

NORTH CAROLINA LOCAL WEIGHTLIFTING COMMITTEE
BY LAWS
Adopted 1-31-2017

ARTICLE I - NAME

The name of this organization shall be the North Carolina Local Weightlifting Committee (USAW #13).

ARTICLE II - PURPOSE

The mission of the North Carolina Local Weightlifting Committee ("LWC") is to serve as the central governing body for Weightlifting in the State of North Carolina, help develop the sport of Weightlifting in North Carolina by identifying and training athletes leading to Local, National, and International Competitions, and to support the athletes and sanctioned USAW Clubs in the State.

ARTICLE III - MEMBERSHIP

Membership shall consist of current members of USA Weightlifting in good standing who are legal residents of North Carolina and/or are members of a USAW Club registered in North Carolina.

ARTICLE IV - BOARD OF DIRECTORS

Section 1

The officers of the LWC shall consist of a President, Vice President, and Treasurer, each of whom shall be elected at the annual meeting held every other year starting with the year 2017 for a term of three years. The term of office shall commence on January 1st of the following year. Officers may succeed themselves in office and the limit of consecutive terms shall be three. Request for nominations for officers of the LWC shall be made to the membership by the Board of Directors within 30 days of the annual meeting of the LWC. Nominations may also be made from the floor of the membership for approval at the annual meeting.

Section 2

No registered Club may have more than two representatives on the Board of Directors unless no other member is able or willing to fill a vacancy.

Section 3

The President shall serve as the senior executive of the LWC. He shall preside at all meetings, chair the Board of Directors, have general supervision of the affairs of the LWC, sign or counter

sign all contracts, make reports to the directors and membership and perform all such other duties as are necessary.

Section 4

The Vice President shall assist the President in any of his duties and will serve in the President's place if the President becomes unable to perform his duties. The Vice President shall also ensure that all rules and policies of the USAW are adhered to by all members.

Section 5

The Treasurer shall have charge of the LWC books and financial records. He shall sign with the President such instruments as require such signature, pay bills of the LWC as submitted within 30 days of receipt of the invoice, and he shall make such reports and perform such other duties as are necessary to his office or are properly required of him.

The LWC funds will be maintained by USA Weightlifting National Office. Funds may be deposited or withdrawn by the President and the Secretary/Treasurer and require a record of what it was used for specifically and the amount spent that is made available each quarter. He or some duly authorized agents of the LWC shall pay out and dispose of the funds of the LWC under the direction of the Board of Directors. He shall, at reasonable times, exhibit the books of accounts to LWC members upon application at the office of the Federation during business hours.

The Treasurer shall record the minutes of all meetings held by the Board of Directors, as well as the LWC Membership. The Treasurer shall also maintain accurate and timely North Carolina State Weightlifting Records, as well as results for every LWC competition and report them to USAW. He shall keep records of all registered members within the LWC and all certified LWC and National referees in the State.

Section 6

The Board of Directors shall conduct the business of the LWC between meetings.

Section 7

Meetings of the Board of the Directors may be held at any time. Except as otherwise provided in these Bylaws, written notice of such meetings shall be electronically mailed by an officer of the LWC to each member of the Board of Directors 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 need be specified in the notice or waiver of notice of such meeting.

Section 8

Any vacancy occurring in the Board of Directors shall be filled for the remainder of the term by the affirmative vote of a majority of the remaining Board members.

Section 9

A majority of the members of Board of Directors shall constitute a quorum for the transaction of business. The act of the majority of the Board of Directors present at a meeting at which a quorum is present shall be the act of the Board.

Section 10

Meetings of the Board of Directors may be held by telephone and/or electronic 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.

ARTICLE V - SUBCOMMITTEES

The board may appoint sub-committees at any time as necessary to fulfill the responsibilities of the LWC.

ARTICLE VI - MEETINGS

Section 1

An annual meeting shall take place at, or near, the State Championships at a date and location set by the Board of Directors.

Section 2

Special meetings may be called by the Board of Directors, 1/3 of registered USAW Clubs within North Carolina via petition to the Board of Directors, or a 1/3 vote of the membership for any purpose upon reasonable notice. Clubs and members must be in good standing with the LWC and USAW in order to petition for a special meeting.

Section 3

Written notice stating the place, date, and time of the called meeting and the purpose or purposes for which the meeting is called, shall be given not less than 14 days before the meeting date, either personally or by electronic mail, or by and at the direction of the President, the Treasurer, or the persons calling the meeting.

Section 4

Notice of a meeting of the LWC to act on an amendment of the Bylaws 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 shall accompany any such notice. Amendments of the Bylaws require a two-thirds vote of the membership present at the meeting.

Section 5

Each member shall have voting representation according to the total number of current registered members of his/her Club in good standing as of the date of the meeting. The number of representatives of each Club shall be as follows; one representative for 1-20 members, two representatives for 21-40 members, three representatives for 41 members or more. All unattached members shall be treated by the same guidelines as any other Clubs with a maximum of three representatives allowed. Every representative shall have one vote. The unattached representatives shall be elected by all unattached members present at the annual meeting that are in good standing. Voting privileges of the unattached representatives shall expire at the conclusion of the next annual meeting.

Section 6

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 VII - MEETS

Section 1

The privilege to host a USAW sanctioned meet will be available to any member of the LWC provided they meet the criteria set forth below (Section 3)

Section 2

The annual schedule of primary sanctioned events throughout the State shall be voted on by the membership at the annual meeting. Additional meets may still be scheduled and sanctioned after the annual meeting, but will require the approval of the majority of the Executive Committee and must not conflict with LWC-hosted meets, like the State Championships.

Section 3

When applying to the LWC to sanction a meet, the applicant shall provide all information regarding lifting equipment, meet fees, officials, and any other information requested by the LWC.

Section 4

Meet directors are required to submit official meet results to USAW and the LWC Treasurer within 10 business days; failure to do so may result in suspension of meet sanction privileges.

Section 5

Upon sanction approval a contract shall be formed to include all terms that are agreed upon by the meet host and the LWC. If the meet host fails to meet all requirements of the contract to the satisfaction of the Board of Directors he may be fined and/or lose his rights to sanction future competitions as determined by the Board of Directors.

ARTICLE VIII - BY LAW ADOPTION AND CHANGES

Section 1

These Bylaws will be adopted by majority of voting members upon submission.

Section 2

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 Section VI, Section 6.

Section 3

Changes in the Bylaws shall be in effect immediately upon adoption by the membership unless otherwise expressly stated.