candidate must have competed internationally in the previous two years.
- 11.3.2 The Athlete's Committee represents the interests of the athletes. It has the right to bring proposals, and the points of view of the athletes to the General Assembly and the Executive Committee. A representative is entitled to take part at the meetings of the General Assembly. It reports to the Executive Committee and the General Assembly.
- 11.3.3 The duties of the Athlete's Committee are:
 - Present an annual report to the General Assembly;
 - To represent the athletes in the governing bodies of the ORPF;
 - To present proposals to the General Assembly;
 - To represent the athletes in the meetings of any Committee if invited by the Chair;
 - To form the official opinion of the athletes concerning actual issues and to pass resolutions of the athletes;
 - To work for the athletes' representation in the National Federations;
 - To represent the athletes during the ORPF competitions as a spokesperson.
- 11.3.4 All proposals by the Athletes' Committee must be decided by the IPF General Assembly. The proposals must be in connection with the duties of the Committee.

11.4 Women's Committee

- 11.4.1 The Women's Committee is composed of a Chairwoman (female) and up to four female members of different nationality appointed by the Executive in consultation with the Women's Committee Chairwoman. The Chairwoman is elected by the General Assembly.
- 11.4.2 The Women's Committee represents the interests of females in Powerlifting. It has the right to bring proposals, and discussions regarding female involvement in Powerlifting to the General Assembly and the Executive Committee. A representative is entitled to take part at the meetings of the General Assembly. It reports to the Executive Committee and the General Assembly.
- 11.4.3 The duties of the Women's Committee are:
- To present an annual report to the General Assembly;
 - To promote and encourage involvement of women in the governing bodies of the ORPF;
 - To present proposals to the General Assembly;
 - To promote female representation in the National Federations governing bodies;
- 11.4.4 All proposals by the Women's Committee must be decided by the ORPF General Assembly. The proposals must be in connection with the duties of the Committee.

12 SUBSCRIPTIONS AND FEES

12.1 Subscription

The General Assembly will determine the amount of the annual subscription to the ORPF for each following year. The subscription is payable during the first month of the year. Upon receiving payment, a certificate of membership will be issued by the Treasurer. Any country, which has not paid its subscription for the current year, cannot participate or vote in the various meetings of the ORPF. Its lifters cannot take part in competitions or meetings organised under the rules of the ORPF and IPF, nor obtain ratification of their records. A reminder letter shall be sent to every national federation, which has not paid its subscription by the end of January.

- 12.1.1 ORPF must submit the following documents to IPF annually:
- (a) Annual report
 - (b) Financial Report including Balance Sheet, P/L statement, notes etc.
 - (c) Auditors report and Budget
 - (d) Calendar of Events (dates and location) by the end of the preceding calendar year.
 - (e) Results and Reports from all ORPF Championships
 - (f) Results and Reports from all international competitions held in Oceania
 - (g) List of Records (and any updates)
 - (h) Ranking lists (at least once a year) compiled from ORPF events
 - (i) Any other relevant information requested by IPF

12.2 Fee for organising an international contest

Any national federation bidding to organise an international contest must pay to the ORPF a fee in accordance with the scale set out in the By Laws. This payment must be received prior to approval, payments for unsuccessful bids will be returned following approval.

12.3 Permission for organising an international contest

On payment of the required fee, and following approval by the Executive, the Secretary General will issue a permit for the international contest to the organising national federation. An additional condition for permission is, that at the international contest drug tests must be carried out according IPF rules. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms, and are not used for other purposes during the date of contest. Only member federations can apply for a sanction of an international contest.

12.4 Participation in a contest without permission

No national federation shall take part in an International contest for which a permit has not been issued by ORPF, the IPF, or one of its Regional bodies.

12.5 Doping Control Costs

- 12.5.1 All costs arising from doping controls in all ORPF Competitions, initiated by the ORPF are born by the ORPF. This includes:
- a reasonable compensation to the sampling officer and his or her assistant;
 - material costs for sampling kit and formulas;
 - transport of the sealed samples to the WADA accredited laboratory; and
 - sample-analysis by the WADA accredited laboratory.

13 DISCIPLINARY ACTIONS AND PENALTIES

13.1 Failure to apply for Competition Permit

National federations, which neglect to request the required ORPF permit for an international competition and do not pay the required fee, shall be fined an additional AUD \$200. The Secretary General shall send a warning letter to them. If the fee and fine are not paid within thirty (30) days of sending the warning, the national federation shall be suspended until such time as the total amount has been paid. Sanction fees for Oceania Regional Championships must be paid at the time of application for the event.

13.2 Failure to Pay Annual Subscription Fee

A national federation, which has not paid its annual subscription by the 30th of June, despite having received a reminder letter, shall be suspended from membership of the ORPF.

13.3 Sanctions and Consequences for Anti-Doping Rule Violations

- 13.3.1 In case of a violation of the IPF Anti-Doping Rules, the lifter or other person involved shall be imposed in an appropriate period of Ineligibility as defined under article 10 of the IPF Anti-Doping Rules and shall be subject to other consequences as defined under articles 9 and 10 of the IPF Anti-Doping Rules.
- 13.3.2 Consequences to Teams shall be as defined under article 11 of the IPF Anti-Doping Rules.
- 13.3.3 Sanctions and costs assessed against National Federations shall be as defined under article 12 of the IPF Anti-Doping Rules.

13.4 Defaulting on Agreements to Compete

If a national federation defaults on a competition engagement with another country or countries, the IPF EDC may, in the case of disagreement between them, make a decision or impose penalties as per the IPF Constitution.

13.5 Reporting Infractions in International Competition

If a lifter or official commits any form of violation during an international contest in another country, the organising national federation must send a detailed report to the Secretary General. He in turn will inform the IPF Ethics & Disciplinary Committee which will impose appropriate penalties. The organising national federation cannot penalise lifters or officials from other countries.

13.6 Suspension of Federations for Violations of the Constitution/Bylaws

Any affiliated national federation, which clearly violates the Constitution or rules of the ORPF, shall be suspended by recommendation of the IPF Ethics & Disciplinary Committee for a period to be decided by the General Assembly.

13.7 Hearing prior to Penalty

Any national member federation, lifter or officials asserted to have committed a rule violation has the right to be heard in its or his/her case before the IPF Ethics & Disciplinary Committee or hearing body makes its decision on the case. This right may be satisfied by the opportunity to make written submission.

13.8 Procedure for Filing Complaints against Individuals

Any lifter or official who considers that he has been wronged has the right to file a written complaint stating his reasons for complaining. This must be done through the intermediary of his national federation. If another person is implicated, the latter must be heard if at all possible. If the complaint is not made to the organising national federation, it may be made to the Jury before the start of the competition. It must be examined immediately and if possible a decision taken.

A copy of the complaint and the decision of the Jury must be in writing and must be sent to the IPF Ethics & Disciplinary Committee.

13.9 Participating in Non-IPF/ORPF Competition

Any lifter, coach, referee or official, who competes or participates in an International Powerlifting or Bench Press competition not organised, sanctioned or approved by the IPF or ORPF shall not be permitted to take part at any ORPF competition for a period of 12 months from the date of that non-approved competition.

13.10 Other causes for Suspension/Expulsion: Dishonourable conduct, failure to attend, “throwing competitions”

The following may be subject to suspension or expulsion:

- 13.10.1 Any lifter or referee properly entered for a competition that without acceptable reasons does not attend.
- 13.10.2 Any lifter who is deemed guilty of violating the rules or disobedience towards his national federation or any official in the execution of his duties.
- 13.10.3 Any lifter convicted of agreement to alter his best effort.
- 13.10.4 Any lifter or official, who by words or gestures threatens referees or any other officials in the execution of their duties.
- 13.10.5 Any lifter who participates in a contest organised in a foreign country without permission of his own national federation.

Penalties

Up to a maximum of 6-month suspension for the first offence.

Up to a maximum of 12-month suspension for the second offence and a maximum fine of AUD \$250.

13.11 Offences against person while at Championships, Jury Role

For offences such as false accusations of dishonour or dishonesty against a lifter or Official occurring at a championship, the Jury decides in these cases as soon as is possible.

Penalties

First minor offence: up to a maximum of 6-month suspension.

Second minor offence: up to a maximum of 12-month suspension and a maximum fine of AUD \$250.

First serious offence: up to a maximum of 12-month suspension.

Second serious offence: up to a maximum of 24-month suspension and a maximum fine of AUD \$500.

13.12 Ad Hoc Jury as Discipline Body

In absence of a Jury an ad hoc Jury may exclude a lifter or official from a competition for reasons of his misconduct. In such a case the Jury or ad hoc Jury must inform the lifter or official's own national federation, who in turn must decide what punishment to impose upon the lifter or official.

In absence of a Jury the ORPF Official, who is the official representative of the ORPF at this championship, must arrange an ad hoc Jury. The decisions of this Jury must be sent to the IPF Ethics & Disciplinary Committee.

13.13 Penalty for “Bringing the Sport into Disrepute”

Any member of an affiliated national federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts may be requested to appear before the IPF Ethics & Disciplinary Committee. Should the Committee feel that a bona fide case of violation exists, they will then present the matter to the General Assembly with a recommendation for appropriate penalties. In serious case, the EC may provisionally suspend the individual from participation in ORPF activities. The case will then be immediately sent to the IPF EDC for decision.

13.14 Responsibility for Payment of Fines

The concerned member federations are responsible for the payment of all fines that the ORPF and the IPF Ethics & Disciplinary Committee impose.

13.15 Limitations to Jury's Role in Discipline

The Jury has the right to act as Disciplinary Committee, but only in cases which are connected to the championship and which require an immediate decision. The decision of the Jury is definite for this championship. The President of the Jury must send a copy of all decisions with all related documents to the IPF Ethics & Disciplinary Committee who will then review the actions of the Jury.

13.16 Withdrawal by a Promoter

When a National Federation have been granted permission to organise an ORPF competition, and thereafter, withdraws from the obligation to host this competition, the sanction fee paid shall be retained by ORPF, and a fine will be imposed which will be paid by the National Federation to ORPF and forwarded to the replacing (new) organiser. Penalties will be set according to the time period in which the organiser withdraws, as follows:

- 13.16.1 if 6-12 months prior to the scheduled date of the championships the fine to be paid is **5 times** the amount as the championships fee (refer By-Law 103.2).
- 13.16.2 if 3-6 month prior to the scheduled date of the championships, the fine to be paid is **10 times** the championships fee (refer By Law 103.2).
- 13.16.3 if less than 3 month prior to the scheduled championships, the fine to be paid is **10 times** the championships fee (refer By Law 103.2). Penalties will also include the documented losses (e.g. cancelled air tickets) from nominated participants (lifters and officials). The fines above will not be imposed if the reason for the withdrawal is due to circumstances the promoter could not possibly have foreseen which are catastrophic and which place potential participants at risk (e.g. natural disasters, political crises, outbreak of war etc.)

13.17 Official Defined

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the IPF Technical Rules or appointed by the organising committee of a championship, to act in any official capacity during the whole or any part of that championship.

13.18 Staying in the Venue until the end of Medal Ceremony

- 13.18.1.1 All athletes taking part in competition in ORPF competitions must stay in the venue after the weigh-in for that particular lifting session until the end of the medal ceremony for the weight category in which the athlete competed.
- 13.18.2 An athlete who wishes to leave the venue prior to the end of the medal ceremony for his/her weight category must obtain a written permission from the Jury before leaving the venue.
- 13.18.3 If the athlete leaves the venue before the end of the medal ceremony without permission from the Jury, it may be considered as an asserted violation of article 2.3 of the IPF Anti-Doping Rules (Evading, Refusing or Failing to Submit to Sample Collection). If the athlete is found to have committed an above mentioned anti-doping rule violation the consequence for that violation is as defined in article 10.3.1 of the IPF Anti-Doping Rules.

14 DOPING CONTROL, MAIN PROCEDURES

14.1 General

- 14.1.1 The ORPF shall conduct doping testing in all ORPF competitions. Testing conducted by the ORPF shall be in substantial conformity with the WADA *International Standard for Testing and Investigations* and the *IPF Anti-Doping Rules* in force at the time of testing.
- 14.1.2 The ORPF shall consult with the IPF Anti-Doping Commission prior to testing arrangements for the ORPF contest(s)
- 14.1.3 The ORPF has the right to determine the manner in which the lot draws for lifters to be tested is made at any contest under its jurisdiction.
- 14.1.4 Prior to the start of a competition, the Executive member(s) present shall decide the number of tests to be taken in each category.
- 14.1.5 Doping Control Samples shall be sent for analysis only to a WADA accredited laboratory. The ORPF Executive upon consult with the IPF Anti-Doping Commission shall determine the choice of the WADA accredited laboratory used for the Sample analysis.
- 14.1.6 Results from all analyses shall be sent directly to the IPF Anti-Doping Administrator from the WADA accredited laboratory.
- 14.1.7 Result Management for tests initiated by the ORPF (and for tests performed by the IPF at the ORPF contests, or for tests performed by WADA pursuant to agreement with the IPF) shall be conducted by the relevant bodies of the IPF as set forth under article 7 of the IPF Anti-Doping Rules.
- 14.1.8 When it appears, following the Result Management process, refer 14.1.7 above, that the IPF Anti-Doping Rules have been violated in connection with the testing at the ORPF Contest then the case shall be assigned to the IPF Doping Hearing Panel for adjudication.
- 14.1.9 Decision made under the IPF Anti-Doping Rules may be appealed as set forth in article 13.2 through 13.7 of the IPF Anti-Doping Rules.

14.2 Comply with the IPF Anti-Doping Rules

ORPF and all its National Federations shall comply with the IPF Anti-Doping Rules. The Anti-Doping Rules shall also be incorporated either directly or by reference into each National Federations Rules. All National Federations shall include in their regulations the procedural rules necessary to effectively implement the IPF Anti-Doping Rules. Each National Federation shall obtain the Consent Form attached as Appendix 3 of the IPF Anti-Doping Rules of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the Rules of each National Federation shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under the jurisdiction of the National Federation shall be bound by the IPF Anti-Doping Rules.

15 RESTRICTIONS ON TRADING

The President, Board Members, Secretary General, Treasurer, Auditor and all the committee members and their spouses, de-facto partners, siblings, parents and children shall not be permitted to financially benefit from dealing in or supplying powerlifting equipment.

16 VOLUNTARY DISSOLUTION OF THE ORGANISATION

Dissolution of the ORPF shall only be possible by decision of the General Assembly. For this purpose, a written request stating the reasons for such dissolution shall be handed over to the Executive. After discussion of the request, the Executive will then put the request on the agenda of the next General Assembly.

In order for the dissolution to become valid, a three-quarters majority of all votes cast is required.

In the event of such dissolution of the ORPF and provided the ORPF still holds assets, and having covered any liabilities, the General Assembly shall also decide on whom to transfer the remaining assets. These assets shall, if possible and permitted, be transferred to an organisation having the same or similar interests compared to the ORPF, or shall be allocated to good causes.

17 CODE OF ETHICS

17.1.1 GUIDANCE FOR COACHES

The ORPF accepts and follows the IPF Guidance for Coaches. This guidance has been produced specifically for coaches who provide opportunities for young people in Powerlifting, either in Sub-junior and Junior sections or mixed squad training camps.

The IPF Guidance for Coaches is available on the IPF Website at www.powelifting-ipf.com

17.1.2 CHILD PROTECTION POLICY

The ORPF accepts and follows the IPF Child Protection Policy. Every child should have the opportunity to take part in sport at all levels in a safe, secure and positive environment. Children have unique capabilities and strengths yet remain vulnerable to being influenced. In sport, where children and youth participation is predominant child protection becomes everyone's responsibility. ORPF shall maintain and implement the IPF Child Protection Policy.

The IPF Child Protection Policy is available on the IPF Website at www.powerlifting-ipf.com

17.1.3 GUIDANCE FOR PARENTS

The ORPF accepts and follows the IPF Child Protection Policy. This guidance has been produced specifically for parents whose children participate in Powerlifting. Powerlifting provides opportunities for enjoyment and achievement; it can develop qualities such as self-esteem leadership and teamwork, as well as physical benefits. Providing young people with a positive lifting experience means that they will be more likely to achieve their true potential. Every young people have the right to have fun and to be safe and free from harm, whether competing at local level or representing their nation at International level. Parent/legal guardian should feel comfortable with the environment that the child is in and able to ask questions about the federation, structure, people, policies and practices of that federation.

The IPF Guidance for Parents is available on the IPF Website at www.powerlifting-ipf.com

17.1.4 PARENTAL CONSENT FORM

The Parental Consent Form (in addition to the Consent Form that is as Appendix 3 to the IPF Anti-Doping Rules) is to accompany nominations for the Championships for Athletes under the age of 18 years. If the Athlete is under 18 years of age on the day he/she competes he/she must provide a parental consent that he/she can provide urine or blood samples taken for doping testing.

The IPF Parental Consent Form is available on the IPF Website at www.powerlifting-ipf.com

BYLAWS OF THE OCEANIA REGIONAL POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms “General Assembly”, “President” “Technical Committee” and such like shall mean the “ORPF General Assembly”, “ORPF President”, “ORPF Technical Committee” etc.

Unless specifically stated otherwise, the terms “him”, “his” and “Chairman” shall refer to persons of either sex.

101 GENERAL ASSEMBLY

101.1 General Assembly May be Open to Public

The General Assembly may be open provided that space is available. This decision is to be taken by the Executive and announced prior to the opening of the General Assembly.

101.2 Outside Parties Attending the General Assembly

The President may invite outside persons to attend the General Assembly. However, although they may be invited to address the General Assembly, they remain ineligible to vote and cannot be elected.

101.3 Constitutional General Assembly Schedule

The General Assembly shall, if necessary, address itself to re- examining in full the Constitution, By-Laws and their appendices every fourth year commencing in 2019. However, amendments may be considered annually.

101.4 International Powerlifting Federation

The General Assembly shall serve and maintain a membership in the International Powerlifting Federation.

101.5 Proposals to the IPF General Assembly

The ORPF itself can make proposals to the IPF General Assembly.

101.6 Participation Guidelines for Committee Chairmen

The Committee Chairmen, other than the Technical Committee Chairman, and non-executive officers by virtue of their attaining officer status in the ORPF are allowed admission to the General Assembly in its entirety but without vote and with voice only as pertains to their respective responsibilities.

101.7 Speeches by Candidates for ORPF Office

Candidates for ORPF office shall be permitted to address the General Assembly for a maximum period of five minutes.

101.8 Duties of the Executive

All ORPF EC officers by virtue of their attaining officers' status in the ORPF are allowed admission to the General Assembly in its entirety but have no voting powers, with the exception that the President may cast a deciding vote in the case of a stalemate.

The duties of various officers are those duties appointed by the General Assembly and include:

101.8.1 President

101.8.1.1 He orders meetings of the ORPF as provided in the Constitution and presides at all meetings of the ORPF and General Assembly.

101.8.1.2 He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

101.8.1.3 He is an ex officio member of all committees.

101.8.1.4 The President provides leadership in the long-term and day-to-day activities of the ORPF, delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct ORPF business.

101.8.2 Vice President

101.8.2.1 He has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.

101.8.3 Secretary General

- 101.8.3.1 To make proper arrangements for keeping the records of the ORPF and the General Assembly.
- 101.8.3.2 Issue all official notices of all ORPF meetings.
- 101.8.3.3 To serve as Secretary of the General Assembly and at any special meetings or hearings of the ORPF.
- 101.8.3.4 To certify as a "Provisional Member" any applying nation who submits the proper fees and meets the relevant criteria, until such time as the General Assembly shall deliberate such membership.
- 101.8.3.5 Delegate any of the aforementioned duties to an "assistant secretary" appointed by the Executive or to such assistants as may be provided by the ORPF By-Laws to perform it.

101.8.4 Treasurer

- 101.8.4.1 Receive all monies due to the ORPF and deposit it to accounts in the name of the ORPF.
- 101.8.4.2 Sign all cheques, notes and drafts together with one other signature as provided by the ORPF ByLaws for sums greater than AUD \$2500.
- 101.8.4.3 Pay all bills approved by the duly authorised officer or by the General Assembly provided it is within the authorised current budget of the ORPF.
- 101.8.4.4 When requested, hand over to the Auditor for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- 101.8.4.5 To present an audited balance sheet to the annual General Assembly. Audit of ORPF accounts is to be made by the Auditor.
- 101.8.4.6 To be responsible for collecting all fees due to the ORPF.
- 101.8.4.7 To be responsible for issuing invoices and collecting any penalties.

101.8.5 Chairman of the Technical Committee

- 101.8.5.1 Duties of the Technical Committee Chairman are as designated in article 11.2 of the Constitution.

101.9 Duties of the Non-Executive Officers

Duties of the non-executive officers are those duties mandated by the Executive including.

101.9.1 Records Registrar

- 101.9.1.1 Shall certify all Oceania records and maintain an up to date register of all records in all categories. Oceania records can only be confirmed if IPF doping testing competition requirements according to IPF Anti -Doping Rules have been complied with. Pending the confirmation of a negative doping test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than three months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

101.9.2 Championship Secretary

- 101.9.2.1 Shall maintain a Calendar of Events covering all major events for a period of not less than 24 months from the date of the Calendar.
In normal circumstances, all Oceania championships and contests shall be allocated dates within the calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible.
The major events in the ORPF calendar are as follows:
- 101.9.2.1.1 Oceania Regional Powerlifting Championships
 - 101.9.2.1.2 Pacific Games
 - 101.9.2.1.3 Other international events as approved.
- The Championship Secretary shall ensure that major international events do not clash. If necessary, sanction may be refused in order to achieve an orderly calendar.
- 101.9.2.2 Shall distribute to affiliate federations the invitation and details of major events at least six months prior to the event. He shall also distribute team nomination forms and other necessary documents to affiliated federations.
The invitation will be based upon the answers to a standard questionnaire sent to the host national federation and/or promoters of the championship when a bid is accepted. Closing date for an organizer of ORPF Championships to provide all details in the invitation is 6 to 8 months prior to the contest date. If special hotel and transport booking forms are required, a draft copy of these forms shall also be sent to the Championship Secretary in order that they may be distributed with the invitation. Nomination forms for ORPF championships must provide columns for the following information:
- 101.9.2.2.1 Lifter's family name.
 - 101.9.2.2.2 Lifter's first name in full.
 - 101.9.2.2.3 Lifter's best total performed within the preceding twelve months at national or international championships.
 - 101.9.2.2.4 Lifter's year of birth.
 - 101.9.2.2.5 Lifter's passport number.
- 101.9.2.3 Shall collate all team nomination forms and ensure that they are fully and properly completed. He shall then prepare a full list of lifters nominated for the event and make sure of that the nominations are published at the ORPF Website.
- 101.9.2.4 Prepare or obtain from the responsible event official, the full results of the event and distribute this to the persons specified in the preceding section. Pending the final drug testing results championships results shall be published as "Provisional Pending Final Drug Test Results."
- 101.9.2.5 Shall sanction ORPF competitions on an international level. This applies to any competition between two or more nations, which is not open to all nations within the ORPF.
Previous to such sanction, he must consult the GS to be informed about the applicants conditions related to his ORPF obligations.
- 101.9.2.6 Before a sanction for a major event is granted he must ensure that the applicant has the capacity for successfully promoting the event and the ability to comply with all the requirements of the ORPF.

101.9.4 Internet Officer

- 101.9.4.1 Maintains the ORPF Internet site.
- 101.9.4.1.1 The Directory
 - 101.9.4.1.2 Constitution and By-Laws
 - 101.9.4.1.3 The IPF Anti-Doping Rules
 - 101.9.4.1.4 Oceania Records
 - 101.9.4.1.5 Calendar of Events
 - 101.9.4.1.6 Invitations and details on forthcoming events
 - 101.9.4.1.7 Results of major events
 - 101.9.4.1.8 Authorised material from the President or Executive
- 101.9.4.2 Other than replies to routine enquiries he shall not post any other material without the written consent of the President.

101.9.5 Media Officer

- 101.9.5.1 Shall work together with the IPF Media Officer to distribute results and other information from every ORPF calendar Event to the mass media, i.e., TV, Radio, Newspapers, etc.
- 101.9.5.2 Shall promote the ORPF through the electronic and print media. The President must approve in writing all promotional material and press releases.
- 101.9.5.3 Shall make personal contacts and relationships with key persons in mass media.

101.9.6 Chairman of the Athlete's Committee

- 101.9.6.1 Duties of the Technical Committee Chairman are as designated in article 11.3 of the Constitution.

101.9.7 Chairwoman of the Women's Committee

- 101.9.7.1 Duties of the Technical Committee Chairman are as designated in article 11.4 of the Constitution.

102 PROCEDURES

102.1 ORPF Member Nations Addresses

All listings of the ORPF member nations shall include the name of the national federation.

102.2 Expulsion of Member Nations

No national federation shall remain a member of the ORPF if the General Assembly by at least two-thirds majority of votes cast decides that it is not in the best interest of the ORPF for that national federation to remain a member.

102.3 Timelines for Submitting, Awarding Bids for major ORPF Competitions

Bids shall be made and major ORPF competitions awarded three years in advance. All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Secretary General at least 90 days before the next General Assembly.

All organising federations must sign the promoter contract two years before the according championships and latest within 30 days from receiving the Promoters contract, otherwise the ORPF sanctions will apply if this federation withdraws.

The General Assembly will examine the bids in detail and makes the decision where the different championships will be held.

The selected nation must then report in detail to the General Assembly when required.

102.4 Testing for Category I and Category II Referees

With approval by the IPF, the ORPF may test for Category 1 and Category 2 referees as per the IPF Constitution at any ORPF competition or contest except that of a Bench Press Championships.

102.5 Application for National Affiliation

The Secretary General shall design and maintain an application form for the use of nations wishing to affiliate to the ORPF. The form shall require all necessary information from the applicant including the names and addresses of officers, other affiliations and relevant organisational data. The form will be returned together with a copy of the applicant Nation's constitution.

102.6 Incorporation of the ORPF

The ORPF shall be incorporated under the laws of Australia. It is not necessary to move the country of incorporation with changes in officers or with a move of the headquarters if all functions of the ORPF are continued without interruption and the corporate and legal integrity of it is maintained. The Executive will make any needed changes in location of incorporation or of location of the headquarters.

102.7 Litigation among ORPF Entities

No entity of the ORPF may bring litigation against another entity of the ORPF.

102.8 Permitted Expenses by Officers

The permitted expenses of all officers of the ORPF shall be decided by the Executive and contained in the Treasurer's budget proposals. If necessary the executive may by two-thirds majority vary payments approved in the budget.

102.9 Standing Orders Authority

The Standing Orders of the ORPF shall be the supreme document for all ORPF meetings. The exception being when they are in conflict with the Constitution

102.10 Use of "Oceania" as Relates to ORPF Competitions Defined

The word "Oceania" in connection with powerlifting may only be used by the ORPF for competition and records.

102.11 Proposals accepted by the IPF General Assembly and adopted for the ORPF

All proposals accepted at the IPF General Assembly for inclusion in the official IPF Constitution or By-Laws shall be immediately examined by the ORPF Executive, preferably immediately post that General Assembly. If they are deemed to be equally relevant to the ORPF region, they will be adopted and will become operative on the same date as that decided upon by the IPF.

102.12 Proposals and nominations to the ORPF General Assembly

Proposals and nominations to the ORPF General Assembly can only be made by the Executive Committee, the Technical Committee, the Athlete's Committee, the Women's Committee, or by any ORPF member federation which has paid the yearly membership fee prior to the deadline for forwarding such proposals and nominations. Provisional Members are not permitted to submit proposals or nominations to the ORPF General Assembly.

103 FINANCE

103.1 Audit of the Auditors

The Auditors shall perform an audit closing the books on 31st of December each year. There must be an audit of ORPF accounts. The audit is to be made by the Auditors.

103.2 ORPF Subscription and Fees

Following payment of ORPF sanction fees, sanction will still be required from the Championships Secretary. For all ORPF competitions a sanction fee will be required as below.

103.2.1 National affiliations (annually):	AUD	\$300
103.2.2 Sanction fee for International matches:	AUD	\$200
103.2.3 Sanction fee for Oceania Regional Championships	AUD	\$1000
103.2.4 Sanction fee for Sub-Regional Championships	AUD	\$500
103.2.5 Sanction fee for Pacific Games	AUD	\$200
103.2.6 Doping test fee for each lifter entered:	AUD	\$75
103.2.7 Participation fee for each nominated lifter.	AUD	\$100

An annual membership fee as stipulated above in 103.2.1 must be paid by the member federations prior to the General Assembly each year to have voting rights at the General Assembly of that particular year.

The ORPF shall be responsible for providing all necessary medals, 1st 2nd and 3rd for all competing categories and classes (refer to 104.4 for medals or certificates for individual lifts). The category and class medals are to be ordered by the Treasurer at least three months prior to the championships.

The participating national federations shall pay a doping test fee of AUD \$75 for each lifter entered and declared at the preliminary entry form. In addition to the doping test fee, participating national federations shall pay a participation fee of AUD \$100 per lifter for each lifter entered and declared on the preliminary entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters. If a hotel reservation fee is specified in the invitation for the competition, the same rule and time limits as above shall apply for nominated lifters and officials.

Furthermore the maximum banquet fee is AUD \$60 for each lifter and official, which participates at the banquet. The fee charged shall reflect the actual cost level in the hosting country.

103.3 Penalty Fee for Not Paying the Participation and Doping Fees in Time

103.3.1 If a national federation nominated for an ORPF competition has not paid the required participation and doping fees to the bank account of the ORPF within one day prior to the Technical Meeting for the particular championship a penalty fee of AUD \$250 will be charged.

103.3.2 The invoice must be sent to the nominated federations by the ORPF Treasurer at the latest 14 days prior to the day of the Technical Meeting for each of the ORPF Competitions.

103.4 Suspension for Failure to Pay Appropriate Sanction Fee for Competition

Any national federation organising any of the events listed in 103.2 and who has not paid the necessary sanction fee, shall automatically be suspended from memberships of the ORPF until such time as the required fee is paid in full.

103.5 Television Rights of the ORPF

All television rights and multimedia coverage for ORPF competitions shall be the sole property of the ORPF.

103.6 Hotel Bills for National Federations and Officials at ORPF Competitions

At all ORPF competitions, participating national federations shall be responsible for their own hotel bills.

All pre-booked rooms must be paid before the championships, except those rooms that have been cancelled until twenty-one (21) days before the beginning of the championships. If required Visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation. Cancellation has to be proved by a written confirmation of the organiser e.g. by email or fax.

No other exception can be accepted.

Not the organiser, but the national federation concerned will be charged for any damages or thefts occurring in the room.

103.7 Hotel Bills for ORPF Officials Attending ORPF Competitions

103.7.1 The hotel bills of a maximum of three (3) ORPF officials as decided by the Executive may be reimbursed (following approval by the General Assembly), on the basis of room and breakfast only for the length of the championship plus 2 days.

103.8 Travel Costs for ORPF Officials

The ORPF (following approval by the General Assembly) may reimburse travel costs and other expenses of up to a maximum of three (3) ORPF officials as decided by the Executive as follows:

- 103.8.1 One hundred percent of the cheapest airfare obtainable from recognised carriers less any subsidy paid by any other agency
- 103.8.2 Any finance referred to in item 103.7 shall be derived from the competition itself or current ORPF deposits.
- 103.8.3 Both the President and the Treasurer must approve all claims for expenses or reimbursements. This ruling applies equally to the issue and signing of cheques and contracts.

103.9 Lapel Pins

A lapel pin portraying the official ORPF emblem shall be obtained for sale to all members. In addition, the Treasurer will obtain a stock of items for sale to members and as a means of raising funds.

103.10 Delinquent National Affiliate Fees

Delinquent Nations: National federations more than two years in arrears with their annual subscription shall be suspended from membership of the ORPF.

103.11 Video Fee for Commercial Enterprises and Individuals

Video Fee: Any person making videos of ORPF competitions for commercial reasons, i.e. resale to the public at large, shall pay AUD \$200 for the privilege. The organising national federation will however, have the right to its own video coverage with the income to be shared as for commercial video with a free copy for the ORPF files. If no commercial contract for videos exists, then individuals may be given permission to video separate bodyweight classes in which a member of their family or club is competing. In these circumstances the ORPF will issue a permit at a nominal fee not exceeding AUD \$30.

103.12 Imposition of New Conditions for ORPF Competition Promoters

The General Assembly will not impose changes in ORPF requirements and conditions for promoting ORPF competitions upon promoters until twelve months after acceptance of such proposals. Promoters awarded ORPF Competitions prior to such changes shall be entitled to relinquish their sanctions without penalty, within 3 months of the change(s) being accepted by General Assembly. Promoters will not have any recourse against the ORPF as a result of such changes.

103.13 Promoters Responsibility to Honour ORPF Contracts

The promoter of an ORPF competition must honour all contracts legally undertaken between the ORPF and any outside commercial concern.

103.14 ORPF Sport Development Fund

The ORPF may budget for and maintain a development fund. This is to be administered by the Executive Committee in consult with the Technical Committee. The purpose of the fund is to assist national member federations to access and purchase IPF recognised, high standard equipment for use both within their nation, and at International competitions, as well as to develop the capacity of Referees and Officials.

- 103.14.1 National federations may apply for an economical support from ORPF to purchase IPF approved equipment to be used at competitions.
- 103.14.2 The ORPF Sport Development Fund is limited, and the ORPF Executive will yearly evaluate and decide about national federation(s) to whom the money from the ORPF Sport Development Fund will be donated.
- 103.14.3 Further details of the development fund are outlined in the Application form for receiving of economical support from ORPF, and also in any Contract regarding the ORPF Sport Development Fund to be made with the National federation(s) the Executive has decided will receive an economical support from this fund.

104 RECORDS AND AWARDS

104.1 National Records

Each national federation shall be responsible for its own records and record claims.

104.2 Oceania Record Certificates

The ORPF shall provide an honour certificate free of charge to all lifters who establish bona fide ORPF records.

104.3 Best Lifter Award

At all ORPF competitions, a "Best Lifter" award shall be given to the lifter who produces the best performance based upon the appropriate formula. Awards shall be given also to the lifters placed second and third based on the appropriate formula.

104.4 ORPF Medals

104.4.1 The ORPF shall maintain standardised medals that are obligatory for use at all ORPF competitions. However, if the organiser wishes to use unique medals at their own cost, the organizer must provide an example of the layout of the medals he will provide not later than 6 months before the championship to be inspected and accepted by the ORPF Secretary General. Medals to be presented for first, second and third places in each category based upon totals. In addition, medals or merit award certificates may be presented for first, second and third places in the individual lifts of Squat, Bench Press and Deadlift in each category. Lifter must make a total in the competition in order to qualify for any award. In the event of two competitors lifting the same weight, the lighter lifter will be declared the winner. The face of medals will be inscribed with the ORPF emblem and suitable wording. The reverse will remain blank, and may be engraved at the expense of the promoter.

Other awards (including participation medals) may be provided according to the custom of the host nation.

104.4.2 Host nations may prepare medals to use as awards for category winners, in lieu of medals obtained from the ORPF. Such medals must be of high quality, and must be submitted to the Executive for approval six months prior to the championships in question. Arrangements for manufacture and time of completion must be submitted as well.

104.4.3 A lifter returning a positive Doping test result at an ORPF competition must return all his/her medals from that competition. If not returned by his/her federation within 1 month after receiving such claim, the national federation must pay a fine of AUD \$150.

104.5 ORPF Competition Participation Certificates

ORPF competition participation certificates shall be awarded to each lifter and official (team manager, coach) according to ORPF regulations. They shall also be awarded to approved ORPF officials and referees.

104.6 ORPF Hall of Fame

Hall of Fame: There shall be an honorary body titled the "ORPF Hall of Fame". Its purpose shall be to honour members who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting internationally. A maximum of one lifter and one official may be elected to the Hall of Fame each year.

A certificate of achievement will be awarded. No one who has been involved in doping offences or has been suspended by doping abuse shall be proposed to Hall of Fame.

Any lifter or official previously awarded Hall of Fame will lose this distinction if suspended by his/her National Federation, ORPF or IPF due to doping abuse or other serious violation.

104.7 Election to Hall of Fame

The Executive decides prior to the General Assembly, after having received the nominations from nations, whom will be nominated for election to the Hall of Fame status, for election a unanimous majority of votes is required. The appointed persons will be honoured at the closing banquet of the ORPF competition following the General Assembly of each year.

104.8 National Award of Merits

ORPF National Award of Merits are to be given to members of national federations who have rendered outstanding services in the development of the sport of Powerlifting in national level.

ORPF will produce standard medals for this purpose. The ORPF emblem is printed on one side of the medal with the text "ORPF Award of Merits", and the other side is blank for engraving the name of the person receiving the medal. A standardised diploma accompanies the medal.

To request the medal and diploma by a national federation a standard form must be filled in and sent to the ORPF Secretary General.

The ORPF Executive Committee under the following conditions may award the ORPF National Award of Merit:

- a) The Gold Award for 25 years of continuous membership and exceptional work.
- b) The Silver Award for 15 years of continuous membership and exceptional work.
- c) The Bronze Award for 10 years of continuous memberships and exceptional work

104.9 Free Entry to Championships, Executive, Committee Chairmen, Hall of Fame Members

Members of the ORPF Executive Committee, ORPF Committee Chairmen and members of the ORPF Hall of Fame will have free entry to any powerlifting competition organised by a member federation or its affiliates. An identification card may be issued by the ORPF.

104.10 Categories of Oceania Records

The ORPF recognises Oceania records for Men and Women in the following categories: Open, Sub-Junior, Junior and Masters 1, 2, 3 & 4, and in single lift Bench Press for Open, Sub-Junior, Junior and Masters 1, 2, 3 & 4.

104.10.1 Oceania records will be accepted and registered only within the categories listed in this item.

104.10.2 Records will only be accepted if applications are made strictly in accordance with the requirements of the IPF Technical Rules and according to the IPF Anti-Doping Rules.

104.11 Recognition of Oceania Records

104.11.1 Oceania records will only be accepted from international competitions where doping testing is carried out according to the IPF Anti-Doping Rules 5.1 and lifter has not returned a positive doping test. This must be done strictly in accordance with the IPF Anti-Doping Rules including the analysis of samples in a laboratory accredited at the time of analysis by WADA. Oceania records broken at World Championships may be accepted without doping test. Ref. IPF Anti-Doping Rules 5.1.1.2.

104.12 Oceania Powerlifters of the Year

The Executive appoints at the end of each year one female and one male Oceania lifter in both categories "Equipped" and "Classic" as Oceania Powerlifter of the Year.

104.12.1 The appointment is based on the appropriate formula. Lifters with the highest scores calculated from the total at both the Oceania Regional Powerlifting Championships and any other IPF sanctioned contests in one calendar year are selected. (Lifters who did not take part in the Oceania Regional Powerlifting Championships will not be eligible for the award)

104.12.2 Each appointed lifter will be honoured by a silver plated dish with inscriptions.

104.12.3 No one who has been involved in an anti-doping rule violation is eligible for appointment and if previously appointed, he/she loses his/her distinctions.

105 COMPETITIONS

105.1 Non-discrimination in ORPF Competition

No one is to be denied access to competition on the grounds of race, colour, gender, sexual orientation, religion or politics.

105.2 National Flags

Each participating nation at an ORPF competition must provide if requested, a national flag approximately 1.5 m x 1.0 m in size. Any nation failing to meet this obligation will be fined the sum of AUD \$50 in order to reimburse the promoter for any loss and inconvenience suffered. It is the responsibility of the promoter to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the promoter fails to return a nation's flag, he shall be required to reimburse that nation for the loss suffered.

The ORPF shall maintain a collection of member nations flags for use at ORPF events as required.

105.3 Entry to Championships, Coaches, Officials, Meals for Working Officials, Lifters Profile form

At all ORPF competitions the promoter shall provide free access to the venue and other competition buildings or functions for team officials and coaches on the following scale:

- 105.3.1 The courtesy of free access shall be extended to all nominated lifters, coaches and officials from each participating nation as per the final nomination form.
- 105.3.2 The courtesy of free access shall also be extended to all officiating referees and jury members.
- 105.3.3 The courtesy of free access shall be extended to all members of the Sports Medicine Team who participate during the championships. The names of such personnel shall be forwarded to the promoter and an agreement reached between the Doping Control Officer and the promoters upon the number to be accepted.
- 105.3.4 Promoters of ORPF competitions shall provide for the referees and the ORPF officials free meals during the competition. Free meals should preferably include at least two servings of food and non-alcoholic drinks each competition day served in the competition area. Only referees and ORPF officials that work with official duties during a competition day shall be granted such benefit from the promoter.
- 105.3.5 Dress code for Coaches at ORPF events shall be national team tracksuit plus team or IPF/ORPF approved T-Shirt, or sport shorts plus team or IPF/ORPF approved T-Shirt. Failing by the coach to adhere to this code may result in the Coach being excluded from the event warm up room and competition surrounds by the ruling of the Technical Controller or the Jury.
- 105.3.6 All lifters taking part in ORPF competitions shall fill in the "*Lifters Profile form*". Where practical, the participating nations shall send the forms for all lifters in their team with the preliminary nomination to the organizer not later than 60 days before the championships.

105.4 Invitation and Accommodation

- 105.4.1 The official invitation and details of ORPF competitions must be received by member nations at least six months prior to the event. Details shall include the date of the Technical Meeting, competition date, names and addresses of recommended hotels and the rates to be charged.
- 105.4.2 Accommodation rates charged by the promoter must not exceed the normal rack rate charged by the establishment providing the accommodation. Any overcharge without providing a higher accommodating quality may bring the case to the IPF DC to decide about any sanction. Possible sanctions are fines up to the level of the profit from the overpricing and/or exclusion from organizing ORPF competitions for the following 3 years.
- 105.4.3 At all ORPF competitions the accommodation fees shall be payable by bank transfer or credit card as follows:
 - 1) by bank transfer latest 14 days before the competition as specified by the organiser in the invitation for each event;
 - 2) by credit card;
 - 3) by cash payment at the Organiser's risk if this option is specified in the championship invitation.

105.5 Nomination

- 105.5.1 Nomination of lifters and officials to participate in ORPF competitions shall be received by the ORPF Championship Secretary with a copy to the Competition Promoter within following time limits:
 - Preliminary nomination not later than 60 days before the Date of each ORPF competition.
 - Final nomination, submitted not later than 21 days before the date of the Championship, must be made from those nominated in preliminary nomination.
 - Later entries will not be accepted.
 - The Executive Committee has the power to vary the final date for Preliminary nomination for any particular competition in the case of the event being a minor ORPF competition or an exhibition type event, or following any major change in circumstance regarding the competition (change of host nation, natural disaster etc).
- 105.5.2 A national federation taking part in any ORPF competition shall pay the ORPF doping test fee and the participation fee for each lifter nominated and entered on the preliminary entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters. If a hotel reservation fee is specified in the invitation for the competition, same rule and time limits as above apply for nominated lifters and officials.

105.6 Representation at the Technical Meeting

All participating nations in ORPF competitions should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the ORPF competition or has not informed the ORPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of AUD \$250 may be imposed to the concerned national federation.

105.7 Recommended official hotel(s)

For all ORPF competitions the Competition Promoter must nominate one or more recommended official hotels. Although it is recommended and encouraged, there is no obligatory requirement for athletes, coaches, referees or officials from each federation to stay in the official hotel for all days in attendance of the competition, however if athletes, coaches, referees or officials do not stay in the official hotel during the championship, the participating nation is obliged to inform the Competition Promoter of their alternative circumstances.

All room bookings must be done through the Competition Promoter, unless otherwise specified on the invitation.

105.8 Competition Promoter's Guide

All Competition Promoters (organisers) of ORPF competitions need to sign 3 contracts with the ORPF, which contain detailed specifications the Organizer must meet;

- 105.8.1 *Promoter's Contract* contains general rules and regulations for the overall organization.
- 105.8.2 *Organiser's Checklist* contains technical rules, regulations and recommendations for the technical part of the organization.
- 105.8.3 *Antidoping Control Agreement* contains rules and specifications regarding the doping control room and the conduct of the doping control.

105.9 Hotel bills and travel costs for the ORPF Computer Secretary attending ORPF Competitions

- 105.9.1 The hotel accommodation (for the length of the competition + 2 days) and flights and travel costs for the nominated ORPF Computer Secretary may be reimbursed by the ORPF (following approval by the General Assembly)
- 105.9.2 The ORPF will maintain and provide all computer equipment necessary according to the Organisers Handbook, and as agreed by the Computer Secretary.

105.10 Equipment Standards

The ORPF accept the "Equipment Standards" for all equipment, which is approved by the IPF.

105.11 Sub-Regional Competitions

The ORPF Executive shall sanction sub-regional competitions on an international level. Sub-regional means a competition between two or more nations but not open to all the nations in that region.

105.12 Competitions

- 105.12.1 Any national federation or promoter of international events must not attempt to advertise or invite lifters and officials to the event without first obtaining a written sanction from the Secretary General. Verbal assurance regarding sanction does not satisfy this requirement, only written contracts or sanction will be valid.
- 105.12.2 Normally, only national federations affiliated to the ORPF may apply for sanctions.
- 105.12.3 All members of national teams taking part in ORPF competitions must be in possession of a valid passport of the country they are to represent. Failing this, proof of a two-year period of residence in that country will be accepted.
- 105.12.4 The Secretary General of the IPF must be informed of all sanctions granted by the ORPF.
- 105.12.5 A lifter can only compete in championships or contests outside his/her Region if nominated by his/her national federation and accepted by the organising federation. Nominations must be made within the time limits as specified in Article 105.5.
- 105.12.6 With the exception of Exhibition type events, participation in an ORPF competition of a lifter from an IPF affiliated nation who is not a ORPF member will only be accepted by ruling of the Executive and will be as a guest lifter outside of a particular competition for the placements in that competition.
- 105.12.7 Participation and anti-doping fees as specified in Article 103.2 must be paid for the guest lifters as well.

105.13 Including a Referee in National Teams, Fine, Restriction

Any nation, being a member of IPF more than 5 years, participating with more than 3 lifters in an ORPF competition, as nominated at the final entry form must include at least one international referee among its team officials available for refereeing or being a member of the jury at least two days. The host federation can nominate six referees. If a referee from that nation is not present or, if present, is not available to act in the capacity of either referee or member for jury at least two days during the competition, the lifters are allowed to take part, but a fine of AUD \$250 must be paid by the nation (If the member nation has no current international category referees listed by the IPF the fine shall not apply.). The ORPF treasurer must receive such payment before lifters from that nation are allowed to take part in the ORPF competition. This payment shall be allocated to the Sport Development fund to further fund Referee development programs.

- 105.13.1 Each national federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the ORPF Technical Committee Chairman issues a referee list for the entire competition schedule. Any changes of a referee's duty may be reported to the Technical Committee Chairman until 14 days prior to the competition. After that date the referees cannot expect to officiate in other duties than specified on the referees' duty list.
- 105.13.2 Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the technical meeting. However, federations may allocate duties between their own referees upon agreement by the Technical Committee Chairman. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or AUD \$100 fine dependant of the reason and decided by the jury in cooperation with the Technical Committee Chairman.

105.14 Sanction of International level Competitions in the IPF Oceania Region

International level competitions in the IPF Oceania Region shall be sanctioned by the ORPF only. This applies to any competition between two or more nations, which is not open to all nations within the IPF Oceania Region.

105.15 Failure to Use IPF Approved Equipment

If the promoter of a competition sanctioned by the ORPF does not use IPF Approved bars and plates at the competition platform, he will be fined a sum of AUD \$1500, and no Oceania records from the competition will be accepted.

105.16 Failure to Submit Technical Checklist

If the promoter does not return the Technical Checklist, Promoters Contract and the Anti-Doping Control Agreement within stated time limit, he will be fined a sum of AUD \$200 for each. Total AUD \$600.

105.17 Facilities and Equipment Differing From Those Specified on the Organising Checklist

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the promoter will be fined a sum of maximum AUD \$1500, if the deviation from the Technical Checklist specifications is considered being seriously against the IPF rules the ORPF will not grant any ORPF competition to this nation for a following period of 2 years.

105.18 IPF Consent Form

All lifters taking part in ORPF competitions and IPF events shall sign the IPF Consent Form, which is as Appendix 3 of the IPF Anti-Doping Rules, and is also separately displayed and printable on the IPF and the ORPF websites. Signature of the IPF Consent Form shall take place prior to lifter's participation in an international event. In ORPF competitions this form shall be handed over to the ORPF officials following the weigh in of each session. A copy in English shall be completed and signed by the lifter. The lifter may keep a further copy in English, and following the competition a copy shall be sent by the ORPF to the IPF Secretary General.

105.19 Spotters T-shirts and Shorts

ORPF has the right to provide t-shirts and shorts for the spotters at all ORPF competitions. Exception is that the Promoter has the option to provide his own t-shirts and shorts following approval by ORPF officials.

105.20 Sales Booths

ORPF has the right of up to 5 sales booths for ORPF sponsors free of charge at ORPF competitions. The space for one booth is limited to 12 m².

106 CONTRACTS

106.1 Signing Authority, ORPF Contracts

Both the President and the Treasurer (and/or Secretary General) must sign all contracts performed in the name of the ORPF when the majority of the EC have accepted such contract to be signed. A copy of the contract must be given to all EC-members, if it is requested.

107 APPENDIX STANDING ORDERS

107.1 Order of Business

An agenda shall be prepared by the Secretary General and circulated to all member federations at least 30 days prior to the ORPF General Assembly. All items on the agenda shall take precedence over all other business. Members wishing to introduce any other business for the consideration of the meeting may only do so after the business on the agenda has been completed.

107.2 Minutes

The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be in regard to the accuracy of the minutes. After confirming the accuracy of the minutes, the Chairman shall sign them, and the delegates at the General Assembly shall be at liberty to ask questions with regard to matters arising from the minutes. Such questions shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the Secretary General within four months of the date of circulation of the minutes to member federations.

107.3 Selection of Speakers

The Chairman shall decide the order of speakers.

107.4 Chairman's Ruling

The ruling of the Chairman on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken and a two-thirds majority required to the ruling.

107.5 Speeches

No member shall speak for more than five minutes at any one time.

107.6 Motions and Amendments

The first proposition on any particular subject shall be known as the original motion. All succeeding propositions in that subject shall be called amendments. Every motion or amendment must be proposed and seconded by members actually present at the meeting before they can be discussed. It is permissible for a member to make a speech first and conclude with a motion. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendment must be given before the first amendment is put to the vote.

107.7 Substantive Motions

If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, provided that it is consistent with the business and not been covered by an amendment or motion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

107.8 Voting

Except when the chairman at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

107.9 Matters of Procedure

At meetings, all matters of procedure which are not covered under these standing orders, shall be decided by the Chairman of the meeting.

107.10 Privileged Immunity of the General Assembly

Anything said in the ORPF General Assembly, committees or subsequent documentation is without prejudice and may not be used in litigation.

At all annual meetings of the ORPF the order of business will be as outlined in article 108 of the By-Laws:

108 APPENDIX OFFICIAL AGENDA

- 108.1 Roll Call of Nations and Delegates. Presentation of Credentials of each Nation. Certification of Athletes and Referees
- 108.2 President's Address
- 108.3 Minutes of the last General Assembly
- 108.4 Treasurer's – Auditor's report – Approval of Budget
 - a) To examine the accounts of the previous year
 - b) To approve the budget for the forthcoming year
 - c) Fees (if requested)
- 108.5 Secretary General's Report
- 108.6 Committee Reports
 - (a) Technical Committee
 - (b) Athletes Committee
 - (c) Women's Committee
 - (d) Championship Secretary
 - (e) Media
- 108.7 National Reports
- 108.8 New Member Applicants
- 108.9 Elections
- 108.10 Proposals
- 108.11 Action on Delinquent Nations
- 108.12 Hall of Fame
- 108.13 Future Championships
- 108.14 Any Other Business
- 108.15 Adjournment

109 APPENDIX RULE AMENDMENTS

Proposals to amend the ORPF Constitution, By-Laws, Technical Rules and/or Appendices; hereinafter referred to as rule(s), shall be set out as follows:

- 109.1 Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."
- 109.2 Action to be taken:
 - 109.2.1 Deletion, or
 - 109.2.2 Addition, or
 - 109.2.3 Amendment, delete ... and insert (or replace with)...
- 109.3 Text involved
 - 109.3.1 and (109.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full.
 - 109.3.2 and (109.2.3) above. The text of the addition or insertion, accompanied in the former case by the proposed rule no. or location.
- 109.4 Optional

A brief statement of the reasons(s) for the proposal. This will form part of the formal proposal but is merely for the guidance of The General Assembly. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be effected, have been consistently dealt with by the proposal.

Renumbering: It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.