

## **INTRODUCTION TO THE B.D.F.P.A.**

The British Drug-Free Powerlifting Association was formed in 1989 with the express purpose of providing an alternative national platform for **drug-free** competition. In this connection all BDFPA events and activities take place against the background of the Association's total and unequivocal commitment to a policy of rigorous drug control.

The BDFPA is affiliated to the *World Drug-Free Powerlifting Federation*, and is the only UK powerlifting organization recognized by the international body.

The registered office of the Association is to be sited in England.

## **THE AIMS OF THE ASSOCIATION**

1. To promote and encourage the art and science of Powerlifting as a means to the acquisition or improvement of physical health and development, and as a form of competitive sport.
2. To actively discourage and outlaw the use of drugs as an aid to competitive performance or as an aid to physical development or performance.
3. To promote Powerlifting competitions of all description and make awards as are customary in amateur sport for such competitions. To draw up rules (Bye-Laws) governing the performance of Powerlifting.
4. To train and instruct referees for Powerlifting competitions. To award diplomas and certificates to certify the proficiency of such referees and to maintain a register of such referees.
5. To train and instruct teachers, instructors and coaches in Powerlifting and weightlifting for physical training and competition. To award diplomas and certificates for the proficiency in teaching, instructing and coaching and to maintain a register of teachers, instructors and coaches who have been so qualified.
6. To conduct courses and classes of instruction in Powerlifting and all forms of weight training and to print, publish, issue and circulate such papers, periodicals, books, circulars and other literary undertakings for these or any other purposes as may seem conducive to any of the aims of the Association.
7. To purchase, manufacture, sell and otherwise deal in apparatus and appliances required for or suitable for use with the practice of weight lifting of every description.
8. The BDFPA's emblem and seal shall have inscribed thereon the name of the Association and shall be in any form as may be approved from time to time by the National Council.

## **THE NATIONAL COUNCIL**

1. The BDFPA shall be managed by a democratically elected body of officers and divisional representatives.
2. The managing body shall be known as the National Council.

3. The National Council shall consist of one representative from each Division and the following officers: *President, General Secretary, Treasurer, Championship Secretary, Coaching Secretary, Technical Secretary, Drug Control Secretary, Membership Registrar, Records Registrar(s), Womens' Secretary, Services' Liaison Officer, Youth Development/Incentive Awards Registrar, Publicity Officer, Internet Webmaster, and Newsletter Editor*. More than one position may be held by the same person, but that person may only cast one vote. The aforementioned officers will constitute the BDFPA Executive, and additional positions may be added subject to a majority vote by the National Council. (1997 AGM)

### **THE A.G.M. AND NATIONAL COUNCIL MEETINGS**

1. For the purpose of conducting business at National Council meetings, a quorum shall consist of a majority of its elected officers.
2. All business will be conducted according to Robert's Rules of Order except where otherwise specified by this Constitution.
3. Together with the AGM the National Council has a duty to meet no less than twice every year.
4. Ideally the AGM should be held during the first three months of the year and must be advertised in the Association's newsletter or magazine at least 21 days prior to the meeting.
5. Special meetings of the National Council for any purpose may be called by the President (or a majority of the Executive Officers) upon notice of such time and place as may be stated in the notice. At least ten days notice shall be given prior to a special meeting, and such notice shall specify the purpose of the meeting.  
Where a majority of Executive Officers so agree, voting procedures may be by postal ballot. This may pertain to any issue, including the removal or election of Executive Officers. Where deemed appropriate, these procedures may include the use of Electronic Mail.
6. Items for discussion &/or voting by the National Council - either at an actual meeting or by E-Mail/postal ballot - shall be submitted to the President or General Secretary to be included on the agenda in the following ways: (a) via Divisional AGMs/other divisional meetings, if such matters relate to policy changes, alterations to the Association's rules or Constitution or (b) directly via divisional representatives, if such matters are strictly of a managerial nature. (NC Ballot - July 2002).
7. There shall be such other meetings of the National Council as are deemed necessary to conduct the day to day business of the BDFPA, and to hear any appeals by members who have been subject to disciplinary procedures. The date, time and place of such meetings will be decided by the President in consultation with members of the National Council by mail, telephone or meeting, and advertised in the BDFPA newsletter or magazine at least 21 days prior to such a meeting.  
The National Council has the authority to open all meetings by a majority vote of council members present, to any BDFPA member who, with the prior approval of the President, shall have voice during the Council Meeting but without the right to vote.

8. The President will act as Chairman at the AGM and National Council Meetings and will hold the casting vote only, on all matters to be decided. In the absence of the President the National Council may elect anyone present to take the chair, and such a person will have the casting vote only. Similarly in the absence of the General Secretary, the National Council may elect a person to act as Secretary for the duration of the meeting.
9. Only current BDFPA members may vote at a BDFPA meeting. Non-members may only attend BDFPA meetings with the prior consent of the President or chairman of such a meeting.
10. Any officer who ceases to be a member of the Association must tender his or her resignation.
11. The order of business at Annual General Meetings will be as follows:-
  - a) Roll Call
  - b) Apologies for Absence
  - c) Minutes of the Previous Meeting
  - d) Reports of Officers, Boards and Standing Committees (permanently established)
  - e) Reports of Special (Select or Ad Hoc) Committees (committees appointed to exist only until they have completed a specific task)
  - f) Special Orders (matters that have previously been assigned a type of special priority)
  - g) Unfinished business and General Orders (matters previously introduced which have come over from the preceding meeting)
    - h) New Business (matters initiated in the present meeting)
    - i) Election of Officers
    - j) Any Other Business
12. All BDFPA members are entitled to attend the AGM but only elected members and Divisional representatives may vote. Non-voting members may only contribute to the meeting with the Chairman's permission.
13. A Divisional representative may appoint a nominee if he/she is unable to attend a scheduled meeting of the National Council. The nominee should have written authority from the Divisional representative. (NC Ballot - July 2002).
14. Propositions to National Council or the AGM must be received by the General Secretary, at least 28 days prior to National Council meetings. Propositions received later than the 28 days will only be accepted at the Chairman's discretion.

#### **CHANGE OF CONSTITUTION OR RULES**

1. Alteration to the BDFPA Constitution may only be made at the AGM or at a special meeting called for that purpose.
2. Any change in the Constitution or amendment to rules will take effect 14 days after publication in the BDFPA newsletter or magazine.

#### **NATIONAL COUNCIL OFFICERS AND DIVISIONAL REPRESENTATIVES**

1. All officers with the exception of the President, will be appointed annually at the AGM. Nominations will be received from those present at the meeting.

2. The President shall be appointed for a term of office not exceeding three years.
3. The President may be appointed for successive terms of office.
4. The President may only be relieved of his or her position at a meeting by a voting ballot of no confidence, instigated in the light of extenuating circumstances. Under such circumstances the President will stand down from the Chair and his or her place will be taken by an officer elected by those present and entitled to vote, for the duration of the meeting.
5. The National Council is a self disciplining body. Where a duly appointed National Council member contravenes the disciplinary rules or code of conduct of the BDFPA or patently fails to meet obligations of his or her terms of reference, the President may instigate voting procedures within the National Council to facilitate his or her removal from that body.
6. There shall be no established order of succession to any office. Should any National officer cease, for any reason, to hold office, The President or National Council shall call a meeting and a successor shall be chosen to serve until the next AGM.
7. Any member of the National Council may resign at any time by giving notice in writing to the National Council, the President or General Secretary. Should any Divisional representative cease to hold office for any reason, the President or National Council may appoint a replacement to represent the Division until the Divisional AGM.
8. Divisional representatives may be selected by majority vote at Divisional AGMs. Should a Divisional representative be unable to attend a National Council Meeting, he/she may delegate his/her vote to a member of his or her choice. The President must be notified of such a delegation in writing or by telephone, prior to the National Council Meeting. If there is no Divisional Committee the President may appoint a representative from such a Division (see *B.D.F.P.A. Divisions and Leagues*).

## **SUB COMMITTEES**

1. The National Council may appoint sub-committees whose members need not be members of the National Council. Members of these committees may be invited to attend the National Council meetings to tender expert advice in a non-voting capacity.
2. The Drug Control Secretary also retains the right to appoint a sub-committee, and may enlist the involvement of clinical and other specialists in the field - who are not members of the Association - to serve as associate or advisory members of said sub-committee, provided that the appointment of these persons is with the express approval of the BDFPA National Council. Such persons may not exercise any voting rights on a Drug Control sub-committee, but may act in an advisory capacity only. The sub-committee will make recommendations on matters of policy to the BDFPA National Council where appropriate, via the National Drug Control Secretary (1996 AGM).

## **EXPENSES**

1. The BDFPA does, wherever possible, undertake to repay expenses for duties carried out on behalf of the Association. However, claims to cover the actual amount expended on travelling, subsistence, hotels or other expenses actually or necessarily paid will depend on the financial position of the Association. Expenses over an agreed amount will only be paid on original invoices (1998 AGM).
2. The scale of expenses shall be prescribed by the National Council from time to time.
3. Any member who, because of specific circumstances, will need expenses guaranteed should, prior to the engagement, contact the General Secretary.

## **FINANCIAL OBLIGATIONS AND PURCHASE OF EQUIPMENT, SUPPLIES, AND PROPERTY OR PROPERTY RENTAL.**

1. The National Council may elect to buy equipment, supplies or rent or buy property to facilitate the efficient running of the Association. It may also elect to pay a full-time officer or officers. All such expenditure will be subject to the financial position of the Association.
2. Subject to conditions previously set out, the Treasurer and one other Officer (Secretary or President) may authorise payment and/or assume financial obligations on behalf of the BDFPA. Whenever possible such authorisation should be from the Treasurer and General Secretary.
3. No BDFPA Officer or member may undertake to take over or meet financial obligations that are not of the Association's making or knowledge.
4. The BDFPA reserves the right to dissociate itself from any financial transaction taken without the prior knowledge of the General Secretary.
5. The General Secretary shall ensure that an annual audit of BDFPA finances is conducted and that a balance sheet be available for inspection at the AGM.

## **MEMBERSHIP OF THE BRITISH DRUG-FREE POWERLIFTING ASSOCIATION**

1. Membership of the BDFPA is obtained by the submission of a completed application form. This will include the applicant's signature to a covenant of support for the Association's drug control/ drug testing policies. Members must be normally resident in the United Kingdom, or hold UK or dual nationality.
2. Only current BDFPA members may participate in lifting events (at any level) sanctioned by the Association, and only current members may hold official positions within the BDFPA.
3. All members of the BDFPA must be generally available for drug testing (including **out-of-competition** testing) as determined by the Association or its representatives.

4. The BDFPA will consider applications for membership from former drug users who have ceased the use of all drugs for a minimum of ten years. In the first instance ex-drug users may compete in BDFPA competitions as guests only, with a proviso that they be classified as associate members without voting rights, for a trial period of one year.

5. The BDFPA shall not discriminate against any member on the ground of sex, race, colour or creed or involve itself with any organisation which discriminates against persons on the grounds of sex, race, colour or creed.

6. Inmates of HM Prisons may be accepted and accorded all BDFPA rights and status where practical to do so.

### **INDIVIDUALS INELIGIBLE FOR MEMBERSHIP**

The BDFPA maintains the right if it so chooses, to refuse membership to individuals who :

- a) Are currently under suspension from the BDFPA.
- b) Have previously been expelled from the BDFPA.
- c) Are currently or have been previously suspended by other organizations for offences connected with drugs usage.
- d) Have a history of anti-social behaviour or drug abuse.
- e) Have been or who are involved with organisations or associations whose aims or stance is not considered compatible with the aims and/or stance of the BDFPA.
- f) Have in any way aided or abetted individuals to drug abuse.
- g) Have in any way helped or supported athletes/lifters or sports people to pursue their sporting endeavours when known to be abusing drugs, or those who have supported or participated with organisations whose stance or drug control is not considered by the BDFPA to be compatible with the aims and/or stance of the BDFPA.
- h) Have been or who are involved with organisations which have patently failed to do everything possible to stop drug abuse or have sought to bring drug control methods into disrepute.
- i) Have been or who are involved with organisations that accept as competitors, athletes/lifters under suspension or life ban for drug abuse or anti-social behaviour.
- j) It feels are in any way unsuitable, without giving a reason.

### **CONDITIONS OF MEMBERSHIP**

1. Membership of the BDFPA shall be by annual subscription. The annual subscription becoming due on the first day of January each year. The National Council may alter the rate of subscription as and when it may see fit to do so. Applicants must sign the BDFPA membership form, which includes a drug covenant and requires personal details.
2. No person may join the BDFPA under a pseudonym (fictitious name). No member may adopt a pseudonym within the BDFPA. Any person attempting to join the BDFPA under a pseudonym or providing false information on the membership application form, will have his or her membership declared null and void. Any monies paid will not be returned to the applicant.
3. The BDFPA will attempt to provide a newsletter free with the membership but may, if the National Council sees fit to do so, make a charge for such a newsletter and vary the charge as and when it sees fit so do so. The

BDFPA will make a charge to non-members for the newsletter. A photocopy of the BDFPA magazine or newsletter will be sent to the President for vetting, prior to printing (1994 AGM).

4. With the exception of the Master of Ceremonies, Recorder, Timekeeper, Marshals and loaders, only BDFPA members may compete in or officiate at BDFPA proceedings.
5. Persons who are accepted as members will be issued with a membership card as a receipt for monies paid.
6. To enable out of competition drug testing to be done at short notice, any member who changes his or her address, must notify the Drug Control Secretary and Divisional and National Membership Secretary prior to such a change of address. If the date of the change is doubtful, an emergency telephone number should be supplied. (N.B. Failure to comply with these requirements could result in sanctions against the member concerned.)
7. All members are expected to abide by the rules and regulations of the BDFPA and any failure to do so, including behaviour which would render a person ineligible for membership, will result in that member being subject to disciplinary procedures. This includes anti-social behaviour or any behaviour which may be considered to be obstructive or detrimental to either the smooth running or image of the BDFPA.

#### **DISCIPLINARY PROCEDURES**

1. The BDFPA maintains the right to insist that its standards of behaviour, presentation and Rules are strictly enforced. Any member whose behaviour may be considered to be in breach of the Rules or Constitution, or unacceptable to the BDFPA's standards of behaviour, will be subject to disciplinary procedures which may result in: a request for a letter of apology, a suspension and/or a ban from membership.  
This includes any action which, if pursued as an existing member, would result in an applicant being considered ineligible for membership.
2. Any complaint regarding undisciplined anti-social behaviour likely to bring the BDFPA into disrepute will, in the first instance, be brought to the attention of the President, whose prerogative it is to decide whether the offence is of a nature to warrant a Warning of Conduct and to request a written letter of apology from the offender. If a satisfactory letter of apology is forthcoming, the matter is ended. If no letter of apology is forthcoming within 14 days of the request being received by Registered Letter, or if the apology is deemed to be unsatisfactory, the President shall consult all available members of the Executive Council to determine whether or not it is the majority view that the subject of the complaint warrants further disciplinary action. (1996 AGM)  
Where such action is considered by a majority of National Council members to be appropriate, the President may instruct the Disciplinary Committee to convene to consider the matter and take whatever steps it deems necessary. In the event of a tied vote, the President shall make the decision whether or not to proceed with further disciplinary action. For procedures following notification of a positive test by drug control agencies, see '*Drug Control Procedures*'.
3. The BDFPA Disciplinary Committee shall consist of two members of the National Council, plus one divisional representative from a different division to the person facing charges.

In the event of an appeal the second Disciplinary Committee shall consist of two Executive Council members other than the original two, and one divisional representative from a different area and also different from the original one.

In the absence of the President, a chairman may be proposed and elected by the remainder of the members of the Disciplinary Committee. (1996 AGM)

4. The Disciplinary Committee shall discuss the known facts and details, and consider the implications. It shall be empowered to suspend for a period not exceeding one year, any member found guilty of behaviour which is not considered consistent with that required under the BDFPA Constitution. It is also empowered to ban for any period up to life, any member who commits a serious offence according to the BDFPA Constitution.
5. A suspended or banned member may be excluded from dressing rooms, warming-up areas and platform areas.
6. A suspended member remains within the body of the Association, but his or her involvement is deemed to be in limbo and he/she may not compete, referee or act in any official BDFPA capacity.  
A suspended or banned member may help or coach other lifters on a personal basis, but may only do so in official BDFPA warm up or lifting areas with the permission of the Technical Officer for the event.  
The behaviour of any member suspended from BDFPA activities will be assessed and if not considered in keeping with the rules regarding acceptability for membership, he/she may be subject to further disciplinary procedures or refusal of membership at renewal date.  
A suspended member may attend all BDFPA competitions as a spectator and his or her activities within his or her own club or training environment are not subject to the BDFPA's jurisdiction.
7. The Disciplinary Committee Secretary shall inform the General Secretary of all decisions. The BDFPA National Council shall be informed by the General Secretary of all decisions of a disciplinary nature.  
Prior to a Disciplinary Committee convening, a member accused of an offence shall be required to appear before that body, having been given at least 14 days notice by Registered letter sent to the last known address. Failure on the part of the member to attend the hearing will not prejudice the Committee's deliberations and the matter will be considered in his/her absence. The member may defend his/her actions by letter which should be forwarded to the Disciplinary Committee Secretary, to arrive before the hearing. The member may choose to conduct his/her defence or be represented in his/her absence or presence, or to have with him/her a friend for moral support.
8. A member thus suspended by the Disciplinary Committee shall be informed by the General Secretary by registered letter of his/her right to appeal.
9. For subsequent action see '*Rights of Appeal*'.
10. All decisions of a disciplinary nature (but not letters of apology) shall be published in the "Official Notes" of the newsletter.
11. It must be noted and emphasised that, where a member is suspended or expelled from the BDFPA, this will in no way prejudice his affairs or dealing with the club or institution with which he/she may be connected by membership or ownership. Nor shall the BDFPA, by deed or implication, presume upon a suspended or expelled member's continued membership of his/her registered club or institution. However, where a suspended member's



club or institution is promoting BDFPA proceedings, that same suspended or expelled BDFPA member may not enter into, take part in nor assist in any ancillary capacity in those same BDFPA proceedings (see paragraph 5).

12. A suspended or expelled member is free to comment upon or criticise any aspect of the BDFPA, his/her suspension or expulsion proceedings, the BDFPA members, the BDFPA officers - subject to and pursuant upon the constraints of good taste, decorum and the Laws of the Land.  
The suspended or expelled BDFPA member may not use the pages of the BDFPA newsletter to argue the rights and merits of his/her case.
13. The BDFPA and its Officers shall not harangue, criticise nor defame a suspended or expelled member by public pronouncement or writings. Public pronouncement will only state the members punishment and for what reason. BDFPA Officials involved in disciplinary proceedings shall not publicly speculate further nor elaborate upon decisions made under their aegis.

### **RIGHTS OF APPEAL**

1. Any member feeling aggrieved by the decisions or actions of the Disciplinary Committee, may appeal direct to the full National Council of the BDFPA by lodging a letter of appeal with the General Secretary, not more than 14 days after notification of disciplinary action. The written appeal must be accompanied by a pledge of £20 which will be returned to the Appellant if the appeal is upheld and not considered to be of a frivolous nature. If no letter of appeal is received within 14 days of notification of disciplinary action, the decision of the Disciplinary Committee will be considered final and irrevocable.
2. The forwarding of an appeal letter and pledge does not confer any rights on the Appellant and he/she is deemed suspended from all BDFPA activities from the date of receiving notification of suspension or expulsion, until such time as his/her appeal is heard.
3. All appeals must be directed via the General Secretary to the National Council, who are obliged to respond to the Appellant's grievance within 28 days of receiving his/her letter and financial pledge. The Appellant shall be granted at least 14 days' notice of the precise date, time and venue of the hearing. The General Secretary shall discharge these details by Registered Letter.  
The BDFPA President will decide on the hearing date, time and venue.
4. The National Council shall hear all the facts and evidence during which the Appellant is permitted to act as advocate in his/her own defence - or he/she may appoint any person to plead his/her defence on his/her behalf.
5. The decision of the National Council on Appeals shall be final and binding. The President shall instruct the National Council to act on the findings of the appeal and then instruct the General Secretary to inform the Appellant of the findings by Registered Letter.

### **DRUG CONTROL POLICY**

The BDFPA is a governing body unequivocally committed to drug-free sport in

general, and to drug-free powerlifting in particular. Accordingly, it is expected that all members, lifters and officials share these convictions, and that their total support for, and co-operation with, the drug control and testing policies of the Association can be relied upon.

## **DRUG ABUSE**

1. Drug abuse is strictly forbidden and the BDFPA will ban for life any member found guilty of drug abuse, subject to a right of appeal as set out in the disciplinary rules.
2. Drug abuse is the use by, or distribution to, a sportsman or sportswoman (the competitor) of any substance defined as banned by the BDFPA (see paragraph 6).  
The identification of a substance and/or metabolites of a doping class in a competitor's urine or other sample will constitute an offence. Evidence of blood doping, pharmacological, chemical or physical manipulation may also be considered an offence which may be penalized.
3. Any member or potential member must, at any time if requested by the BDFPA Drug Control Secretary or other designated official, submit to a drug test at a moment's notice. Refusal to do so or indulging in any behaviour considered by the Disciplinary Committee to be obstructive or lacking in co-operation prior to, during or following the giving of a urine sample or any other form of drug testing, will be considered a positive test. The BDFPA membership form which must be completed and signed by all members, includes a drug covenant clearly stating that a member agrees to do everything in his or her power to enhance and ease the practical aspects of the testing procedure. As such, a member's responsibility to co-operate does not start and end with the giving of a urine sample.
4. Any member found guilty of advising athletes or lifters on how to abuse drugs will be banned for life.
5. If, on analysis by a reputable body, a urine sample is found to contain a substance banned by the BDFPA, or indicates the use of any agent which the BDFPA considers as constituting drug abuse, this will be regarded as a positive test and is grounds for a life ban. Under exceptional circumstances the taking of a banned drug may be considered by the Disciplinary Committee or National Council, following an appeal, not to constitute drug abuse.
6. Banned substances are as detailed on the International Olympic Committee (IOC)/ W.D.F.P.F. list of banned substances, contained in the BDFPA Handbook (see Contents Page). The BDFPA reserves the right to add to or subtract from this list any substance which it feels is relevant or irrelevant to what constitutes drug abuse. The BDFPA will notify the Sports Council Doping Control Unit of any such alterations.
7. In the case of out of competition drug testing, the Disciplinary Committee will decide what drugs or what dosage of any given drug, constitutes drug abuse, in consultation with an official IOC accredited drug control body. Similarly the Disciplinary Committee may decide that following an in or out of competition drug test, the taking of what may be considered an excessive amount of a non-banned substance, constitutes drug abuse.
8. It is incumbent on all BDFPA members to check with the BDFPA Drug Control

Secretary or UK Sport's '*Drug Information Database*', whether any substance they may wish to ingest, is on the banned list. The use of products which can be legally purchased may in some cases, still lead to drug test failures (positive test results).

Similarly, certain commercially available products described as 'nutritional supplements' may contain banned substances. Commercially available products are not exempt from the WDFPF list of banned substances (NC Ballot - July 2002). Members are considered personally responsible for ensuring that any medications or nutritional supplements which they use do not contain substances banned by the WDFPF and BDFPA. As a general rule, a claim by a member failing a drug test that he/she did not know that they had ingested a banned substance - will not be regarded as a valid defence. Ignorance of what constitutes a banned substance will not normally be considered grounds for an appeal against a ban for a positive drug test.

9. A list of suggested alternative medications (which do not contain banned substances) is maintained by the Sports Council. Copies may be obtained from the Drug Control Secretary on request.
10. Any lifter, official or coach found guilty of drug abuse and banned for life, will have all records, titles and performances removed retrospectively.
11. All diabetics must inform the Drug Control Secretary of their condition so the BDFPA can test for insulin abuse. If a positive test for insulin is then recorded and the member has not informed the Drug Control Secretary, that member may be banned from the BDFPA for life. The BDFPA may also test for stimulants (1998 AGM).

## **DRUG CONTROL PROCEDURES**

1. Drug testing shall be by urinalysis or any other method approved by the BDFPA, and wherever appropriate shall be conducted according to WDFPF rules and procedure.
2. Drug testing **in competitions** will be conducted as required. The testing of a minimum of 10% of the total number of competitors is mandatory at National or International competitions staged by the BDFPA (NC Ballot - July 2002).
3. Drug testing **out of competition** will be conducted wherever and whenever this is considered necessary, and normally without any prior warning or notice to the individual concerned. Out of competition tests conducted at divisional level will be by arrangement with the Drug Control Secretary.
4. The BDFPA reserves the right to conduct as many tests - in or out of competition - on any particular individual - as it sees fit.
5. The Association may choose either to take into account - or to ignore - a member's drug testing history in other organizations.
6. **Negative Test.** Subsequent to negative test results, the President will be notified in the first instance. The Newsletter Editor will then be notified so that the result may be published at the earliest opportunity.
7. **Positive Test.** Following notification of a positive test the Drug Control Secretary will notify the President, who will instruct the General Secretary to notify the person concerned, by registered Letter to his or her last known

address, that a banned substance has been found in the "A" sample - and provide copies of laboratory data.

The competitor should be invited to provide an explanation of the findings and should also be advised of his/her right to have the "B" sample analysed and of his/her right to attend or be represented at this analysis. At this stage the competitor will also be advised of the date of a disciplinary hearing (which must take place not less than 14 days after receipt of this letter), and of his/her rights of defence (see '*Disciplinary Procedures*' - no. 7).

Analysis of the "B" sample should normally take place within 7 days of notification of a positive "A" sample. The competitor will also be notified that a positive "A" sample renders a competitor suspended from BDFPA activities from the date of notification to the date of the Disciplinary Hearing.

If "B" sample analysis is requested to confirm the "A" sample finding, arrangements for sample analysis should be made by the Drug Control Secretary with the relevant drug control agency. If analysis of the "B" sample is not requested it will be assumed that the competitor accepts the result of the "A" sample analysis and he/she will be judged accordingly.

8. The Disciplinary Committee shall convene to decide whether the result of the drug tests or tests, constitutes drug abuse and the General Secretary will be informed of their conclusions. If the Disciplinary Committee decide that the competitor is guilty of drug abuse, the General Secretary will inform the competitor by registered letter to the last known address that his/her membership is suspended for the remainder of the current year and that from then on a life ban is imposed. The competitor will also be informed of his/her right to appeal (see Appeal Procedures).
9. The results of a positive drug test and penalties imposed by the Disciplinary Committee shall be published in the BDFPA Newsletter at the earliest possible opportunity. Similarly the result of appeals will also be published at the earliest possible opportunity.

## **PENALTIES**

1. Any member found guilty of drug abuse as detailed in the previous sections, shall receive a life ban from the BDFPA subject to the aforementioned procedures and rights of appeal.
2. The BDFPA regards Beta Blockers as acceptable medication. Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. The Disciplinary Committee will decide the penalty subject to the following criteria:
  - (a) Up to 10 ppm will result in a warning.
  - (b) Over 10 ppm will result in a two year ban (and the removal of any title, placing and records set, if the result of an *In Competition* Test).
  - (c) A second positive Ephedrine test will result in a lifetime ban from all BDFPA involvement.
3. Under exceptional circumstances, a positive test for any substance on the BDFPA/ WDFPF Banned List may not be regarded as drug abuse, subject to the Disciplinary Committee's decision.

## **DRUG CONTROL SECRETARY**

1. The Drug Control Secretary is responsible to the National Council for the implementation of the BDFPA drug control and testing policy.
2. The Drug Control Secretary shall initiate all the testing procedures except where Divisional Sampling Officers, Government or other BDFPA approved agencies are in control. In this case the Drug Control Secretary will act as a liaison officer between such agencies and the BDFPA.
3. The Drug Control Secretary or an official designated by the Drug Control Secretary, will ensure that everything possible is done to facilitate the sampling procedures. The Drug Control Secretary or an official appointed by the Drug Control Secretary, may carry out the urine sampling procedures but may not take samples from his/her own club members or members of his/her immediate family.
4. Other duties of the Drug Control Secretary include:
  - (a) Obtaining drug testing kits and documentation for use as necessary.
  - (b) Receiving all drug test results and related documentation.
  - (c) Notification of drug test results to the President.
  - (d) Where possible, the conduct &/or supervision of drug testing in national competition or at international events staged in the U.K.
  - (e) Registration and training of Divisional Sampling Officers.
  - (f) Making such policy recommendations to the National Council as are appropriate in the light of updated knowledge and information on drug-related issues.
  - (g) Liaising with approved laboratories as required.
  - (h) Any relevant international contact on drug-related issues.

## **B.D.F.P.A. DIVISIONS AND LEAGUES**

For purposes of promoting and administering local competitions, the BDFPA is currently divided into the following regions or *divisions*:

NORTH-EAST - Yorkshire/ N.Humberside/ Cleveland/ Durham/ Northumberland (incl. Tyne & Wear)

NORTH-WEST - Lancashire/ Cumberland/ Westmoreland/ I. of Man

NORTH MIDLANDS - Cheshire/ Derbyshire/ Nottinghamshire/Lincolnshire/ S.Humberside

WEST MIDLANDS - Shropshire/ Staffordshire/ Worcestershire/ Herefordshire/ Warwickshire/ Gloucestershire/ W.Midlands

EAST MIDLANDS - Hertfordshire/ Buckinghamshire/ Bedfordshire/ Oxfordshire/ Northamptonshire/ Leicestershire

SOUTH - Berkshire/ Wiltshire/ Hampshire/ Dorset/ I.O.W./ Channel Islands

EAST - Norfolk/ Suffolk/ Essex/ Cambridgeshire/ Huntingdon

SOUTH-WEST - Cornwall/ Devon/ Somerset

SOUTH-EAST - Gtr. London/ Surrey/ Kent/ Sussex

SCOTLAND

WALES

NORTHERN IRELAND

N.B. These boundaries are subject to change should the National Council deem it necessary. The Association may from time to time create or disband divisional associations, or re-define divisional boundaries at its discretion.

Members who are unclear as to the division in which they reside should contact a member of the BDFPA Executive for clarification.

1. Where possible each Division shall be constituted and its affairs carried out in accordance with By-Laws in that behalf to be made by the National Council, and shall have such powers and duties as the National Council may from time to time think fit.
2. A Divisional Council may be elected by members residing in the territorial area of such Division. The method of election and the respective number of the divisional councillors shall from time to time be laid down by the National Council.
3. The National Council may at any time form, reconstruct or disband any divisional Council, and either call a General Meeting of the division to elect a new Divisional Council or nominate such members from members of the Division as they deem sufficient, to act as the new Divisional Council.
4. Members who change their residential address from one Divisional area to another may only vote at one Divisional AGM per year, and may only compete in one county and/or divisional or group of Divisional Championships per year.
5. A Divisional Council may make Divisional By-Laws for the management of divisional business provided that such By-Laws shall not override, contravene or be inconsistent with any Article, By-Law, Standing Order or Rule governing performance of the Association. The National Council shall have the power at any time to vary or rescind any Divisional By-Laws.
6. The point at which divisional affairs cease to be administered by an appointed 'divisional representative' and are administered by a Divisional Council - and subject to the consultation of divisional members - shall be determined by the BDFPA Executive Council. (1996 AGM)
7. No Division or Divisional Council shall have any power to pledge the credit of the Association, not incur any liability whatsoever on behalf of, or in the name of the Association without the consent in writing of the National Council first having been obtained.
8. Divisional Representatives to National Council: (See '*National Council Officers & Divisional Representatives*' - no. 8.)
9. Clubs or members may group themselves into a league for the purpose of holding powerlifting matches or competitions and other activities subject to compliance with the Constitution and By-Laws of the Association and approval by the National Council.

## **THE DIVISIONAL A.G.M.**

1. Divisional Associations are required to hold an Annual General Meeting. Ideally, this shall be held at some time during the three months prior to 31st December every year. All members residing in the territorial area of the Division shall be entitled to attend the General Meeting of that Division. Such meetings must be advertised to all current members within the division, giving at least 30 days' notice, and notification of a provisional agenda.
2. Each member attending shall produce his or her membership card and sign the attendance register before entering the meeting.
2. The business to be transacted at a General Meeting of a Division shall be:-
  - a) To receive the Secretary's Report.
  - b) To receive the Membership Registrar's Report.
  - c) To elect Divisional officers, including a Chairman for purposes of conducting the meeting.
  - d) To elect a member of the National Council.
  - e) To make recommendations to the Annual Meeting of the National Council to vary or add to the By-Laws, Standing Orders and rules governing performance of the Association.
  - f) To transact any other business.
3. All contested elections shall be by ballot.
4. A quorum for Divisional Meetings will be a majority of the elected officers.
5. Motions approved by simple majority at a Divisional A.G.M. may be submitted to the BDFPA General Secretary for inclusion onto the agenda of the National A.G.M.

## **DIVISIONAL OFFICERS**

Each Divisional Association will elect the following officers:

*Divisional Secretary*

*Divisional Membership Registrar*

*Divisional Records Registrar*

*Divisional Representative for the BDFPA National Council* (this may be one of the above)

In addition, at least one *Drug Control (Sampling) Officer* must be nominated for the division, and names submitted to the National Drug Control Secretary for approval. Divisional Sampling Officers will be trained by arrangement with the National Drug Control Secretary or the National Executive Council.

## **DIVISIONAL ASSOCIATIONS - OBJECTIVES & FUNCTIONS**

(1) To promote the sport of powerlifting, by organizing at least one divisional competition each year. Additionally, other events such as county championships/ inter-club leagues etc. may be promoted as desired. Divisions are encouraged to regard such local competitions primarily as a means of recruiting new members to the BDFPA, and to give adequate publicity to such events as will ensure good and improving levels of participation.

- (2) To promote powerlifting and weight training as appropriate in Leisure Centres/ Educational Establishments/ Youth Clubs etc.
- (3) To encourage the training of coaches & instructors for this purpose.
- (4) To recruit divisional referees.
- (5) To encourage the involvement of members in the administration of their division.
- (6) To promote the use of the Association's Incentive Awards schemes.
- (7) Divisional Associations are encouraged to regularly produce and distribute their own bulletin or news-sheet to members in the division.
- (8) Divisional Associations may, at their own discretion, establish and maintain a bank account for the promotion of divisional activities, providing that no aspect of such arrangements conflicts with the rules and administration of the BDFPA as a whole. If a divisional bank account is set up, a Treasurer must be elected to administer the account, details of which must be made available to members at the Divisional A.G.M.
- (9) Divisional Associations may organize any competitive or other activities which do not conflict with the BDFPA Rules or Constitution, and are not held to be against the Association's interests in any way.

## **DIVISIONAL RECORDS**

Divisions must maintain lists of records for all categories of lifting recognized and sanctioned by the BDFPA. The Divisional Association may, at its discretion, issue certificates to those who establish or exceed divisional records.

## **THE 'HOME COUNTRIES' POLICY**

1. For purposes of international competition, the rules of the World Drug-Free Powerlifting Federation permit the separate participation as **countries** - of *England, Scotland, Wales & Northern Ireland*. Accordingly, although the latter three regions of the United Kingdom are required to be established and to function as Divisions of the BDFPA in the normal way, they may each seek affiliation to the W.D.F.P.F. - either as (1) 'national' bodies in their own right, provided this process does not otherwise conflict with their BDFPA divisional status in any way, or (2) under the W.D.F.P.F. 'single & below minimum' registration process by virtue of their status within the BDFPA.
2. BDFPA divisions operating under the 'Home Countries' policy may apply their own criteria for international team selection. The only exception to this relates to the Association's general policy of permitting access to national or international competitions - only to lifters with a minimum three months' membership of the BDFPA, and a track record of at least ONE preliminary competition. Under no circumstances may these criteria be set aside without the express permission of the BDFPA Executive Committee.



3. Divisions operating under this policy are not obliged to enforce minimum standards when selecting team members for the W.D.F.P.F. platform. However, it is recommended that in order to maintain the quality and credibility of international competition, standards of lifting at or above the **gold** grades of the BDFPA Incentive Schemes (including allowances) should generally apply.

### **CHAMPIONSHIPS, COMPETITIONS AND MATCHES**

1. All championships, competitions and matches involving Powerlifting will be carried out under the Bye-Laws (rules and regulations concerning the sport of powerlifting) of the BDFPA.
2. No championship, competition or match will be planned or executed without the permission of the BDFPA Championships Secretary. A permit for any sanctioned event, including competitions on combined or individual lifts, must be obtained from the Championship Secretary. (N.B. Bids to organize British or WDFPF International Championships do not require a permit, but must be approved by a majority vote of the BDFPA National Council.)
3. Competitors at all BDFPA events must produce proof of membership at the scales prior to being weighed in.
4. The British Single Lift Championships are part of the BDFPA calendar, but should not be held in a period coinciding with other major competitions. (1997 AGM)

### **INTERNATIONAL COMPETITIONS AND MATCHES**

1. The National Council may align itself to any international Powerlifting organization that it feels is compatible with the aims of the BDFPA, and will seek to ensure that the BDFPA's Rules and Regulations governing the sport of Powerlifting are kept the same as the rules governing Powerlifting performance in such an international body. The BDFPA, through its National Council, retains the right to withdraw from any international organisation which it is felt no longer performs in a manner compatible with the aims of the BDFPA.
2. The National Council does, however, retain the right to apply its own rules and regulations to competitive powerlifting at any level even if not consistent with international rules and regulations.
3. No member may compete in, organize or take part in any international competition without prior permission from the BDFPA Championships Secretary or the National Council.
4. Priority selection for the England team will be the highest placed available person in each weight class at the preceding British Championships. It is recommended that teams from Scotland, Wales & N.Ireland adopt the same procedures. (1997 AGM) - See '*Selection & Qualification of Lifters*'

### **AMATEUR & PROFESSIONAL STATUS**

The definition of an amateur is a person who has never received a money prize for a Powerlifting competition or sold for money any prize received for Powerlifting competition. Any person indulging in such a practice will be suspended from BDFPA competitions until such time as the National Council may see fit to reinstate such a member. It is however, recognised that amateur/professional status is rapidly becoming an outmoded concept and the BDFPA - through the National Council - may at any time it sees fit, cease to differentiate between amateurs and professionals.

### **MEDIA PUBLICITY**

1. Only members of the BDFPA National Council may make public statements of policy via the press, television, radio or the internet. Public statements made by members who are not National Council Officials, are considered to be personal opinions and the BDFPA will not be held responsible for any legal repercussions resulting from such statements.
2. Members who make public statements which could in any way bring the BDFPA into disrepute will be liable to disciplinary action by the National Council.

### **DISTRIBUTION OF ASSETS UPON DISSOLUTION**

In the event this Association dissolves and its assets are liquidated, after paying necessary winding up expenses, the remaining assets shall be distributed as determined by the National Council at that time.