

## **USA Weightlifting, Incorporated**

### **Hawaii Weightlifting Association**

#### **Constitution of the Hawaii Weightlifting Association of USA Weightlifting, Incorporated**

### **Article I - Name**

- Section 1: Name - The name of this organization shall be the Hawaii Weightlifting Association (HWA), hereinafter referred to as the “Association” or “LWC 39”
- Section 2: Address – The principal office of this said Association shall be established by the board in office.
- Section 3: Duration – The duration of the Association is perpetual, except in the event of its dissolution as described in Article IX of the HWA By-Laws, below.
- Section 4: Tax Status – At present we have not established.

### **Article II – Territory**

- Section 1: Jurisdiction – All and any territories allotted by our National Governing Body, USAW Inc.
- Section 2: Changes – Any alterations or amendments are to be made only with the express approval of the National Standard Governing Body (USAW, Inc.)

### **Article III – Affiliation**

- Section 1: General – This Association is hereby affiliated with USA Weightlifting, Inc. and the United States Olympic Committee (USOC), and is subject to the Constitution and By-Laws of those bodies insofar as they affect and proscribe the functions of USAW, Inc. and the Hawaii Weightlifting Association. This Association may become affiliated with any other organization, as it deems fit and appropriate. This Association may terminate its affiliation with any organization, as it deems fit and proper and appropriate.

### **Article IV – Purpose**

- Section 1: Function – The purpose of this Association shall be to educate, promote, conserve, sponsor, coordinate, and stimulate the interest of Weightlifting, as a drug free Olympic sport, throughout Hawaii in accordance with the standards and regulations set forth in the By-Laws of this Association; and to communicate with all outside bodies as the principal authority of Olympic weightlifting in Hawaii.

Section 2: Funding – The purpose shall be to receive funds and other assets by the way of donations from various and sundry sources; to receive funds from registrations, sanctions, club memberships and service fees (all of which are rebates from USA Weightlifting). To utilize all funds received from whatever source exclusively in the promotion of and in furtherance of Weightlifting.

## **Article V – Government**

Section 1: Structure – The government of this organization shall be vested in the Executive Board, consisting of a President, Vice-President, Secretary, Treasurer, two (2) Directors, and two (2) Athlete Representatives.

Section 2: Election – The Executive Board shall be elected in the manner prescribed in the said By-Laws.

## **Article VI – Method of Amending Constitution**

Section 1: Process – The Constitution may be amended by two-thirds (2/3) vote of the members present, provided it constitutes a quorum, at any regular or special meeting, provided that written notice of the proposed amendments have been mailed or emailed to the last known street or email address of each member at least ten (10) days prior to the date of such meeting.

**By-Laws  
Of The  
Hawaii Weightlifting Association  
Of  
USA Weightlifting, Incorporated**

**Article I – Membership**

- Section 1: Clubs – Each club shall be eligible for membership and shall be represented as proscribed in the By-Laws.
- a) Approval – Prospective Club memberships shall hereafter be approved by the President
- Section 2: Individuals – Each individual member of the Hawaii Weightlifting Association shall acquire such membership as outlined in the membership criteria set forth by USAW for LWCs and will thusly become a Member of USAW. Membership shall be limited to current members of USAW in good standing who are legal residents of Hawaii and or are members of a USAW club registered in Hawaii.
- Section 3: Honorary – Honorary memberships may be bestowed upon individuals at the discretion of the membership. Honorary members shall pay no dues and have no vote.

**Article II – Dues**

- Section 1: Criteria – The annual dues for Club memberships shall be proscribed by USAW, Inc.

**Article III – Government**

- Section 1: Governing of LWC – The Executive Board shall have the exclusive control and management of the said Association and its various properties, subject to the discretion of the membership.
- Section 2: Handling of LWC Funds – Funds of this Association may be deposited and withdrawn from any bank from which it has funds on deposit by the President and the Treasurer.
- Section 3: Bonding of Treasurer – The Treasurer may be bonded, at the expense of the Association, for the amount on deposit at the annual meeting held each year.
- Section 4: Governing of Competitions – All amateur weightlifting competitions are to be conducted and governed by the USA Weightlifting Official Rulebook, published by our parent organization, USA Weightlifting, Inc.

**Article IV – Elections**

- Section 1: Officers – Elections will be held every year, with the President, Secretary, and two (2) Directors

being elected on even years and Vice President, Treasurer and two (2) Athlete Representatives will be elected every odd year. These officials shall constitute the Executive Board and shall serve for a 2 year term. There will be no term limit.

Section 2: Voting Rights at HWA Meetings –

- a) Voting Rights – Each member shall have representation according to the total number of currently registered members of their club in good standing as of the date of the LWC meeting. The number of representatives of each club shall be as follows:
  - i) Clubs with one (1) to five (5) members; one (1) representative
  - ii) Clubs with six (6) to ten (10) members; two (2) representatives
  - iii) Clubs with eleven (11) to twenty (20) members; three (3) representatives
  - iv) Clubs with twenty one (21) to thirty (30) members; four (4) representatives
  - v) Clubs with thirty one (31) or more members; five (5) representatives
- b) Unattached Members Voting Rights – All unattached members shall be treated by the same Guidelines as any other clubs with a maximum of three (3) representatives allowed. The Unattached representatives shall be elected by all unattached members present at the annual meeting that are in good standing. The voting privileges of the unattached representatives shall expire at the conclusion of the next annual meeting.
- c) 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.

Section 3: Term of Office – The newly elected members of the Executive Board shall take office immediately following the election.

Section 4: Criteria – A candidate for office, in order to be elected, must receive a majority of the votes cast. In the event that more than two names are placed in nomination for one office, and no single nominee receives a majority of the votes cast, the name of the candidate with the least number of votes shall be removed from the ballot. This procedure shall continue on successive balloting until a nominee is elected.

Section 5: Method – Elections shall be by written ballot. Nominations for all board positions will be taken from the floor. Nominees must be current USAW members (LWC 39) in good standing and meet any special qualification for a particular board position if required. Once nomination has been verified the ballots will be collected and counted. Ballots will be distributed to current members. Membership will be verified by presenting a current USAW membership card.

## **Article V – Meetings**

Section 1: Annual Elections – The annual election shall be held on a day agreed upon by the Executive Board. Such election may be part of the Annual Hawaii Weightlifting Association meeting, whether it be in

conjunction with a HWA sponsored competition event or a scheduled and separate Annual Meeting. Notice of this meeting shall be mailed or emailed to each member at their last street or email known address at least ten (10) days prior to the election meeting.

Section 2: Executive Board Meetings – Meeting of the Executive Board shall be held on prearranged dates or upon the call of the President. Meetings of the Executive Board may be held by telephone-conference calls, and when so held, the action of such conferences shall be entered in the minutes of the Board and provided to the membership at the next annual meeting.

Section 3: HWA Special Meetings – Special meetings of the membership or of the Executive Board must be called by the President, Vice-President, Secretary, Treasurer, or at the request of at least thirty-three and one-third (33-1/3) percent of the members of this organization.

## **Article VI – Duties of Elected Officials**

Section 1: President – The President shall preside at the Membership and executive Board meetings as chief officer of the organization; shall supervise the organization's affairs and activities; shall make an annual report to the members; and be responsible for seeing that all of the organization's activities are in accordance with the Constitution, By-Laws, and Rules of Order.

Section 2: Vice President – The Vice President shall preside at membership and Executive Board meetings in the absence of the President; shall also act of behalf of the President when required, and shall work with the President on all affairs of the organization. The Vice President will assume the Presidency in the event that the President is unable to fulfill his responsibilities.

Section 3: Secretary – The Secretary shall give notice of all regular and special meetings; keep permanent record of such meetings, be custodian of all official records of the organization, and furnish minutes of such meetings for publication.

Section 4: Treasurer – The Treasurer shall submit a credentials report at each meeting; supervise the ways and means affairs and projects of the organization; shall issue notice of dues payable and be responsible for the collection thereof; Keep the financial records of the organization; disburse a report in detail at the annual meeting, and at other times when directed, as to the financial condition of the Association; cooperate with the party selected by the Executive Board to make an annual audit of the financial records.

Section 5: Directors – The Directors shall be invited to attend all meetings of the Executive Board; shall fully participate therein and perform such other duties as designated by the President of the Executive Board. The Directors shall serve on the Executive Board as representatives of the members assigned to them; supervise committees under their portfolio; make written and oral reports to the President and Executive Board, which ever office his portfolio shall be assigned to, whenever the respective officers shall deem it necessary; act as liaison personnel between the Executive Board and the members they represent by contacting and notifying members of meetings, forthcoming projects And other activities.

Section 6: Athlete Representatives – The Athlete Representatives shall be invited to attend all meetings of the Executive Board; shall fully participate therein and perform such other duties as designated by the

Executive Board. Specifically, the Athlete Representative (s) shall be a sounding board between the Athlete and the Executive Board, bringing to the Executive Board the problems and desires of our athletes. Those who shall be eligible to run for Athletes Representative are individuals:

- a) who have represented the United States as an athlete in the Olympic Games, World Championship or other major international competitions in the sport of Weightlifting within the ten (10) year period prior to December 31 of the year in which the election is held, or
- b) who have competed in and finished in USAW's National Championships, American Open, or National University as athletes within the two (2) year period prior to December 31 of the year in which the election is held.
- c) In the event that no member meets the above eligibility criteria for Athlete Representative, then the eligibility will extend to those individuals, 18 years old and older, who have represented the United States as an athlete in Junior international competitions in the sport of Weightlifting, or who have competed in and finished in USAW's Junior National Championships, within the two (2) year period prior to December 31 of the year in which the election is held.

Section 7: Failure to Attend Executive Board Meetings – Should any member of the Executive Board fail to attend two (2) consecutive board meetings without a valid reason or, reasons acceptable to a majority of the remaining members, that officer shall be deemed to have resigned.

Section 8: Vacancies – Any vacancy occurring on the Executive Board shall be filled by the affirmative vote of a majority of the remaining Executive Board members.

## **Article VII – Committees**

Section 1: Determination of Committees – The Executive Board shall determine the committees deemed necessary and proper to fulfill the objectives and purposes of the organization.

Section 2: Appointment of Committee Members – All committee chairpersons, co-chairpersons and members shall be appointed by the President and Vice-President.

Section 3: Ex-Officio Membership – The President and Vice-President shall be ex-officio members of all committees.

## **Article VIII – Rules Of Order**

Section 1: Roberts Rules of Order shall govern the proceedings of all meetings of the organization and its constituent parts, except as specifically provided in the Constitution and By-Laws.

## **Article IX – Delegations**

Section 1: Appointments and Powers – Delegations or special committees shall be appointed by the President, subject to approval of the Executive Board, to represent the organization at any convention,

meeting, or assembly, as may be necessary. Such delegations or committees shall exercise only those powers specifically vested in them by the Executive Board.

## **Article X – Method of Amending By-Laws**

- Section 1: Voting and Noticing Procedure – The By-Laws may be amended by a two-thirds (2/3) vote of the members present at any regular scheduled or special meeting, provided written notice of the proposed action or actions has been given to each member at their last known street or email address at least ten (10) days prior to the date of such meeting, whereas such notice set forth the date, time and place of such meeting, and must include a copy of the proposed amendment or amendments.
- Section 2: Submission of Proposed Amendments – Proposed amendments to these By-Laws may be submitted by any member in good standing, at any regular scheduled meeting, without prior written notice if a copy of the proposed amendments has been given to the Secretary in advance of the meeting. Proposed amendments submitted in this manner require a unanimous vote of the members present, in order to become adopted as part of the By-Laws.
- Section 3: Suspension of HWA By-Laws – These By-Laws may be suspended at any regularly scheduled meeting of the membership or Executive Board, by a unanimous vote of the members present.

## **Article XI – Dissolution**

- Section 1: Process – Upon dissolution, the net assets of the HAWAII WEIGHTLIFTING ASSOCIATION shall not inure to the benefit, of any private individual or corporation, but shall be distributed to USA WEIGHTLIFTING, INC., to be used exclusively for educational/charitable purposes, or, if USAW, Inc., is not then at the time of such dissolution in existence or is not then a corporation which is exempt under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, such assets shall be distributed to such an entity meeting similar criteria for the aforementioned non-profit status in this Article XI, Section 1, to be used exclusively for educational or charitable purposes.