

# OHIO ASSOCIATION LWC CONSTITUTION

## I. Mission Statement.

"Dedicated to Promoting, and Providing a Structured Environment for, the Sport of Olympic Weightlifting."

## II. Objective.

Committee Efforts: To provide a structured environment parallel to the National format, acquire more members (Junior, Senior, Master & Women) and to distribute funds in order to... award lifters for their performance in National events; award individuals & clubs for developing lifters; award members meritoriously; promote the growth of Weightlifting in the State of Ohio.

## III. Ohio LWC Requirements & By-laws.

### A. Requirements:

- 1. Adhere to the Federation Constitution & By-laws as stated in the Official USAW Rule Book*
- 2. Follow the LWC By-laws & Structural Guidelines as stated in the USAW Rule Book under Section I, Part II, Articles 9, 10, 11 & 12.*
- 3. The Committee's only true responsibility is to "... conduct annual association championships in the sport of Olympic style weightlifting." Section I, Part II, Article 11, 211.1.*

### B. Ohio LWC By-laws (motions that have been passed by the Committee and/or procedures that have existed, but have not been formally stated):

- 1. The Committee is assembled approximately every six (6) weeks (existing).*
- 2. Committee Meeting notification is distributed by the President to members appx. one (1) week prior to the date of the next meeting (existing).*
- 3. Distribution of the Meeting minutes is performed by the Secretary, in a timely manner, to Club Presidents that otherwise do not normally attend the Meeting, and to members-at-large (existing).*
- ~~4. The Committee requests financial reports from Meet Directors following meets— (existing, restated 8/25/93). Removed 8-31-2006 by committee~~*

- ~~5. Meet Directors must split the profits resulting from Meets they have held, 50/50, with the Ohio Committee (existing). Removed 8-31-2006 by committee~~
6. The Committee Meeting procedures are to follow, as closely as possible, the National Meeting procedures (Chris Waterman, 8/20/92, Section I, Part II, Article 9, 209.2; restated 6/29/95).
- ~~7. The Ohio Committee will award up to \$200 to Meet Directors holding the State Meet (John Schubert, 8/20/92), and up to \$100 to MD's holding developmental meets (John Schubert, 7/29/93). This money would go toward defraying costs in order to protect the Meet Director against a loss. Removed 8-31-2006 by committee~~
8. Monetary awards will only go to School-age (Dan Bell 8-31-2006), Junior & Senior lifters (male & female) competing in National contests who are registered in the State of Ohio (LWC #18), and only if they make the qualifying total in that meet (Committee, 11/12/92; restated by John Schubert, 4/29/93). The amount of the award will be determined on a "per contest" basis (addendum: Chris Waterman, 9/12/96). No monetary awards have ever been given to Master lifters.
9. Set up Ohio LWC meet schedule coordinating w/Michigan, Pennsylvania & National meets (7/29/93).
10. An updated LWC Referee's test is to be developed and will be given to all willing participants in an effort to officiate local/state contests as accurately as possible, and to provide individuals with a precursor to the National test. A test score of at least 87.5% ( 35 correct answers out of 40 questions) is needed to pass (Bill Tomazic/Chris Waterman, 9/2/93).
- ~~11. Awarding loaders \$10 for working at least one (1) session (Howard Prechtel, 10/21/93). Removed 8-31-2006 by committee.~~
12. Every effort will be made to hold a Rules Clinic annually with a LWC test to follow (Chris Waterman, 1/27/94; National LWC Referee Guidelines).
- ~~13. Approved entrance into the Ohio Games, independent of the USWF (Committee, 11/10/94). Removed 8-31-2006 by committee since Ohio Games no longer exists.~~
- ~~14. In an effort to gain more membership, and to verify that all participants were insured, the Committee offered to cover the cost of a "one day" membership for athletes in the Ohio Games (Committee, 2/23/95). Removed 8-31-2006 by committee since Ohio Games no longer exists.~~
15. If a coach takes one (1) or more lifters to the American Open or the Senior Nationals or above, and at least one (1) of the lifters make the qualifying total then the coach receives the same monetary award as the lifter. Modified 8-31-2006 by committee. Was: -If a coach takes two (2) or more lifters to a National meet, and at least two (2) of the lifters make the qualifying total, then the coach receives the same monetary award as the lifters (Bob Cox, 4/6/95).

16. *In an effort to insure accountability of Committee funds, a motion was passed to have the Treasurer hold the checkbook, but have the President receive the bank statements (Committee, 9/28/95).*
17. *Elect Delegates to the National BOG Meeting by the plurality method, as we do the Athlete's Reps, i.e. "top vote getters," instead of by a majority, i.e. 51% of the members present (Chris Waterman, 11/14/95).*
18. *"State of the Association Address" to be given by the President at the Annual Meeting in the fourth quarter of the calendar year (Chris Waterman, 12/2/95).*
  - a) *List of sanctions.*
  - b) *Number of lifters and group breakdown (i.e. Juniors, Seniors, etc...) in the LWC, and our National ranking in each group.*
  - c) *National ranking of individual efforts by lifters (i.e. how many lifters placed in the "top twenty" and "top fifty" in each group category).*
  - d) *Monetary awards to lifters.*
  - e) *Meritorious awards (if any).*
  - f) *Trend & direction for the coming year.*
19. *Require the presentation of a Financial Report (Income/Expense Statement) to be given by the Treasurer, with support of the President, at the Annual Meeting in the fourth quarter of the calendar year (Chris Waterman 2/17/96).*
20. *Allow the Secretary postal expenses for the minutes distribution (Chris Waterman, 2/22/96).*
21. *The Committee will pay the postage for the "Ohio Lifting News" Newsletter (Committee, 6/13/96).*
22. *Elect Delegates to the Board of Governors Meeting & Athlete Representatives on an annual basis, with the exception of the #1 Athlete's Rep, who is the top vote getter in the elections that take place in the odd-numbered years and is elected to that position for a two-year term (Chris Waterman, 9/12/96).*
23. *A \$100 stipend to be presented to delegates and athlete's reps as an incentive to stay the extra day and attend the Board of Governors Meeting (Bob Cox, 4/16/98).*
24. *Ohio State Meet Guidelines:*

*Entry deadline language to be ... "Postmarked by..."*

  1. *The meet entry deadline is to be "two (2) Tuesdays before the day of the meet [not less than ten (10) days]."*
  2. *An athlete must pay an extra entry fee for lifting in two categories, i.e. Master & Open, or Junior & Open (extra entry fee not to exceed the stated entry fee, and not to be less than half of the stated entry fee).*
  3. *The Meet Director must present Open (top three finishers) and Men's and Women's Team Awards.*
  4. *An athlete must be entered in the Open Division for team points to be awarded.*

5. *An athlete must lift with the Open Division, if the athlete is entered in the Open Division.*
6. *The Meet Director must mail or email the entry listing to the LWC President so that the LWC President receives the listing the Tuesday before the meet. The LWC President will then mail or email the start list to the Ohio LWC Club Presidents (Future: Develop a website with the entry listing).*
7. *“The team start list must be presented to the Meet Director before the start of the competition”... our addendum is that the definition of this is “before any lift is attempted,” and that the team roster must then be posted in the warm-up area. (The Committee, 10/17/02).*
25. *Ohio Records may be held by a lifter who is an Ohio resident or lifts for a club that is registered in the Ohio LWC (18). (The Committee 11/09/06).*

#### **IV. Officers & Committee Members.**

##### **A. Officers:**

1. **President:** *the presiding officer at all Committee meetings and an ex-officio member of all committees.*
2. **Vice President:** *shall perform such duties as assigned to them by the President. Will preside at meetings in the absence of the President.*
3. **Treasurer:** *shall review the accounting books, procedures, income and expenses of the Association, and shall present such reports as and when required by the Committee.*
4. **Secretary:** *shall serve as secretary to the Committee and perform such duties as may be directed by the President.*

##### **B. Committee Members:**

1. **Athletes' Rep - Individual.**
  - a) *Must be an active Lifter registered in the Ohio LWC.*
  - b) *Act as Athlete's Representative to the Annual Board of Governors meeting.*
  - c) *Poll athletes in special situations as determined by the Committee.*
2. **Awards - Entire Committee.**
  - a) *Determine monetary awards to lifters & coaches for performance in National events.*
  - b) *Merit Award programs.*
  - c) *Hall of Fame Awards.*
3. **Board of Review - Entire Committee.**

- a) *The disciplinary authority of the LWC.*
  - b) *Consisting of three (3) or more LWC Officers and regular Committee members, with a minimum of 20 % athlete representation (see Section I, Part I, Article 7, 107.1-3).*
- 4. *Communications - Individual.***
- a) *Increase communication among members of the Ohio LWC.*
  - b) *Supervise, or act as, Newsletter Editor to keep members informed of national & local activities by publishing the President's message; Committee Meeting Minutes; meet schedules; meet results; entry blanks; etc...*
- 5. *Finance & Fund Raising - Entire Committee.***
- a) *Fund raising ideas: corporate and/or individual sponsorship; raffles; Ohio LWC merchandise (T-shirts, hats, key chains, etc...).*
- 6. *Juniors - Individual.***
- a) *Promote Juniors activity.*
  - b) *Administer to Juniors programs (High School C & J, Jr. Olympics, etc).*
- 7. *Masters - Individual.***
- a) *Must be an active Master Lifter registered in the Ohio LWC.*
  - b) *Represent, and be attentive to the needs of, Master Lifters in the LWC.*
  - c) *Work with the Regional Rep of the National Masters Committee.*
- 8. *Publicity & Public Relations - Individual.***
- a) *Promote weightlifting in the media & at public events, whenever possible.*
- 9. *Records - Individual.***
- a) *Keep accurate Ohio LWC records for Seniors, Juniors & Masters; Male & Female.*
  - b) *Distribute records semi-annually (May or June & Annual Meeting).*
- 10. *Technical - Individual.***
- a) *Must be at least a National Referee, or the LWC President.*
  - b) *Hold an annual Rules Clinic with a LWC Referee's test to follow.*
  - c) *Encourage & assist LWC Referees to take the National test.*
  - d) *If highest ranking referee, act as Chief Jury Member at LWC competitions (last word in the interpretation & clarification of the rules).*
- 11. *Womens - Individual.***
- a) *Must be an active Lifter registered in the Ohio LWC.*
  - b) *Act as representative and offer her opinion & guidance in Women's matters, and her advice in general.*

## **V. Merit Award Programs.**

### **A. Lifter of the Year Award:**

1. *Registered in the Ohio Association (**mandatory**).*
2. *Must place in a National meet (**mandatory**).*  
*Points for placement:*  
*Olympics: points: 100 - gold, 90 - silver, 80 - bronze, 70, 60, 50...*  
*Worlds: points: 90, 80, 70, 60, 50, ...*  
*National Championships: points: 80, 70, 60, 50, 40, ...*  
*American Open: points: 60, 50, 40, 30, 20, 10.*  
*National Juniors: points: 40, 30, 20, 10.*  
*Collegiates, School-Age & AAU Jr. Olympics: points: 25 - 15 - 5.*
3. *Points for lifting in National meets:*  
*Olympics: 50 points.*  
*Worlds: 45 points.*  
*National Championships: 40 points.*  
*American Open: 30 points.*  
*National Juniors: 20 points.*  
*Collegiates, School-Age & AAU Jr. Olympics: 12.5 points.*
4. *Must be Nationally Ranked in the top twenty of his, or her, weight class and division, i.e. open or absolute juniors (**mandatory**).*  
*Points: Men: 20-first ... 1-twentieth. Women: 10-first ... .5-twentieth.*
5. *Thirty (30) points for being selected to an International Team (same point system as in the National Championships for placement in lesser International meets).*
6. *Points for each National or International record and/or Best Lifter Award to be the same as first place in that respective meet.*
7. *Points for the State Meet: 25 - gold, 15 - silver, 5 - bronze (Open only).*
8. *Consistent performance. Minus fifteen (15) points for not making the qualifying total or "bombing out" in a National or International event.*
9. *Points for highest Sinclair Formula: 1st - 25, 2nd - 15, 3rd - 5.*
10. *Sinclair Formula used as a "tie-breaker."*
11. *Cannot win two (2) years in a row, unless no one else qualifies.*

**B. Coach of the Year Award:**

1. *Registered in the Ohio Association (**mandatory**).*
2. *One of his/her lifters must be Nationally ranked in the top twenty (20) of his, or her, weight class and division (**mandatory**).*  
*Points: Men: 20-first ... 1-twentieth. Women: 10-first ... .5-twentieth.*
3. *Number of lifters coached: 5 points/lifter.*
4. *Accompanying lifters to Local, Regional, or State meets (10 points/meet);  
National meets (20 points/meet).*
5. *Number of his/her lifters that placed in a National or International meet.  
Same point system as in "Lifter of the Year" & "Master Lifter of the Year."*

6. *Coach of National Teams (25 points) & International Teams (50 points).*
7. *Team Championships won: State/Regional (20 pts) & National (40 pts).*
8. *Coaching Classification: 20 points/level.*
9. *Consistent performance. Minus fifteen (15) points for a lifter not making the qualifying total or "bombing out" in a National or International event.*
10. *Sinclair Formula of best lifter used as a tie-breaker.*
11. *Cannot win two (2) years in a row, unless no one else qualifies.*

C. Master Lifter of the Year Award:

1. *Registered in the Ohio Association (**mandatory**).*
2. *Must medal in one (1) of these meets (**mandatory**).*  
*Points for placement:*  
*Worlds: points: 50 - gold, 40 - silver, 30 - bronze.*  
*National Championships: points: 40 - 30 - 20.*  
*American Masters & NACACI: points: 30 - 20 - 10.*
3. *Must be Nationally Ranked in the top ten of his, or her, weight class, i.e. ranking by Sinclair/Malone/Meltzer Formula. (**mandatory**).*  
*Points: Men: 20-first ... 2-tenth. Women: 10-first ... 1-tenth.*
4. *Twenty-five (25) points for lifting in the World Championships.*
5. *Points for each National or International record and/or Best Lifter Award to be the same as first place in that respective meet.*
6. *Points for the State Meet: 15 - gold, 10 - silver, 5 - bronze.*
7. *Consistent performance. Minus fifteen (15) points for not making the qualifying total or "bombing out" in a National or International event.*
8. *Points for highest Sinclair/Malone/Meltzer Formula: 1st - 25, 2nd - 15, 3rd - 5.*
9. *Sinclair/Malone/Meltzer Formula used as a "tie-breaker."*
10. *Cannot win two (2) years in a row, unless no one else qualifies.*

D. President's Award:

1. *Outstanding Accomplishment (as determined, and paid for, by the President) as an Administrator, Club President, Fund Raiser, Committee Member, Team Manager, etc...*

E. Certificate Awards:

1. *Certificate of Merit: for Meet Directors & Administrators.*
2. *Certificate of Achievement: for State Records set in the past year*
3. *Certificate of Recognition: for new Referees and Certified Coaches.*
3. *Certificate of Appreciation: for performing as Referees, Announcers, Expeditors, Loaders, etc...*

Lifter, Coach & President's Awards to be wooden plaques in the shape of Ohio, 10" wide x 11" high. Certificate Awards to be 8.5 x 11 paper certificates.

## VI. Ohio Weightlifting Hall of Fame.

### A. Lifter:

1. *Must have won one (1) of these major championships as a minimum requirement: Olympics, World, National, American Open (Jr. Nationals), or National Juniors (Teen-Age Nationals). (mandatory). Same point system as in the "Lifter of the Year" for placement.*
2. *Lesser National meets for total points, i.e., Collegiates, AAU Jr. Olympics, YMCA Nationals, etc... Same point system as in the "Lifter of the Year" for placement.*
3. *Major championships competed in & qualifying total made (5 points/meet).*
4. *Thirty (30) points for being selected to an International Team (same point system as in the National Championships for placement in lesser International meets).*
5. *Points for each National or International record to be the same as first place in that respective meet.*
6. *Must have been Nationally Ranked in the top ten (mandatory). Ten (10) points for each year in the top ten.*
7. *Achievement awards (Lifter of the Year, etc...,) National (40) & LWC (20).*
8. *Athletes Rep (10 points each year).*
9. *Minimum age: 40. Minimum total: 500 points.*

### B. Coach/Lifter: (lifter points plus)

1. *Lifters coached (5 points each).*
2. *Club founded / President (35 points).*
3. *Coaching Classification (20 points each level).*
4. *Coach of National Teams (25 points) & International Teams (50 points).*
5. *Team Championships won: State/Regional (20 pts) & National (40 pts).*
6. *Ranking of Athletes (top ten minimum, 20 points/lifter).*
7. *Other service awards: LWC (20 points) & National (40 points).*
8. *Minimum age: 50. Minimum total: 500 points.*

### C. Lifetime Achievement (Highest Ranking): (lifter & coach pts plus)

1. *Years of service (25 minimum).*

2. *Administrative positions held: National (40 points each position, per term), LWC (Officer: 30 points each position, per term, Committee: 15 points).*
3. *Manager Status: (20 points each level).*
4. *Meet Director: International (40 pts), National (30 pts), LWC (10 pts).*
5. *Referee status: 20 points each level (LWC, National, II & I).*
6. *Competition Secretary: International (40 points) & National (20 points).*
7. *Masters Lifting: Same point system as in "Master Lifter of the Year."*
8. *Service awards (National Hall of Fame, Riggio Award, Presidents Award, Certificates, etc...): National (40 points) & LWC (20 points).*
9. *Minimum age: 60. Minimum total: 700 points.*

Voting Procedures: 1) Review of the highest rating. 2) Take nominations. 3) Passed by a majority of the Committee. Limit per year - 3 (not necessarily from each category). Award design: Shape of Ohio, 12 "; reproduced photo ?

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