

CONSTITUTION OF THE ASIAN POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the "APF General Assembly", "APF President", "APF Technical Committee" etc. Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

If in the APF Constitution / By-Laws and all other rules a deadline is foreseen, it means the JST (Japan standard time).

1 DEFINITION

1.1 Name

1.1.1 The ASIAN POWERLIFTING FEDERATION hereinafter called "APF" is an organization founded in 1984 in Indonesia during the first Asian Powerlifting Championships. The APF is a non-profit organization. The Federation is composed of the affiliated 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 athletic clubs, organizations or other groups active in powerlifting throughout Asia.

1.2.2 To apply IPF standardized competitive rules.

1.2.3 Maintain a system for recognizing and approving records.

1.2.4 Establish administrative and technical committees from its own number.

1.2.5 Promote, support and encourage drug free powerlifting.

1.2.6 Produce official bulletins and/or powerlifting publications.

1.2.7 Secure other national affiliates (countries).

1.2.8 Promote, sanction and supervise regional development programs and competitions, including Asian championships and single lift competitions.

1.2.9 Maintain an APF General Assembly of bona fide international representatives.

1.3 Public utility

The APF works for the purposes of this order for the benefit of the public in each valid version. All actions and activities carried out by the APF are not aiming a profit.

The members have no interest in the federation property. The members of this body work in an honorary capacity; the property of the APF serves exclusively for charitable purposes of the sport. Any profits may be supplied only for statutory purposes. The members receive no shares in the profits.

No person may receive for an activity or task in the APF, an unreasonably high reimbursement.

1.4 Funds for the reaching of the statutory tasks

To the fulfillment of the federation tasks, necessary money is raised by:

- a) Membership fees of the member federations, lifters and referees
- b) Income of competitions
- c) Sanction fees
- d) Donations
- e) Fees
- f) Income from advertisements
- g) Income from Internet Pay-TV
- h) Miscellaneous income

2 EMBLEM AND FLAG

2.1 Emblem

The emblem of the Asian Powerlifting Federation is characterized by a powerlifter in a squat lifting attire with a raised right fist. Behind the lifter is a loaded bar placed on a squat rack. Behind the squat rack is a partial grid-lined map of Asia. The map is encircled by a ring that has "ASIAN POWERLIFTING FEDERATION" spread all around, except for a portion on the lower part of the ring that has "1984" written.

The powerlifter, squat rack, and lower part of the plates are colored gray. All other artwork, words, borders of the ring, map, and lines are in dark green color.

2.2 Flag

The flag of the APF is the emblem but with the original gray portions changed to white.

2.3 Authorization

2.3.1 The APF emblem must not be used without the APF authorization.

2.3.2 Only the APF may authorize the fabrication of its emblem, badges, medals, etc.

3 GENERAL PROVISIONS

3.1 The APF is recognized by IPF as the sole authority to manage powerlifting competitions in Asia.

3.2 In its activities, the APF follows the Olympic ideal and principles and support and maintain the ideals and objectives of the Olympic movement. The APF accepts and recognizes the Statutes and aims of the International Olympic Committee (IOC), the Sport Accord and those of the World Anti-Doping Agency (WADA).

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 the 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 Asian national affiliates active in powerlifting. The APF can recognize only one member (organization) from each nation.

The recognition of a National Federation will be done in agreement with the Olympic Charter (Chapter 3, Article 26), and following the regulations contained in these statutes. The APF will inform the NOC of the country in question.

The National Federations affiliated to the APF must be independent inside their own country. The members of the Executive Committee and the President must be elected democratically, and have the nationality of the country concerned.

All affiliated Federations and their members shall recognize the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction

A new member nation must be affiliated to the IPF before it can be affiliated to APF.

Only those lifters who are members of their respective national federation, association or organization, can be considered eligible for membership.

Categories of APF Membership:

5.1.1 Full Member

5.1.2 Provisional Member

A Provisional Member may only compete in Asian championships by decision of the Asian President. However, once granted permission, a Provisional Member shall have all competition rights but no vote.

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 General Assembly.

5.2 Representation

The APF is governed by a General Assembly 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.

All representatives may speak in their mother languages provided that they have their own interpreters present to translate

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

An annual membership fee as stipulated in 103.2.1 of the APF By-Laws must be paid by the member nations at the latest by the day before the start of the Asian Powerlifting Championships to have voting rights at the annual General Assembly of this particular year.

To have voting rights at the election General Assembly, an existing member nation must have paid the membership fee in the 4-year period every year prior to the election. New member nations must have paid their membership fee annually, from the year of their provisional membership.

6 APF BODIES

The APF is composed of the following bodies:

- the General Assembly
- the Executive
- the Committees

7 GENERAL ASSEMBLY

7.1 General Provisions

7.1.1 The General Assembly is the supreme governing body of the APF.

7.1.2 The General Assembly shall meet annually one day before the start of the Asian Championships.

7.2 Powers

The General Assembly 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 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 organization, 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 its 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 General Assembly.

7.2.9 To institute, locate, conduct and manage all Asian powerlifting.

7.2.10 To establish, define and enforce rules for the government of Asian 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 every fourth year

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 Medical, Technical Committee.

7.3 Annual General Assembly

7.3.1 Annual

Unless otherwise determined by the General Assembly, the annual meeting of the APF will be held one day before the start of the Asian Powerlifting 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 thirty (30) days' notice must be given of any special or annual meeting of the APF. The Secretary General will e-mail a notice and agenda to all named delegates or their national federation. A notice sent to the last e-mail address known to the Secretary General complies with this requirement. The official agenda for the APF General Assembly must be received by all members at least thirty (30) days before the General Assembly takes place. Items not in the agenda cannot be considered in the General Assembly.

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 General Assembly
- 4) Treasurer's Report – Auditor's report
- 5) Secretary General's Report
- 6) Committee Reports
- 7) Sub-Regional Report
- 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 twenty 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 General Assembly.

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 Secretary General at least sixty (60) days prior to the date of the General Assembly. A national federation, a regional federation or the appropriate committee, can submit all such amendments. The Secretary General shall send out all such amendments at least thirty (30) days prior to the date of the General Assembly 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 General Assembly. Member Federations may designate a maximum of two delegates, preferably the President and the Secretary General. Delegates other than the President and Secretary General must be a member of their national federation and must 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 of General Assembly.

8 EXECUTIVE OF THE APF

8.1 Titles

The titles of the officers of the APF are: President, Vice President, Secretary General, Treasurer, and Board Members, the Technical Chair. A maximum of two executive officers shall be from any nation.

8.2 Executive

Elected Members:

The President

The Vice President

The Secretary General

The Treasurer

The Technical Chair

Five board members determined by the Sub-Regions.-

There shall be at least a quorum of five members. 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 General Assemblies.

8.3.2 To maintain running control of the expenditure of the APF, in accordance with the budget approved by the General Assembly.

8.3.3 It shall prepare a budget for the forthcoming year for presentation to the General Assembly.

8.3.4 Vacancies. In the event of the death, resignation or in case of inattention to duty by recommendation of the Executive Committee, the various offices are to be filled as follows:

8.3.4.1 President: The Vice President will succeed the President until the next General Assembly. At this General Assembly, the presidential successor shall be elected.

8.3.4.2 Vice President: The Executive shall appoint a successor to serve until the next General Assembly.

8.3.4.3 Secretary General and Treasurer: The Executive shall appoint a successor to serve until the next General Assembly.

8.3.5 To appoint the non-executive officers specified in 10.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.

8.3.6 The APF Executive Committee shall invite the Chair of the APF Committees / Commissions to the discussion of issues that fall within the competence of their particular Committee / Commissions.

9 ELECTION OF THE APF OFFICERS

9.1 Election

Elections for all officers will be held every four years. Election is by simple majority, i.e. the person who has obtained the highest number of votes is elected.

i. When two or more candidates obtain an equal number of votes, another ballot is held. If after the second ballot there is still a tie, the President has the right to cast a deciding vote, or decide for further ballot.

9.1.1 Valid Vote

A valid vote is one that conforms to all stated requirements. The following shall not be counted as valid votes:

(a) abstentions;

(b) blank votes;

(c) votes for more or fewer candidates than the number required;

(d) votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

9.2 Term of Office

9.2.1 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 General Assemblies, shall expire at the electoral General Assembly. All officers shall be eligible for re-election.

9.2.2 A person may be nominated for APF office by any national member federation, provided that the candidate is in good standing in his national federation. "A member in good standing" shall be defined as a bona fide member or an honorary member in his national federation, who is not under suspension by that federation's disciplinary body or by the disciplinary body of any other respectable sport organization, including the IPF and its regions.

(a) If an internal dispute arises in national federation on the matter of the potential candidate's good standing in that federation, the issue may be assigned to the APF Ad Hoc Committee which shall examine the facts and provide its recommendation on the case.

(b) Once the candidate has been elected as to the APF officer, the APF Executive will determine, where the circumstances require, whether the officer is in good standing in the APF.

(c) If a dispute arises between the APF Executive and any of the officers on the matter of the officer's situation or behavior in the APF (refer to articles 7.2.5, and 8.3.4 of this Constitution), the matter shall be assigned to the Ad Hoc Committee which shall examine the facts and provide its recommendation to the Executive, or, where the circumstances require, present the matter to the General Assembly with recommendation for appropriate action or penalty.

9.2.3 Nominations of candidates for each APF offices shall be received by the APF Secretary General at the latest 45 days prior to the date of the General Assembly where the election shall take place. Later nominations shall not be accepted, except there is no nomination for an APF Office.

10 NON-EXECUTIVE OFFICERS

10.1 Titles

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

10.2 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.

11 COMMITTEES, COMMISSION, PANEL

11.1 General Provisions

Each committee shall consist of a chairman elected by the General Assembly and a maximum of six (6) members (exception Technical committee 10 members) from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

11.2 Medical Committee

11.2.1 All decisions of the Committee require the approval of the General Assembly.

11.2.2 Safeguards the health of the lifters.

11.2.3 Act as consultant to the promoter of Asian championships on such matters as medical and hygienic conditions and food supplies to competitors.

11.2.4 Appoint duty doctor(s) for each day of the championships. The doctor(s)' specific duties shall include:

11.2.4.1 To be available at each weigh-in period.

11.2.4.2 Supervise the application of bandages and plasters in accordance with IPF rules and notify the Jury of such treatment.

11.2.4.3 Establish a liaison with local medical facilities and doctors for the provision of medical treatment, transport and ambulance service if necessary in emergency.

11.2.4.4 The duty doctor to be present at the start of each competition together with referees and lifters.

11.2.4.5 The duty doctor may participate in the doping control procedure.

11.2.5 Conduct research and collect material relating to the field of sports medicine. Such material when approved to be distributed to affiliated nations.

11.2.6 Carry out specific studies in relation to sports injuries, treatment and prevention.

11.2.7 Take out and maintain membership of International Sports Medicine Federations.

11.3 Anti-Doping Commission

The Anti-Doping Commission shall be responsible for overseeing all testing conducted by the APF. Testing may be conducted by members of the APF Anti-Doping Commission or by other qualified persons so authorized by the APF Anti-Doping Commission.

11.3.1 The Anti-Doping Commission consists of a Chair and a minimum of four and a maximum of five other members with experience in anti-doping elected by the Executive Committee.

11.3.2 The Anti-Doping Commission shall arrange, co-ordinate and supervise doping testing for all APF Championships and other International Events where the APF is the ruling body for the Event, and for Out-of-Competition Doping Control Sessions initiated by the APF. The main duties are:

- a) to co-operate with the organizers/promoters of Asian Championships and other International Events where the APF is the ruling body for the Event in preparing the Sample Collection Sessions;
- b) to ensure that the Doping Control Stations meet the minimum criteria prescribed in article 6.3.2 of the WADA International Standard for Testing;
- c) to appoint the sample collection Officers and their assistants or to make contracts with an Anti-Doping Agencies or assets to carry out the sampling at all World Championships and other International Events where the APF is the ruling body for the Event;
- d) to appoint the sample collection Officers and their assistants or to make contracts with an Anti-Doping Agencies or assets to carry out the sampling at Out-of-Competition Doping Control Sessions;
- e) to provide an appropriate sample collection equipment and documents to the Doping Control Stations, or to ensure that the appointed Doping Control Officers are equipped with the relevant sampling kit and documents;
- f) to ensure that Sample Collection Equipment used meets the minimum criteria prescribed in article 6.3.4 of the WADA International Standard for Testing;
- g) to ensure that the Sample Collection procedures, Security/Post-test administration and Transport of Samples and documentation substantially complies with the requirements prescribed in articles 7.0 – 9.3.6 of the WADA International Standard for Testing.

11.3.3 Select athletes for Out-of-Competition doping control;

12 SUBSCRIPTIONS AND FEES

12.1 Subscription

The General Assembly will determine the amount of the annual subscription to the APF from time to time. The subscription is payable at the latest by the day before the start of the Asian Powerlifting Championships each 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 organized under the rules of the 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.

13 DISCIPLINARY ACTIONS AND PENALTIES

13.1 Failure to Pay Annual Subscription Fee

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

13.2 Suspension of Federations for Violations of Constitution/Bylaws

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

13.3 Hearing prior to Penalty

Any national federation, lifter or official asserted to have committed a rule violation has the right to be heard in its or his/her case before the relevant disciplinary or hearing body decides upon the penalty to be imposed.

13.4 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 Executive Committee.

13.5 Responsibility for Payment of Fines

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

13.6 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 organizing committee of a championship, to act in any official capacity during the whole or any part of that championship.

14 VOLUNTARY DISSOLUTION OF THE ORGANIZATION

Dissolution of the APF shall only be possible by decision of the General Assembly. For this purpose, a written request stating the reasons for such dissolution shall be handed over to the Executive. After discussion of the request, the Executive will then put the request on the agenda of the next General Assembly.

In order for the dissolution to become valid, a three-quarters majority of all votes cast is required.

In the event of such dissolution of the APF and provided the APF still holds assets, and having covered any liabilities, the General Assembly shall also decide on whom to transfer the remaining assets. These assets shall, if possible and permitted, be transferred to an organization having the same or similar interests compared to the APF, or shall be allocated to good causes.

BYLAWS OF THE ASIAN POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the " APF

General Assembly", " 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 GENERAL ASSEMBLY

101.1 General Assembly May be Open to Public

The General Assembly may be open provided that space is available.

101.2 Outside Parties Attending the General Assembly

The President may invite outside persons to attend the General Assembly.

101.3 Constitutional General Assembly Schedule

The General Assembly shall, if necessary, address itself to re-examining the Constitution, By-Laws and their appendices every fourth year

101.4 Participation Guidelines for Committee Chairmen

All Committee Chairmen and non-executive officers by virtue of their attaining officer status in the APF are allowed admission to the General Assembly in its entirety but without vote and with voice only as pertains to their respective responsibilities.

101.5 Speeches by Candidates for APF Office

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

101.6 Duties of the Executive

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

All APF EC officers, by virtue of their attaining officer's status in the APF, are allowed admission to the General Assembly in its entirety with vote and with voice.

101.6.1 President

101.6.1.1 He orders meetings of the APF as provided in the Constitution and presides at all meetings of the APF and General Assembly

101.6.1.2 He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

101.6.1.3 He is an ex officio member of all committees.

101.6.1.4 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.

101.6.1.5 His travelling expenses for Asian Championships shall be paid by the APF. His accommodation expenses for Asian Championships shall be paid by the association or federation hosting the championships

He will represent APF at meetings of others sports organizations of which the APF is a member. All expenses incurred shall be paid by the APF. He shall report all these information at the next congress or submit a written report to all affiliated associations or federations

101.6.2 Vice President

101.6.2.1 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.

101.6.3 Secretary General

101.6.3.1 To make proper arrangements for keeping the records of the APF and the General Assembly.

101.6.3.2 Issue all official notices of all APF meetings.

101.6.3.3 Keep a complete record of competitions held under the auspices of the APF. These records shall include the results of national championships, newsletters and magazines.

101.6.3.4 To serve as Secretary of the General Assembly and at any special meetings or hearings of the APF.

101.6.3.5 To certify as a "Provisional Member" any applying nation who submits the proper fees and credentials, until such time as the General Assembly shall deliberate such membership.

101.6.3.6 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.

101.6.3.7 His travelling expenses for Asian Championships shall be paid by the APF. His accommodation expenses for Asian Championships shall be paid by the association or federation hosting the championships

101.6.3.8 He will conduct all official correspondences and maintain harmonious relationships with all affiliated association or federations, the IPF and other sport and non-sport organizations

101.6.3.9 In normal circumstances, the APF office shall be located in the city where the APF Secretary General resides.

101.6.4 Treasurer

101.6.4.1 Receive all monies due to the APF and deposit it to accounts in the name of the APF.

101.6.4.2 Sign all cheques, notes and drafts together with one other signature as provided by the APF By-Laws by a sum greater than US\$ 1000.

101.6.4.3 Pay all bills approved by the duly authorized officer or by the General Assembly provided it is within the authorized current budget of the APF.

101.6.4.4 When requested, hand over to the Auditor for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.

101.6.4.5 To present an audited balance sheet to the annual General Assembly. Audit of APF accounts is to be made by the Auditor.

101.6.4.6 To be responsible for collecting all fees due the APF.

101.6.4.7 To be responsible for issuing an invoice and collecting any penalties.

101.6.4.8 His travelling expenses for Asian Championships shall be paid by the APF. His accommodation expenses for Asian Championships shall be paid by the association or federation hosting the championships

101.6.5 Board members

101.6.5.1 They shall take an active part in the APF Executive work and carry out such duty as assigned to them by the President.

101.6.5.2 To represent the APF in his region at national and international championships and meetings.

101.6.5.3 To contact and inform potential new member nations in his region.

101.6.5.4 To serve as a consultant to the member federations within that region.

101.6.5.5 To represent his region at the APF Executive Meetings and the General Assembly.

101.6.5.6 To make suggestions to the various APF Committees.

101.6.5.7 To plan and control development programs within his region.

101.6.6 Technical Chair

101.6.6.1 Appoints the chief and side referees for Asian championships.

101.6.6.2 Trains and instructs referees who wish to take international qualifications and examines those who are recommended for examination. The Committee shall inform the General Assembly of the names of referees qualified to officiate at Asian championships and those who need to be re-examined.

101.6.6.3 Organizes courses for referees before important competitions such as the Asian championships. The expense of organizing courses or clinics shall be borne by the host national federation.

101.6.6.3 Establish procedures for training of officials in the conduct of contests and prepare job briefs for the use of officials appointed to specific duties during a contest.

101.6.6.4 Infringements of the code of IPF Ethics and good behavior may be referred to the Executive Committee for appropriate action.

101.6.6.5 Ensure that the equipment used by member nations and at Asian championships conforms to the specific detailed requirements of the IPF.

101.6.6.7 Technical Committee Chairman's travelling expenses for Asian Championships shall be paid by the APF. His accommodation expenses for Asian Championships shall be paid by the association or federation

hosting the championships

101.7 Duties of the Non-Executive Officers

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

101.7.1 Auditor

101.7.1.1 Shall audit the balance sheet and books of the Treasurer prior to the General Assembly.

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

101.7.2 Records Registrar

101.7.3 Shall certify all Asian records and maintain an up to date register of all records in all categories.

101.7.4 Championship Secretary

101.7.4.1 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.

The major events in the APF calendar are as follows:

101.7.4.1.1 Asian (equipped and raw) Powerlifting Championships for Men and Women (Sub-Junior, Junior)

101.7.4.1.2 Asian (equipped and raw) Bench Press Championships for Men and Women (Sub-Junior, Junior, Open, Masters).

101.7.4.1.3 Asian (equipped and raw) Powerlifting Championships for Men and Women (Open, Masters)

101.7.4.1.4 Asian University Cup

101.7.4.1.5 Sub-regional events approved by the Executive Members according to the Special Regulations

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

101.7.4.2 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 date for an organizer of Asian Championships to provide all details in the invitation is 6 to 8 months prior to the contest date. 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 Asian championships must provide columns for the following information.

101.7.4.2.1 Lifter's family name.

101.7.3.2.2 Lifter's first name in full.

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

101.7.3.2.4 Lifter's year of birth.

101.7.3.2.5 Lifter's passport number.

101.7.4.3 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

101.7.4.4 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."

101.7.4.5 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.

101.7.5 Internet Officer

101.7.5.1 Maintains the APF Internet site.

101.7.5.2 The Directory

101.7.5.3 Constitution and By-Laws

101.7.5.4 Drug testing Protocol

101.7.5.5 Technical Rules and the "Rule Interpretation "appendix

101.7.5.6 Asian Records

101.7.5.7 Calendar of Events

101.7.5.8 Invitations and details on forthcoming events

101.7.5.9 Results of major events

101.7.5.10 Drug testing results

101.7.5.11 Authorized material from the President or Executive

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

101.7.6 Referee's Registrar

101.7.6.1 Administers Asian examinations for Category one and Category two international referee status.

101.7.7 Committees, Commission, Panel

101.7.7.1 General Provisions

Each committee shall consist of a chairman elected by the General Assembly and a maximum of six (6) members from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

101.7.7.2 APF Executive shall maintain, establish and appoint new Commissions that are not-executive such as:

101.7.7.3 Ethics commission.

101.7.7.4 Law-Legislation Commission

101.7.7.5 Educational Commission

101.7.7.6 Sport Development Commission

101.7.7.7 Duties of followed Commission members must follow relevant duties of the IPF Commissions except Sport Development Commission which may include different objectives to aim sport development matters.

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 General Assembly 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 Election of Sub-Regional Board Members

Elections of Board Members of the APF shall be determined by regional federations and ratified by the General Assembly.

102.4 Timelines for Submitting, Awarding Bids for Asian Championships

Bids shall be made and Asian championships awarded three years in advance as much as possible. All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Secretary General at least ninety (90) days before the next General Assembly. All organizing federation must sign the promoter contract one year before the championships. APF sanctions will apply if this federation withdraws.

The executive committee will examine the bids and takes the decision where the different championships will be held.

The select nation must then report in detail to the General Assembly.

102.5 Application for National Affiliation

The Secretary General 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 organizational data. The form will be returned together with a copy of the applicant Nation's constitution.

102.6 Incorporation of the APF

The APF is incorporated under the laws of I.R. IRAN with the following address: No.66 Shahr-Ara intersection with Jalal Al-Ahmad 14458-43181 Tehran, Iran. The headquarters is located at the place of

residence of the Secretary-General or President. 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 are continued without interruption and the corporate and legal integrity of it are maintained. The Executive will make any need for changes in location of incorporation or of location of the headquarters.

102.7 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.

102.8 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 (refer APF Constitution 7.3.6.1).

103 FINANCE

103.1 Audit of the Auditor

The Auditor shall perform an audit closing the books on 31st of December each year. There must be an audit of APF accounts. The audit is to be made by the Auditor.

103.2 APF Subscription and Fees

The annual membership subscription shall include all championship and Asian sanction fees. For these, sanction fees shall be paid in accordance with the following scale of subscriptions and fees:

103.2.1 National affiliations, including Provisional Members (annually): US\$ 200

103.2.2 Admission Fee for Provisional Members: US\$300

The participating national federations shall pay a drug test fee of US\$ 80 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 US\$90 per lifter for each lifter entered and taking part in any Asian Championships. 50% of the participation fee or equipment similar to that amount shall be paid to the promoter, or the promoter shall receive equivalent support in goods donated by sponsors, as decided by the Executive.

103.3 Television and Advertising

103.3.1 The APF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post event production of video recording and advertising rights and all other multimedia coverage of the Asian Championships and other events organized and controlled by the APF.

103.3.2 To obtain these rights or part of these rights, a fee must be paid to the APF. The President, Secretary General and the Treasurer decide the amount in consultation with the EC.

103.3.3 Television rights, marketing and sponsorship revenues for Asian Championships are apportioned according to the signed contract between the host Federation / Organizing Committee and the APF.

103.4 Hotel Bills for APF Officials Attending Asian Championships

The hotel bills of a maximum of 4 APF Officials and the Computer Secretary 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 eight (8) days.

103.5 Travel Costs for the APF Executive

The APF shall pay travel costs and other expenses of President, Secretary-General, Treasurer and Technical Committee Chairman as follows:

103.5.1 One hundred per cent of the cheapest airfare obtainable from recognized carriers less any subsidy paid by any other agency.

103.5.2 In the event of a promoter not being in a position to honor his obligations to four executive members 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 eight (8) days.

103.5.3 Any finance referred to in item 103.5.2, shall be derived from the championship itself or current APF deposits. Such funding must not be offset against future deposits.

103.5.4 No other recompense shall be made in favor of these APF officials.

103.5.5 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.

103.6 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.

104 RECORDS AND AWARDS

104.1 National Records and Claims for Asian Records

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

104.2 Asian Record Certificates

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

104.3 APF Medals

104.3.1 The host federation shall prepare medals for use at Asian championships. Medals to be presented for first, second and third places in each category based upon totals. In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and dead lift in each category.

In the event of two competitors lifting the same weight, the lighter lifter will be declared the winner. Other awards may be provided according to the custom of the host nation.

104.4 Categories of Asian Records

The APF recognizes Asian records in the following categories: Open, Junior, Sub-Junior, Masters for both Single-Lift Bench Press and Powerlifting for both Men and Women

104.8.1 Asian records will be accepted and registered only within the categories listed in this item.

105 COMPETITIONS

105.1 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 General Assembly.

105.2 Sub-Regional Competitions

The Regional 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. All Sub-regional events must follow special regulations established by the EC.

105.3 Competitions

105.9.1 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 Secretary General. Only written contracts or sanction will be valid.

105.9.2 Only national federations affiliated to the APF may apply for sanctions

106 CONTRACTS

106.1 Signing Authority, APF Contracts

Both the President and the Treasurer (and/or Secretary General) 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, if it is requested.

107 APPENDIX STANDING ORDERS

107.1 Order of Business

An agenda shall be prepared by the Secretary General and circulated to all member federations at least 30 days prior to the APF General Assembly. 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.

107.2 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 General Assembly 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 Secretary General within four months of the date of circulation of the minutes to member federations.

107.3 Selection of Speakers

The Chairman shall decide the order of speakers.

107.4 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.

107.5 Speeches

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

107.6 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.

107.7 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 notion 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.

107.8 Voting

Except when the chairman at his absolute discretion, authorizes 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.

107.9 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.

107.10 Privileged Immunity of the General Assembly

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

108 APPENDIX OFFICIAL AGENDA

108.1 Roll Call of Nations and Delegates Presentation of Credentials of each Nation. Certification of Athletes and Referees

108.2 President's Address

108.3 Minutes of the last General Assembly

108.4 Treasurer's Report – Auditor's report

- a) To examine the accounts of the previous year
- b) To approve the budget for the forthcoming year
- c) Fees (if requested)

108.5 Secretary General's Report

108.6 Committee Reports

(a) Technical Committee (b) Medical Committee (f) Anti-Doping Commission

108.7 Sub-Regional Reports

- (a) Sub-Region 1 (East Asia)
- (b) Sub-Region 2 (South Asia)
- (c) Sub-Region 3 (Central Asia)
- (d) Sub-Region 4 (West Asia)
- (e) Sub-Region 5 (South East Asia)

108.8 Elections

108.9 Proposals

108.10 New Member Applicants

108.11 Action on Delinquent Nations

108.12 Future Championships

108.13 Any Other Business

108.14 Adjournment

109 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:

109.1 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'."

109.2 Action to be taken:

109.2.1 Deletion, or

109.2.2 Addition, or

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

109.3 Text involved

109.3.1 and (109.2.3) 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.

109.3.2 and (109.2.3) above. The text of the addition or insertion, accompanied in the former case by the proposed rule No. or location.

109.4 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 General Assembly. 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 affected, 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.