



NATIONAL CONSTITUTION

Of

The Bermuda Powerlifting Association

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Version Control

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1.0	4-Sep-24	B. Denbrook	Initial document
1.1	3-Nov-25	B. Denbrook	Updated to include additional commissions, updated quorum, IPF Code of Ethics recognition, and conflicts of interest
1.2	2-Dec-25	B. Denbrook	Aligned dissolution clause with Bermuda Charities Act 2014



1. Objective

The objective of the Bermuda Powerlifting Association (BPA) is to promote and organise the powerlifting sport and support general power training. Part of the duty is to stimulate cooperation between the members and to represent the federation in international bodies.

The work shall have a character of voluntariness, loyalty and equivalency. All sport activity shall be based on fellowship, health and honesty.

2. Organisation

BPA follows and accepts fully the IPF Anti-Doping rules and the WADA Code.
Powerlifting is practised in accordance with the IPF Technical Rules.

The BPA and its members recognize the Court of Arbitration for Sport (CAS) in Lausanne as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration for all disputes which cannot be settled amicably or through local arbitration or mediation. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.

3. Duties and competence

The BPA shall develop activities, organisations, and good economic systems to meet requirements from the members, the National umbrella sport federation, the Government, and International sport federations.

Education of elected people, serving in the Executive or Committees, is an important part of the duties.

4. Membership

All clubs/teams practising powerlifting or weight training and recognised by the Community or local sport authorities have the right to become a member of BPA.

All members accepted by the BPA have an obligation to comply with the rules of the BPA and the International Powerlifting Federation (IPF).

5. Subscriptions

The National Congress decides about the subscription and fees.

Unpaid subscriptions and fees result in loss of votes and rights at the Congress.

The Executive members may suspend members that owe subscription or fees for more than 1 year.

6. Disciplinary cases

The Executive Committee rules on all disciplinary infractions of the members of BPA, oversees the disciplinary proceedings, and imposes penalties. For anti-doping rule violations defined in article 2 of the IPF Anti-Doping Rules and the WADA Code, the Executive Committee shall, in each individual case that may arise from doping testing conducted in national level on the athletes of the BPA, or from other anti-doping rule violations detected in national level in BPA, consider and impose penalties strictly in accordance with the procedures and penalties defined in article 10 of the IPF Anti-Doping Rules and the WADA Code.



7. The National Congress

<i>Annual</i>	The National Congress is the supreme governing body of the BPA. The Congress shall meet annually within the end of June each year.
<i>Notice</i>	Time is of essence. The Executive shall notify the members 10 weeks ahead of the Congress. Proposals and amendments must be received by the Executive at the latest 6 weeks prior to the Congress. Complete Agenda must be sent to all members at the latest 2 weeks prior to the Congress.
<i>Votes</i>	At the Congress, a quorum will consist of at least 50% of the total membership. No delegate shall have more than one vote as they cannot carry votes for persons not present at the Congress.
<i>Law Changes</i>	Proposals to change the law of BPA can only be examined if included in the Agenda distributed to all members and requires 2/3 majority by the delegates to be accepted. All accepted proposals will be in power from the first day after the Congress if not otherwise stated.

8. Congress representation

All members have the right to be a delegate. Delegates without voting right will be decided by BPA. This may be employed people, auditor, committee members, representative of umbrella organisations etc.

9. The powers of the Congress

The duties of the Congress are:

1. The delegates elect one person to preside at the meeting, one secretary to record the meeting and two persons to sign the secretary protocol.
2. Roll call of delegates.
3. To accept the Agenda.
4. To examine the Executive report.
5. To examine the Treasures – Auditor's report.
6. To examine proposals and amendments.
7. Decide about membership fees and other fees
8. To examine the budget.
9. Elect or confirm the name of the Auditor.
10. Election of the members of the Federation's Executive Board, for a renewable term of three (3) years:
 - President
 - Vice President
 - General Secretary
 - Treasurer

10. Order of votes at the Congress

If not otherwise decided, a proposal is accepted by a majority of votes. However, Constitutional changes require 2/3 majority.

Election of candidates shall be in writing if there is more than one candidate for a duty.

If there are more candidates but no one gain majority, a new election between the two candidates with most votes shall take place. In case two candidates gain equal number of votes, a draw shall be made to decide which one shall be elected.

If more candidates shall be voted, all must gain more than 50% of the total votes to be elected. If necessary, additional rounds of votes must be made to achieve more than 50%.



11. Extraordinary Congress

Extraordinary Congress may be called by the Executive with at least 14 days' notice if:

- a) Required by a superior Sport organisation or the Government/National umbrella organisation
- b) Decided by the Congress
- c) Decided by the Executive
- d) Required by at least 25% of the members.

An extraordinary Congress shall only deal with cases included in the agenda when called.

12. Executive Committee

The Executive Committee performs organizational, administrative and specialist-technical tasks. The Board is the executive body of the Federation and performs tasks given by the Congress of Members and tasks in its field; it leads the Federation between sessions of the Congress of Members.

The Executive Committee shall act at all times in the best interests of the Bermuda Powerlifting Association and its members. Each Committee member is expected to uphold the highest standards of integrity and impartiality in all decisions. Members must promptly disclose any actual, potential, or perceived conflicts of interest as soon as they arise and must recuse themselves from any discussions or votes where such a conflict exists. The Committee shall ensure that all actions and decisions are transparent, ethical, and aligned with the mission and values of the Association.

Members of the Federation's Executive Committee are: the President, the Vice President, the General Secretary, the Treasurer for a renewable term of three (3) years.

13. Powers of the Executive

- It shall be the governing body of the BPA between Congresses.
- It shall carry out decisions made by the Congress and superior sport authorities.
- It shall carry out daily management of the federation, represent the federation and practise skilled authority.
- Appoint members to committees others that elected by the Congress and work out guidelines for such committees.
- To maintain running control of the expenditures of the BPA, in accordance with the budget approved by the Congress.
- An executive meeting is called by the President or if a majority of the Executive members ask for a meeting.

A quorum is formed if a majority of the Executive members are present.

Decisions are made by a majority vote of the Executive members present. In case of an equality of votes, the President shall cast the deciding vote.

14. Commissions

The Bermuda Powerlifting Association shall establish the following Commissions to support the governance, fairness, and development of the sport in Bermuda. Each Commission shall report its activities to the Executive Committee on a regular basis.

1. Technical Commission

The Technical Commission shall oversee all matters related to the technical conduct of powerlifting competitions, including adherence to IPF rules, equipment standards, and the certification and education of referees. The Commission shall ensure the consistent application of technical rules across all BPA-sanctioned events.



2. Law and Legislation Commission

The Law and Legislation Commission shall review the Constitution, bylaws, and other governing documents of the BPA to ensure alignment with the IPF and applicable national laws. The Commission shall propose amendments as necessary and provide interpretations or recommendations on governance or constitutional matters when requested by the Executive Committee.

3. Court of Justice and Court of Appeal

The Court of Justice shall handle disciplinary and ethical matters within the jurisdiction of the BPA, ensuring due process and impartiality. The Court of Appeal shall review appeals submitted against disciplinary or administrative decisions, and its decisions shall be final within the Association. Members of both Courts shall be independent and not hold any conflicting Executive or Commission roles.

4. Safeguarding Commission

The Safeguarding Commission shall promote a safe, inclusive, and respectful environment for all participants in BPA activities. It shall develop and monitor policies related to the protection of athletes, officials, and volunteers from harassment, abuse, and discrimination, in accordance with best practice and applicable legislation.

5. Athlete Commission

The Athlete Commission shall represent the interests and perspectives of athletes within the BPA. It shall provide input on policies, competition structures, and development initiatives to ensure that athlete welfare, fairness, and opportunity remain central to the Association's decision-making. The Chair of the Athlete Commission may be invited to attend Executive Committee meetings in an advisory capacity.

15. Conflict of Interest

A conflict of interest arises when a member of the Executive Committee, subcommittee, or any representative of the Bermuda Powerlifting Association has, or appears to have, a personal, financial, or other interest that could improperly influence the performance of their duties or decisions made on behalf of the Association. All such individuals must fully and promptly disclose any actual, potential, or perceived conflict of interest to the President, or to the Vice President if the conflict involves the President. The disclosure shall be recorded in the minutes of the next Committee meeting. Any person with a conflict of interest must abstain from participating in related discussions or votes and may be asked to leave the meeting during those deliberations. Failure to disclose a conflict of interest may result in disciplinary action, including possible removal from the Committee.

The Bermuda Powerlifting Association recognizes and upholds the principles set out in the International Powerlifting Federation (IPF) Code of Ethics. All members, officials, and representatives of the BPA are expected to conduct themselves in accordance with these principles and to maintain the highest standards of integrity, fairness, and respect in all Association activities.

16. Constitutional changes

Constitutional changes are only possible at the ordinary Congress or at an extraordinary Congress. Such proposals must be included on the agenda when the Congress is called and require 2/3 majority of the delegates present.

17. Dissolution

A proposal to dissolve the federation must first be discussed at an ordinary Congress. If a decision is made in favour of a dissolution by a 2/3 majority, an extraordinary Congress shall be called 3 months later. Again a 2/3 majority is required for a final decision of a dissolution of the federation.

The funds of the federation shall come to a charity organisation as decided by the Congress. An eligible charity must demonstrate activities that are consistent with the objectives of the Bermuda Powerlifting Association. These include, but are not limited to, the promotion and development of local sport; the advancement of health, fitness, and athletic participation within the community; the provision of education, coaching, or training related to sport; and community access to sport.