

INDIAN POWERLIFTING FEDERATION

(Estd. 1975)

(Registered under Societies Act XXVI of 1961)

**(Recognized by Min. of Youth Affairs & Sports, Government Of India) &
Indian Olympics Associations.**

Affiliated to -

**INTERNATIONAL POWERLIFTING FEDERATION
ASIAN POWERLIFTING FEDERATION
COMMONWEALTH POWERLIFTING FEDERATION**

Amended

CONSTITUTION

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--- Administrative Office ---

3 - A/C Gandhi Nagar, Green Belt Park, Jammu - 180004.

CONSTITUTION OF INDIAN POWERLIFTING FEDERATION

ARTICLE-I :

Title : The name of the organization is “Indian Powerlifting Federation”. Hereinafter it is referred to as the Federation.

ARTICLE-II :

Organisation : The Federation is a member of the International Powerlifting Federation, Asian Powerlifting Federation and shall affiliate with such other National and International Bodies as will be approved by the Executive Committee of the Federation. It shall be composed of Patrons, Members and Associates.

ARTICLE-III :

Jurisdiction : The territory under the jurisdiction of the Federation shall be the Republic of India.

ARTICLE-IV :

Headquarters : The Headquarters of the Federation shall be where the Hony. Secretary resides.

ARTICLE-V :

Official Year : The official year of the Federation shall be from 1st April to 31st March.

ARTICLE-VI :

Objects : The objects of the Federation shall be :

- 1) To encourage, promote and popularize Powerlifting and other allied games as sports and items of physical education and culture.
- 2) To hold, to arrange and to register local, regional, State or All India and International competitions and exhibitions in Powerlifting and other allied games at such places and times as may be determined; and whenever possible and practicable, to grant diplomas for All India and such other records.
- 3) To secure adequate participation in World Games, World Championships and such International contests as may be approved.
- 4) To control and regulate Powerlifting and other allied games in India on an amateur basis.

Contd...P/2.

- 5) To take any action at any time calculated to further the objects for the Federation.
- 6) To promote and assist in the formation of State organizations at such places where no organization controlling powerlifting and other allied games is in existence.
- 7) To promote co-operation and compose differences amongst affiliated members.
- 8) To co-ordinate the activities of affiliated members by holding All India Competitions or Exhibitions at different centres by rotation as far as possible.

ARTICLE-VII :

Membership :

- 1) The membership of the Federation shall be limited to :
 - a) State Associations
 - b) All India Bodies promoting Powerlifting and other allied games.
 - c) Centrally administered Union Territories.
- 2) The members of the Federation shall themselves be compose of amateurs only.
- 3) The following are not eligible to serve on the Federation or its affiliated units :
 - a) A person who has ever competed as a Professional
 - b) A person engaged in or connected with sports for personal profit (it is not intended to exclude individuals occupying purely administrative positions in connection with amateur sports).
 - c) A person who has ever coached sports competitors for payment.

NOTE : The power of making exceptions to the above rules vests solely with the General Council which may do so, under special circumstances, on the recommendations of the Executive Co. Committee.

- 4) A member State Association shall not be eligible to get itself affiliated with any other National Sports Federation, Association in such matter which are clearly defined in Article-VI objects.

ARTICLE-VIII :

Patrons and Associates :

- 1) Distinguished persons who are amateurs may be invited by the General Council to become Patrons.
- 2) Individual persons may be admitted as associates on proper application and on payment of such admission fee and annual subscription as may be determined by the Executive Committee.
- 3) The General Council may admit donors of Rs.10,000/- or more at a time as Life Associates of the Federation.
- 4) A Life Associate, after appointment by the General Council as such, will enjoy the rights and privileges of Associate and will attend the General Council meetings and take part in the deliberations but shall have no right to vote at such meetings.

ARTICLE-IX :

Admission Fees, Subscriptions and Registration Fees :

- 1) The Executive Committee shall fix the amount of admission fees and annual subscriptions payable by Members and Associates. The admission fee and the first annual subscription shall be payable along with application and thereafter the subscription is to be paid annually within the month of April of each year for which it is due. Failure on the part of any Member to meet the annual financial obligation within the specified time shall deprive the said Member of the right to vote at all meetings of the Federation, from participating in competitions either run by the Federation or registered with it, and from all other rights and privileges.

Similar failure on the part of any Associate shall deprive him of all his rights and privileges as such.

Such rights and privileges, in both cases, will be restored on payment of all arrears due.

- 2) The Executive Committee of the Federation shall have power to fix the registration fees for exhibitions, competitions and championship meetings to be registered with the Federation and such fees shall be payable along with applications therefore.

Contd...P/4.

ARTICLE-X :

Management :

- 1) There shall be a General Council of the Federation composed of :
 - a) Two representatives from each of the affiliated members as mentioned in Article-VI – 1(a), (b) and (c).
 - b) The Life Associates and Associates who are International Referees for taking part in deliberations only but without any right to vote at the General Council Meetings.
 - c) The Office-bearers of the Federation holding office at the time.
- 2) The duties of the General Council shall be to formulate the policy of the Federation and the principles on which it shall be carried out.
- 3) The direct management and control of the Federation shall be vested in the Executive Committee composed of one representative from each of the Members mentioned in Article-VII – 1(a), (b) and (c) and the Office-bearers of the Federation.
- 4) The Office-bearers of the Federation shall be President, Working President, not more than six Vice-Presidents, One Honorary Secretary, Two Hony. Joint Secretaries and One Honorary Treasurer. Honorary Treasurer must obligatorily live in the same town as the Honorary Secretary so as to help him with his duties, if necessary and be able to take his place. The Office-bearers of the Federation shall be elected in every four years from amongst the Members mentioned in rule 1(a) and (c) above and in accordance with the Article-XI Tenure of Office-bearers.
- 5) No Office-bearer of the Federation shall be eligible to be an Office-Bearer, simultaneously, of any other National Sports Federation/Association, excepting the Indian Olympic Association.

ARTICLE –XI :

Tenure of Office Bearers :

- 1) **President, Honorary Secretary & Honorary Treasurer :**
 - i) President of the Federation can hold the office for a maximum period of twelve years with or without break.
 - ii) Hony.General Secretary and the Hony. Treasurer of the federation may serve a maximum of two successive terms of four years each after which a minimum cooling off period of four years will apply to seek fresh election to either post.
 - iii) The President, the Secretary and the Treasurer of the federation shall cease to hold that post on attaining the age of 70 years.

Contd...P/5.

2) **Vice-Presidents and Honorary Joint Secretaries** :

Members may hold office as such as they are elected by majority votes.

ARTICLE-XII :

Powers and Duties of the Executive Committee :

- 1) The Executive Committee shall in addition to the powers and duties prescribed elsewhere :
- a) Admit as Members and Associates any organization or person eligible under the rules for admission on proper application or reject any such application with or without assigning any reason.
 - b) Determine the area to be under the control of any affiliated association and for the purpose thereof the area assigned to any particular organization should correspond with the administrative units of the Government of India.
 - c) Arrange for the examination of Associates as Referees and certify them as such on the results thereof.
 - d) Frame, add to, alter or repeal rules and bye-laws consistent with the object of the Federation for carrying out all its purposes.
 - e) Control the dues, funds and properties of the Federation and spend the same.
 - f) Extend time for payment, remit partially the subscription of any member or associate, if considered desirable.

Contd...P/6.

- g) Caution, warn, suspend, expel and take disciplinary actions against members, associates, competitors, other person or persons and organizer or organizers of competitions, exhibitions etc. registered with or recognised by this Federation or with any affiliated member-association or run under the jurisdiction of any Member-Association, for any violation of the constitution, rules or bye-laws deemed to be sufficient, after giving such person or persons an opportunity to submit in writing an explanation or a personal bearing. However, if a primary case is established, the President is empowered to take immediate action in his discretion and report the same at the next Executive Committee meeting.
- h) Withdraw any such suspension, penalties etc, referred to in the previous clause or minimize them, if considered advisable.
- i) Appoint Sub-Committees or Ad-hoc Committees, if and when necessary for any matter brought before it.
- j) Fill up any vacancy arising among either the office-bearers of members of the Executive Committee.
- k) Accept local, regional State or All-India records in powerlifting and other allied games and ratify the same when applied for.
- l) Secure by purchase, lease gift or otherwise property (movable or immovable whether subject to any trust or not for any or more of the objects of the Federation).
- m) Draw up, publish and enforce uniform rules for the control and guidance of.
- n) Hear appeals made in writing by any of its members or any person or organization interested in Powerlifting and other allied games against any decision of any Member of the Federation and/or against any decision over which the Federation has jurisdiction and give its decision.
- o) Take any such steps as may be necessary for the exercise of any of its powers or for the discharge of any of its duties.
- p) Register, recognize or refuse to do so any competition or exhibition etc.
- q) Delegate any of its powers to any of its Members or any bye-laws or the Association and decide matters not included therein.
- r) The decision of the Executive Committee in all case shall be final.

- s) To disaffiliate or supersede any State Association which is not properly functioning or functioning to the detrimental to the promotion of powerlifting and in its place appoint an ad-hoc committee to effectively promote the game of powerlifting.

ARTICLE-XIII :

Powers and Duties of Office-Bearers :

- 1) **President, Working President and Vice-Presidents :**
 - a) The President shall preside over all the meetings of the Executive Committee and General Council of the Federation.
 - b) The President is to ensure that the various business meetings, as required under the Constitution, have been duly held.
 - c) The Chairman of any meeting shall have a casting vote besides his own in case of equality of votes.
 - d) The President shall attend National Powerlifting Championships and National Junior Powerlifting Championships and his traveling and accommodation expenses shall be paid by the organizing association.
 - e) One Working President will look after all the functions of the Federation. He must attend the Championships, Selection Trials including Nationals organized by the Federation positively. In the absence of the President he shall preside over the meetings of the Federation.
 - f) In absence of Working President Vice-President (any of six Vice-President) shall preside over the meetings of the Federation.
- 2) **Honorary Secretary :**
 - i) Keep and maintain minutes of all Annual General Council, Special General Council, the Executive Board or any other committees appointed by the General Council from time to time in appropriate books and shall cause this to be properly and correctly recorded and confirmed.
 - ii) Convene Annual General Council, Special General Council, Executive Board and such other meetings whenever required with the concurrence of the President.

- 3) **CHIEF EXECUTIVE OFFICER** : The Chief Executive Officer who will be appointed by the Steering Committee and shall be eligible for reappointment upon expiry of his contract.
- a) He shall manage the secretariat of IPF and assume all responsibility for it.
 - b) He will be the sole legal representative of IPF.
 - c) He shall ensure the implementation of all decisions taken by the General Council and the Executive Board.
 - d) He shall be responsible for all National and Olympic competitions and for the implementations of the mission set out in Rule III of these General Statutes.
 - e) He will ensure, as necessary, compliance with the regulations established by the IOC, National Anti Doping Agency and the World Anti Doping Agency (WADA).
 - f) He will make preparations for the meetings of the General Council and the Executive Board.
 - g) He will maintain the archives.
 - h) He will publish and send the approved Internal Regulations to the members units, the Executive Board, the members of the Commission and officially recognized bodies.
 - i) He will draft and circulate all official communications of the IPF.
 - j) He will ensure the receipt of annual charges and other dues from members and also contributions, royalties and dues, emoluments and fines imposed by the competent committees of IPF.
 - k) He will administer the IPF's finances including bank transactions and issue of a cheques.
 - l) He will study the means of ensuring the financial resources of IPF and submit a report to the Executive Board accordingly.
 - m) He will ensure compliance by the affiliated member units, their members and all IPF officials and sub-committees with these General Statutes and all IPF internal regulations and to inform the Executive Board of any flagrant violations of the spirit and letter of them.
 - n) To do all such acts as are conducive to the attainment of the objectives of the Federation.
 - o) He will take decisions in cases where his jurisdiction is specially provided for.
 - p) He will carry on all correspondence on the name of Federation save as otherwise directed by the General Council or the Executive Board.
 - q) He shall have charge of all correspondence and records of the Federation and of such properties interested to him by the Federation/
 - r) He shall exercise general control over all matter concerning the Federation.
 - s) He shall prepare and submit an annual report on the activities at the General council and Executive Board meetings, General Statues and all IPF regulations and to inform the Executive Board of any flagrant violations of the spirit and letter of them.
 - t) He will impose the sanctions, in accordance with Basic Principles governing the Application of Sanctions, provided for in these General Statues or the International Regulations unless provided otherwise.

DEPUTY CHIEF EXECUTIVE OFFICER

The Deputy Chief Executive Officer shall be appointed on the proposal of the Chief Executive Officer in consultation with the President of the Federation.

The Deputy Chief Executive Officer shall exercise all duties delegated to him by the Chief Executive Officer. Should the Chief Executive Officer is temporarily indisposed, the deputy Chief Executive Officer shall replace him for the duration of his absence. Should the Chief Executive Officer permanently indispose, the Deputy Chief Executive Officer shall automatically act as his substitute in all matters until the next meeting of the Executive Board.

Hony. Joint Secretaries :

There shall be two Joint Secretaries to look after the growth and development of the Game among men and women and the other among Junior and Sub-Junior boys & girls. They will work in close liaison with the Vice-Presidents in-charge and under the overall supervision of the Chief Executive Officer. In addition, they may be empowered with any other assignment by any such sub-Committee which he attend as ex-officio members and discharge duties as may be entrusted to them by the Executive Board.

- 4) **Hony. Treasurer** : The Hony. Treasurer shall :
- a) The Hony. Treasurer shall receive all monies of the Federation and shall pay all bills certified by the Chief Executive Officer. The Hony. Treasurer may also advance to the Chief Executive Officer from time to time for meeting day to day expenses of the Federation. The Treasurer shall submit an Annual Income and Expenditure Account together with the Balance Sheet duly audited by the approved auditor to the Executive Board and General Council. He shall also maintain an inventory of the Federation's properties and submit the same with the accounts.
 - b) Deposit within seven days all such collection in an approved Bank.
 - c) The Honorary Treasurer shall ensure that the annual accounts of the organization have been properly maintained and regularly audited. He will submit the audited annual statement of Accounts, duly checked by the Honorary Secretary, for inspection, by the Executive Committee and approval of the General Council.

ARTICLE – XIV :

Changes in Representation :

Nomination of the representatives of the Members, other than elected office-bearers of the Federation may be altered by any Member during a year on proper notice in writing to the Hony. Secretary of the Federation.

ARTICLE-XV : MEETINGS

1) **General Council :**

a) The ordinary meeting of the General Council shall be held by the month of June every year and in no case it shall be delayed by more than two months from June, unless otherwise directed by the Executive Committee to consider the following.

- i) Confirmation of the minutes of the last General Council meeting.
- ii) Adoption of the Annual Report.
- iii) Audited Statement of accounts.
- iv) Budget for the next year.
- v) Election of office-bearers (whenever it is an election year).
- vi) Appointing of Auditors.
- vii) Amendments to the Constitution, if any provided 21 days written notice is given stating the reasons why the particular amendment is considered necessary and the advantage of the proposed amendment.
- viii) Any other business for which 21 days notice is given.

b) An emergent or special meeting of the General Council may be called :

- i) By the Hony. Secretary, on advice from the President, by giving 21 days notice specifying the date, time and place along with the agenda for the meeting.
- iii) By the Honorary Secretary, upon requisition, in writing from seven members specifying the nature of the business to be transacted. For this meeting also, 21 days notice would be given specifying the date, time, place and the agenda for the meeting.

2) **Executive Committee** :

- a) Notice of meeting of the Executive Committee with the Agenda shall be sent by the Honorary Secretary at least 15 days before the date of meeting specifying the date, time and place thereof.
- b) In case of an emergency, the Executive Committee or the President shall have the powers to authorize the Honorary Secretary to call a Special Meeting of the General Council at a shorter notice of ten days to consider any matter. Likewise, in an emergency a special meeting of the Executive Committee may be called by the Honorary Secretary at a shorter notice of 10 days.

3) **Quorum** :

The quorum at all the General Council Meetings shall consist of 15 persons including the office-bearers. The quorum at all the Executive Committee Meetings shall consist of 7 persons including the office-bearers.

- 4) Votes at all meetings may be recorded in person by the office-bearers of the Federation and the accredited representatives of the Members of the Federation.

ARTICLE-XVI : RIGHTS, PRIVILEGES AND DUTIES OF MEMBERS :

In addition to the rights, privileges and duties of Members stated elsewhere they shall:

- a) Nominate two representatives to the General Council and one to the Executive Committee of the Federation and forward their names with addresses to the Honorary Secretary.
- b) Intimate changes in the address of their office, Secretary and representatives to the Hony. Secretary of the Federation at the earliest possible opportunity.

Contd...P/12.

- c) Abide by the Constitution, rules and bye-laws of the Federation as may be framed from time to time and accept all decisions of the Federation.
- d) Intimate all changes in their constitution, rules and bye-laws within seven days of such change.
- e) Inform the Federation of the colours selected by them and send samples of their crest, if any in use.
- f) Affiliate all organizations in Powerlifting or other allied games within their area.
- g) Organise District Associations, Clubs and institutions in Powerlifting in their area.
- h) Organise, control and conduct State or other competitions or exhibitions Powerlifting or other allied games confined to the athletes of their respective area in accordance with the rules and Bye-laws of the Federation and send results of the competitions to the Federation.
- i) Recommend to the Federation for examination of Referees and for issue of Certificates to them according to prescribed rules.
- j) Appoint referees, certified by the Federation, for competitions and exhibitions in Powerlifting and other allied games within their area. Seniority of referees is to be respected.
- k) Bring forward any resolution at a meeting of the Executive Committee or of the General Council of which due notice has been given to the Hony. Secretary of the Federation.
- l) Submit to the Hony. Secretary of the Federation their annual report and audited accounts in time, every year.
- m) Try to have at least fifteen Referees within their respective area duly certified by the Federation.
- n) Report to the Federation all cases of penalties, disqualification and bans imposed on any athlete, person, club or association within their area.

(Such report shall be circulated by the Hony. Secretary of the Federation to other Members for enforcement within their jurisdiction and shall be in operation unless and until the penalty is withdrawn by the Member imposing the same).

- o) Obtain previous permission from the Federation to promote, control, finance or select any athlete or them to tour or participate in any competition or exhibition outside their own jurisdiction.
- p) Organise competitions or exhibitions open to athletes of other areas and register such competitions or exhibitions with the Federation on proper application and payment of the requisite fee in accordance with the rules and Bye-laws of the Federation.
- q) A member State Association shall not be eligible to get itself affiliated with any other National Sports Federation/Association.

ARTICLE-XVII – RIGHTS, PRIVILEGES AND DUTIES OF ASSOCIATION :

In addition to the rights, privileges and duties stated elsewhere the Associates shall :

- a) Abide by the constitution, rules and bye-laws of the Federation and its decisions.
- b) Be eligible to be certified Referees of the Federation under its rules and bye-laws.
- c) Attend meetings of the General Council and take part in the deliberations thereof, if he is a life-Association, or an International Referee in Powerlifting.
- d) Intimate immediately to the Hony. Secretary of the Federation all changes in their address.

ARTICLE-XVIII – AMENDMENTS TO THE CONSTITUTION :

Amendments to the Constitution can be suggested by any Patron, Member and Life Associate as follows :

- 1) By giving 21 days notice to the Honorary Secretary of the proposed amendment specifying why the amendment is considered necessary and what would be the advantage of the proposed amendment.
- 2) The amendment can be considered in the Annual General Council Meeting.
- 3) An amendment would be considered to have been accepted if it secures three-fourths majority of votes of the members and office-bearers present in person at the annual general council meeting.
- 4) All proposed amendments shall be circulated by the Honorary Secretary to all concerned at least 12 days before the date of the meeting of the General Council before which the said matter would come up for consideration.

ARTICLE-XIX – ADMISSION FEES, SUBSCRIPTIONS AND REGISTRATION FEES :

<u>Members</u>	: State Associations : Admission Fee	- Rs.1,000/-
	Annual Subscription	- Rs.4,000/-
	Sports Boards : Admission Fee	- Rs.3,000/-
	Annual Subscription	- Rs.12,000/-
<u>Associates Referees</u>	: Admission Test Fee	- Rs. 1,000/-
	Subscription (4 years)	- Rs. 4,000/-
	Life Associate Fee	- Rs.10,000/-
<u>Registration Fees</u>	: Open Invitation International Meet	- Rs.25,000/-
	All India Competition (Senior)	- Rs.15,000/-
	All India Competition (Junior & Master)	- Rs.12,000/-
	Competition of 2 or more States (Zonal)	- Rs. 9,000/-
	Entry Fees:-National & Federation Cup	- Rs. 1200/-
	Entry Fees: Zonal Championship	- Rs. 900/-
	Players Registration (New I-Card)	- Rs. 500/-
	Renewal Fee (Four Year)	- Rs. 400/-
<u>State/Office Board Transfer Fee</u>	:	- Rs. 5,000/-

ARTICLE-XX – MISCELLANEOUS :

- 1) a) The Federation would appoint a National Coach who possesses a valid coaching diploma. Prior approval of the All India Council of Sports would be necessary if a person already appointed or proposed to be appointed as a National Coach does not possess requisite coaching qualification.
b) The Federation would hold, where feasible, not less than two competitions annually for specified age groups at the junior and sub-junior levels. These competitions should be organized through inter-district and inter-block levels in each State leading to the National Competition at the National level.
- 2) The Federation shall be guided by the Statutes, Rules Regulations, Bye-laws, Directives and Instructions issued from time to time by the Indian Olympic Association.
- 3) “Any State/Unit whose competitors/officials are selected to represent the country and overstayed after the championship, without permission of the Federation, will be suspended immediately i.e. the particular player/s, officials and the State/Unit will be suspended immediately till return of the said alleged person/s to India and inform to the Federation personally. Until such time the alleged State Association/Unit will not be allowed to participate in any National and other championship/trials organized by the Federation and its member”.
- 4) Federation will follow the guidelines and instructions as laid down by the Ministry of HRD, Deptt. Of Youth Affairs & Sports, Govt. of India. Also Federation will comply with the changes if any, as and when received from the above Ministry.

ARTICLE-XXI – SETTLEMENT OF DISPUTES

For all disputes against the Federation or any of its Office bearer, the Local Court under which office of the President / Gen. Secretary is situated or where the President / Gen Secretary of federation resides, only shall have the jurisdiction.

Article. XXII.

The Provisions not covered under Articles of Indian Powerlifting Federation or arbitrary / unconstitutional or anyway bad in law shall be governed by the provisions as provided under constitution of International Powerlifting Federation. This clause shall be effective retrospectively and shall govern all the disputes presently sub-judice before the Executive committee.

MEMBERS OF EXECUTIVE COMMITTEE

PRESIDENT

Sri Rakesh Jain

VICE-PRESIDENT

Sh. Shambu Gupta

GENERAL SECRETARY

Sh. Rajan Jain

JOINT SECRETARY

Sh. Parveen Seth

TREASURER

Mrs. Sakshi Jain

MEMBER

Sh. Jeevan batta

Sh. Rakesh Yadav