

1. **NAME:** The name of the entity shall be Mid-Atlantic Local Weightlifting Committee, (“the Committee”) sanctioned as Local Weightlifting Committee (LWC) No. 08 by USA Weightlifting (“USAW”).

2. **PURPOSE:** The purpose of the Committee shall be to promote the sport of Olympic Weightlifting in the Mid-Atlantic Region of the United States.[1] The methods of said promotion shall be determined from time to time by the Board of Directors (“the Board”) but shall at all times include:

Conducting public outreach to inform the public of the benefits of Weightlifting as a sport and for general health/sports performance, such outreach to include athletes of all age groups and abilities,

Holding USAW-sanctioned Olympic Weightlifting competitions,

Recruiting, training and promoting certification standards of the

USAW-Sanctioned clubs, trainers, coaches and referees within the

Mid-Atlantic Region in accordance with standards promulgated by USA

Weightlifting.

3. **PRINCIPAL OFFICE OF THE COMMITTEE:** The principal office of the Committee shall be designated by the Board of Directors and stated on the Committee website. Further, the Principal Office Must be located within the Geographic Boundaries of the LWC as stated by USAW. By default, the Principle Office of the LWC will be the Gym of the LWC President unless the BOD otherwise designates a Principal Office.

a. **MEMBERSHIP:** Membership includes all persons who are active members of USAW in Good standing who are Unattached/ Unaffiliated residents of the Geographic Boundaries of the LWC or who, as members of a registered USAW Team based in the LWC, declare their LWC Membership to be the Mid-Atlantic LWC.

4. **DIRECTORS:**

a. The policies, goals, and objectives of the Committee shall be vested in a Board of Directors and promulgated through its written "Directives," which shall be debated and adopted as "Proposed Directives" by the Board at its meetings.

i. Proposed Directives shall be numbered sequentially in a manner adopted by the Board.

ii. Proposed Directives shall announce any and all Proposed Directives by posting same on the Committee website in a manner that affords members the ability to comment for a 30-day period and said announcement shall state the date of the Board's proposed final adoption.

iii. At the close of the 30-day comment period, the Board may reject further comments or continue to accept comments until final adoption at its option.

iv. Final adoption shall be by Board vote after debating comments received.

b. There shall be only one class of Directors.

c. Directors may be USAW-member residents of the Mid-Atlantic Region. Directors cannot live outside the geographic boundaries of the LWC as defined by USAW.

d. Directors may not be Directors' of another LWC, even if they are members of our LWC;

e. The Board shall be composed of four (%) Directors: President, Vice-President, Treasurer, Athlete's Representative, and a Records Secretary.

f. Elections to the Board are controlled by USA Weightlifting. It is the responsibility of the President to notify USA Weightlifting of an upcoming election within two weeks before that election. USA Weightlifting will solicit nominations for the open positions and will host elections per their guidelines.

g. The Terms of the Directors will be Four Years; for the purposes of continuity, the initial term of the President elected in 2015 will be January 1, 2016- December 31, 2019; the Term of the Treasurer elected in 2016 will be January 1, 2016- December 31, 2018 and every four years thereafter (2019-2022), the Vice-President will serve an initial Two Year term (January 1, 2016-December 31, 2017) and four year terms thereafter; the Athlete Representative will be elected to a Four Year Term beginning on January 31, 2017 until December 31, 2021 and then every four years (January 1, 2022 to December 31, 2026); the records Secretary will be elected beginning August, 2019 and will serve until December,

2023 and then will serve four-year terms beginning January 1, 2024 through December 31, 2028, etc.

h. A Director may resign only by submitting a written resignation to the President or to the other Directors if the resigning Director is the President.

i. A Director may be removed, without cause, as determined by a two-thirds vote of the Board.

i. If a director resigns, an election will be held within a month to replace that director. the duties of that Director will be shared among the remaining directors on the Board until the new director is elected. The newly elected Director will serve until the completion of the original Director's Term.

5. **OFFICERS:** The officers of the Board are the elected President, Vice-President, Treasurer, Athlete's Representative, and Records Secretary.

a. Authority and Duties: The Officers shall have the authority and responsibility delegated by the Board and as follows:

i. The President shall preside at and conduct all meetings of the Committee. The President may sign all contracts and agreements in the name of the Board after the Board has approved them, serve as the representative of the Committee in meetings and discussions with other organizations and agencies, and otherwise perform all of the duties which are ordinarily the function of the office, or which are assigned by the Directors. The President is primarily responsible for outreach for the LWC and building relationships with individuals, gyms, and other entities to further Weightlifting as a Sport and an Activity in the LWC.

ii. The President or the President's designee shall keep accurate records and minutes of all meetings of the Committee; make available copies of the minutes of the previous meeting and distribute them in advance of each meeting; cause to be delivered all notices of meetings to those persons entitled to vote at such meeting; and maintain the Minutes Book of the Committee and a current listing, with phone numbers and addresses, of the Directors and Advisors at the office of the Committee.

iii. The Treasurer shall deposit all funds of the Committee into an account insured by the Federal Deposit Insurance Corporation, opened in the name of the Committee for the exclusive use of corporate funds. The Treasurer or President shall have authority to dispense corporate funds for the purpose of paying the regular and

customary general operating expenses of the Committee (i.e. office supplies, recurring liabilities within a dollar limit per expenditure set by the Board during the annual meeting. In special circumstances, the President may authorize the Treasurer to spend an amount exceeding the dollar limit set by the board; the President shall notify the Board members of his/her decision its purpose. The Board shall record the President's decision in the minutes of the Board's next meeting.

iv. The Treasurer, or President if the Treasurer is unable, or Vice-president, will make a report explaining all use of LWC Funds at each meeting of the Board and Advisory Committee.

v. The expenditure of funds for purposes of meeting the Committee objectives (i.e. sponsorship, grants, purchasing equipment) must be approved at a meeting of the Board and published as Board Directives in accordance with procedures in paragraph 5 of these bylaws. Such Board approval may be general in nature (i.e. an allotted amount delegated to the discretion of the Treasurer or to other Board Member). The Treasurer, or President if the Treasurer is unable, or Vice-President, shall ensure the recordation of all receipts and disbursements from such account or accounts; the preparation of the books and records of the finances of the Committee; the preparation of financial reports of the accounts for each Board meeting; and the preparation and filing of all end of the year financial reports federal and state tax reports.

1. The Committee's Annual financial reports shall be publicly available via the Committee website.

2. The Committee shall comply with all Federal State and Local taxing authority laws, rules and regulations.

3. The Committee shall comply with all State business registration laws, rules, and regulations.

4. The Treasurer shall ensure that a fiscal report be prepared for presentation at every Board meeting.

vi. Other officers elected by the Board shall perform such duties as may be specified by the Board or by officers given authority over them.

6. **MEETINGS:**

a. Annual Meeting: The Annual Meeting of the Committee shall be held in the month of February of each year; or at such time as soon as practical thereafter as determined by the Board of Directors.

i. The place of the annual meeting shall be designated and announced to the general Committee membership on the Committee website and open to all Committee members.

ii. The purpose of the annual meeting shall be for the Board to introduce the new Board members, to report to the general membership on the prior year's accomplishments and the financial condition of the Committee, and to announce the Board's objectives.

iii. After the Board's report, the Board shall open the discussion to questions and comments from the general membership.

b. Regular Board Meetings: Regular meetings of the Board and Advisory Committee shall be held semi-annually, by default on or before the second Sunday of February and on or before the final day of August, at a time and place designated by the Board, and may be scheduled more often by the President. The Board may meet electronically, by phone, or by another accepted means.

c. A fiscal report by the Treasurer, or President if the Treasurer is unable, or Director-At-Large, shall be on the agenda of every Board meeting.

d. Special Meetings: Special meetings of the Board shall be held at any time and at any place when called by the President or by at least two Directors. Business transacted at special meetings shall be confined to the purposes of the meeting stated in the notice of the meeting.

e. Notice of Meetings: Notice of regular Board meetings, including the annual meeting, shall be in writing or via email and delivered at least 10 days before the proposed meeting. Notices of special meetings shall state that it is a special meeting, the purpose of the special meeting, and may be given orally, in writing or via email at least 24 hours prior to the meeting time. All persons entitled to vote at the meeting must be notified via electronic mail, facsimile, or otherwise delivered proper notice of the meeting.

f. Quorum: At any meeting, a quorum shall consist of fifty-one percent (51%) of the Directors then serving, present in person. A majority vote shall consist of 51 percent of those present and entitled to vote at the meeting, except as otherwise provided by law or in these bylaws.

g. Telephone/Video Conference: Directors attending meetings via telephone and/or video conference shall be included in a quorum count in satisfaction of paragraph 6 (e) of these bylaws and may vote as though the directors attended in person. Voting and Meeting minutes will take place as if a normal meeting was conducted. However, should technical difficulties result in communication disruption placing uncertainty on the clarity of information to and/or from a director attending via video conference, and the inclusion of that/those directors would determine whether a quorum exists, the presiding director shall recess the meeting because of a lack of quorum. Should technical difficulties result in communication disruption placing uncertainty on the clarity of information to and/or from a director attending via video conference, and the disruption casts doubt on the certainty of that/those director's yea or nay vote and that/those votes could determine the outcome of the vote, the presiding officer shall recess the meeting until communications are restored.

h. E-mail meetings may be held to expedite the business of the Board. In all official Board business, each elected member of the LWC Board must be included. If an e-mail vote is called for, all membrs are required to express their vote via e-mail. The USAW LWC Representative MUST be copied on all official Board e-mail correspondence.

7. **WORKING GROUPS:** The Board of Directors may create such working groups with such powers as the Board deems necessary. The President shall select persons to serve on those working groups, and in what capacities. All selections shall reported to the Board and include the date upon which the selected persons shall assume the duties. Should the Board object to the President's selection, the board may vote against to remove the working group of portion thereof at its next meeting. No person assigned to a working group shall have the authority to contract on behalf of the Committee nor shall s/he have access to Committee assets unless specifically authorized by the Board in writing.

8. **OTHER APPOINTED OFFICERS AND STAFF:**

a. The Board of Directors may appoint other officers and staff titles appropriate to the functions of the office.

b. Contracting authority and access to Club assets shall be the exclusive domain of the Board of Directors and no other person or committee unless specifically delegated by the Board.

c. The Board of Directors may delegate duties and customary authority to the Officers and staff of the Committee and may revoke such authority. Delegation and revocation shall be at a board meeting, determined by simple majority vote, and documented in the minutes of the meeting.

9. **CONFLICT OF INTEREST:** Any board member, officer, employee, or committee member having an interest in a contract or other transaction or determination presented to the Board of Directors or a Working Group of the Committee for recommendation, authorization, approval or ratification shall give prompt, full and frank disclosure of his or her interest to the Board of Directors or committee prior to its acting on such contract or transaction.

The body to which such disclosure is made shall thereupon determine, by majority vote, whether the disclosure shows that a conflict of interest exists or can reasonably be construed to exist. If a conflict is found to exist, such person shall not vote on, nor use his or her personal influence on, nor participate in discussion of (other than to present factual information or to respond to questions in the discussions or deliberations with respect to such contract, transaction or determination) the issue. Such person may not be counted in determining the existence of a quorum at any meeting where the contract, transaction, or determination is under discussion or is being voted upon.

The minutes of the meeting shall reflect the disclosure made, the vote thereon and, where applicable, the abstention from voting and participation, and whether a quorum was present. The minutes shall be made part of the Committee's notes accompanying the Committee's financial statements.

A member of the Board of Director's is Expressly Forbidden to benefit financially from the Board's Decisions and actions. As such, no Director is able to receive LWC funds for any purpose, including cash awards or payments of any kind, with the exception of reimbursement for office or travel for LWC business.

10. **INDEMNIFICATION:** The Committee may indemnify Directors, officers, employees, and agents of the Committee to the fullest extent required or permitted by the General Laws of Pennsylvania

11. **COMPENSATION:** The members of the Board of Directors and the elected officers of the Committee shall serve without compensation for their services as board members or officers, aside from the use of LWC funds to purchase food for meetings at a rate of \$15/person/ meeting for up to four meetings per year.

12. **FISCAL YEAR:** The fiscal year of the Committee shall be from January 1st to December 31st.

13. **AMENDMENTS:** These bylaws may be amended by a 2/3 majority vote of the Board of Directors at a Board meeting at which a quorum is present. Any proposed amendment(s) must be submitted to the Directors in writing or via email with written notice of the meeting to decide on the proposed amendment(s) at least ten (10) days prior to the meeting date.

14. **NONDISCRIMINATION:** The organizations, officers, directors, employees and persons served by this corporation shall be selected in a non-discriminatory manner with respect to age, gender, sexual orientation, race, color, national origin, and political opinion or affiliation.

15.

16. **Sanctioning Meets in the Mid-Atlantic LWC:** These following guidelines and requirements must be met in order to receive a sanction for a meet in the Mid-Atlantic LWC. These requirements will take effect on May 4, 2018.

All meets must be run in accord with USAW and IWF rules, and in the circumstances of a conflict, USAW and IWF rules override these guidelines. If the rules and policies are disregarded, the Mid-Atlantic LWC reserves the right to deny a sanction in the future for that meet director. Additionally, suspensions from serving as a Meet Director will be handed out



for severe violations, such as allowing extra attempts, falsifying weigh-ins, or lying about a lifter's performance. In accordance with USAW and IWF Policies, all meets must meet the criteria as specified in the USAW Document Meet guidelines. USAW, and therefore the Mid-Atlantic LWC, requires that all weightlifting meets be run in accord with those criteria. We encourage anyone with questions to contact us.

# Sanctioned Event Requirements /Rules

Requesting a Sanction:

1. When completing an Official Event Sanction Request Form: This sanction form must be received by the National Office no later than TEN (10) BUSINESS DAYS prior to the event through Webpoint. Your LWC President will approve the sanction via Webpoint. If he/she does not approve it within 5 business days, please reach out to the National Office at [usaw@usaweighting.org](mailto:usaw@usaweighting.org). A sanctioned meet requires a minimum of six (6) current USAW-registered competitors. If you change the date/location of your sanctioned event once it has been processed, the LWC president will have to approve the changes as well.

2. The Mid-Atlantic LWC Will Consider Sanctions only six months or less out from a meet. The Sanctioning process will begin on the first Day of the month six months in advance of a meet, and meet directors can submit a sanction for any meets in that month. For instance, to Sanction a meet in July, on any date in July, the earliest a meet director can submit a sanction is January 1 of that same year. All meet sanctions requested during the first week of January will be granted on a historical basis first, meaning that clubs who hold a meet on a particular weekend will be allowed to host that meet on that weekend each year. This is the only time a meet can be requested to gain historical protection. Meets can be requested less than six months out and will be approved provided they satisfy all requirements of our by-laws.

#### Earliest Month a Meet Can Be Requested

For the Month of:

January 1/July 1

February 1/August 1

March 1/September 1

April 1/October 1

May 1/November 1

June 1/December 1

July 1/January 1 the following year

August 1/February 1 The following Year

September 1/March 1 the following year

October 1/April 1 the following year

November 1/May 1 the following year

December 1/June 1 the following year

3. A meet can only be requested by an LWC or USAW Certified Meet Director. In order to be certified as a meet director, an individual must be a member in good standing of the USAW, must be at least an LWC Official, and must complete a volunteer process where

they assist as a Volunteer Assistant Meet Director to as certified Meet Director at at least at two other meets, one of which MUST be in our LWC, and the other must be in our LWC or be a National Level Event. The prospective meet director must serve as a Speaker, Weigh-In Official, Center Judge, Side Judge, Time Keeper, Loading Supervisor, and Loader; in addition, they must complete the Safe Sport training provided, for free, by USAW. Anyone who has served as a Meet Director in the LWC prior to adoption of this amendment will be allowed to continue on as a Meet Director provided they have completed Safe Sport. All Meet Directors will be required to complete and pass a written test in order to be certified as a Meet Director. All Meet Directors are encouraged to be CPR Certified as well.

4. If a Local Meet Sanction is requested from a director from outside the LWC, that meet could be approved if the meet director is known to have held meets in the past in their own LWC. Otherwise the sanction will be declined due to having an unknown Meet Director. All meets, however, must still meet the requirements specified in these by-laws.

5. Meets Must be separated by at least 75 miles and two weeks, with the following exceptions: A meet for specific age groups, such as Master's, Youth, or Juniors, can be held within one week and 75 miles of another meet which is not specifically restricted to that age group. So a meet open to all ages may be held in Center City Philadelphia on January 1, and on January 8 a meet can be held in South Philly which is open to Youth and juniors only, and another meet on January 15 may be held in Bryn Mawr for Master's Athletes. IN NO CASE will a meet be approved on the same day as another meet within 75 miles, even if the age group exclusion is met. Also, a meet for a specific age group cannot be held within 75 miles/ two weeks of another meet for that specific age group.

6. A meet which is held within 30 miles of a meet in an adjacent LWC on the same weekend can be declined by the LWC President after a discussion with the board if the Board determines that the meet in an adjacent LWC is of significant stature that our LWC should support that meet and encourage our athletes to attend. This exclusion should be reserved only for extraordinary circumstances and should be applied sparingly and transparently.

7. A Closed or Unadvertised meet, open only to members of a specific gym or club, must meet all the requirements of other sanctions. Sanctions for these meets will NOT be approved even if they are on a final qualifying date for a specific National meet; in other words, these meets must be 75 miles or two weeks away from other meets.

8. If no meets are being held in our LWC on the final date of qualifying for Senior Nationals, The American Open Finals, University Nationals, Junior Nationals, or Youth Nationals, the LWC may request and pay for a Sanction for a meet to be held at a local club which is open, for free, only to members of that club and anyone who has a qualifying total within 20 kg of the national championships total. So, for instance, if no meet is held on the

final qualifying weekend for the American Open, then the LWC can hold a meet at the LWC cost at any location in the LWC which is capable of holding such a meet. These meets will be open to LWC members FREE OF CHARGE provided these members are within 20 kg of the qualifying total for the respective national meet. LWC Members who have already qualified are also eligible to lift for free in these meets. Anyone else must pay a \$50 entry fee for Seniors and Masters or \$25 for youth and junior athletes; these proceeds will go back to the LWC. No awards will be given for these meets unless at the discretion, and cost, of the meet director. The cost of awards will not be placed upon the LWC. If fewer than six athletes have registered to participate, the meet director can allow free entries to people to satisfy USAW requirements that at least six people total in a meet to allow for qualifying totals to be accepted.

9. Meets cannot, per USAW, be approved on the same weekend as a National meet in our, or an adjacent, LWC (Maryland Potomac Valley, Alleghany Mountain, Metropolitan, New Jersey, New York State, West Virginia).

10. All meet Directors are required to allow one delegated representative of the LWC free admission to the meet. The delegated member can be an LWC BOD Member or a representative chosen by the LWC BOD to observe the meet and conditions at the meet. This BOD member will be given free access to all areas of the competition to observe and document compliance.

There will be a Competition Set stored in the greater Philadelphia area at a BOD Members Gym (currently Bridgeport Barbell) and one in the Central PA Area at a BOD member's gym (currently McKenna's Gym). Either set is available to be borrowed for a meet. The gym that wants to borrow the set must make arrangements to pick up the equipment and return the equipment in a timely manner, usually the week before and after the scheduled meet.

A 4x4 meter platform is available for use by LWC members; it is stored in Central PA at the LWC President's Gym. This platform is also available to borrow; it consists of 28 pieces of laminated hardwood, along with four and a half sheets of rubber and four pieces of plywood. The total weight of the platform is over 2500 pounds. If you'd like to borrow the platform, please make arrangements to pick it up the week before the meet and return it the week after the meet.

There are two certified scales which weigh to the .00 kilo; one scale is in Central Pennsylvania and one scale is in the Philadelphia area. These scales and cases cost the LWC \$1,000.00 and can be used for meets, but must be borrowed and returned within a week of the meet.

At this time, the LWC does not own any 5 or 10 kg bars, nor do we own any timing system, lights, or scoring system.



