

BYLAWS OF KENTUCKY LWC

ARTICLE 1 - NAME

Section 1: Name

The name of this corporation is Kentucky LWC hereafter referred to as the "LWC".

Section 2: Affiliation

The LWC is a Local Weightlifting Committee #41 and is a registered member of USA Weightlifting, Inc, hereafter referred to as "USAW".

Section 3: Tax Status

The LWC is not for profit.

Section 4: Duration

The duration of the LWC is perpetual, except in the event of its dissolution as described in Article XII.

ARTICLE II - TERRITORY

The LWC shall include all counties within the state of Kentucky.

ARTICLE III - PURPOSE

Section 1: Mission Statement

To promote the growth and development of Kentucky Weightlifting, at a grassroots level, while abiding by the rules and governance of Kentucky Weightlifting and USA Weightlifting, Inc.

Section 2: Function

The purpose shall be to educate, promote, conserve, sponsor, coordinate and stimulate the sport of weightlifting.

Section 3: Funding

The purpose of the LWC funds 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, including rebates from memberships. To utilize all funds received from whatever source exclusively in the promotion of and in furtherance of Weightlifting.

Section 4: Corporate Status

Does not exist at this time.

Section 5: Distributions

All Net earnings of the LWC shall be distributed in order to educate, promote, sponsor, coordinate, and stimulate the sport of weightlifting in Kentucky.

ARTICLE IV - MEMBERS

Section 1: Jurisdiction

Membership shall be limited to, and include all USAW Clubs registered in the LWC.

Section 2: Individuals

Membership shall be limited to, and include all current members of USAW, in good standing, who are legal residents of Kentucky or are a member of a USAW Club registered in the LWC.

Section 3: Dues

The annual dues for club or individual membership shall be as determined by USAW. No additional dues may be collected by the LWC.

ARTICLE V - ELECTIONS

Section 1: Directors

- a. Executive Board. The Executive Board of the LWC shall be comprised of a President, Vice -President, Secretary/Treasurer, and Athlete Representative.

- b. Eligibility. Elected Directors on the Executive Board must be current members of the LWC, in good standing. The Athlete Representative must be a USAW athlete member who has participated, as an athlete, in at least one LWC competition during each of the prior two years, and has not earned a coaching certification.

Section 2: Elections

- Term of Office. Director positions shall be held for a two- year term. Newly elected members of the Executive Board shall take office immediately following the election.
- Voting. Each individual member shall have one vote per position.
- Date and Notification. The annual election shall occur within two weeks prior to the Annual Meeting, or as the first order of business of the Annual Meeting. Notice of the annual election shall be distributed by e-mail, using the address listed on the USAW membership, at least ten (10) days prior to the election.

ARTICLE VI - DUTIES OF ELECTED BOARD

Section 1: President

The President shall preside at the Membership and Executive Board meetings as chief officer of the LWC; shall supervise the LWC's affairs and activities; shall make an annual report to the members; and be responsible for seeing that all of the LWC's activities are in accordance with the bylaws and USAW rules. Shall also be responsible for maintaining the annual competition calendar; providing guidance to local meet directors; presiding over the bid process for state-wide events; maintaining/housing any competition equipment owned by the LWC; maintaining the list of state record holders. The above will be conducted within the prescribed rules of USAW.

Section 2: Vice President

The Vice President shall preside at Membership and Executive Board meetings in the absence of the President; shall also act on behalf of the President when required, and shall work with the President on all affairs of the LWC.

Section 3: Secretary/Treasurer

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 LWC, and furnish minutes of such meetings for publication; 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: Athlete Representative

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 shall be a sounding board between the Athlete and the Executive Board, bringing to the Executive Board the problems and desires of our athletes.

Section 6: Resignation and Removal

a. Code of Conduct. A director found to be non-compliant with the Code of Conduct of USA Weightlifting can be removed by a two-thirds majority vote of the remaining board members.

b. Failure to Attend Meetings. Should any member of the Executive Board fail to attend two consecutive board meetings without a reason acceptable to a majority of the remaining members, that officer shall be deemed to have resigned.

c. Replacement. Any vacancy in the Executive Board shall be filled via a special election within 60 days. If the President position is vacant, the Vice -President shall assume the position for the remainder of President's term, and a special election held to fill the Vice -President position.

Section 7: Compensation

No director shall receive compensation for services as a director or as a member of committee of the Board. Nothing herein contained shall be construed to prevent any director from receiving reimbursement for expenses incurred on behalf of the LWC or in attending meetings of the Executive Board or from serving the LWC in any other capacity.

Section 8: Quorum

A majority of members of the Executive Board shall constitute a quorum for the transaction of business.

ARTICLE VII - COMMITTEES

Section 1: Determination

The Executive Board shall determine the committees deemed necessary and proper to fulfill the objective and purposes of the LWC.

Section 2: Appointment

All committee chair persons and members shall be appointed by the President and Vice-President.

ARTICLE VIII - MEETINGS

Section 1: Annual Meeting

The Annual Meeting shall be held during the weekend of the LWC Championship meet. Notice of the Annual Meeting shall be distributed by e-mail, using the address listed on the USAW membership, at least ten (10) days prior to the meeting.

Section 2: Executive Board Meetings

Meetings of the Executive Board shall be held at the call of the President or on prearranged dates.

Section 3: Special Meetings

Special Meetings of the membership can be called by the President, or at the request of one-third of the individual members.

Section 4: Minutes

Minutes from all meetings shall be made publicly available upon request by a member and on the LWCs website, within ten (10) business days of approval.

ARTICLE IX - EVENTS

Section 1: Statewide Competitions

- All statewide competitions must have a USAW sanction.
- All bids to host a statewide event must be submitted via email 120 days prior to the announced date determined by the executive board.
- The decision where to host statewide meets will be determined within 7 days of the final day for bids to be placed.

Section 2: Competition Requirements

- Meet Director must be on site the day of the meet. If the originally designated director is not available, arrangements to replace the director must be made ASAP and reported to USAW.

- A referee to conduct weigh-ins for the men (which requires a male) and the women, (which requires a female) as most lifters strip down to underclothes or nude;
- All attempts must be recorded on meet/attempt cards.
- An announcer, he/she should be familiar with the rules and will usually also keep track of the attempt cards unless you have another person keeping track of the cards;
- Two loaders, usually one per side;
- Three referees to call the lifts, who must have a minimum of LWC referee rating, one on each side at a 3/4 view right and left and a head center referee will determine whether a lift was successfully completed within the rules;
- A scorekeeper, he/she will keep track of what is happening on the cards on a surface area such as a chalkboard or whiteboard so coaches can easily see the progression of the meet. This is helpful but not necessary as coaches can refer to the cards on the announcer's table.
- No alcohol is permitted in the competition or warm up areas.
 - Violators of this rule will no longer be able to host/run an event
- All participants of the USA Weightlifting sanctioned event must be current USA Weightlifting members BEFORE they are allowed to lift. Membership forms completed at the meet, membership payments, and meet results must be received by the National Office no later than two (2) weeks after the meet
 - Any pending membership results will not be official until the application is processed
- All weights must be in kilograms
- Competition plates must be colored
- There must be a clearly marked competition platform with a minimum of 10' x 10' and maximum area of 13' x 13'. The competition platform cannot be comprised of all rubber.

Section 3: Local Sanctions

- Local competition sanctions will be assigned on a first -come- first -served basis upon receipt of a sanction request.
- No local competition sanctions shall be approved for events within a within ten (10) days prior to or ten (10) days after an existing sanction, when the event venues are within seventy five (75) miles of each other, without written permission from the Meet Director of the existing event.

- Meet Directors are required to submit results to USAW and the LWC within ten (10) business days of the completion of the event.
- No local sanction shall be denied to any LWC Club, except for reasons described in this Article or for reasons determined by USAW.

Section 4: Submitting a bid for a Statewide Meet

- Bids are submitted directly to LWC President for review no less than 120 days prior to announced competition date via email. No late submissions will be accepted
- A rough layout must be submitted, drawn or digital, along with your bid to the LWC President.
- All plans for obtaining any equipment not currently owned/leased by bid submitter must be included with bid submission.
- Requirements for submitting a bid
 - Minimum of 4,000 sq ft of useable space.
 - Separate warm up and competition lifting areas
 - Minimum of 2 available bathrooms on site
 - Minimum of or plans on how to obtain 5 men's and 5 women's weightlifting specific bars
 - Minimum of or plans on how to obtain 5 complete sets of kilogram plates
 - Complete set defined as:
 - 2- 20kg plates, 2- 15kg plates, 2- 10kg plates, 2- 5kg plates, and 2- 2.5kg plates.
 - Spring collars need to be available at each platform as well
 - Password protected internet access on site
 - Calibrated digital scale.
 - Minimum of 3- 6' tables and 50 chairs
 - Clearly visible flags or lighting system for referees
 - Digital timer clearly visible by center referee and athlete on competition platform

Section 4: Competition Oversight

All sanctioned competitions must abide by USAW Technical Rules. Events shall be randomly monitored for compliance of USAW competition rules and regulations by members of the Executive Board. Failure to comply with these rules can result in denial of future meet sanctions.

Section 5: State Records

- KY State Records can be set at the KY State Championships or Kentucky Open.
- KY State Records can be set at any "USAW" National Championships for age group and can be set at any official calendar IWF International Championships.

ARTICLE X - FUNDS

Section 1: Financial Statements and Disclosure

The Secretary/Treasurer is in charge of maintaining LWC accounts, including all financial statements and reconciliations. He/she is responsible for submitting a yearly financial report to USAW. Quarterly statements are available to members of the LWC upon request.

Section 2: Purpose of Funds

Funds may be used towards:

- The purchase or maintenance of equipment for use in a sanctioned local weightlifting meet or other sanctioned event.
- The promotion and execution of any state-wide sanctioned event as described in Article IX, Section 1.
- The general promotion and cultivation of the sport of Weightlifting in Kentucky.

Section 3: Expenditures

- Expenditures of an amount less than twenty percent (20%) of the LWC's available funds, but greater than two hundred dollars (\$200) must be approved by majority vote of the Executive Board.
- Expenditures of an amount less than or equal to two hundred dollars (\$200) may be made with approval of the President or Vice--President.

ARTICLE XI - AMENDMENTS

Section 1: Procedure

The LWC bylaws may be amended by a two-thirds (2/3) vote of the individual members present at any meeting of the membership, provided notice of the proposed action or actions has been given to each member at the e-mail address listed on their USAW membership, at least ten (10) days prior to the meeting. Such notice must include a copy of the proposed amendment or amendments.

Section 2: Proposed Amendments

Proposed amendments to the LWC bylaws may be submitted as an order of business, by any member, in good standing, at any meeting of the membership, without prior written notice, provided that a written copy of the amendment has been given to the Secretary in advance of the meeting. Proposed amendments in this manner require a unanimous vote of the individual members present.

Section 3: Suspension of Bylaws

The LWC bylaws may be suspended at any meeting of the membership by unanimous vote of the individual members present.

ARTICLE XII - DISSOLUTION

Section 1: Beneficiary

Upon dissolution, the net assets of the of Kentucky Weightlifting, shall be distributed to USA Weightlifting, Inc., to be used exclusively for educational/charitable purposes.