

BYLAWS OF THE FLORIDA WEIGHTLIFTING FEDERATION (LWC #14)

ARTICLE I: NAME

The name of this organization shall be the Florida Weightlifting Federation (FWF) (hereafter, the Federation or LWC 14).

ARTICLE II: MISSION

The mission of this federation is to serve as the central governing body for weightlifting in the State of Florida that works to promote the drug free Olympic sport of weightlifting at all levels throughout the state and communicates with all outside bodies as the principal authority of Olympic weightlifting in Florida.

ARTICLE III: MEMBERSHIP

Membership shall be limited to current members of USA Weightlifting in good standing who are legal residents of Florida and/or are members of a USAW club registered in Florida.

ARTICLE IV: MEETINGS

1. The annual meeting of the membership of the Federation shall be held the third week of January at a date and location set by the Executive Committee.
2. The Executive Committee shall have a standing monthly conference call held on the first Wednesday of the month to discuss current events, action items, and any new business.
3. Special meetings of the Federation membership may be called by the Executive Committee or by any three registered USA Weightlifting clubs within Florida via petition to the Executive Committee. Those clubs must be in good standing with the Federation and USA Weightlifting.
4. Written notice stating the place, day, and hour of the called meeting and the purpose(s) for which the meeting is called shall be given not less than 14 days before the meeting date. Notification(s) may be made personally, electronically, or by written correspondence at the direction of Committee Officer(s) or the person(s) calling the meeting. If notification is mailed, such notices shall be deemed to have been given when article is deposited in the United States Mail addressed to the club President of each member USAW club at his/her address as it appears in the Federation's membership directory.
5. Notice of a meeting of the Federation to act on an amendment of the Bylaws or on a plan of merger or consolidation shall be given in the manner provided above not less than 30 days before the date of the meeting. A copy of the proposed Bylaws Amendment, proposed plan of merger or consolidation shall

accompany any such notice. Amendments of the Bylaws require a two – thirds vote of the membership present at the meeting.

6. The Executive Committee and each member shall have equal representation of one (1) vote. All members present at the annual meeting must be in good standing with the Federation and USA Weightlifting.
7. A majority of the members entitled to vote, represented in person, shall constitute a quorum at a meeting of the membership. If a quorum is present, the affirmative vote of the majority of the members present at the meeting and entitled to vote on the subject matter shall be an act of the membership except that in elections of officers those receiving the greatest number of votes shall be deemed elected even though not receiving a majority.

ARTICLE V: EXECUTIVE COMMITTEE

1. There shall be an Executive Committee of the Federation that shall consist of the following elected officers: President, Vice President, Treasurer, Secretary, two (2) Athlete Representatives, and one (1) At-Large Representative. No member club may have more than two (2) representatives on the Executive Committee unless no other representative is able or willing to fill a vacancy.
2. Meetings of the Executive Committee may be held at any time; except as otherwise provided in these Bylaws, written notice of such meetings shall be sent by an Officer of the Federation to each member of the Executive Committee not less than 10 days before any such meeting. Neither the business to be transacted at, nor the purpose of, any such meeting of the Executive Committee need be specified in the notice or waiver of notice of such a meeting.
3. Any vacancy occurring in the Executive Committee shall be filled by the affirmative vote of a majority of the remaining Executive Committee members.
4. A majority of the members of Executive Committee shall constitute a quorum for the transaction of business. The act of the majority of the Executive Committee present at a meeting at which a quorum is present shall be the act of the Executive Committee.
5. Meetings of the Executive Committee may be held by telephone conference calls. When so held, the action of such conferences shall be entered in the minutes of the Committee and provided to the Membership at the next annual meeting.

ARTICLE VI: OFFICERS AND REPRESENTATIVES

1. The Officers of the Federation shall consist of a President, Vice President, and Treasurer. Additional Representatives are to include Secretary, two (2) Athlete Representatives, and one (1) At-Large Representative. These members will constitute the Executive Committee outlined in Article V. Each position of the Executive Committee shall be nominated and elected by the Membership through USA Weightlifting's electronic voting system. Officers may succeed themselves in office should no additional person(s) be nominated for their position.
2. The President shall serve as the Senior Executive of the Federation. They shall preside at all meetings, chair the Executive Committee, have general supervision of the affairs of the Federation, sign or counter-sign all contracts, make reports to the Directors and Membership, and perform all other duties as necessary. The Executive Committee will present the terms of contact for the President to the Members at the annual meeting for approval.
3. The Vice President shall assist the President in any of their duties and will serve in the President's place if the President becomes unable to perform their duties. The Vice President shall also ensure that all rules and policies of USA Weightlifting are adhered to by the Membership and all members of the Executive Committee.
4. The Treasurer shall have charge of the Federation books and financial records. They shall sign with the President such instruments that require such signature, pay bills of the Federation as submitted within 30 days of receipt of the invoice, shall make financial reports for the Federation, and perform all other duties that in line to their office or are properly required of them.

The Treasurer shall have the custody of the funds and securities of the Federation and deposit the same in the name of the Federation in such bank or banks as the Executive Committee may elect. They (or some duly authorized agents of the Federation) shall pay out and dispose of the funds of the Federation under the direction of the Executive Committee and exhibit the books of accounts to Federation members (at all reasonable times) upon application at the office of the Federation during business hours.

5. The Secretary shall record the minutes of all meetings held by the Executive Committee as well as the Federation Membership and shall also maintain accurate and timely Florida State Weightlifting Records, results for LWC competitions, and report any related information to USA Weightlifting.
6. The Athlete Representatives shall report any changes to the Federation's Bylaws, procedures, governing documents, or other processes and practices to the Membership of the Federation. These individuals will also act as

representation of the athlete body of the Membership during the Executive Committee's annual meeting(s), telephone conference(s), or any other special session or meeting of the Federation.

7. The At-Large Representative shall have equal voting representation as the other members of the Executive Committee and shall share opinions, ideas, and new business during any and all meetings of the Federation.

ARTICLE VII: SANCTIONED COMPETITIONS

1. The privilege to host a USA Weightlifting sanctioned competition will be available to any member and/or registered Club of the Federation.
2. When applying to the Federation to sanction a competition, the applicant shall provide all information regarding date/time, lifting equipment, competition fees, officials and any other information requested by the Federation.
3. Officially sanctioned competitions occurring on the same date must not be within one hundred (100) miles of one another and must otherwise take place two (2) weeks apart and outside of any blackout period that the Federation has instituted. The Federation reserves the right to deny competition sanction approval based on these criteria.
4. Meet directors are required to submit official meet results to USA Weightlifting within ten (10) business days after the close of the event; failure to do so may affect the member's/registered Club's good standing with the Federation and/or USA Weightlifting.
5. Upon approval a contract shall be formed to include all terms that are agreed upon by the meet host and the Federation. If the meet host fails to meet all requirements of the contract to the satisfaction of the Executive Committee, they may be fined and/or lose their rights to sanction future competitions or good standing with the Federation as determined by the Executive Committee.

ARTICLE VIII: BYLAWS CHANGES

1. These Bylaws may be amended by a two-thirds vote at any regular meeting of the Membership at which a quorum is present in accordance with Bylaws Article IV, Section 4 or at any emergency or special session of the Federation at which a majority of the Executive Committee is present.
2. Changes in the Bylaws shall be in effect immediately upon adoption by the Membership unless otherwise expressly stated.