



# **CONSTITUTION**

**AND**

**BY LAWS**

**OF**

**THE AFRICAN POWERLIFTING FEDERATION**

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# CONSTITUTION OF THE AFRICAN POWERLIFTING FEDERATION

## Terminology

Unless specifically stated otherwise, the terms "Congress", "President" "Technical Committee" and such like shall mean the "APF Congress", "APF President", "APF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

## **1 DEFINITION**

### **1.1 Name**

- 1.1.1 The AFRICAN POWERLIFTING FEDERATION hereinafter called "APF" is an organisation founded in 2005. The Federation is composed of the affiliated African National Federations governing the sport of powerlifting on the basis of one national federation per country.

### **1.2 Objectives**

- 1.2.1 The union of all eligible national federations or associations active in powerlifting throughout in Africa.  
1.2.2 To develop standardised competitive rules according to the IPF rules.  
1.2.3 Maintain a system for recognising and approving records.  
1.2.4 Establish administrative and technical committees from its own number.  
1.2.5 Establish, define and enforce rules for the government of African powerlifting.  
1.2.6 Promote, support and encourage drug free powerlifting.  
1.2.7 Produce official bulletins and/or powerlifting publications.  
1.2.8 Secure other national affiliates (countries).  
1.2.9 Promote, sanction and supervise African development programs and competitions, including African championships and single lift competitions.  
1.2.10 Maintain an APF Congress of bona fide African representatives.  
1.2.11 To maintain membership of the International Powerlifting Federation.

## **2 EMBLEM AND FLAG**

### **2.1 Emblem**

To be decided

### **2.2 Flag**

2.2.1 To be decided.

### **2.3 Authorisation**

2.2.2 The APF emblem must not be used without the APF's authorisation.

2.2.3 Only the APF may authorise the fabrication of its emblem, badges, medals, etc.

## **3 GENERAL PROVISIONS**

3.1 The APF is recognised by the International Powerlifting Federation (IPF).

3.2 In its activities, the APF follows the Olympic ideal and principles.

3.3 All political and religious discussions or demonstrations are forbidden within the APF.

3.4 The APF supports all initiatives by powerlifters for peace and understanding.

3.5 No distinction is made between continents, countries or individuals for reasons of race, colour, gender, religion or politics.

## **4 OFFICIAL LANGUAGE OF THE APF**

4.1 The official language of the APF is English.

4.2 All publications and reports of the APF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

## **5 MEMBERS**

### **5.1 Membership**

The membership of the APF consists of African national affiliates active in powerlifting. The APF can recognise only one member (organisation) from each nation.

Categories of APF Membership:

5.1.1 Full Member

5.1.2 Provisional Member

A Provisional Member may only compete in African championships by the decision of the APF Executive.

However, once granted permission, a Provisional Member shall have all competition rights but no vote. The Executive will be authorised to decide the amount of annual subscription required from a Provisional Member.

All countries applying for membership shall, on payment of the annual subscription fee, be granted provisional membership of the APF subject to ratification at the next Congress.

## **5.2 Representation**

The APF is governed by a Congress consisting of a maximum of two delegates from each nation affiliate with one vote per country, and the APF EC members with one vote each.

EC members are restricted to only one vote each as the officers cannot represent both their nation and the APF Executive committee.

## **6 APF BODIES**

The APF is composed of the following bodies:

- the Congress
- the Executive
- the Committees

## **7 CONGRESS**

### **7.1 General Provisions**

7.1.1 The Congress is the supreme governing body of the APF.

7.1.2 The Congress shall meet annually one day before the start of the Men's Open African Championships.

### **7.2 Powers**

The Congress has the power:

- 7.2.1 To admit any national affiliate (country) eligible under the Constitution by means of a two-thirds majority of votes cast.
- 7.2.2 To prescribe and amend the constitution by a two-thirds majority of votes cast and the technical rules and the By-Laws by a simple majority of votes cast.
- 7.2.3 To impose and enforce penalties for any violation of the Constitution or By Laws.
- 7.2.4 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person or organisation, being members of the APF.
- 7.2.5 To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the APF into disrepute or in any way impaired it's function or development.
- 7.2.6 To establish dues of the APF.
- 7.2.7 To control the income, expenditure and property of the APF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the forthcoming year.
- 7.2.8 To call and determine the time and place of special meetings of the Congress.
- 7.2.9 To institute, locate, conduct and manage all African powerlifting.
- 7.2.10 To establish, define and enforce rules for the government of African powerlifting.
- 7.2.11 To explain, define and interpret any provision of the Constitution.
- 7.2.12 To consider and accept proposed changes to the Constitution and By-Laws.
- 7.2.13 To elect the executive officers of the APF every four years. Elect executive officers to fill any casual vacancies, which may occur between such election years.
- 7.2.14 To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the APF shall include Law and Legislation, Technical, Disciplinary and Appeal.



## **7.3 Annual Congress**

### **7.3.1 Annual**

Unless otherwise determined by the Congress, the annual meeting of the APF will be held one day before the start of the Men's Open African Championships or one day before the start of the combined Men's and Women's Open African Championships

### **7.3.2 Special**

Special meetings of the APF are scheduled at the request of the President or at the written request of two thirds of the members of the APF. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

### **7.3.3 Notices**

Time is of the essence. Not less than ninety (90) days notice must be given for any annual meeting (the Congress) and not less than thirty (30) days notice of any special meeting of the APF. The General Secretary will e-mail a notice and agenda to all named delegates or their national federation. A notice sent to the last address known to the General Secretary complies with this requirement. The official agenda for the APF congress must be received by all members at least thirty (with amendment 30) days before the congress takes place. Items not in the agenda cannot be considered in the Congress.

### **7.3.4 Order of Business**

At all annual meetings of the APF the following will be the order of business:

- 1) Roll Call
- 2) President's Address
- 3) Minutes of the last Congress
- 4) Treasurer's Report
- 5) Finance Secretary's Report
- 6) General Secretary's Report
- 7) Committee Reports
- 8) Elections
- 9) Action on proposed amendments
- 10) New Member Applicants
- 11) Delinquent Nations
- 12) Hall of Fame
- 13) Future Championships
- 14) Any Other Business
- 15) Adjournment

### **7.3.5 Quorum**

At all meetings of the APF, a quorum will consist of thirty per cent of nations in full membership.

### **7.3.6 Procedures**

The following are the procedural rules for all meetings of the APF:

- 7.3.6.1 The Standing Orders of the APF are the supreme document for all APF meetings except when they are in conflict with the provisions of the Constitution. In such cases, the Constitution prevails.
- 7.3.6.2 A motion to table is debatable only when a time to debate is fixed by a simple majority of the Congress.
- 7.3.6.3 All amendments to the Constitution and the By Laws must be submitted to all national affiliates and the appropriate committee before it can be acted upon at the annual meeting of the APF. Such proposed amendments must be in the hands of the General Secretary at least sixty (60) days prior to the date of the Congress. A national federation, a sub-regional federation or the appropriate committee, can submit all such amendments. The General Secretary shall send out all such amendments at least thirty (30) days prior to the date of the Congress for the attention of all national affiliates.

### **7.3.7 Credential**

The following are required:

- 7.3.7.1 The names of all delegates to the Congress. Member Federations may designate a maximum of two delegates, preferably the President and the General Secretary. Delegates other than the President and General Secretary shall present a written authority of their national federation not later than the opening of the annual or special meeting.
- 7.3.7.2 Failure to make the proper certification will deny a seat at such meetings unless the delegate is accepted by a simple majority vote by the Congress.
- 7.3.7.3 At any meeting of the Congress, only the delegates duly registered and certified shall be permitted to speak and vote.

## **8 EXECUTIVE OF THE APF**

### **8.1 Titles**

The titles of the Executive officers of the APF are: President, Vice-President, General Secretary, Treasurer, the Technical Committee Chairman and the Law & Legislation Committee Chairman. A maximum of two executive officers from any one nation.

### **8.2 Executive**

The Executive shall consist of all the APF officers, listed in 8.1, of whom a minimum of four are required to form a quorum. In the event of an impasse (stalemate), the President shall cast the deciding vote.

### **8.3 Powers of the Executive**

- 8.3.1 It shall be the governing body of the APF between Congresses.
- 8.3.2 To maintain running control of the expenditure of the APF, in accordance with the budget approved by the Congress.
- 8.3.3 It shall prepare a budget for the forthcoming year for presentation to the Congress.
- 8.3.4 Vacancies. In the event of the death, resignation or in case of inattention to duty by recommendation of the Disciplinary Committee, the various offices are to be filled as follows:
  - 8.3.4.1 President: The Vice President will be designated by the Executive to succeed the President until the next Congress. At this Congress, the presidential successor shall be elected.
  - 8.3.4.2 Vice-President: The Executive shall appoint a successor to serve until the next Congress.
  - 8.3.4.3 General Secretary and Treasurer: The Executive shall appoint a successor to serve until the next Congress.
- 8.3.5 To appoint the non-executive officers specified in 11.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.

## **9 DUTIES OF THE EXECUTIVE**

The duties of various officers are those duties appointed by the Congress and include:

All APF EC officers by virtue of their attaining officers status in the APF, be allowed admission to the Congress in its entirety with vote and with voice.

The Finance Secretary, Disciplinary Committee Chairman and the Appeal Committee Chairman be allowed admission to the Congress in its entirety only with voice.

### **9.1 President**

- 9.1.1 He orders meetings of the APF as provided in the Constitution and presides at all meetings of the APF and Congress.
- 9.1.2 He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.
- 9.1.3 He is an ex officio member of all committees.
- 9.1.4 The President provides leadership in the long-term and day-to-day activities of the APF, delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct APF business.
- 9.1.5 He shall represent the APF at the IPF Executive meetings and the IPF Congress.

### **9.2 Vice President**

- 9.2.1 He has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.

### **9.3 General Secretary**

- 9.3.1 To make proper arrangements for keeping the records of the APF and the Congress.
- 9.3.2 Issue all official notices of all APF meetings.
- 9.3.3 To serve as Secretary of the Congress and at any special meetings or hearings of the APF.
- 9.3.4 To certify as a "Provisional Member" any applying nation who submits the proper fees and credentials, until such time as the Congress shall deliberate such membership.
- 9.3.5 Delegate any of the aforementioned duties to an "assistant secretary" appointed by the Executive or to such assistants as may be provided by the APF By-Laws to perform it.

### **9.4 Treasurer**

- 9.4.1 Receive all monies due to the APF and deposit it to accounts in the name of the APF.
- 9.4.2 Sign all cheques, notes and drafts together with one other signature as provided by the APF By-Laws by a sum greater than Euro 2.500.
- 9.4.3 Pay all bills approved by the duly authorised officer or by the Congress, provided it is within the authorised current budget of the APF.
- 9.4.4 When requested, hand over to the Finance Secretary for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- 9.4.5 To present an audited balance sheet to the annual Congress. Audit of APF accounts is to be made by the Finance Secretary.
- 9.4.6 To be responsible for collecting all fees due the APF.
- 9.4.7 To be responsible for issuing invoices and collecting any penalties.

## **10 ELECTION OF THE APF-OFFICERS**

### **10.1 Election**

Elections for all officers will be held every four years. The elections are to take place in the same year as those designated for IPF elections.

### **10.2 Term of Office**

10.2.1 The term of office for all officers of the APF shall be for four years and the mandate of all officers, even those who were elected between electoral Congresses, shall expire at the electoral Congress. All officers shall be eligible for re-election.

10.2.2 A person may be nominated for APF office by any national federation member, provided that he is in good standing in his own national federation. "A member in good standing" shall be defined as a fully paid up or honorary member within his national federation, who is not under suspension by that body or by the APF.

## **11 NON-EXECUTIVE OFFICERS**

### **11.1 Titles**

The titles of the non-executive officers of the APF are: Finance Secretary, Records Registrar, Championships Secretary, Doping Control Secretary, Internet Officer.

### **11.2 Appointment and Rights**

The Executive shall appoint non-executive officers. By invitation of the President they may attend meetings of the Executive but without vote and with voice only on matters relating to their respective offices.

## **12 DUTIES OF THE NON-EXECUTIVE OFFICERS**

Duties of the non-executive officers are those duties mandated by the Executive including.

### **12.1 Finance Secretary**

12.1.1 Shall audit the balance sheet and books of the Treasurer prior to the Congress.

12.1.2 Monitor the expenditure of the APF in regard to the budget.

### **12.2 Records Registrar**

12.2.1 Shall certify all African records and maintain an up to date register of all records in all categories. African records can only be confirmed if IPF drug testing requirements for the acceptance of African records have been complied with. Pending the confirmation of a negative drug test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than six months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

## **12.3 Championship Secretary**

12.3.1 Shall maintain a Calendar of Events covering all major events for a period of not less than 24 months from the date of the Calendar.

In normal circumstances, all African championships shall be allocated dates within the calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible. For example, the Men's Open African Championships should be staged in May each year. The major events in the APF calendar are as follows:

12.3.1.1 African championships for Men (Open), Women (Open), Junior (Men and Women) and Masters (Men and Women). European bench press championships for Men and Women (Open) and Masters (Men and Women).

12.3.1.2 Southern African championships.

12.3.1.3 Other international events as approved.

The Championship Secretary shall ensure that major international events do not clash. If necessary, sanction may be refused in order to achieve an orderly calendar.

12.3.2 Shall distribute to affiliate federations the invitation and details of major events at least six months prior to the event. He shall also distribute team nomination forms and other necessary documents to affiliated federations.

The invitation will be based upon the answers to a standard questionnaire sent to the host national federation and/or promoters of the championship when a bid is accepted. Closing dates for African championships are 6 to 8 weeks prior to the contest dates. If special hotel and transport booking forms are required, a draft copy of these forms shall also be sent to the Championship Secretary in order that they may be distributed with the invitation. Nomination forms for African championships must provide columns for the following information (which may be used for OCT [out of competition testing]):

12.3.2.1 Lifter's family name.

12.3.2.2 Lifter's first name in full.

12.3.2.3 Lifter's best total performed within the preceding twelve months at national or international level.

12.3.2.4 Lifter's year of birth. In the case of Masters and Juniors, the actual date of birth is required.

12.3.2.5 Lifter's passport number, address and phone number, for OCT testing.

12.3.3 Shall collate all team nomination forms and ensure that they are fully and properly completed. He shall then prepare a full list of lifters nominated for the event. A copy of this shall be sent to the Internet Officer, the General Secretary and the President.

12.3.4 Prepare or obtain from the responsible event official, the full results of the event and distribute this to the persons specified in the preceding section. Pending the final drug testing results championships results shall be published as "Provisional Pending Final Drug Test Results."

12.3.5 Shall sanction African competitions on an international level. This applies to any competition between two or more nations, which is not open to all nations within African.

Previous to such sanction, he must consult the GS to be informed about the applicants conditions related to his APF obligations.

12.3.6 Before a sanction for a major event is granted he must ensure that the applicant has the capacity for successfully promoting the event and the ability to comply with all the requirements of the APF.

## **12.4 Doping Control Officer**

12.4.1 Arranges and co-ordinates drug testing for all African Championships.

12.4.2 Liases with the analysing laboratories to collect all drug testing results.

12.4.3 When all testing results have been finalised he shall communicate these to the Records Registrar, the General Secretary, Disciplinary Committee Chairman and the Internet Officer.

## **12.5 Internet Officer**

12.5.1 Maintains the APF Internet site.

12.5.1.1 The Directory

12.5.1.2 Constitution and By-Laws

12.5.1.3 Drug testing Protocol

12.5.1.4 African Records

12.5.1.5 Calendar of Events

12.5.1.6 Invitations and details on forthcoming events

12.5.1.7 Results of major events

12.5.1.8 Drug testing results

12.5.1.9 Authorised material from the President or Executive

12.5.2 Other than replies to routine enquiries he shall not post any other material without the written consent of the President.

## **13 COMMITTEES**

### **13.1 General Provisions**

Each committee shall consist of a chairman elected by the Congress and a maximum of four (4) members from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

### **13.2 Technical Committee**

13.2.1 The Technical Committee shall be entrusted with the examination of all requirements and proposals of a technical nature submitted to the APF by affiliated federations.

13.2.2 The decisions of the Technical Committee are subject to approval of Congress, and if accepted, they will be presented to the succeeding IPF Congress as proposals.

13.2.3 The Committee appoints the chief and side referees for African championships and the members of the jury.

13.2.4 The Committee trains and instructs referees who have not reached the international level and re-examine those who have already reached it. The Committee shall inform the Congress of the names of referees qualified to officiate at international championships and of those who need to be re-examined.

13.2.5 Organises courses for referees before important competitions such as the African championships. The expense of organising courses or clinics shall be borne by the host national federation.

13.2.6 It shall establish procedures for the training of officials in order to improve the standards of all officials involved in the conduct of contests and prepare job briefs for the use of officials having specific duties during a contest.

13.2.7 Establish a code of ethics and good behaviour for the use of all officials. Infringements of the code may be referred to the Executive Committee for appropriate action.

13.2.8 The Committee may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with methods of training and performance of the power lifts. Such material shall be sent to all affiliated federations.

13.2.9 Ensure that the equipment used by member nations and at African championships conforms to the specific detailed requirements of the APF and IPF.

### **13.3 Disciplinary Committee**

#### **13.3.1 Disciplinary hearings**

The following provisions shall apply to Disciplinary hearings.

##### **13.3.1.1 DISCIPLINARY HEARINGS**

The Disciplinary committee shall investigate the case of any affiliated federation, lifter or official accused of any of the following:

- I) Bringing the APF or the sport of Powerlifting into disrepute.
- II) Acting in a manner that is contrary to the best interests of the APF.
- III) Contravening any of the provisions of the Constitution or By-Laws.
- IV) Contravening any of the rules or regulations governing the accepted behaviour of members of the APF.

Following such investigation it may impose an appropriate penalty.

##### **13.3.1.2 Representation**

The nation, the concerned lifter or official has the opportunity to let himself be represented at the Disciplinary Committee by an authorized person, e.g. lawyer. The costs for the representative have to be paid by the nation, the lifter or the official himself, regardless of the outcome of the hearing.

### **13.3.2 Duties**

The Disciplinary committee (DC) shall be entrusted with the examination and decision of all disciplinary cases within the APF. The General Secretary mandated by the Executive Committee shall send such cases to the DC. Disciplinary cases also can be sent to the DC by a national federation. The DC shall further collect all relevant information needed to deal with the case as mandated in the various parts of the Constitution and By-Laws. All sensitive information shall be treated confidential within the parties involved.

The Disciplinary committee consists out of the Chairman elected by Congress and 2 members.

The Disciplinary committee must decide about all suspensions.

#### 13.3.2.1 Doping cases

The procedure to deal with doping cases will be the following:

- 1) All relevant papers regarding a positive doping sample shall without delay be sent to the Disciplinary Committee Chairman by the Doping Control Officer. A copy must be sent to the General Secretary by the Doping Control Officer.
- 2) The DC shall inform the national federation, in which the lifter that tested positive is a member, to ask for any explanation or comments regarding the positive sample. The national federation shall be given a time limit of maximum 1 month to answer the request of the DC.
- 3) If appealed by the national federation, in which the lifter that tested positive is a member, to have the B-sample analysed, the DC will organise with the laboratory to have this carried out. The fee for appeals is according to By-Laws 103.2.10 to be paid to the APF-Treasurer prior to any analyses of the B-sample.
- 4) After examining all facts and documents the committee makes its decision and send this to the APF-Executive and the concerned national federation of which the suspended lifter or official is a member. The judgements must be published in the APF-Newsletter

If in doping cases the APF-Constitution or APF-By-Laws have no rulings, the IOC Olympic Movement Anti-Doping Code (OMADC) in the current version will be the guiding document to be followed.

Note. When the WADA World Anti-Doping code (WADC) will take effect in lieu of OMADC, the current version of WADC is the guiding document to be followed.

## **13.4 Appeal Committee**

### **13.4.1 Appeal hearings**

The Appeal committee shall receive all documents relating to any appeal. Such appeals must be lodged with the Appeal Committee Chairman within one month of the written notification of the decision on which the appeal is based. A copy of the appeal must be sent to the General Secretary.

The Appeal committee shall within one month of receiving all documentation relating to the appeal examine and investigate the matter and decide on an appropriate penalty.

Appeals lodged with the Appeal Committee and appeals to the Congress must each be accompanied by payment according to By-Laws 103.2.11 if they relate to suspensions or fines for drug offences, or according to By-Laws 103.2.12 for other appeals. If the appeal is successful no financial claim or other petition for damages may be made against the APF. Following successful appeals, half of the fee paid for the appeal will be refunded.

An appeal against any decision of the Appeal Committee may be made to the Congress. Such appeal must be lodged with the General Secretary within one month of the written decision of the Appeal Committee, and not later than six weeks before the date of the Congress. The appeal shall be lodged with the General Secretary who shall then include the appeal on the agenda to be considered by Congress.

Within a one month period following the decision of Congress on an appeal, there shall be a right of appeal to the Court of Arbitration for Sport in Lausanne / Switzerland.

The Appeal Committee may, in its absolute discretion, waive or vary the time limits contained herein.

### **13.4.2 Duties**

The Appeal committee consists out of the Chairman elected by Congress and 2 members. The members must not be simultaneous a member in the Disciplinary Committee.

Duties are described in the in the APF-Constitution 13.4.1 „Appeal Hearings“.

After examining all facts and documents the committee makes its decision and sends this to the APF-Executive and the concerned national federation. The judgements must be published in the APF-Newsletter.

## **13.5 Law and Legislation Committee**

- 13.5.1 Shall receive any proposals regarding Constitution and By-Law documents of the APF from member nations within the proper time frame, evaluate accordingly and suggest to the APF Congress alternative courses in action.
- 13.5.2 Shall serve as the parent committee in further amending the Constitution and By-Laws.
- 13.5.3 Is responsible for updating the Constitution and the By-Laws.
- 13.5.4 Shall study the Constitutions of new applicant nations and report the results to the General Secretary.

## **14 SUBSCRIPTIONS AND FEES**

### **14.1 Subscription**

The Congress will determine the amount of the annual subscription to the APF from time to time. The subscription is payable during the first month of the year. Upon receiving payment, a certificate of membership will be issued by the Treasurer. Any country, which has not paid its subscription for the current year, cannot participate or vote in the various meetings of the APF. Its lifters cannot take part in competitions or meetings organised under the rules of the APF and IPF, nor obtain ratification of their records. A reminder letter shall be sent to every national federation, which has not paid its subscription by the end of January.

### **14.2 Fee for organising an international contest**

Any national federation organising an international contest must pay to the APF a fee in accordance with the scale set out in the By Laws and at the discretion of Congress. When World championships are held simultaneously with African championships, the appropriate IPF sanction fee will be charged. This fee is to be shared equally between the IPF and the APF.

### **14.3 Permission for organising an international contest**

On payment of the required fee, the General Secretary will issue a permit for the international contest to the organising national federation. An additional condition for permission is, that at the international contest drug tests must be carried out according IPF rules. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms, and are not used for other purposes.

### **14.4 Participation in a contest without permission**

No national federation shall take part in a contest for which a permit has not been issued.

### **14.5 Drug test analyse costs**

- 14.5.1 At all African Championships all analysis costs are borne by the APF and may include the expenses of at least one testing officer from independent drug testing agency, if used.

## **15 DISCIPLINARY ACTIONS AND PENALTIES**

### **15.1 Failure to apply for Competition Permit**

National federations, which neglect to request the required APF permit for an international competition and do not pay the required fee, shall be fined an additional EUR 200. The General Secretary shall send a warning letter to them. If the fee and fine are not paid within thirty (30) days of sending the warning, the national federation shall be suspended until such time as the total amount has been paid. Sanction fees for African championships must be paid at the time of application for the event.

### **15.2 Failure to Pay Annual Subscription Fee**

A national federation, which has not paid its annual subscription by the 30<sup>th</sup> of June, despite having received a reminder letter, shall be suspended from membership of the APF.



### **15.3 Suspension for Doping Infractions**

In the case of a positive doping test result, the lifter involved shall be suspended for the appropriate period as defined in the Constitution 16.1.1.5.

### **15.4 Athletes Refusal to Drug Test**

15.4.1 Refusal by a lifter to submit to a doping control test, or to follow proper procedures while in the custody of the doping control team, shall result in that lifter being reported as having registered a positive result.

15.4.2 A lifter who is seriously injured may be excused from providing a sample for testing by decision of the APF doping commission or its nominated representatives after consultation with the doctor on duty.

### **15.5 Smuggling, Sale, Possession, Offering of Banned Substances**

Any lifter or official convicted of an offence relating to smuggling, selling or being in possession, of supplying or offering banned substances shall be suspended and fined in accordance with items 15.3 and 15.7.

### **15.6 Reporting of Doping Test Results, Championships, Federations**

Full doping control results shall be sent to the General Secretary by the national or regional federation, which sanctioned the contest. All national federations must report annual national doping results to the General Secretary not later than 31<sup>st</sup> March of the following year. Required doping results are those relating to active registered lifters within each national federation.

The report must give the total number of samples tested together with the number of resulting positives and/or negative analyses. Annual reports are required even if no positives were found to exist among the year's analyses. This report shall also include numbers of out of competition tests performed by the national federation.

A failure to report such results by the specified date disqualifies offending national federations from scoring team points at all African Championships until the time when the results are reported.

## 15.7 Penalties Defined

- 15.7.1 The APF shall maintain drug testing in accordance with the IPF drug testing procedures and has adopted the same doping fees and fines as the IPF standard.  
The following penalties shall be imposed on a national federation that has lifters or officials suspended for drug offences at or in connection with any African (open, restricted or single lift), International contests (refer to 14.2-14.3) or for suspension for positive drug testing results in out of competition testing (OCT). These results are considered to include testing completed, authorised, or prescribed by the APF. These penalties do not apply to doping infractions detected by National Federations at competitions, or in OCT sanctioned by that National Federation.
- 15.7.1.1 For the first offence in any twelve-month period:  
15.7.1.1.1 A fine of maximum EUR 300 shall be imposed.  
15.7.1.1.2 APF-Constitution 15.9 hereunder shall be imposed.
- 15.7.1.2 For the second offence in any twelve-month period:  
15.7.1.2.1 If the offence relates to banned substances listed under 16.1.1.5.1 of the Constitution the fine shall be maximum EUR 600.  
15.7.1.2.2 If the offence relates to banned substances listed under 16.1.1.5.2 of the Constitution the fine shall be maximum EUR 300.  
15.7.1.2.3 Where the offence relates to banned substances under both 16.1.1.5.1 and 16.1.1.5.2 of the Constitution the fine shall be maximum EUR 1.500.
- 15.7.1.3 For the third offence in any twelve-month period:  
15.7.1.3.1 All the penalties imposed by 15.7.1.2 shall apply.  
15.7.1.3.2 The national federation shall be subject to OCT (out of competition testing) for all its lifters for a period of twelve months.  
Failure to institute an IPF approved OCT program within three months of the notification of the need to do so, or failure to comply with IPF efforts to initiate OCT will result in suspension of the National Federation until such time as OCT has been successfully implemented.  
15.7.1.3.3 The above fine shall be reduced by 50% of the amounts stated (but subject to a minimum amount of EUR 300 if the lifter's national federation has an OCT testing program approved by the APF Executive. The provisions relating to APF-Constitution 15.9 and out of contest testing shall also not apply.  
15.7.1.3.4 The reduced fines shall also apply if the lifter has completed a negative drug test not earlier than two months prior to the date of the offence. The lifter's national federation shall verify the test by producing a copy of the laboratory analysis to the General Secretary within 21 days of the demand for production being made. The provisions relating to APF-Constitution 15.9 and OCT shall also not apply if the national federation submits this verification.  
15.7.1.3.5 If any of the above fines are imposed the offending national federation may not participate in any APF meetings or championships until the fine is paid.  
15.7.1.3.6 The appeal committee may reduce increase (according to the maximum fines described in APF-Constitution 15.7) or remit any fines or sanctions imposed.

## 15.8 Temporary Suspension for Positive A Sample

If the A-sample is found to be positive following an in or out of competition testing, the President or the General Secretary must temporarily suspend the lifter.

The concerned member nation must be informed about this with the reasons and a notice, that the national federation can make argue against the decision for the temporary suspension before the Disciplinary Committee within three (3) weeks. The Disciplinary Committee shall make the final decision about temporary suspensions.

## 15.9 Early List of Athletes Following Doping Offences.

A national federation, which is fined for drug offences, committed by one or more of its lifters or officials at an African championship or in out of competition testing shall only be permitted to enter the team for future versions of that African championship, or for the calendar year following the positive out of competition test, respectively if this national federation has provided a list of maximum of its currently 20 top ranked lifters in writing to the General Secretary at least six months prior to that African championship. All those listed lifters may be subject to out of competition doping control. The restrictions shall be removed if there are no drug offences committed at any African championship by the lifters or officials of that national federation for a period of two years. A failure to report this list by the specified date disqualifies offending nation from scoring team points at all African Championships until the time when the list is reported.

Furthermore, the national federation must not send more than 4 lifters to European Championships until the time when the list is reported.

## **15.10 Penalties for Federations for Positive Doping Tests, Participation in APF Championships**

The number of lifters from a nation suspended by APF for doping abuse, will reduce by the same number the participants this federation is allowed to nominate to an African championships compared with the number of participants this federation took part with the previous year in the same category championships.

The number of reduction is calculated out from the specific age category of the suspended lifter(s) and the category championships in which this (these) lifter(s) tested positive in or generally compete in (in case of a suspension following OC testing).

E.g. if a federation has one suspended lifter that tested positive in an Open African championships, the team nominated by his/her federation to the Open African championships must be at least one less than the number of lifters this federation took part with the previous year.

The same rule goes for all age categories, Men and Women, Juniors, Open and Masters as well as single lifts as in Bench press African). However, all member nations shall still have the right to send at least one lifter to any African championships.

## **15.11 Defaulting on Agreements to Compete**

If a national federation defaults on a competition engagement with another country or countries, the DC may, in the case of disagreement between them, make a decision or impose penalties if the APF Constitution or rules have been ignored.

## **15.12 Reporting Infractions in International Competition**

If a lifter or official commits any form of violation during an international contest in another country, the organising national federation must send a detailed report to the General Secretary. He in turn will inform the Disciplinary Committee which will impose appropriate penalties. The organising national federation cannot penalise lifters or officials from other countries.

## **15.13 Suspension of Federations for Violations of the Constitution/Bylaws**

Any affiliated national federation, which violates the Constitution or rules of the APF, shall be suspended by recommendation of the Disciplinary Committee for a period to be decided by the Congress.

## **15.14 Hearing by Disciplinary Committee prior to Penalty**

All affiliated national federations, lifters and officials have the right to be heard before the Disciplinary Committee decides upon the penalty to be imposed.

## **15.15 Procedure for Filing Complaints against Individuals**

Any lifter or official who considers that he has been wronged has the right to file a written complaint stating his reasons for complaining. This must be done through the intermediary of his national federation. If another person is implicated, the latter must be heard if at all possible. If the complaint is not made to the organizing national federation, it may be made to the Jury before the start of the competition. It must be examined immediately and if possible a decision taken.

A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Disciplinary Committee.

## **15.16 Participation of Foreign Lifters in National Competition**

A lifter living in a foreign country may only participate in competitions organised in that country provided that he presents written evidence of permission of his national federation to take part in such competition. These to be provided by his own national federation.

## **15.17 Penalty for Participating while Suspended, Against Suspended Athletes, Qualifying Totals**

A lifter or official cannot participate in contests or competitions if:

15.17.1 He is under temporary or permanent suspension.

15.17.2 There is any lifter or official participating in such contests or competitions who has been expelled from the IPF or APF (or any national federation affiliated to the IPF) or who is under suspension.

(This paragraph is valid for a lifter, who starts in the same weight-class against an IPF or APF (or any national federation affiliated to the IPF) suspended or expelled lifter).

If a lifter or official receives a national suspension of a lesser term than the APF suspension, then upon the expiration of such national suspension, that lifter or official may participate in contests and competitions (other than APF international contests) within his own nation.

15.17.3 A lifter cannot produce a qualifying total via his national federation for entry into African championships while he is under suspension by the IPF or APF, even if his national federation / country accepts shorter national periods of suspension.

In order to take part in African championships a lifter must be nominated at least three weeks prior to the championships with a total made in an official competition i.e. at national or international level in the previous twelve months after the IPF or APF suspension has elapsed. Lifters may not participate in the next two African Championships, regardless of whether the date of these championships falls outside of the period of the original suspension imposed by the APF. For example, an athlete suspended at the 2002 Men's African Championships may not participate in the 2003 or 2004 Men's African championships even if the two years of his suspension have elapsed.

### Penalties:

A warning for the first offence.

Up to a maximum of 6 month suspension for the second offence.

## **15.18 Return to APF of Athletes Competing in Non-APF Competition**

Lifters who have competed in non-APF sanctioned contests shall be permitted to compete in APF Contests provided that they are not under suspension by the APF for any reason, or by any other national federation for a drug related offence. The APF must recognise suspensions from other recognised sports bodies if they meet reasonable standards of testing, and publish drug-testing results publicly.

## **15.19 Other causes for Suspension/Expulsion: Dishonourable conduct, failure to attend, "throwing competitions"**

The following may be subject to suspension or expulsion:

15.19.1 Any lifter properly entered for a competition that without acceptable reasons does not attend.

15.19.2 Any lifter who is deemed guilty of violating the rules or disobedience towards his national federation or any official in the execution of his duties.

15.19.3 Any lifter convicted of agreement to alter his best effort.

15.19.4 Any lifter or official, who by words or gestures threatens referees or any other officials in the execution of their duties.

15.19.5 Any lifter who participates in a contest organised in a foreign country without permission of his national federation.

### Penalties

Up to a maximum of 6-month suspension for the first offence.

Up to a maximum of 12-month suspension for the second offence and a maximum fine of EUR 250.

## **15.20 Offences against person while at Championships, Jury Role**

For offences such as false accusations of dishonour or dishonesty against a lifter or Official occurring at a championship, the Jury decides in these cases as soon as is possible (see Constitution 15.21 and 15.24)

### Penalties

First minor offence: up to a maximum of 6-month suspension.

Second minor offence: up to a maximum of 12-month suspension and a maximum fine of EUR 250.

First serious offence: up to a maximum of 12-month suspension.

Second serious offence: up to a maximum of 24-month suspension and a maximum fine of EUR 500.

## **15.21 Ad Hoc Jury as Discipline Body**

In absence of a Jury an ad hoc Jury may exclude a lifter or official from a competition for reasons of his misconduct. In such a case the Jury or ad hoc Jury must inform the lifter or official's own national federation, who in turn must decide what punishment to impose upon the lifter or official.

In absence of a Jury the APF Official, who is the official representative of the APF at this championship, must arrange an ad hoc Jury. The decisions of this Jury must be sent to the Disciplinary Committee.

## **15.22 Penalty for “Bringing the Sport into Disrepute”**

Any member of an affiliated national federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts may be requested to appear before the Disciplinary Committee. Should the Committee feel that a bona fide case of violation exists, they will then present the matter to the Congress with a recommendation for appropriate penalties.

## **15.23 Responsibility for Payment of Fines**

The concerned member federations are responsible for the payment of all fines that the Disciplinary Committee has imposed.

## **15.24 Limitations to Jury’s Role in Discipline**

The Jury has the right to act as Disciplinary Committee, but only in cases which are connected to the championship and which need an immediate decision. The decision of the Jury is definite for this championship. The President of the Jury must send a copy of all decisions with all related documents to the Disciplinary Committee who will then review the actions of the Jury.

## **15.25 Period of Suspension time**

The period of suspension time starts with the date of judgement. A temporary suspension time according 15.8 is counted.

## **15.26 Withdrawal by a promoter**

When a promoter, and a National Federation have been granted permission to organise an African Championships or cup, and thereafter, withdraws from the obligation to host this championships, a fine will be imposed which will be paid by the National Federation to APF. Penalties will be set according to the time period in which the organizer withdraws, as follows:

- 15.26.1 if 6-12 months prior to the scheduled date of the championships the fine to be paid is the same amount as the championships fee (Re: By-Laws 103.2).
- 15.26.2 if 3-6 month prior to the scheduled date of the championships, the fine to be paid is equivalent to twice the championships fee (Re: By Laws 103.2).
- 15.26.3 if less than 3 month prior to the scheduled championships, the fine to be paid is equivalent to three times the championships fee (Re: By Laws 103.2). Penalties will also include the documented losses (e.g. cancelled air tickets) from nominated participants (lifters and officials). The fines above will not be imposed if the reason for the withdrawal is due to circumstances the promoter could not possibly have foreseen which are catastrophic and which place potential participants at risk (e.g. natural disasters, political crises, outbreak of war etc.).

## **15.27 Penalties for Failing to Enter Proper Nomination, Failure to Appear for Competition**

- 15.27.1 Entries that fail to arrive in the hands of the General Secretary and Promoter less than 21 days before the opening date of the competition shall be subject to a fine of EUR 40 per entry, for each lifter and official nominated, payable to the promoter.
- 15.27.2 Member nations must notify the General Secretary and the Promoter of each African Championship of their attendance/non-attendance at the event. This notice must be received no later than 21 days prior to the start of each championships. Member nations who do not comply with this requirement will be fined EUR 30 and will not be permitted to participate in any African Championship until the fine has been paid.

## **15.28 Official Defined**

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the IPF Technical Rules or appointed by the organising committee of a championship, to act in any official capacity during the whole or any part of that championship.

## 16 DRUG TESTING / SANCTIONS

### 16.1 General Rules

- 16.1.1 The APF shall maintain drug testing in accordance with the IPF drug testing procedures (see appendix).
- 16.1.1.1 Drug testing will take place at all international championships. National drug tests or OCT-Testing at the same championships are not allowed.
- 16.1.1.2 The APF has the right to appoint a doping control and to determine the manner in which the lot draw for lifters to be tested is made, at any contest under its jurisdiction, including all contests sanctioned by a member federation. Any member federation, which declines to accept the doping control appointed by the Executive, shall be deemed to be in violation of the APF Constitution and shall be subject to such disciplinary or fines as considered appropriate by the Executive, including expulsion of the national federation in accordance with the provisions of By-Laws 102.2.
- 16.1.1.3 Prior to the start of a competition, the Executive will decide the number of tests to be taken in each category. If there are not three members of the Executive present, then the delegates at the pre-contest meeting shall appoint additional people as required.
- 16.1.1.4 The results from the testing laboratory shall be notified to at least two officers.
- 16.1.1.5 The APF accepts IOC recommendations regarding doping control, including those regarding listed prohibited substances and methods procedures for sample collection and accredited laboratories. The only variation from IOC recommendations shall be minor alterations to the list of prohibited substances and methods or sample collection procedures. Such alterations are within the authority of the IPF Medical Committee to make on behalf of the IPF as and when required. Sanctions for positive cases in doping control are the following:
- 16.1.1.5.1 Narcotics, anabolic agents, peptide, diuretics and glycoprotein hormones and analogues. Physical pharmacological and chemical manipulation of sample, or a refusal to provide a sample, shall be deemed to be offences under this section.
- Two years for the first offence
  - Life ban for the second offence
- 16.1.1.5.2 Stimulants
- Maximum of one year for the first offence
  - Maximum of three years for the second offence
  - Life ban for the third offence
- Prior to a final decision being taken on any particular case, consideration will be given to any circumstances (extenuating or not) and the facts of the case. Members are referred to Constitution Item 13.4.1, which relates to doping appeals.
- 16.1.1.6 Lifters who do not total may still be tested.
- 16.1.1.7 The host nation will not be responsible for analysis costs. A fee of EUR 30 will be paid by a nation for each of its lifters entered in the championship. These fees will be put into a drug testing account and can only be used for drug testing expenses.
- 16.1.1.8 Minor irregularities, which cannot reasonably be considered to have affected the results of otherwise valid tests, shall have no effect on such results. Minor irregularities do not include the chain of custody, improper sealing of the container(s) in which a sample is stored, failure to request the signature of the athlete or failure to provide the athlete with an opportunity to be present or be represented at the opening of the 'B' sample.
- 16.1.1.9 Drug testing will also take place out of competition as governed by IPF policies on Out of Competition Testing.
- 16.1.1.9.1 Athletes designated for out of competition testing will be selected from those who have participated in World, African or National level competitions within the past two years or those who have been suspended and are eligible to return to competition.
- 16.1.1.9.2 Those included in the pool for out of competition testing will be nominated by members of the Executive, or the Technical Committee. The Doping Control Officer will maintain this list.
- 16.1.1.9.3 Wherever practical, Out of competition testing will be completed by an agency separate from the APF.

- 16.1.1.10 Penalties for failure in Out of Competition Drug testing will be the same as for in-competition testing, as defined in this section.
- 16.1.1.11 When separate agencies cannot be used for out of competition testing, officials of the APF may be used for such testing.
- 16.1.1.11.1 Officials performing out of competition testing shall have completed training in doping control procedures by the IPF. They shall follow all IPF procedures for doping control.
- 16.1.1.11.1.1 The designated doping control officer shall be responsible for notifying the athlete that they have selected for testing, maintaining constant contact with the athlete until the testing is completed, and take responsibility for security of the specimens received. They shall make arrangements for transfer of the urine samples to the appropriate testing laboratory.
- 16.1.1.12 Athletes selected for Out of Competition testing shall not be notified in advance of their selection for testing. If this is not possible due to residence of the athlete, they shall receive no more than 24 hours notice prior to testing.

## **17 RESTRICTIONS ON TRADING**

The President, General Secretary, Treasurer, Finance Secretary and all Committee Chairmen's and their spouses, de-facto partners, siblings, parents and children shall not be permitted to deal in or supply powerlifting equipment.



# BYLAWS OF THE AFRICAN POWERLIFTING FEDERATION

## Terminology

Unless specifically stated otherwise, the terms "Congress", "President" "Technical Committee" and such like shall mean the "APF Congress", "APF President", "APF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

## **101 THE CONGRESS**

### **101.1 Congress May be Open to Public**

The Congress may be open provided that space is available. The decision to be taken by the Executive and announced prior to the opening of the Congress.

### **101.2 Outside Parties Attending the Congress**

The President may invite outside persons to attend the Congress. However, although they may be invited to address the Congress, they remain ineligible to vote and cannot be elected.

### **101.3 Constitutional Congress Schedule**

The Congress shall, if necessary, address itself to re-examining in full the Constitution, By-Laws and their appendices every fourth year commencing in 1999. However, amendments may be considered annually.

### **101.4 International Powerlifting Federation**

The Congress shall serve and maintain a membership in the International Powerlifting Federation.

### **101.5 Proposals to the World Congress**

The Congress itself can make proposals to the World Congress

### **101.6 Past Presidents Participation in Congress**

The Congress shall recognise Past-Presidents as active but non-voting members of the Congress.

### **101.7 Awarding African Championships to Individuals and Commercial Entities**

The Congress, in the absence of bids from a national federation, may award African Championships to an individual or a commercial entity.

### **101.8 Participation Guidelines for Committee Chairmen**

The Committee Chairmen and non-executive officers by virtue of their attaining officer status in the APF are allowed admission to the Congress in its entirety with vote and voice only as pertains to their respective responsibilities.

The Finance Secretary, Disciplinary Committee Chairman and the Appeal Committee Chairman be allowed admission to the Congress in its entirety only with voice.

### **101.9 Speeches by Candidates for APF Office**

Candidates for APF office shall be permitted to address the Congress for a maximum period of five minutes.

## **102 PROCEDURES**

### **102.1 APF Member Nations Addresses**

All listings of the APF member nations shall include the name of the national federation.

### **102.2 Expulsion of Member Nations**

No national federation shall remain a member of the APF if the Congress by at least two-thirds majority of votes cast decides that it is not in the best interest of the APF for that national federation to remain a member.

### **102.3 Timelines for Submitting, Awarding Bids for African Championships**

Bids shall be made and African championships awarded three years in advance. All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the General Secretary at least sixty (60) days before the next Congress. The bidding nation must then report in detail to the Congress.

### **102.4 Testing for Category I Referees**

The APF may test for category 1 referees at any African championship except that of the Bench Press Championships.

### **102.5 Application for National Affiliation**

The General Secretary shall design and maintain an application form for the use of nations wishing to affiliate to the APF. The form shall require all necessary information from the applicant including the names and addresses of officers, other affiliations and relevant organisational data. The form will be returned together with a copy of the applicant Nation's constitution.

### **102.6 Incorporation of the APF**

The APF shall be incorporated under the laws of the country in which it maintains its headquarters. It is not necessary to move the country of incorporation with changes in officers or with a move of the headquarters if all functions of the APF may be continued without interruption and the corporate and legal integrity of may be maintained. The Executive will make the need for changes in location of incorporation.

### **102.7 Litigation among APF Entities**

No entity of the APF may bring litigation against another entity of the APF.

### **102.8 Permitted Expenses by Officers**

The permitted expenses of all officers of the APF shall be decided by the APF-EC and contained in the Treasurer's budget proposals. If necessary the executive may by two-thirds majority vary payments approved in the budget.

### **102.9 Standing Orders Authority**

The Standing Orders of the APF shall be the supreme document for all APF meetings. The exception being when they are in conflict with the Constitution (Re: APF Constitution 7.3.6.1).

### **102.10 Use of "African" as Relates to African Championships Defined**

The word "African" in connection with powerlifting may only be used by the APF for competition and records.

### **102.11 Proposals accepted by the IPF Congress and adopted with the APF**

All proposals accepted at the IPF Congress for inclusion in the official IPF Constitution or By-Laws shall be immediately examined by the APF Executive preferably post that congress. If they are deemed to be equally relevant to the APF region, they will be adopted and will become operative on the same date as that decided upon by the IPF.

## 103 FINANCE

### 103.1 Audit of the Finance Secretary

The Finance Secretary shall perform an audit closing the books on 31<sup>st</sup> of December each year. There must be an audit of APF accounts. The audit is to be made by the Finance Secretary.

### 103.2 APF Subscription and Fees

The annual membership fee includes APF sanction fees, but sanction will still be required from the General Secretary. For African championships a sanction fee will still be required.

103.2.1	National affiliations (annually):	To be decided
103.2.2	Sanction fee for international matches:	Free
103.2.3	Sanction fee for regional games (e.g. Nordic):	Free
103.2.4	Sanction fee for Men's Open African Championships:	To be decided
103.2.5	Sanction fee for Women's Open African Championship:	
103.2.6	Sanction fee for Junior Men's and Women's African Champions.:	
103.2.7	Sanction fee for Master's Men's and Women's Championships:	
103.2.8	Sanction fee for Bench Press African Championships:	
103.2.9	Sanction fee for Bench Press Master's African Championship:	
103.2.10	Analyse of B-Sample:	EUR 500
103.2.11	Appeals in relation of Drug offences	EUR 300
103.2.12	Appeals for other offences	EUR 150
103.2.13	Doping test fee for each lifter entered	EUR 30
103.2.14	Sanction fee for future African Championships	EUR 225

All nations that do not pay the APF membership fee (103.2.1) in January shall be fined an additional amount of EUR 10 for each month in arrears.

In addition, the promoter shall be responsible for providing at his own expense all necessary medals, 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> for all competing categories and classes (refer to 105.4 for medals or certificates for individual lifts). The category and class medals are to be ordered from the Treasurer at least three months prior to the championships.

The participating national federations shall pay a drug test fee of EUR 30 for each lifter entered and declared at the Technical Meeting prior to the championships. If a national federation is not represented at the Technical Meeting, then a fee is required for all lifters nominated and entered on the final entry form.

In addition to the drug test fee, participating national federations shall pay a participation fee of maximum EUR 15 per lifter for each lifter entered and taking part in any African Championships. This participation fee shall be paid to the promoter.

Furthermore the maximum banquet fee is EUR 15 for each lifter and official, which participate at the banquet.

### 103.3 Suspension for Failure to Pay Appropriate Sanction Fee for Competition

Any national federation organising any of the events listed in 103.2 and who has not paid the necessary sanction fee, shall automatically be suspended from memberships of the APF until such time as the required fee is paid in full.

### 103.4 Television Rights of the APF

All television rights for African competition shall be the sole property of the APF, less any fee negotiated with the promoting national federation. If the APF Executive cannot obtain a signed contract at least twelve months before the date of the competition, then the APF will waive its rights in favour of the promoter and in accordance with the terms contained in the By-Laws

### **103.5 Fees Collected from Televising APF Championships**

The apportionment of any fees received in respect of television contracts shall be made in accordance with the terms contained in the By Laws item 104.

### **103.6 Hotel Bills for National Federations and Officials at African Championships**

At all African championships, participating national federations shall be responsible for their own hotel bills.

### **103.7 Hotel Bills for EPF Officials Attending African Championships**

The hotel bills of a maximum of 2 APF officials as decided by the EC shall be paid by the promoter of the championships on the basis of room and breakfast only for a maximum of five (5) days.

When a World championship is combined with an African championship, the promoter shall pay the hotel bills for 4 persons, room and breakfast only for a maximum of four days. If the promoter is under these circumstances not able to cover the full costs of hotel bills for the two APF officials, he shall pay 50 % of their hotel bills.

### **103.8 Travel Costs for APF Executive**

The APF shall pay travel costs and other expenses of two (2) executive members as follows:

103.8.1 One hundred percent of the cheapest airfare obtainable from recognised carriers less any subsidy paid by any other agency.

103.8.2 In the event of a promoter not being in a position to honour his obligation to the two APF officials with regard to their hotel bills, the APF shall pay same on the basis of a length of stay at least equal to that of the teams, or for a reasonable period of time not to exceed ten days.

103.8.3 Any finance referred to in item 103.8.2, shall be derived from the championship itself or current APF deposits. Such funding must not be offset against future deposits.

103.8.4 No other recompense shall be made in favour of the two executive members.

103.8.5 Both the President and the Treasurer must approve all claims for expenses or reimbursements. This ruling applies equally to the issue and signing of cheques and contracts.

### **103.9 Lapel Pins**

A lapel pin portraying the official APF emblem shall be obtained for sale to all members. In addition, the Treasurer will obtain a stock of items such as belt buckles, cuff links, ties and tie clasps etc. for sale to members and as a means of raising funds.

### **103.10 Delinquent National Affiliate Fees**

Delinquent Nations: National federations more than one year in arrears with their annual subscription shall be suspended from membership of the APF.

### **103.11 Video Fee for Commercial Enterprises and Individuals**

Video Fee: Any person making videos of African championships for commercial reasons, i.e. resale to the public at large, shall pay not less than EUR 200 for the privilege. The income will be shared equally between the promoter and the APF. The organising national federation will however, have the right to its own video coverage with the income to be shared as for commercial video with a free copy for the APF files. If no commercial contract for videos exists, then individuals may be given permission to video separate bodyweight classes in which a member of their family or club is competing. In these circumstances the APF will issue a permit at a nominal fee not exceeding EUR 30.

### **103.12 Imposition of new Conditions for African Championships Promoters**

The Congress will not impose changes in APF requirements and conditions for promoting African championships upon promoters until twelve months after acceptance of such proposals. Promoters awarded African Championships prior to such changes shall be entitled to relinquish their sanctions without penalty, within 3 months of the change(s) being accepted by Congress. Promoters will not have any recourse against the APF as a result of such changes.

### **103.13 Promoters Responsibility to Honour APF Contracts**

The promoter of an African championship must honour all contracts legally undertaken between the APF and any outside commercial concern.

## **104 TELEVISION**

All television rights for international competition shall be the sole property of the APF, less any fee negotiated with the promoting national federation. At African championships, the APF will receive 40%; the promoting national federation 30% and all the participating national federations will share the remaining 30% of the television revenue. This distribution of monies will only apply when the APF obtains the contract and represents the profit after any costs of providing the signal for the broadcast are deducted. In the event of the APF not having obtained a signed contract with a TV company at least twelve months before the date of the championships, then the APF will waive its rights in favour of the promoter and receive an agreed percentage of the TV and sponsorship monies. This percentage will not exceed 25% of said monies.

Promoters of African championships should be aware that when they apply for a sanction to promote the championships, the APF does not guarantee that it will be able to obtain a TV contract for the event.

## **105 RECORDS AND AWARDS**

### **105.1 National Records and Claims for African Records**

Each national federation shall be responsible for its own records and record claims. An African record claim may be submitted upon the form normally used by that nation.

### **105.2 African Record Certificates**

The APF shall provide an honour certificate free of charge to all lifters who establish bona fide African records.

### **105.3 Champion of Champions Award**

At all APF championships, a "Champion of Champions" award shall be given to the lifter who produces the best performance based upon the appropriate Wilks formula. Only class winners shall be eligible.

### **105.4 APF Medals**

105.4.1 The APF shall maintain standardised medals for use at African championships. Medals to be presented for first, second and third places in each category based upon totals. The face to be inscribed with the APF-emblem and suitable wording. The reverse to remain blank for use by the promoter at his own expense.

Other awards may be provided according to the custom of the host nation.

105.4.2 Host nations may prepare medals to use as awards for category winners, in lieu of medals obtained from the APF. Such medals must be of high quality, and must be submitted to the Executive for approval six months prior to the championships in question. Arrangements for manufacture and time of completion must be submitted as well.

### **105.5 African Championships Participation Certificates**

African championship participation certificates shall be awarded to each lifter and official (team manager, coach) according to APF regulations. They shall also be awarded to approved APF officials and referees.

### **105.6 APF Hall of Fame**

Hall of Fame: There shall be an honorary body titled the "APF Hall of Fame". Its purpose shall be to honour members who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting internationally. A maximum of two lifters and one official may be elected to the Hall of Fame each year but with the added proviso that not more than two men and one woman may be elected in any one year. A certificate of achievement will be awarded. No one who has been involved in drug offences or has been suspended by drug abuse shall be proposed to Hall of Fame.

Any lifter or official previously awarded Hall of Fame will lose this distinction if suspended by APF or IPF due to doping abuse.

## **105.7 Election to Hall of Fame**

The Executive decides prior to the Congress, after having received the bids from nations, whom will be awarded Hall of Fame. The appointed persons will be honoured at the Congress. No one can be elected to Hall of Fame as a lifter until minimum of two years have been passed after that he/she has finished his/her career as lifter of international level in the Open Category.

## **105.8 Free Entry to Championships, Executive, Committee Chairmen, Hall of Fame Members**

Members of the APF Executive Committee, APF Committee Chairmen and members of the APF Hall of Fame will have free entry to any powerlifting competition organised by a member federation or its affiliates. An identification card will be issued by the APF.

## **105.9 Categories of African Records**

The APF recognises African records in the following categories: Men's Open, Women's Open, Juniors Men and Women, Juveniles Men and Women and Masters Men and Women **and in** single lift Bench press **for** Open Men's, Open Women's, Master's Men and Women.

105.9.1 African records will be accepted and registered only within the categories listed in this item.

105.9.2 Records will only be accepted if applications are made strictly in accordance with the requirements of the IPF Technical Rules and include a copy of the relevant score sheet. Claims to be sent to the Record Registrar.

## **105.10 Recognition of African Records**

African records will only be accepted from competitions where drug testing is carried out and the lifter returns a negative drug test. This must be done strictly in accordance with the IPF drug testing procedure and standards as lay down by the IPF, including the analysis of samples in a laboratory accredited at the time of analysis by the IOC.

Note. When the WADA World Anti-Doping Code (WADC) will take effect in lieu of OMADC, the current version of WADC and its Annexes and other documents officially connected to WADC are the guiding documents to be followed in regard to accredited laboratories also.

## **106 COMPETITIONS**

### **106.1 Non-discrimination in APF Competition**

No one is to be denied access to competition on the grounds of race, colour or creed.

### **106.2 National Flags**

Each participating nation at an African championship must provide if required, a national flag approximately 1.5 m x 1.0 m in size. Any nation failing to meet this obligation will be fined the sum of EUR 30 in order to reimburse the promoter for any loss and inconvenience suffered. It is the responsibility of the promoter to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the promoter fails to return a nation's flag, he shall be required to reimburse that nation for the loss suffered.

### **106.3 Entry to Championships, Coaches, Officials, Meals for Working Officials**

At all African championships the promoter shall provide free access to the venue and other competition buildings or functions for team officials and coaches on the following scale:

106.3.1 For the first three competing lifters, one official or coach shall be permitted access.

106.3.2 For every additional three competing lifters, one additional official or coach shall be permitted access to a maximum of three per nation.

106.3.3 The courtesy of free access shall also be extended to all officiating referees and jury members to a maximum of three per nation.

106.3.4 The courtesy of free access shall be extended to all members of the Sports Medicine Team who participate during the championships. The names of such personnel shall be forwarded to the promoter and an agreement reached between the Doping Control Officer and the promoters upon the number to be accepted.

106.3.5 Promoters of African Championships and Cups shall provide for the referees and the APF officials free meals during the competition. Free meals should preferably include at least two servings of food and non-alcoholic drinks each competition day served in the competition area. Only referees and APF officials that work with official duties during a competition day shall be granted such benefit from the promoter.

### **106.4 Timelines for Completion of Invitation/Accommodation rates**

106.4.1 The official invitation and details of African championships must be received by member nations at least six months prior to the event. Details shall include the date of the Congress, competition date, names and addresses of hotels and the rates to be charged.

106.4.2 Accommodation rates charged by the promoter must not exceed the normal rack rate charged by the establishment providing the accommodation.

### **106.5 National Federations may not negotiate Television Contracts without Permission of the APF Executive**

A national federation may not negotiate a TV contract for an international title without the approval of the Executive. Failure to comply with this regulation could result in suspension of the national federation until the next Congress.

### **106.6 Meet Director's Guide**

The Technical Committee shall prepare and maintain the 'Meet Director's Guide'. This document will contain useful information designed to help promoters and promoters involved in staging a championship. It will outline the responsibilities of both the promoter and the APF.

### **106.7 Equipment Standards**

The APF accept the "Equipment Standards" for all equipment, which is approved by the IPF.

### **106.8 Sub-Regional Competitions**

The APF Executive shall sanction sub-regional competitions on an international level. Sub-regional means a competition between two or more nations but not open to all the nations in that region.

## **106.9 Competitions**

- 106.9.1 Any national federation or promoter of international events must not attempt to advertise or invite lifters and officials to the event without first obtaining a written sanction from the General Secretary. Only written contracts or sanction will be valid.
- 106.9.2 Normally, only national federations affiliated to the APF may apply for sanctions.
- 106.9.3 All members of national teams taking part in African or international competition must be in possession of a valid passport of the country they are to represent. Failing this, proof of a two-year period of residence in that country will be accepted.
- 106.9.4 The General Secretary of the IPF has to be informed of all sanctions granted by the APF

## **106.10 Including a Referee in National Teams, Fine, Restriction**

Any nation participating with more than 4 lifters in APF championships or APF cups should include at least one international referee among its team officials available for refereeing or being a member of the jury. In combined championships/cups (men and women) the 4 lifters include the total number of lifters from one nation. If a referee from that nation is not present or, if present, is not available to act in the capacity of either referee or member for jury during the championship/cup, the lifters are allowed to take part, but a fine of Euro 250 has to be paid by the nation. The APF treasurer must receive such payment before lifters from that nation are allowed to take part in any further APF championships or cups.

## **106.11 Sanction of International level Competitions in Africa**

African competitions on an international level shall be sanctioned by the Championship Secretary. This applies to any competition between two or more nations, which is not open to all nations within

## **106.12 Failure to Use IPF Approved Equipment**

If the promoter of a Championship listed in 103.2 does not use the IPF recognised bars and/or plates at the competition platform, he will be fined a sum of Euro 1.500, and any African record broken by the lifters at the competition will not be accepted unless the bar and plates in use are checked and meet the IPF specifications.

## **106.13 Failure to Submit Technical Checklist**

If the promoter does not return the Technical Checklist within stated time limit, he will be fined a sum of Euro 125.

## **106.14 Facilities and Equipment Differing From Those Specified in the Technical Checklist**

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the promoter will be fined a sum of Euro 1500, and the APF will not grant any African championship or cup to this nation for a period of two years after the event where the deviation from the Technical Checklist specifications are considered being seriously against the IPF rules.



## 106.15 Consent form

All lifters taking part in APF championships and cups shall sign the APF Consent Form. This shall take place prior to his/her participation in an APF championship or cup, a lifter shall sign such form with the text translated into the lifters' native language. This form will be handed over to APF officials during the weighing in. A copy in the lifter's native language, and two copies in English shall be completed. The English copy, and the native language copy shall be retained by the APF and submitted to the APF General Secretary. A copy, in English shall be given to the lifter.

The Consent Form will be active from 1<sup>st</sup> of August 2002.

### Consent Form and Acceptance of the Constitution and By Laws of the APF/IPF

My Personal Information:

Family Name: \_\_\_\_\_ 1st Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Date of birth: DDMMYYYY \_\_\_\_\_ Nationality \_\_\_\_\_

Town \_\_\_\_\_ Street \_\_\_\_\_ ZIP \_\_\_\_\_

Country \_\_\_\_\_

Passport Number: \_\_\_\_\_

My nominating Federation. \_\_\_\_\_

### Acknowledgement and Acceptance of the Constitution and By-Laws of the APF/IPF.

With my signature below, I acknowledge and accept the Constitution and By-Laws of the APF/IPF, and specifically including rules and guidelines with regard to doping and doping offences. It is my responsibility to review and be familiar with these documents, available at [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com). By my signature below, I attest that I accept these documents, that I am legally bound to submit to any testing method deemed appropriate by the APF/IPF including in-competition and out-of-competition testing, and accept any and all sanctions meted out by the APF/IPF. I further acknowledge that the suspension for a 1<sup>st</sup> time positive test for anabolics and related compounds is two years, and for 2<sup>nd</sup> and later positive tests for anabolics and related compounds is up to a lifetime suspension. I will accept punishment for positive tests for other compounds as detailed in the APF/IPF constitutions.

My signature below also confirms my agreement to follow, exactly, the procedures for appeal of all doping-related punishment until their conclusion. I will follow such steps as defined in the APF/IPF constitutions in the order they are set out in these documents.

Signature: \_\_\_\_\_ Place: \_\_\_\_\_ Date: \_\_\_\_\_ Witness \_\_\_\_\_ (APF Rep.) \_\_\_\_\_

## **107 CONTRACTS**

### **107.1 Signing Authority, APF Contracts**

Both the President and the Treasurer (and/or General Secretary) must sign all contracts performed in the name of the APF when the majority of the EC have accepted such contract to be signed. A copy of the contracts must be given to all EC-members.

## **108 APPENDIX STANDING ORDERS**

### **108.1 Order of Business**

An agenda shall be prepared by the General Secretary and circulated to all member federations at least 30 days prior to the APF Congress. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for the consideration of the meeting may only do so after the business on the agenda has been completed.

### **108.2 Minutes**

The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be in regard to the accuracy of the minutes. After confirming the accuracy of the minutes, the Chairman shall sign them, and the delegates at the Congress shall be at liberty to ask questions with regard to matters arising from the minutes. Such questions shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the General Secretary within four months of the date of circulation of the minutes to member federations.

### **108.3 Selection of Speakers**

The Chairman shall decide the order of speakers.

### **108.4 Chairman's Ruling**

The ruling of the Chairman on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken and a two-thirds majority required to the ruling.

### **108.5 Speeches**

No member shall speak for more than five minutes at any one time.

### **108.6 Motions and Amendments**

The first proposition on any particular subject shall be known as the original motion. All succeeding propositions in that subject shall be called amendments. Every motion or amendment must be proposed and seconded by members actually present at the meet before they can be discussed. It is permissible for a member to make a speech first and conclude with a motion. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendment must be given before the first amendment is put to the vote.

### **108.7 Substantive Motions**

If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, provided that it is consistent with the business and not been covered by an amendment or motion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

## **108.8 Voting**

Except when the chairman at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

## **108.9 Matters of Procedure**

At meetings, all matters of procedure which are not covered under these standing orders, shall be decided by the Chairman of the meeting.

## **108.10 Privileged Immunity of the Congress**

Anything said In the APF Congress, committees or subsequent documentation is without prejudice and may not be used in litigation.

## **109 APPENDIX OFFICIAL AGENDA**

- 109.1** Roll Call of Nations and Delegates Presentation of Credentials of each Nation. Certification of Athletes and Referees
- 109.2** President's Address
- 109.3** Minutes of the last Congress
- 109.4** Treasurer's Report
  - a) To examine the accounts of the previous year
  - b) To approve the budget for the forthcoming year
- 109.5** Finance Secretary's Report
- 109.6** General Secretary's Report
- 109.7** Committee Reports
  - (a) Technical Committee
  - (b) Disciplinary Committee
  - (c) Appeal Committee
  - (d) Law & Legislation Committee
- 109.8** Elections
- 109.9** Proposals
- 109.10** New Member Applicants
- 109.11** Action on Delinquent Nations
- 109.12** Hall of Fame
- 109.13** Future Championships
- 109.14** Any Other Business
- 109.15** Adjournment

## 110 APPENDIX RULE AMENDMENTS

Proposals to amend the APF Constitution, By-Laws, Technical Rules and/or Appendices. Hereinafter referred to as rule(s), shall be set out as follows:

110.1 Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."

110.2 Action to be taken:

110.2.1 Deletion, or

110.2.2 Addition, or

110.2.3 Amendment, delete ... and insert (or replace with)...

110.3 Text involved

110.3.1 and (110.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full.

110.3.2 and (110.2.3) above. The text of the addition or insertion, accompanied in the former case by the proposed rule no. or location.

110.4 Optional

A brief statement of the reasons(s) for the proposal. This will form part of the formal proposal but is merely for the guidance of The Congress. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be effected, have been consistently dealt with by the proposal.

Renumbering. It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.