

Cambridge University Powerlifting Club Constitution

1. Name

- a. The name of the Club shall be “Cambridge University Powerlifting Club”, or simply “CUPLC”, and hereafter referred to as “the Club”.

2. Objectives

- a. The Club’s aims shall be two-fold:
 - i. To assemble a team of powerlifters to compete against Oxford in the Powerlifting Varsity Match.
 - ii. To educate and train its members in the sport of Powerlifting.
 - iii. To encourage its members to compete in competitive Powerlifting.

3. Membership

- a. Membership of the club shall be restricted to full members
 - i. Students, alumni fellows, academic staff and Sports Centre staff are eligible for full membership
- b. Full Membership of the Club shall be open to all members of the University.
- c. Membership is not valid unless the individual signs the current code of conduct.
- d. There shall be an annual membership fee, which shall be set at the discretion of the committee.
 - i. Alumni shall be entitled to pay a one-off fee to obtain lifetime full membership
- e. Entry to meetings will be free and open to all members of the club
- f. In exceptional circumstances, committee reserves the right to refuse or revoke membership. A motion to revoke membership will require two thirds of the Committee present in favour of the motion.

4. The Committee

- a. The committee shall consist of members of the club, and composed as follows.
 - i. The Executive Committee shall consist of the following:
 1. President, CUPLC Men’s Captain, CUPLC Women’s Captain, Junior Treasurer, Secretary
 - ii. The Committee shall consist of the following:
 1. The Executive Committee and the Social Secretary, Stash Officer, Webmaster, Social Media Officer Health & Safety, and 2 Welfare Officers of different gender representations
- b. Day-to-day management of the club shall be in the hands of the Committee, which shall normally be elected at the Annual General Meeting (AGM).
- c. The president can co-opt non-voting members onto the committee at any time
- d. All posts shall be elected by the members of the Club as Section (6 f)
- e. A majority of the elected members of the Executive Committee shall be full-time undergraduate or postgraduate students of the University.
- f. Election to any of the posts within the Executive Committee is open to people of all religions, races, genders, sexual orientation and political views.
- g. Meetings of the Executive Committee shall be chaired by the President. In the absence of the President, a chairperson shall be selected from the Executive Committee. The

quorum for a meeting of the executive committee shall be four members and a written record of each meeting shall be kept by the Club's Secretary.

- h. The Executive Committee shall meet at least twice a Term, preferably at the beginning and end of Full Term.

5. Committee Changes

- a. At a Committee meeting, a challenge to a post on the Executive must have at least two thirds of the total Committee present in favour of the motion. Following a successful challenge to any of these offices, an EGM must be called, in accordance with Section (6 f).
- b. A Committee member may be expelled from the Committee provided that at least two thirds of the total Committee present are in favour of the motion.
- c. An ordinary member may, if he/she is willing, be co-opted onto the Committee provided that at least two thirds of the total Committee present are in favour of the motion. If no such majority is obtainable, an EGM may be called in accordance with Section (6 f).
- d. In the event of a member of the Executive resigning, a Committee member may be co-opted into the vacant position provided that at least two thirds of the total Committee present are in favour of the motion. If no such majority is obtained an EGM shall be called in accordance with Section (6 f).

6. General Meetings

- a. The Club shall hold an AGM during each academic year. The AGM shall be held in Cambridge during Easter Full Term. All members shall be entitled to attend and vote at any General Meeting. At least fourteen days written notice shall be given to members before the AGM.
- b. The AGM shall approve Minutes of the last General Meeting and the Club's Accounts for the preceding year, elect the Executive Committee for the year ahead and conduct such other business as is necessary.
- c. Candidates for election to office shall be proposed and seconded by two other members. Every motion at a General Meeting shall be proposed and seconded by two members. Voting shall be by secret ballot and if there are more than two candidates for a post or more than two options on a motion, voting shall be by Single Transferable Vote.
- d. The chair of the meeting may not vote.
- e. In the case of a tie, the chair shall have the option of a single casting vote.
- f. An Extraordinary General Meeting (EGM) may be held at any time during Full Term. It shall be held in Cambridge and may be called by the Executive Committee or at the written request of at least ten members. Twenty-one days written notice shall be given to members before an EGM is held. An EGM shall have the same powers as an AGM.
- g. The President shall take the Chair at any General Meeting. In the absence of the president, the president shall nominate a member of the executive committee as chair. The quorum for a General Meeting shall be five members and a written record of every General Meeting shall be kept by the Secretary.

7. Financial Matters

- a. The Club shall maintain a banking account with a suitable Bank or Building Society to hold the Club's funds.
- b. It shall be the responsibility of the Junior Treasurer to ensure that monies received are properly accounted for, that the Club's financial records are kept in good order, and that the audited accounts are sent to the Junior Proctor annually as a requirement for registration.
- c. The Senior Treasurer shall make arrangements for the Club's Accounts to be properly audited, either by himself or herself, or by some other person approved under University Ordinances.

- d. The Senior Treasurer shall not be liable for any financial debt or other obligation of the Club unless he or she has personally authorised such a debt in writing.
- e. For so long as the Club shall be registered with the Junior Proctor, it shall be the duty of the Executive Committee to ensure that the Club complies with the requirements for Registration as a University Club.

8. Amendments

- a. The Constitution may be amended at a General Meeting.
- b. Amendments will be proposed and elected as motions as in Section (6 c).
- c. In exceptional circumstances to bring the constitution into agreement with the University of Cambridge Department of Sport's directives, the constitution may be voted on by members in electronic secret ballot.

9. The Varsity Match

- a. This shall be an annual competition between Cambridge University Powerlifting Club and Oxford University Powerlifting Club.
- b. One Cambridge team shall compete against one Oxford team.
 - i. Each team shall consist of at least 12 competitors.
 - ii. Competitors must be members of their respective clubs.
 - iii. Both teams shall be open to men and women.
- c. Responsibility for the organisation of the varsity match shall alternate between the executive committees of the Club and Oxford University Powerlifting Club.
 - i. Deviations from this arrangement are permitted so long as a majority of the Club's executive committee are in favour.
- d. The Club's team shall be selected from the Club's members by the President and Captain.
 1. Selection for The Club's varsity team shall be based on merit only.
 2. Candidates for The Club's varsity team will be ranked according to the IPF Scores achieved that academic year, and the candidates with the highest IPF scores will be selected for the varsity team.
 - a. Work ethic, behaviour, availability and injury will also be taken into account in deciding a candidate's suitability for the varsity team.
- e. The rules of competition will be the most recent version of the IPF technical rule book.
 - i. Only rules from the following sections of the IPF technical rulebook shall apply to the varsity match: "PERSONAL EQUIPMENT", "POWERLIFTS AND RULES OF PERFORMANCE", "WEIGHING IN", "IPF RULES FOR CLASSIC (RAW/UNEQUIPPED) LIFTING", "REFEREES".
 1. There shall be no approved list of manufacturers for personal or other equipment so long as the item meets the specifications as outlined in (9 e i).
 - ii. Any rules not outlined in the sections of the IPF technical handbook mentioned in (9 e i) must be agreed upon by the President and Captain of the Club and the executive committee of Oxford University Powerlifting Club at least 21 days in advance of the varsity match.
- f. The winning team shall be decided as follows:
 - i. The IPF scores of all competitors calculated.
 - ii. The highest 8 IPF scores from each team shall be summed to give an overall score for that team.
 - iii. The team with the highest overall IPF score is the winning team and shall receive the Varsity Trophy at the end of the Varsity Match.

- g. Changes to the varsity match rules must be agreed at least 6 weeks in advance of the competition date
- h. In the case that changes to the varsity match rules are changed by Oxford University Powerlifting Club with no agreement by CUPLC, the Club has no obligation to compete and may declare the Varsity match null and void at the discretion of the executive committee.

10. Hodgson-Ghareeb Tankards

- a. The Men's Hodgson-Ghareeb tankard and Women's Hodgson-Ghareeb tankard shall be awarded to the man and women with the highest powerlifting total recorded that academic year.
- b. The Hodgson-Ghareeb tankards shall be awarded at each AGM.

11. Dissolution

- a. The Club may be dissolved at a General Meeting provided that at least Twenty-one days written notice of the intention to dissolve the Club has been given to the members. At least two thirds of those present and voting at the General Meeting must vote in favour of the motion for Dissolution for it to be effective. Dissolution must be proposed by a member of the executive committee.
- b. Any motion for Dissolution of the Club shall provide that assets remaining after all liabilities have been met shall be transferred either to another Registered University Club, or to the Club's Syndicate.

12. Equipment

- a. The Health and Safety Officer has the power to revoke an individual's right to use CUPLC equipment

13. Grievances

- a. The club shall have a grievance procedure, through which any member may object to any decision made by the administration and force a review of that decision.
- b. A member shall not be disadvantaged in any way as a consequence of appealing a decision, unless that appeal had no realistic chance of success.
- c. A copy of the grievance procedure shall be available to any member.
- d. The grievance procedure and any changes to it must be approved by majority vote at a quorate General Meeting.

14. Policy Changes

- a. Major policy changes proposed by the President or Exec should be presented to the Committee for consideration (and if appropriate a formal vote), unless there is insufficient time to do so. In the latter case the decision taken should be reviewed by the Committee at the next opportunity.
- b. Decisions made by the current or by a previous Committee may not be reversed without a vote by the Committee, or AGM, or EGM, except in an emergency requiring action by the President before a Committee meeting could be called.
- c. A motion is carried if more people vote for it than against; a motion is not carried if more people vote against it than for it, except where stated otherwise.