

**Bylaws
of the
Alabama Local Weightlifting Committee**

1. NAME

- a. The name of the organization shall be the Alabama Local Weightlifting Committee (“the Committee”), sanctioned as Local Weightlifting Committee 46 by USA Weightlifting (“USAW”). The Committee also reserves the right to use the name ‘Alabama Weightlifting’ in certain instances.

2. PURPOSE

- a. The purpose of the Committee shall be to serve as the central governing body that promotes the sport of Weightlifting in the State of Alabama and communicates with all outside bodies as the principal authority over the sport within the state.

3. MISSION

- a. The Alabama LWC is dedicated to growing the sport of weightlifting within the state. We aim to increase the number of clubs and competitors, as well as assisting current members in whatever manner necessary to ensure forward progress for the sport.

4. MEMBERSHIP

- a. Membership shall be limited to current members of USAW who are in good standing and are legal residents of the State of Alabama and/or are members of a USAW club registered in Alabama.

5. EXECUTIVE BOARD

- a. The Executive Board (“the board”) shall consist of a President, Vice President, Treasurer, Athlete Representative, Marketing Director, and At-Large Representative. The board is elected by the membership every two years, starting with the period beginning on May 1, 2018. Elections shall be conducted via online ballot in the standard procedure defined by USAW.
- b. An individual club within the LWC may not be represented by more than two members of the executive board, unless an official nomination procedure by USAW failed to find any other willing representatives.
- c. Members of the board must reside within the geographical area defined as the State of Alabama and cannot currently serve as officers or committee members of other weightlifting committees. If either of the

above two requirements is violated during a term, the board seat must be vacated.

- d.** A majority (51%) of the members of the board shall constitute a quorum for the transaction of business. The act of a majority of the board present at a meeting shall be the official act of the board.
- e.** Meetings may be held at any time and called by any member of the board. The standard of communication for organizing meetings will be e-mail and meetings may be held in person, via conference call, or via virtual meeting software. No reason need be given to call a meeting, but a minimum notice of 48 hours is required. Any meeting where a quorum cannot be reached because of individual unavailability will be cancelled. Minutes of all meetings will be held and made available to the membership via website or announcement at the annual membership meeting.
- f.** Board members may vacate their seat at any time for any reason by providing written notice to an Officer or expressing their wishes during an official meeting.
- g.** To unseat an elected board member, a strong majority (75%) vote of the board is required to favor the change.
- h.** Any vacancy must be filled by the board from the current membership pool to serve as a temporary member of the board. A simple majority (51%) of the remaining board members is required to award the board seat to the nominated individual. Vacancies in the board shall not be allowed for longer than one calendar month from the date of vacancy. Temporary board seats will be up for election during the next election cycle, regardless of when the temporary board seat was awarded.

6. OFFICERS

- a.** The officers of the Committee shall consist of a President, Vice President, and Treasurer.
- b.** Any vacancy in an Officer position will be filled by the board.
- c.** 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 a guidance to local meet directors; presiding over the bid process for statewide 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.

- d. The Vice President shall preside at Membership and Executive Board meetings in the absence of the President; and shall also act on behalf of the President when required and shall work with the President on all affairs of the LWC.
- e. The Treasurer 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 LWC; cooperate with the party selected by the Executive Board to make an annual audit of the financial records.

7. REPORT TO THE MEMBERSHIP

- a. An annual membership meeting will be held either at the state championships or in an online presentation if no state championship meet is held that given calendar year. A date for the yearly meeting will be set during the first half of the year (before June 30) and the meeting itself will be held sometime during the second half (from July 1 to December 31). The membership must be given at least 30 days notice before the yearly meeting.

8. COMPETITIONS

- a. Any USAW member in good standing within the State of Alabama will be allowed to host a competition upon approval by the President.
- b. Competition requests within two calendar weeks and 250 miles of a scheduled meet within the LWC will only be approved if the approved meet director gives consent.
- c. A yearly state championship will be organized by the board where state records will be able to be set in a manner decided upon by the board. In the event that a state championship is not held in a given calendar year, the membership will be presented a written explanation.

9. CONFLICT OF INTEREST

- a. Any board member that has a conflict of interest in a particular vote must disclose this prior to the vote. The board member with the conflict must abstain from the vote and the conflict will be recorded in the minutes and presented in the summary of the meeting.
- b. Failure to disclose a conflict of interest will be grounds for an immediate vote to dismiss the board member.

10. COMPENSATION

- a. Board members and officers shall serve without compensation of any kind for their services, aside from the use of LWC funds to aid travel for in-person meetings up to a maximum of \$100/person/year. Compensation must be formally requested and approved by a simple majority (75%) of the remaining board members.

11. FISCAL YEAR

- a. The fiscal year of the Committee shall be from January 1st to December 31st.

12. AMENDMENTS

- a. These bylaws may be amended at any time by a strong majority (75%) vote of the board. Proposed amendments must be presented to the board at least one week prior to the meeting at which they are to be voted on. The membership will be notified of any changes to the bylaws via email and/or post to the website.