

USA WEIGHTLIFTING, INCORPORATED
UTAH LOCAL WEIGHTLIFTING COMMITTEE 34 (ULWC34)

**CONSTITUTION OF THE UTAH WEIGHTLIFTING LOCAL WEIGHTLIFTING COMMITTEE 34
OF USA WEIGHTLIFTING, INCORPORATED**

ARTICLE I - NAME

- Section 1 Name. The name of this organization shall be the Utah Local Weightlifting Committee.
- Section 2 Address. The principal office of this said Association shall be established by the current president 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 ULWC 34 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 ULWC34. 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. This purpose shall be to educate, promote, conserve, sponsor, coordinate, and stimulate the interest of Weightlifting, as an amateur sport, throughout our Association,

Region, and Nation in accordance with the standards and regulations set forth in the By-laws of this Association.

Section 2 Funding. The purpose shall be to receive funds and other assets by the way of donations from various and sundry sources as tax exempt status is established; to receive funds from registrations, sanctions, club memberships and service fees (all of which are rebates from USA Weightlifting). The USAW shall make public the rebate made to each LWC. It is expected the LWC rebates be used solely for LWC official business and handled in accordance the Generally Accepted Accounting Principles (GAAP). **It is RECOMMENDED that funds not be expended to benefit specific athletes, but rather that funds be used to support all members of the LWC by supporting meeting space, communication, equipment purchases, training and competition opportunities;** to utilize all funds received from whatever source exclusively in the promotion of and in furtherance of Weightlifting.

ARTICLE V – MEMBERSHIP

Section 1 Clubs. Each club shall be eligible for membership and shall be represented as proscribed in the By-Laws.

Section 2 Individuals. Each individual member of the ULWC34 shall acquire such membership as outlined in the membership criteria set forth by USAW for LWCs and will thusly become a Member of USAW.

ARTICLE VI – GOVERNMENT

Section 1 Structure. The government of this organization shall be vested in the Officers of the Board, consisting of a President, Vice-President, Secretary, and six (6) general Board Members. The Officers and general board members will here forth be referred to as the “board”, unless otherwise specified.

Section 2 Election. The Board must be elected on a regular basis by a direct vote of all eligible ULWC34 members. The Board shall be elected in the manner prescribed in the said By-laws.

Section 3 Appointment. Positions may be appointed as deemed necessary by the board, having been approved by a two-thirds (2/3) vote from the board. Such positions will have no vote unless they are also an elected officer or member of the board.

ARTICLE VI – METHOD OF AMENDING CONSTITUTION

Section 1 Process. The Constitution may be amended by two-thirds (2/3) vote from the members present, at any regular or special meeting, provided that written notice of the proposed amendments has 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
UTAH LOCAL WEIGHTLIFTING COMMITTEE 34 (ULWC34)
OF
USA WEIGHTLIFTING, INCORPORATED**

ARTICLE I – MEMBERSHIP

Section 1 Clubs. Each club shall be eligible for membership in this organization.

- a) Approval. All prospective Club memberships shall hereby be approved by the President. In the event of rejection, said club must be presented to the Board via email or in-person, within 30 days for review.

Section 2 Individuals. Each individual member of the ULWC34 shall acquire such membership as outlined in the membership criteria set forth by USAW for LWCs and will thusly become a Member of USAW.

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 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 LWC are disbursed from the national office. If USAW or another governing body does not manage the funds for the LWC, the LWC has authority to open its own Bank account by creation of an appropriate non-profit tax status, or DBA (Doing Business As) account if no non-profit tax status has been created.

Funds may be deposited or withdrawn by the President and the Vice President or Secretary. Any amount under \$50 does not need to have secondary approval, but must be reported to the Secretary or Vice President within 24 hours of use.

- a) Co-signature Requirements. Both the President and Secretary or Vice President must sign all checks.
- b) Credit/Debit card. As with use of a financial account, an electronic funds transfer (EFT) card can be allotted to the account holders if desired.
- c) Reporting. A history/record-keeping of the account/funds must be presented upon demand by any member of the Board

- d) Reconciliation. Any funds spent not in accordance with Article IV Section 2 of the Constitution, or otherwise deemed as inappropriate/abuse shall be reimbursed from the users own funds.

Section 3 Governing of Competitions. All amateur weightlifting competitions are to be conducted and governed as close to *International Weightlifting Federation* rules as possible with available resources at the local level.

ARTICLE IV – ELECTIONS

Section 1 Officers. The Board shall elect the Officers. The President, Vice-President, and Secretary will each serve a 4-year term. There is no limit to the number of consecutive terms that can be served by any officer.

Section 2 General Members of the Board. There will be six (6) General Members of the Board at any given time, with one exception, whereby each will serve a 3-year term. There is no limit to the number of consecutive terms that can be served. Members of the Board will be elected every 3 years, where 2 seats will go through the election process each year. If there are more than 2 seats up for election, eligible members will draw straws to determine the order of election for the next year, and so on.

As per the exception specified above, Emeritus Presidents will hold a voting seat on the board. In the event of a tie due to an even number of votes because of emeritus members, straws will be drawn to eliminate one voting member from the current vote.

Section 3 Criteria. A candidate for office, in order to be elected, must receive a majority of the votes cast. No more than two members from the same club may hold any position on the board at a single moment in time. 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. Officers may be nominated by the General ULWC34 Membership. If no nominations are received from the general membership, the board will submit nominations. The board will then vote for and elect the nominee.

Section 4 Method. Nominations for officers and board members may come from the general ULWC34 membership. Nominees must be current USAW members (ULWC 34) in good standing and meet any special qualification for a particular board position, if required. Once nominations have been verified, the ballots will be collected and counted. Ballots for election will be distributed to current ULWC34 Board members. Election of all officers shall be determined by ULWC34 Board majority vote. Election of all Board members shall be determined by majority vote of the general ULWC34 Membership.

ARTICLE V – MEETINGS

- Section 1 Elections. Elections shall be held on a day agreed upon by the Board. Such election may be part of the Annual Utah LWC 34 Meeting, whether it be in conjunction with a ULWC 34-sponsored competition event or a scheduled and separate 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. Each member of the board is allotted one (1) vote. There will be no weighted voting.
- Section 2 Board Meetings. Meetings of the Board shall be held on prearranged dates or upon the call of the President. Each member of the board is allotted one (1) vote. There will be no weighted voting.
- Section 3 ULWC34 Special Meetings. Special meetings of the membership or of the 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. Each member of the board is allotted one (1) vote. There will be no weighted voting.

ARTICLE VI – DUTIES OF ELECTED OFFICERS

- Section 1 President. The President shall preside at the Membership and 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 USAW Rules and procedures and the ULWC Constitution, By-laws, and rules of Order.
- Section 2 Vice President/Treasurer. The Vice President shall preside at membership and 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 organization. The Vice President will assume the Presidency in the event that the President is unable to fulfill their responsibilities. All financial activity/Annual Report will also be presented to the board on an annual basis, or per request by any member of the board at any time.
- Section 3 Secretary. The Secretary shall give notice of all regular and special meetings to all Members of the Board; furnish minutes of such meetings for publication; keep permanent record of such meetings; and submit a credentials report at each meeting. Minutes will be sent out to all board members after each meeting.
- Section 4 Record-Keeper. A Record-Keeper may be appointed by the Board to serve during the same 4 year term as the President. Said record-keeper will have no vote unless they are also an elected officer or member of the board. They will be custodian of all official records of the organization and document, record, and archive all records set by LWC athletes, and clubs, and keep local meet results of the LWC for the past two years, at minimum. Also record any historical data deemed necessary.
- Section 5 Attendance of Board Meetings. Members are strongly encouraged to attend meetings in person, unless geographical complications dictate otherwise. Board members may decide

what travel time/distance is appropriate. Attendees may then use current technology, such as Skype, Facetime, etc, or at a minimum, phone/voice attendance if no other method is available. Should any member of the Board fail to attend two (2) consecutive board meetings without a valid reason or, reasons unacceptable to a majority of the remaining members, that officer shall be deemed to have resigned.

ARTICLE VII – COMMITTEES

- Section 1 Determination of Committees. The 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 (Registration Chairperson excepted) once the board has approved the formation of said committee.
- 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 Rule 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 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 Board.

ARTICLE X – METHOD OF AMENDING BY-LAWS

- Section 1 Voting and Noticing Procedure. The By-Laws may be amended by either
- a) A two-thirds (2/3) vote of the General Board 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.
 - b) Amendments may be submitted to the ULWC34 President or secretary for approval by the By-laws Committee. The Committee will recommend to the Board whether or not to approve the Amendment(s). The Board must pass any recommended Amendment(s) **unanimously**.
- 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 ULWC 34 By-Laws. These By-Laws may be suspended at any regularly scheduled meeting of the membership of Board, by a unanimous vote of the members present.

ARTICLE XI – DISSOLUTION

Section 1 Process. Upon dissolution, the net assets of the ULWC33 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©(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.

By-Laws

of

Utah Local Weightlifting Committee 34

Ratified and Approved

_____, 2016

Deborah Millet

David O. Turner