



**IRISH
POWERLIFTING
FEDERATION**

**Irish Powerlifting Federation
CONSTITUTION**

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CONSTITUTION

1. The name of the unincorporated association is the **Irish Powerlifting Federation** (the “**federation**”).

2. Objects

2.1 The principal object for which the federation is established is to be the national governing body for the sport of powerlifting in Ireland, and to have ultimate responsibility for national and international aspects of the promotion and governance of powerlifting in Ireland.

2.2 The subsidiary objects of the federation, which must be exercised in furtherance of the main object of the federation, will be established in the By-Laws and exercised by the executive committee.

3. Powers

The powers of the federation shall be:

3.1 To generate income to advance the principle object of the federation;

3.2 To promote, develop and further the principal object of the federation by any appropriate means;

3.3 To solicit, receive and hold donations, grants, contributions, subscriptions, gifts and bequests of all kinds;

3.4 To take over, purchase, lease, exchange, hire or otherwise acquire any real, leasehold or personal property and to sell or dispose of the undertaking or to otherwise deal with any property of the federation or any part thereof for such consideration as the federation may think fit, to lease, mortgage, exchange, develop, enfranchise, turn to account or otherwise deal with all or any of the property and rights of the federation;

3.5 To receive grants, donations, contributions, subscriptions and generally to expend, invest, develop and manage all properties and money belonging to the federation;

3.6 To borrow or raise or secure the payment of money in such manner as the federation shall think fit and in particular by the issue of debentures, perpetual or otherwise, charged upon all or any of the federation's property, both present and future, and to purchase, redeem and pay off such securities provided that such borrowings or security are effected for the purpose of advancing the foregoing principal object of the federation;

3.7 To act as trustees of any property, real or personal, for any purpose that may seem conducive to the furtherance of the principal object of the federation and to undertake and administer any charitable trust;

3.8 To guarantee the performance of contracts or obligations and the repayment of moneys borrowed by the federation;

3.9 To employ such personnel as the federation may think desirable or necessary for the furtherance of its principal object;

3.10 To open, maintain, operate and close an account or accounts with a bank or banks or similar financial institutions and to draw, make, accept, endorse or issue promissory notes and other negotiable instruments;

3.11 Subject to the provisions of section 4 to remunerate any person, firm or company rendering services to the federation.

3.12 To pay all or any expenses incurred in connection with the formation, the promotion or incorporation of the federation, or to contract with any person, firm, body or federation to pay the same;

3.13 To enter into any arrangements with any government or authority, local or otherwise or any corporation, federation or person, association or other body, that may seem to be in furtherance of the federation's principal object;

4 Application of the federation's income and property

The income and property of the federation shall be applied solely towards the promotion of the main objects of the federation as set forth in this Memorandum of Association. No portion of the federation's income or property shall be paid or transferred directly or indirectly, by way of dividend, bonus or otherwise howsoever by way of profit, to the Members of the federation. However, nothing shall prevent any payment, in good faith, by the federation of:

4.1 reasonable and proper remuneration to any Member, officer or servant of the federation for any services rendered to the federation;

4.2 interest at a rate not exceeding current European central bank rate plus one percent (1%) on money lent by Members of the Executive Committee or other Members of the federation to the federation; or

4.3 reasonable and proper rent for premises demised or let by any Member of the federation (including any Member of the Executive Committee) to the federation.

5 No member of the federation's executive committee shall be appointed to any salaried office of the federation or to any office of the federation paid by fees.

No remuneration or other benefit in money or money's worth shall be given by the federation to any member of such executive committee, other than:

5.1 the repayment of out-of-pocket expenses;

5.2 interest at the current European central bank rate plus one percent (1%) on money lent to the federation;

5.3 reasonable and proper rent for premises demised or let to the federation;

5.4 a payment to a federation of which a member of the executive committee, may be a member holding not more than one per cent of the capital of that federation, such member not to be bound to account for any share of profits he may receive in respect of such a payment.

6 Winding Up

If upon the winding up or dissolution of the federation there remains after the satisfaction of all debts and liabilities any property whatsoever, the same shall not be paid or distributed among the Members of the federation, but shall be given or transferred to some other institution or institutions having main objects similar to the main object(s) of the federation and which shall prohibit the distribution of its or their income and property among its or their members to an

extent that at least as great as is imposed on the federation under, such institution or institutions to be determined by the Members of the federation at or before the time of dissolution, and if and so far as effect cannot be given to such provisions, then to some charitable object.

7 Keeping accounts

The federation shall keep annual accounts and on request, make available to any auditing body necessary in pursuit of Sport Ireland association.

Definitions and Interpretation

1. Definitions, interpretation and terminology

"the Annual Financial Report" means the annual report prepared by the Treasurer;

"the Annual General Meeting" means the annual meeting of members;

"the By-Laws" means the By-Laws of the federation;

"Coach" means a person recognised by the federation to instruct, teach, or train in the sport of powerlifting, pursuant to the requirements laid forth in the By-Laws and amended from time to time;

"the federation" means the above-named federation;

"the Disciplinary Committee" means an Officer(s) appointed by the executive committee having responsibility for the oversight of disciplinary matters and proceedings. Such proceedings will be laid forth in the By-Laws and Disciplinary Committee Guidelines and amended from time to time;

"the Executive Committee" means the President, Vice-President, Treasurer, Competition Secretary and General Secretary of the federation;

"Honorary Members" means Members who are recognised for the longstanding service to the federation who are not currently serving on The executive committee or current athletes or coaches;

"IPF" means the International Powerlifting Federation;

"Ireland" means the island of Ireland as defined by the Olympic Federation of Ireland;

"Member" means a person who is member of the federation being either a Voting Member or a Non-Voting Member;

"Member in Good Standing" means a Member who has paid the full annual subscriptions owing by them to the federation and is not currently subject to disciplinary proceedings;

"Non-voting Member" shall have the meaning given to it in Article 3.2.2;

"the Office" means the registered office for the time being of the federation;

"Official" means a person recognised by the federation to administer rules and regulations of the sport of powerlifting as a referee, administrator, or sports contest official as laid forth in the By-Laws and amended from time to time;

"the President" means the chairperson of the Executive Committee;

"the Vice-President" means the person elected as vice president of the Executive Committee;

"the General Secretary" means the person elected as general secretary of the federation;

"the Treasurer" means the Member of the Executive Committee responsible for managing the

finances of the federation;

“the Competition Secretary” means the most senior person elected to the competition team;

“a Voting Member” means a Member who is in Good Standing (not being a Non-Voting Member).

MEMBERS

2. Number of Members

2.1 For the purpose of registration, the number of the members of the federation is declared unlimited.

3. Categories of Member

3.1 All Members shall be admitted by the executive committee, and the executive committee may at its sole discretion accept or decline any application for Membership.

3.2 There shall be two categories of Members as follows;

3.2.1 Voting Members; and

3.2.2 Non-Voting Members, which comprise of:

a. Honorary Members;

b. Members who have not reached the age of 18 can vote through a parent or legal guardian;

c. Members not being in Good Standing;

d. Participant members, who participate in the federation's training and events, but who do not currently coach or compete.

3.2.3 Only Voting Members shall have voting rights at general meetings.

3.2.4 All Members shall be entitled to membership on payment of the annual subscription; the cost of this payment will be as outlined by the Executive Committee and amended from time to time.

4. Members

Affiliated clubs may be affiliated with the federation in accordance with the By-Laws and shall adhere to the obligations set out in the By-Laws.

5. Cessation of Membership

Membership of the federation shall terminate:

5.1 on a Member's death;

5.2 if the Member resigns by notice in writing to the federation;

5.3 in the event that a member failed to pay their annual subscription after 1 January of each year;

5.4 if a Member ceases to meet the criteria for eligibility for membership set out in the By-Laws;

5.5 if a Member is requested to resign in accordance with these Articles.

6. Expulsion from Membership

6.1 If at any time the Disciplinary Committee is of opinion that it is in the interest of the federation to do so, the Disciplinary Committee may by letter invite any Member of the federation to withdraw from membership within a time stated in the letter in accordance with the By-Laws. Such a letter must contain a statement of the reasons why it is proposed to invite such withdrawal from membership.

6.2 If the Member in question does not withdraw from membership the Disciplinary Committee may recommend to the Executive Committee to remove the Member.

6.3 The Member in question shall be afforded an opportunity of answering the complaints against him and explaining his conduct verbally and in writing at such a hearing of the disciplinary proceedings and may be represented at such hearing by a person of his choice.

6.4 If no less than two thirds of the Executive Committee shall vote in favour of the resolution to expel the Member in question, such Member shall thereupon cease to be a Member of the federation.

7. Subscription

7.1 The Executive Committee shall be entitled from time to time to determine any annual subscriptions to be payable by any Member, and the terms and conditions attaching to such subscriptions.

7.2 No Member shall be entitled to vote at any general meeting unless all monies immediately payable by him to the federation have been paid.

GENERAL MEETINGS

8. Annual General Meetings (AGMs)

8.1 The federation shall hold a general meeting as its annual general meeting each calendar year in addition to any other meeting. The meeting shall be specified as an AGM in the notice. No more than 15 months shall elapse between successive AGMs.

8.2 AGMs may be held in person, virtually, or as a combination, provided that all Members can participate, vote, and raise questions in real time.

9. Extraordinary General Meetings (EGMs)

9.1 All general meetings other than AGMs shall be called extraordinary general meetings.

9.2 The Executive Committee may convene an EGM whenever it thinks fit. An EGM shall also be convened on requisition by the Members, provided the requisition specifies the purpose and is signed by the required number of Members.

9.3 Notice of EGMs

- At least 21 days' notice for EGMs involving a special resolution; at least 7 days' notice for other EGMs.

- Notice shall specify the date, time, venue or virtual platform, agenda, and text of any resolutions.
- Only matters specified in the notice may be transacted unless all Members present consent otherwise.

10. Quorum at General Meetings

10.1 The quorum for any general meeting shall be at least ten Members present in person or virtually at the time the meeting proceeds to business.

10.2 If a quorum is not present within half an hour:

- If convened on Member requisition, the meeting is dissolved;
- Otherwise, it is adjourned to the same day in the next week, at the same time and place, or to a time, day, and venue determined by the Executive Committee.

10.3 At the reconvened meeting, Members present shall constitute a quorum.

10.4 If quorum is lost during a meeting, the Chairperson may adjourn the meeting as appropriate.

11. Notice of Meetings

11.1 Notice periods: 21 days for AGMs or meetings for special resolutions, 7 days for other meetings.

11.2 Notices shall specify the date, time, venue or virtual platform, general business, and text of any special resolutions.

11.3 Notices shall be given to all Members entitled to receive them by post, email, or other electronic means.

11.4 Accidental omission to give notice, or non-receipt, does not invalidate the meeting.

11.5 Members consent to receiving electronic notices and shall provide a valid email address.

12. Business at General Meetings

12.1 The business at AGMs shall include:

1. Adoption of minutes of the preceding AGM and any intervening general meetings;
2. Receipt of the annual report of the Executive Committee;

3. Receipt of financial statements and auditor's report (if any);
4. Appointment or reappointment of auditors (if any);
5. Election or re-election of the Executive Committee (biennially);
6. Approval of the annual report on activities of the federation, officers, and Committee chairs;
7. Approval of the Annual Financial Report;
8. Information on strategic plans and development initiatives;
9. Awards, honours, and distinctions;
10. Consideration of other resolutions of which due notice has been given relating to any other business, including matters of importance concerning the sport.

12.2 Items 1–9 are ordinary business; item 10 and all business at EGMs are special business.

13. Chairperson of General Meeting

13.1 The President of the Executive Committee shall chair general meetings.

13.2 If the President is absent or unwilling, the Deputy President, if present and willing, shall chair.

13.3 If neither is present or willing, Members present shall elect one of their number as Chairperson.

14. Voting and Polls

14.1 Each Voting Member present in person at a meeting has one vote.

14.2 Resolutions shall be decided on a poll.

14.3 In the event of equality of votes, the Chairperson shall have a casting vote.

15. Written Resolutions of Members

15.1 A resolution in writing signed by all Voting Members entitled to attend and vote shall be as valid as if passed at a duly convened general meeting.

15.2 If described as a special resolution, it shall be deemed a special resolution.

THE EXECUTIVE Committee

16. Number of Members of the Executive Committee

16.1 The number of Members of the Executive Committee shall be five

The Board will at minimum consist of 40% female or male representation among the Members of the Executive Committee.

16.2 The federation may by ordinary resolution increase or reduce the number of Members of the Executive Committee.

17. Appointment and retirement of Members of the Executive Committee

17.1 At every Electoral Congress at a biennial general meeting of the federation all of the Members of the Executive Committee shall retire from office but each such Member of the Executive Committee may stand for re-election;

17.2 The Voting Members at an Electoral Congress at which a Member of the Executive Committee retires may fill the vacated office by electing a person thereto, and in default, the retiring Member of the Executive Committee shall, if eligible and offering himself for re-election, be deemed to have been re-elected, unless at such meeting it is expressly resolved not to fill such vacated office or unless a resolution for the re-election of such Member of the Executive Committee has been put to the meeting and lost.

17.3 Subject to Article 17.5, the Members of the Executive Committee shall have power at any time, and from time to time, to appoint any person to be a Member of the Executive Committee either to fill a vacancy (whether arising due to death, resignation, disqualification or otherwise) or as an addition to the existing Members of the Executive Committee, but so that the total number of Members of the Executive Committee shall not at any time exceed the number fixed by these Articles. Such a person shall hold office only until the next annual general meeting (regardless of whether such AGM is an Electoral Congress or not).

At such AGM a vote shall be taken on such person remaining in office, or alternatively another person shall be elected specifically to fill such vacancy.

17.4 The federation may from time to time by ordinary resolution increase or reduce the number of Members of the Executive Committee.

17.5 An Honorary Member shall not be eligible to be a Member of the Executive Committee or an Officer.

18. Appointment of Sub-Committees

18.1 The board shall have the authority to appoint sub-committees and to define the scope of their authority and delegate and confer on such committees the powers necessary for the discharge of the function or functions for which such sub committees were formed, with the exception of election of members.

18.2 Each sub-committee shall retire on the date of the electoral General Meeting of the federation or when the function for which it was appointed was completed.

18.3 The Quorum of each sub-committee shall be defined at the time of the appointment.

18.4 the members of the combined sub-committee should represent the demographic of the membership with equality and in proportion to affiliated clubs and membership demographic.

18.5 The Chairperson of each Sub-Committee shall, in addition to a deliberate vote, have and shall exercise a casting vote.

18.6 Each Sub-Committee shall circulate the committee minutes of its meetings.

19. Remuneration of Members of the Executive Committee

No remuneration shall be payable to Members of the Executive Committee in respect of services as a Member of the Executive Committee, or on any committee of the Executive Committee to which the Members of the Executive Committee may delegate powers. The Members of the Executive Committee may be paid all travelling, hotel and other expenses properly incurred in connection with the affairs of the federation provided that the same are properly vouched to the Executive Committee.

20. Powers of Members of the Executive Committee

20.1 It shall be the duty of a Member of the Executive Committee who is directly or indirectly interested in a contract or proposed contract with the federation to declare the nature of his interest at a meeting of the Members of the Executive Committee of the federation. A Member of the Executive Committee shall not vote in respect of any contract in which he is interested in or any matter arising therefrom and if he shall vote, his vote shall not be counted.

20.2 Members of the Executive Committee may not appoint any person as their alternate or their proxy to attend or vote at Executive Committee meetings in their place.

20.3 The reasonable personal use by a Member of the Executive Committee of any property and any information or communications technology equipment of the federation and made available for use by the Member of the Executive Committee in connection with the business or affairs of the federation shall be permitted, subject to any restrictions imposed by the federation or the Executive Committee under contract or otherwise.

21. Resignation of Members of the Executive Committee

A Member of the Executive Committee may resign by giving one month's notice in writing delivered to or sent by post to the federation Secretary (or in the case of the federation Secretary to the President of the Executive Committee).

22. Vacation of office of the Executive Committee

22.1 A Member of the Executive Committee shall cease to hold office if he or she:

22.1.1 is adjudged bankrupt in the State or in Northern Ireland or Great Britain or makes any arrangement or composition with his creditors generally; or

22.1.2 is the subject of a declaration by the court restricting a Member of the Executive Committee of an insolvent federation in being appointed or acting as a Member of the Executive Committee; or

22.1.3 is convicted of an offence punishable by imprisonment (whether or not a suspended sentence) or is convicted of an indictable offence; or

22.1.4 dies, or resigns by notice in writing to the federation; or

22.1.5 by reason of health can no longer be reasonably regarded as possessing adequate decision-making capacity; or

22.2 Member of the Executive Committee may be removed by the Executive Committee if:
22.2.1 is directly or indirectly interested in any contract with the federation and fails to declare the nature of his interest in manner required; or
22.2.2 except with the express permission of the Executive Committee, shall personally enter into any contract with the federation or receive from it any fee, profit, salary or emolument;
22.2.3 The office of an elected officer may be terminated by expulsion by the Executive Committee upon the recommendation of the Disciplinary Officer decision for just cause or if the Executive Committee, in its sole discretion, determines that such Member has neglected or jeopardised the interest of the federation, or acted in any way which the Executive Committee considers as contract to the interests of the federation. This decision may be appealed according to the procedure laid out in Article 27.

23. Removal of a Member of the Executive Committee

The federation may by ordinary resolution of which notice has been given remove any Member of the Executive Committee before the expiration of his period of office, notwithstanding anything in these Articles or in any agreement between the federation and such Member of the Executive Committee.

24 Appointment of President and Officers

24.1 The President shall be elected by the Members at the Electoral Congress and serve for two (2) years.

24.2 The minimum requirements required to be eligible for the role of the President shall be set out in the By-Laws.

24.3 Members shall at each Electoral Congress have the power to appoint the following Officers of the Executive Committee:

24.3.1 The General Secretary;

24.3.2 Treasurer;

24.3.3 Vice-President; and

24.3.4 such other officers as they shall deem necessary to enable the Executive Committee to efficiently carry on the business of the federation and as may be specified in the By-Laws;

24.3.5 The National Children's Officer who may be a member of the Executive Committee, or if not must have access to the committee and its associated documents, to ensure that children's interests are kept on, and influence the decisions of, the agenda of the Governing Body provided that any officer so elected must meet the minimum competency requirements for such role as may be set out in the By-Laws. If compliance with such competency requirements are in doubt, compliance shall be determined by the President.

PROCEEDINGS OF THE EXECUTIVE COMMITTEE

25. Meetings of the Executive Committee

25.1 The Executive Committee shall meet at least once per quarter for the despatch of business, adjourn and otherwise regulate their meetings as they think fit provided that each

Member of the Executive Committee shall be given reasonable notice in writing of each meeting of the Executive Committee.

Two Members of the Executive Committee may, or the Secretary on the requisition of two Members of the Executive Committee shall, at any time summon a meeting of the Executive Committee.

25.2 Executive Committee meetings are not open to the public or to the Members.

25.3 The Executive Committee may establish one or more committee(s) consisting in whole or in part of the members of the Executive Committee, which shall be contained in the By-Laws.

25.4 A committee of the Executive Committee may meet and adjourn as it thinks proper. Subject to the foregoing, the rules applicable to the meetings of the Executive Committee shall apply to meetings of any committee. Questions arising at any meeting shall be determined by a majority of votes of the members of the committee present. In the event of a split division of a committee on a specific order of business, the chairperson of the committee carries an extra vote to decide the action to be taken by the association.

25.5 The Minutes of the Executive Committee meetings are kept and copies of the same are available on request to all Members after sensitive information is removed for data protection purposes or in accordance with legal advice or obligations.

25.6 The President and General Secretary/Treasurer should be present at all general meetings. Should one of them be absent, the meeting may appoint a stand-in from the Members of the Executive Committee, to fulfil the duties of the role for the duration of the meeting. A minimum of three Members of the Executive Committee shall be present.

26. Quorum

The quorum for meetings of the Executive Committee shall be 60% of the current, active Members of the Executive Committee (rounded to nearest whole number), present in person at the time when the meeting proceeds to business. The quorum for meetings of any committee of the Executive Committee shall be set out in the By-Laws.

27. Proceedings

27.1 The President shall be the chairperson of the meetings of the Executive Committee. If any meeting the President is not present within 15 minutes after the time appointed for holding the meeting, the Members of the Executive Committee present may choose one of their number to be Chair of the meeting.

27.2 Questions arising at any meeting of the Executive Committee shall be decided by a majority of votes of those present and entitled to vote. In the event of a split decision on a specific order of business, the President carries an extra vote to decide the action to be taken by the association.

27.3 Attendance is compulsory for Members of the Executive Committee. Those that are unable to attend must provide the Secretary of notice of their absence before the session and must provide acceptable reasons for their absence. All absences are subject to adequate notice.

27.4 A resolution in writing signed by all the Members of the Executive Committee, or as the case may be, of such a committee, shall be as valid as if it had been passed at a meeting of the Executive Committee or such a committee duly convened and held.

28. Discipline*

28.1 The federation may take disciplinary action in the case of any violation of this Constitution and the By-Laws, or for any reason listed as being a disciplinary matter in the By-Laws, or if a complaint is brought to the Executive Committee about one of the members.

28.2 If the Disciplinary Officer, in their discretion, considers the charge against the Member, Coach, Official or Club against whom a complaint has been made to be sufficiently serious, it will have the power to recommend to the Executive Committee to impose one or more of the following:

28.2.1 Require a verbal or written apology;

28.2.2 Referral to counselling;

28.2.3 Suspend the membership of the Member, Coach, Official or Club for a stated period of time;

28.2.4 Revoke the membership of the Member, Coach, Official or Club.

29. Dispute Resolution*

29.1 Appealing the Board

29.1.1 Any member who is subject to disciplinary action has the right to appeal the decision of the Disciplinary Committee.

29.1.2 Appeals must be submitted in writing to the Executive Committee within fourteen (14) days following notification of the disciplinary action.

29.1.3 The Executive Committee shall review the appeal and may convene a special meeting to reconsider the decision of the Disciplinary Committee.

29.2 Ordinary Mediation / Arbitration

All disputes arising out of or in connection with this Constitution and its By-Laws shall be referred to the Board.

*Further details relating to disciplinary matters found in disciplinary guidelines [here](#)

30. Anti-Doping

The federation formally adopts the Anti-Doping rules of Sport Ireland and the IPF as amended from time to time.

ACCOUNTS

31. Accounting records

31.1 The Executive Committee shall, cause to be kept adequate accounting records. The federation shall make those accounts available to any relevant body on request.

31.2 The Executive Committee shall from time to time cause to be prepared and laid before the annual general meeting of the federation such statutory financial statements and reports as are required by that Part to be prepared and laid before the annual general meeting of the federation.

31.3 A copy of the statutory financial statements of the federation for the financial year

concerned (including every document required by law to be annexed thereto) which is to be laid before the annual general meeting of the federation together with a copy of the report of the Executive Committee and auditor's report shall, not less than twenty-one days before the date of the annual general meeting, be sent to every Member.

32. Audit

If required, auditors shall be appointed, and their duties regulated.

33. Finances

33.1 The Executive Committee shall be empowered to open bank accounts and other financial accounts in the name of the federation. All transactions in these accounts must be authorised by two authorised signatories.

33.2 All cheques, drafts and other financial instruments must be signed by two authorised signatories.

33.3 All authorised parties can receive all money paid to the federation and ensure all such monies are lodged to the federation bank account as soon as possible and shall notify the Treasurer of this.

33.4 Any federation assets invested by the Executive Committee will be used for federation purposes only.

33.5 The Executive Committee will have the power to negotiate sponsorships on behalf of the federation and engage from time to time in fundraising activities. Any financial returns from these activities will be used for the federation development purposes.

33.6 The Executive Committee may from time to time, raise or borrow in the name or on behalf of the federation, such money as they deem expedient for the essential functions of the federation.

NOTICES

34. Mode of delivering notice

A notice may be given by the federation to any Member either personally, or by sending it by post to him to his registered address or may be sent to the Member by electronic means, including e-mail in which a copy of the notice to Members may be viewed via a link to the federation's website. Where a notice is sent by post, service of the notice shall be deemed to be effected by properly addressing, prepaying and posting a letter containing the notice, and to have been effected in the case of the notice of a meeting at the expiration of 24 hours after the letter containing the same is posted, and in any other case at the time at which the letter would be delivered in the ordinary course of post. Where a notice is sent by electronic means, it shall be deemed to have been served or given 12 hours after despatch.

35. Persons entitled to notice of general meetings

35.1 Notice of every general meeting shall be given in any manner herein before authorised to:-

35.1.1 every Voting Member and Non-Voting Member but excluding Members not in Good Standing;

35.1.2 the Members of the Executive Committee;

35.1.3 the auditors for the time being of the federation; and

35.1.4 the Stakeholders;*

35.2 No other person shall be entitled to receive notices of general meetings.

**Stakeholders are any body that has a vested interest in the federation, such as the IPF, EPF, OFI or Sport Ireland*

INDEMNITY

36. Indemnity

Every officer for the time being of the federation shall be entitled to be indemnified out of the assets of the federation against any losses or liabilities which he or she may sustain or incur:

36.1 in defending any proceedings whether civil or criminal, in which judgement is given in his or her favour or in which he or she is acquitted or in connection with any proceedings or application referred to in or under sections 233 or 234 of the Act in which relief is granted to him or her by the court; and/or***

36.2 in or about the execution of the duties of his or her office or otherwise in relation thereto.

By-Laws**

37. By-Laws and Regulations

37.1 The Executive Committee (and/or any committee) may from time to time make By-Laws in relation to the federation including the By-Laws and where required and for the avoidance of doubt, the provisions of such By-Laws shall adhere to the principles of natural justice. The federation may at any time in like manner annul or vary any By-Laws so made, and all By-Laws so made and for the time being in force shall be binding on all the Members and shall have full effect accordingly.

37.2 Such By-Laws shall be binding for all Members.

37.3 By-Laws come into force on the date decided by the Executive Committee.

37.4 The Executive Committee shall bring such By-Laws to the attention of Members in such manner and within such time as it may in its absolute discretion decide provided that they shall be published on the website of the federation.

37.5 No By-Law shall be made which would amount to such an addition or alteration of these articles.

37.6 In case of any conflict between these Articles and any By-Laws made from time to time pursuant to these Articles, these Articles shall prevail.

***The Irish Powerlifting Federation By-Laws are in the process of being completed. Until they are published, the IrishPF continues to follow the International Powerlifting Federation's By-Laws.*