

**28 June 2013**

## **CONSTITUTION, RULES AND REGULATIONS OF THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION**

Note 1: The term “FEDERATION” or” SAWF” means South African Weightlifting Federation

Note 2: The term “HE” includes “SHE”

Note 3: The term “WEIGHTLIFTING” means competitive lifting.

### **SECTION A**

#### **1. NAME & LEGAL PERSONALITY**

The name of the organisation herein constituted shall be the “SOUTH AFRICAN WEIGHTLIFTING FEDERATION” (SAWF) which:

- 1.1 Shall remain a sporting organisation with no political or social alignment to any body or organization in South Africa.
- 1.2 Shall have legal personality and shall have an independent existence from its members and officers.
- 1.3 Shall incur legal obligations and liabilities independently of its members, officers and office bearers.
- 1.4 Is the sole organization administering and controlling weightlifting in South Africa within the boundaries as defined in the Constitution of South Africa.
- 1.5 Is the sole South African member Federation affiliated to the International Weightlifting Federation (IWF)
- 1.6 Shall remain a non-profit making organisation, responsible for the overall development of weightlifters in South Africa.
- 1.7 Is a legal personality, which can sue or be sued.
- 1.8 Has the right to apply for an over draught facility should the need therefore arises.

#### **2. COLOURS**

- a) The colour of the Federation shall be navy and gold
- b) The badge shall be a weightlifter as per the current letter-head
- c) The tie shall be navy with an emblem the same as the badge
- d) Colours shall be awarded to weightlifters that achieves the standard set by the selection committee and represent South Africa in an international competition.
- e) Colours to be worn by senior & junior contestants in an International Competition shall be according to the SA Sports Commission requirements, which is green and gold with a Protea as an emblem. Colours to be worn by master contestants at an international contest shall be navy and gold with the Federation Emblem.
- f) A badge & tie as per the current letterhead shall be awarded to executive members as a means to promote the branding of the SAWF and as a reward for services rendered.

### **3. ATTIRE OF ATHLETES AND OFFICIALS**

- a) Athletes and officials representing South Africa should be properly attired when competing at home or abroad.
- b) Proper provision should be made to supply athletes and officials with training shorts, t-shirts, lifting shoes, etc. for each event where they will be representing South Africa.

### **4. MEMBERSHIP**

- a) The Federation shall consist of Provincial Associations duly constituted, and the Federation may assign having jurisdiction over such areas as to them.
- b) There shall be nine (9) Provincial Members, categorized in the following Regions:
  - (i) In the Province of Western Cape (Cape Town)
    - West Coast (Malmesbury)
    - Boland (Stellenbosch, Paarl)
    - Overberg (Swellendam)
    - Eden (George)
    - Central Karoo (Beaufort West)
    - Cape Town Unicity (Cape Town)
  - (ii) In the Province of Northern Cape (Kimberley)
    - Namakwa (Springbok)
    - Pixley-ka-Seme (De Aar)
    - Siyanda (Upington)
    - Kgalagadi (Kathu)
    - Frances Baard (Kimberley)
  - (iii) In the Province of the Eastern Cape (Bisho)
    - Cacadu (Grahamstown)
    - Amathole (East London)
    - Chris Hani (Queenstown)
    - Ukhahlamba (Aliwal North)
    - O R Tambo (Umtata)
    - Alfred Nzo (Mount Ayliff)
    - Nelson Mandela (Port Elizabeth)
    -
  - (iv) In the Province of Free State (Bloemfontein)
    - Xhariep (Trompsberg)
    - Motheo (Bloemfontein)
    - Lejweleputswa (Welkom)
    - Thabo Mofutsanyana (Phuthaditjhaba)
    - Fezile Dabi (Kroonstadt)

- (v) In the Province of Kwazulu-Natal (Pietermaritzburg)
  - Ugu (Port Shepstone)
  - Umgungundlovu (Pietermaritzburg)
  - Uthukela (Ladysmith)
  - Umzinyathi (Dundee)
  - Amajuba (Newcastle)
  - Zululand (Ulundi)
  - Umkhanyakude (Mtubatuba)
  - UThungulu (Richards Bay)
  - iLembe (Kwa Dukuza)
  - Sisonke (Ixopo)
  - Ethekwini (Durban)
  
- (vi) In the Province of Mpumalanga (Nelspruit)
  - Gert Sibande (Standerton)
  - Nkangala (Witbank)
  - Ehlanzeni (Nelspruit)
  
- (vii) In the Province of Limpopo (Polokwane)
  - Mopani (Giyani)
  - Vhembe (Thohoyandou)
  - Capricorn (Polokwane)
  - Waterberg (Bela-bela)
  - Sekhukhune (Groblersdal)
  
- (viii) In the Province of North West (Mafikeng)
  - Bojanala (Rustenberg)
  - Central (Mafikeng)
  - Bophirima (Vryburg)
  - Southern (Klerksdorp)
  
- (ix) In the Province of Gauteng (Johannesburg)
  - Sedibeng (Vereeniging)
  - Johannesburg (Johannesburg)
  - Ekurhuleni (Germiston)
  - Metsweding (Bronkhorspruit)
  - Tshwane
  - West Rand
  
- c) Boundaries of any Association may be varied from time to time by the Federation as may deem necessary
- d) Membership is open to all South African citizens
- e) Provincial membership shall be determined by place of residence.
- f) Members residing in a region not affiliated to the Federation must register with an affiliated Province nearest to them and pay the membership fees as in rule 6 c)

## **5. HEADQUARTERS**

The Executive elected at the AGM shall determine the Headquarters of the Federation

## **6. OBJECTIVES**

The objectives, intents and purpose of the Federation shall be:

- a. To foster, promote, encourage, develop and to generally assist and protect the interest of all weightlifters throughout South Africa.
- b. To ensure that the necessary incentives are provided for all lifters of all grades, throughout the country.
- c. To arrange National Championships annually for all grades
- d. To arrange International Contests and to assist South African teams, junior and senior if possible and where necessary with travelling expenses.
- e. To select weightlifters to represent South Africa.
- f. To ensure that all rules are applied correctly and fairly by all Provincial Associations
- g. To ensure that any legislative proposals to Parliament, Local Authority or elsewhere do not affect the interest of weightlifters and to make such representation on the subject as the occasion may demand.

## **7. SUBSCRIPTION AND REGISTRATION**

- a. All Associations shall pay to the Federation the sum of R200 (two hundred rand) as annual affiliation, payable on or before the 1<sup>st</sup> of January of each year. This amount to be reviewed annually at the AGM.
- b. Failing to pay by the last day of February, the defaulting Association shall be automatically suspended, where-after the Executive Committee may, upon receipt of payment of the arrear fee and subject to a payment of a penalty of not exceeding R50 (fifty rand) consider to set aside the suspension and restore the Association concerned to membership
- c. All Associations shall affiliate their members with the Federation together with a fee of R60 (sixty rand) each for seniors, R30 (thirty rand) each for juniors over 14 and R15 (fifteen rand) each for under 14 juniors, which is payable on the 1<sup>st</sup> January of each year. Failing to pay such membership fees by end February will result in a 50% penalty levied on outstanding subs.
- d. No lifters or officials shall be permitted to participate in competitions held under the auspices of the Federation if not registered.
- e. Any Association allowing unregistered members to participate in competitions will be liable to suspension at the discretion of the Executive Committee.

## 8. OFFICE BEARERS

- a) **The Management Committee** will consist of the following office bearers of the SAWF: viz, The President, General Secretary and the Financial Director. They will be responsible for the day-to-day running of the SAWF.
- b) **The Executive Committee** shall consist of the President, General Secretary, Financial Director, Technical Director, Development Director, Human Resources Director, Marketing/PRO Director, Media Director, Coaches Representative and Athletes Representative, and the Chairpersons of the Provinces who shall be appointed at the AGM. The Office Bearers shall hold office for not less than four (4) years.
- c) **The Council** will be the highest body of the SAWF and will include the following portfolios: Executive Committee as well as a Delegate from each Province.

## 9. PATRONS

It shall be the responsibility of the Executive Committee to submit to the AGM of the Federation the names of such persons as they may think desirable for election as Patrons and Life Members of the Federation.

## 10. THE COUNCIL

- a. The Council is the supreme authority of the SAWF.
- b. It shall meet at least once a year at the South African Senior Championships.
- c. The Council is composed of all the affiliated Provinces, which have fulfilled their obligations and financial commitments to the SAWF. Each affiliated province may be represented by a maximum of two delegates duly accredited for that purpose, who must be members of that province. Each province shall have **ONE** vote only.
- d. Only those provinces in good standing with the SAWF shall be entitled to attend with a right to vote and counted to determine if a quorum is reached. The delegates of a province under suspension, for any reason whatsoever, may attend the Council meeting as observers, but the province under suspension will not be counted for the purpose of the quorum.
- e. The Council may be declared open if at least 50% plus one of the provinces with the right to vote is present.

## 11. COMPETENCE

The Council has the sole and exclusive competence to:

- a. Amend the constitution
- b. Define the procedures of affiliation and expulsion of a province
- c. Decide upon the affiliation of a province
- d. Elect the president of the SAWF and the executive.

## **12. POWERS OF THE EXECUTIVE COMMITTEE**

In addition to the Executive Committee's powers and responsibilities covered elsewhere in this document the Executive Committee will have the following powers:

- In the event of a vacancy by reason of resignation or otherwise the Executive Committee shall appoint an official to act until his/her successor is appointed at a Special General Meeting or at the next AGM.
- To control expenditure
- To hear and decide upon appeals from the decisions of the Provincial Associations
- To take action as it may deem fit against any person who may attempt to make fraudulent use of the name of the Federation or to obtain a prize in a fraudulent manner.
- To suspend for a period, or permanently, as they may deem expedient anyone proved guilty of misbehaviour or unfair practices connected with weightlifting and to re-instate any such offender at their discretion, provided that the Provincial Association concerned recommends such re-instatement.
- To arrange to hold weightlifting contests at such times and venues as may be decided by majority votes at the previous AGM, provided, nevertheless, that Championships shall only be held at such towns/cities where there are proper facilities and in the opinion of the Executive Committee, are suitable for that purpose.
- To deal with any infringement of the Rules and Regulations of the Federation.
- To regulate and define from time to time the duties, powers and functions of the Executive of the Provincial Associations.
- To open a bank account in the name of the Federation and to withdraw and deposit funds, accept and endorse cheques, Bills of Exchange and promissory notes on behalf of the Federation.
- To appoint referees and such officials as may from time to time be recommended to the Federation by the Provincial Associations, provided that they satisfy the qualification requirements of the Federation, and at their discretion to remove or suspend such officials.
- To amend the Rules governing weightlifting contests, so as to remain in conformity with the changes made by the International Weightlifting Federation and to temporarily suspend such rules provided that such changes shall be ratified at the next AGM following the date on which they were made.
- Where members of the executive are considered to have conflicting interests in a matter, e.g. in a matter concerning children, the executive member must remove himself from voting.

### **13. INTERPRETATION OF THE RULES**

The decision of the Executive Committee as to the meaning and effect of any of these clauses or any of the Rules or any of the by-laws governing weightlifting shall be final and conclusive

### **14. ANNUAL GENERAL MEETING (AGM)**

a. The Annual General Meeting of the Federation shall be held annually shall be held annually on a date to be decided by the Council, but in any event not later than 5 July each year.

b. The following shall be the business to be transacted at the AGM:

- To read the notice convening the meeting
- To read and confirm the credentials and apologies if any
- To read and confirm the minutes of the last AGM and to deal with matters arising
- To receive the Presidential Address
- To read and confirm the Treasurers Audited Income and Expenditure Account and Balance Sheet
- To read the Development Director's Report.
- To read the Marketing Directors Report
- To read the Media Directors report
- To read the Technical Directors Report
- To read the Human Resources Directors Report
- To deal with correspondence and discussions there-from
- To amend/modify/alter the Constitution as per proposals of which due notice has been given
- To elect office bearers
- To elect a Technical Committee, all of whom shall be qualified referees, Class C
- To elect a Selection Committee
- To allocate the venue for the SA Senior, Master, Junior, Youth & Under 14 Championships, for the ensuing year
- To appoint an auditor for the next financial year.

c. At the AGM each Provincial Association shall be represented by two delegates appointed by their Association but shall have only one vote

d. Only matters on the agenda may be discussed at the AGM. In the case of an emergency and on the recommendation of the Executive Committee, items not on the agenda may be debated, provided that the council agree to its addition to the agenda by a two-thirds ( $\frac{2}{3}$ ) majority of the votes validly cast.

e. Audited financial statements will be circulated to the council at least 7 days before the AGM.

## **15. SPECIAL GENERAL MEETINGS**

- a. A Special General Meeting shall be called on the resolution of the Executive Committee and /or on a requisition duly signed by three affiliated Associations, at which these affiliates must be present
- b. Only, the business specified in the notice of such meetings shall be dealt with
- c. Each Association shall be represented by two delegates, having only one vote

## **16. EXECUTIVE COMMITTEE MEETINGS**

The Executive Committee shall meet from time to time as deemed necessary for the despatch of business as vested in them, or as determined by the AGM or Special General Meeting

## **17. NOTICE OF MEETINGS**

- a. At least 21 days notice shall be given in writing for the AGM, together with the business to be transacted
- b. At least 14 days notice shall be given in writing for a Special General Meeting, together with the business to be transacted
- d. At least 7 days notice shall be given for an Executive Committee Meeting

## **18. QUORUM AT ANNUAL AND SPECIAL GENERAL MEETINGS**

- a. A quorum at the AGM and Special General Meetings shall be 50% of the affiliated Associations and 50% of office bearers
- b. A quorum at Executive Meetings shall be 50% of the entire Executive, which must include at least 50% plus 1 of the office bearers.

## **19. VOTING**

- i. All decisions at any meeting shall be decided by a show of hands or ballot
- ii. In the event of an equality of votes the President shall have a casting vote in addition to his normal vote as a member
- iii. In the event of a deadlock on the election of office bearers then the returning officer shall have the casting vote.
- iv. Each SAWF Executive office bearer and one delegate from each Province shall have a vote (taking into consideration that where a person is elected to two positions, he/she shall have only one vote).
- v. A vote of a bare majority of members present at meetings binds the minority
- vi. **Persons in the employ** of the SAWF cannot have a vote on the executive, AGM, or all meetings. They may however take part in all debates.



## **20. PARTICIPATION AT ANNUAL AND SPECIAL GENERAL MEETINGS**

- i. Only delegates of Provincial Associations who have paid their Annual affiliation in full shall be allowed to take part in the proceedings allowed to take part in the proceedings of any General Meeting unless specially invited and of any General meeting
- ii. Delegates of any defaulting Association shall not be requested by the President to do so
- iii. Delegates of any defaulting Association shall not be entitled to vote

## **21. PRESIDING AT MEETINGS**

- The President shall preside at all meetings
- In the event of the President being absent the meeting shall appoint an Acting Chairman on condition a quorum is present to deal with business for that particular meeting

## **22. AMENDMENTS TO CONSTITUTION**

This constitution may be added to, repealed, or altered at any General Meeting of the members of the Federation duly convened for the purpose of holding of which due notice in writing shall be given by the Secretary of the Federation. Such notice shall also be given in what respect it is proposed to alter, add to, or repeal the said rules. An amendment shall require a two-thirds ( $\frac{2}{3}$ ) majority of the Executive Committee present at the meeting (see Section A, 8)

## **23. HONORARY LIFE MEMBERSHIP**

The Executive of the SAWF may decide, upon the recommendation of the Province concerned, to bestow Honorary Life Membership on Administrators, Coaches or Lifters who have complied with the following:

- a) Has been an active lifter or official, registered member of the Federation for 20 consecutive years or
- b) Has made outstanding contributions to weightlifting in South Africa.

Should a member bring the SAWF into disrepute by his/her actions:

- a) He/she shall automatically be disqualified from ever becoming a Honorary Life member
- b) If he/she is already an Honorary Life member of the SAWF then the membership shall immediately be terminated and the member will be informed in writing.

## **24. DUTIES OF OFFICIALS AND OFFICE BEARERS**

### **a. PRESIDENT**

- i. Shall preside over all Executive Meetings
- ii. Shall ensure that all members of the Executive carry out their duties
- iii. Shall formulate plans to ensure growth of the sport
- iv. Shall have overriding powers to control decisions taken by the various sub-committees if it is in the interest of the SAWF
- v. Shall maintain communications with overseas Federations
- vi. Shall have full legal powers to represent the SAWF. The president shall chair the sessions of the Council, Special meetings as well as the Executive Committee meetings and has the prerogative of chairing all other meetings of the SAWF.

### **b. GENERAL SECRETARY**

- i. Minutes of meetings
- ii. Registrations & affiliations– Provincial and members
- iii. Keep assets register
- iv. All correspondence and secretarial duties.

### **c. FINANCIAL DIRECTOR**

- i. General financial matters
- ii. Budgets / financial reports for SASCO, SRSA and the Lotto Board
- iii. Open bank accounts / investments / payments

### **d. MEDIA DIRECTOR**

- Responsible for giving press releases to the local press.

### **e. MARKETING AND PUBLIC RELATIONS DIRECTOR**

- Acts as PRO for the SAWF
- Responsible for seeking sponsorship for the SAWF.

### **f. TECHNICAL DIRECTOR**

- i. Keep referees register
- ii. Set referees exams- three times annually
- iii. Keep records register
- iv. Keep grading list up to date
- v. Convenor of Technical Committee
- vi. Convenor of Selection Committee

vii. Must at least hold a National Referee (Class C) certificate.

**g. DEVELOPMENT DIRECTOR**

- Set and monitor National development plan
- Be responsible for duties of Regional Development Coach
- Liaise with National Sports bodies re development

**h. HUMAN RESOURCES DIRECTOR**

- Be responsible for the development of human resources i.e. competition officials, administrators etc
- Keep a register of officials
- Organise quarterly training sessions as and when required

**i. SELECTION COMMITTEE**

- Shall consist of 4 members who must all hold at least a National Referee (Class C) certificates plus the Technical Director as convenor
- Select South African teams to compete at international events
- Set standards for South African colours
- Set standards for National Championships

**j. TECHNICAL COMMITTEE**

- Shall consist of 2 members, who must at least hold National Referee (Class C) certificates, plus the Technical Director
- Set the referees examination
- Update and inform the Federation of changes to the rules
- Appoint referees at all National Championships

**k. ATHLETES COMMITTEE**

- Shall consist of members who will be selected by the lifters.
- Any athlete who has represented their province at the South African Seniors Championships in the last 4 years will select the representative, and this representative shall hold the post for a term of two years.
- The representative shall be present at all executive meetings.
- One representative will be allowed to annually address the AGM he/she shall have a vote.
- Will consist of athletes or former athletes, who have represented South Africa, or their provinces at the senior national championships with in the last 4 years
- No lifters who have been suspended for illegal substance abuse will be allowed to serve on this committee.

## **I. COACHES COMMITTEE**

Each province nominates a coach to serve on the Coaches Committee, and the coaches committee will then select their representative who will serve on the Executive Committee. This representative will have a vote.

The coaches committee shall have the following terms of reference:

- i. To seek the improvement of the qualifications and knowledge of coaches
- ii. To advise the provinces on the setting-up of provincial programmes aimed at improving the qualifications of the provincial coaches.
- iii. To supervise the organisation of courses and conferences aimed at the preparation of instructors and authorise the issuing of certificates at the appropriate level.
- iv. To set up and submit to the Executive Committee and the Council the rules for coaches courses.
- v. To study the background of experts from various countries and select the most highly qualified and duly certified in different levels and languages, in order to submit their names to the Executive Committee for the inclusion in the list of official instructors for conducting coach's courses.
- vi. To co-operate with the Technical Committee when necessary in the preparation for audio-visual teaching materials such as manuals, slides, video tapes, films, etc.
- vii. To supervise, in consultation with the Technical Committee, the preparation and organisation of symposia and other meetings aiming to discuss or analyse the technical findings and new experiences, and to offer the needed support to the organising province.
- viii. To monitor and follow-up and report individual, national and international scientific research as well as investigating studies and demonstrations aimed at improving the methods of lifting and training.
- ix. To keep updated records of the statistical evaluation of lifters and their performance in competitions.
- x. To undertake any other tasks as requested by the Executive Committee.

## **M. MEDICAL COMMITTEE**

### **25. COSTS AND PROFITS**

The costs and profits of any Championship or other weightlifting competition shall be borne by the host Province. The cost of trophies, medals and certificates used at National Competitions shall be borne by the Federation. After a National Championship, the host Province shall render an Income & Expenditure Account of the event to the Financial Director of the Federation

## **26. MEMBERSHIP REQUIREMENT FOR PROVINCIAL ASSOCIATIONS**

A Provincial Association must comprise of at least two (2) active clubs with at least ten (10) active members each.

## **27. PROVINCIAL ASSOCIATIONS**

- i) Provincial Associations consist of affiliated clubs. All Provincial Associations shall register their official competitive lifting clothing; this shall include colours of the lifting suit, colour of the T-shirt if worn, colour and design of socks and official badge, and colour of tracksuit. No Province or club shall be allowed to adopt a costume of which green is the ground colour. No Province or club shall be allowed to use or adopt the national badge, namely the Protea.
- ii) A suspended Province may not organize National Competitions or events
- iii) Officials from suspended Provinces may not take part in any competitions as jury members, referees, technical controllers etc.
- iv) All Provincial Associations shall annually submit to the Admin Director the minutes of their Annual General Meeting as well as a copy of their approved Income & Expenditure Account.
- v) All affiliated Provinces will be visited by the National Coach as well as the Regional Development Coach, according to the annual programme drawn up by the Executive.
- vi) Establishment of a new Province:
  - a) Application must be made to the SAWF Executive. The application shall consist of the following: constitution, minutes of inaugural meeting, list of executive members and list of registered members.
  - b) The person allocated to become the coach in the province must attend the coaching courses presented at SAWF Head Quarters by the national Coach.

## **28. APPEALS**

All appeals from a club or individual of a particular Provincial Association must be presented to the Executive of the Provincial Association concerned. There shall be a further right of appeal through the Provincial Association to the Executive Committee of the SAWF. A fee of R15 shall accompany this final appeal (fifteen rand) which will be returned if the appeal is upheld.

## **29. DOPING**

Should any lifter be found positive after a drug test the said lifter will be held responsible for all fines and analysis costs as imposed by the IWF. The IWF rules regarding doping will be applied.

### **30. DISPUTE RESOLUTION**

Any dispute arising out of or in connection with the enforceability of this constitution or any dispute between any member and the SAWF shall be referred firstly to SASCOC and if the dispute cannot be resolved, it will then be referred to the Arbitration Foundation of Southern Africa (AFSA) for resolution through arbitration. Such resolution shall be final and binding on the parties to the dispute.

### **31. CODE OF CONDUCT**

The SAWF code of conduct is applicable to any athlete or official affiliated to the South African Weightlifting Federation.

### **32. DISCIPLINARY TRIBUNAL**

A disciplinary Tribunal consists of three (3) persons appointed by the Council, per case. Such persons need not be members of the SAWF and at least one of them should, save where this is not possible, be a person with legal qualifications.

### **33. MIGRATION OF MEMBERS BETWEEN PROVINCES**

Members leaving one Province to live or work in another Province may not register with the receiving Province unless a clearance certificate has been issued by the dispatching Province.

### **34. DISSOLUTION**

- 1) When a club ceases to operate all the assets, previously provided by the SAWF or Province of that club shall revert to the Province.
- 2) Should a Province cease to exist all its accumulated assets will revert to the SAWF

## **SECTION B**

### **ALL SOUTH AFRICAN NATIONAL CHAMPIONSHIPS**

- 1) The following National Championships will be held on an annual basis :
  - a) u/14, youth and Junior
  - b) Senior
  - c) Masters
  
- 2) A Provincial Association shall host the Championships, unless otherwise decided by the Federation.
  - a) The competition shall be in conjunction with the Secretary of the SAWF.
  - b) The provincial association shall manage all local details, and appoint officials for the Championships with the exception of the referees.
  - c) The Provincial Association will appoint a competition secretary who will be held responsible for all arrangements. He will be the liaison officer between his committee and the Federation.
  - d) The Provincial Association will as far as possible, retain control of all the arrangements.
  - e) They will always need to have a sufficient number of their committee or members always in attendance. It is highly desirable to reduce the list of officials to the lowest possible limit, consistent with the proper management of each meeting, and the entrants shall not be more in number than is consistent with the punctual dispatch of the grades at the time stated in the programme.
  
- 3) Provincial Associations applying to organise the National Championships shall inform the Federation within two months of the AGM of the month and venue of the proposed Championships. After acceptance by the AGM there shall be no alteration to the month or venue without the approval of the Executive Committee of the Federation.
  
- 4) At all South African Championships (Senior, Junior, Youth, Under 14 and Masters), the Technical Committee will appoint the Referees at the technical meeting held prior to the Championships.
  
- 5) The duties of those managing the Championships include amongst others:
  - a) The proper arrangement of the platform and hall
  - b) Providing the official badge to be worn by officials who are allowed within the enclosure.
  - c) Providing all the necessary apparatus for the proper conduct of the Championships.
  
- 6) All contenders shall pay an entrance fee.
  
- 7) A lifter who wishes to be considered for the SA Championships must record an official qualifying total in his division during the current year. All qualifying lifters in each division shall be invited by the SAWF to the National Championships.

- 8) The Executive Committee may send two of its number to the Provincial Association hosting the Championships with a view to ensuring that the regulations are provided for and that the general arrangements are satisfactory.
- 9) Where possible a jury of three members shall be appointed before every National Championships. The members must all be National Referees and shall be from different Provinces when possible. Their function is to ensure that the technical rules are being applied. The same rules as stipulated in the respective International Rule Book will be applicable to the jury. All competitors to National Championships will show their registration cards to officials before their official weigh-in. Organising committees of National Championships must send copies of entry forms for the Championships to all Regional Associations.
- 10) All Referees and Jury members officiating at National Events must be National Referees and must wear the proper uniform, i.e. navy blue blazer with official badge, white shirt & tie for men, white blouse with scarf for women, grey trousers for men, grey skirt or slacks for women, black shoes and socks for men and stockings and black shoes for women.



## SECTION C

### RULES GOVERNING COMPETITIONS

The competition rules of the International Weightlifting Federation shall be incorporated into and form part of the competition rules of the Federation

#### 1. COMPETITIONS UNDER FEDERATION LAWS

All displays, competitions, contests and any kind of weightlifting championships must be under the laws of the Federation and all advertisements, entry forms, programmes, tickets and official notices must contain the following words:

“Authorised by the SA Weightlifting Federation”

#### 2. DISPLAY ADVERTISEMENTS

- a) No club or body shall advertise competitors lifting at their displays under misleading and incorrect titles
  - b) The word “champion” shall only be used when stating the Championship won
  - c) No competitor shall be styled a champion unless recognised by the Federation or in the case of a club champion, by the club committee concerned
  - d) Federation officials shall be authorised to withdraw their services, and that of all Federation competitors, from any display when such misleading advertisements have been published.
3. The Executive Committee may, without reference to an AGM, arrange for the staging of any contest for any additional class or title as may be deemed desirable in the interests of the sport. Similarly, any class may be cancelled when there is insufficient interest manifested therein.

#### 4. BODYWEIGHT CATEGORIES

Official bodyweight classes for junior and senior lifters

MEN:	Up to 56kg	WOMEN	Up to 48kg
	Up to 62kg		Up to 53kg
	Up to 69kg		Up to 58kg
	Up to 77kg		Up to 63kg
	Up to 85kg		Up to 69kg
	Up to 94kg		Up to 75kg
	Up to 105kg		Over 75kg
	Over 105kg		

Official bodyweight classes for Youth lifters

GIRLS	Up to 44kg	BOYS	Up to 50kg
	Up to 48kg		Up to 56kg

Up to 53kg  
Up to 58kg  
Up to 63kg  
Up to 69kg & 69kg+

Up to 62kg  
Up to 69kg  
Up to 77kg  
Up to 85kg  
Up to 94kg & 94kg+

#### Official bodyweight classes for Under 14 lifters

GIRLS		BOYS	
	Up to 40kg		Up to 45kg
	Up to 44kg		Up to 50kg
	Up to 48kg		Up to 56kg
	Up to 53kg		Up to 62kg
	Up to 58kg		Up to 69kg
	Up to 63kg		Up to 77kg
	Over 63kg		Up to 85kg
			Over 85kg

### **5 COMPETITION COMMITTEE**

It shall be the duty of the Association organising a competition to appoint a Secretary of the meeting to conduct the general business of the meeting and to adjudicate on any points not provided for. They shall have the power (except in the case of SA Championships) to make alterations to the programme they may deem necessary, but a competition shall not start before the advertised time without the consent of all competitors.

### **6. THE SECRETARY OF THE MEETING**

It shall be the duty of the Secretary of the competition, under the direction of the Committee, to see that the various officials are at their respective posts before the first lift takes place, to provide for any contingency, which may arise, and to generally co-operate with the Director of the competitions for the proper conduct of the meeting.

### **7. PRESS STEWARD**

The Press Steward shall be responsible to keep the press representatives promptly and fully posted with the results of each lift.

### **8. PLATFORM AND SCALE**

None but the officials of the meeting and the competitors shall be allowed around the platform and stage, except by special permission. Any member of the Executive of the Federation shall be admitted to the platform and stage at all competitions held under the rules of the Federation. All officials should be provided with distinguishing badges.

## **9. CONDUCT**

Any competitor or attendant being abusive or using bad language to any official or person in the enclosure or disobeying officials or misconducts himself/herself in any manner may be disqualified by majority vote of the referees for the remainder of the meeting and reported to the Regional Association.

## **10. JUNIOR/YOUTH/UNDER 14**

A junior is defined as being any lifter who is twenty years of age or younger as at 31 December of the current year. A youth lifter is defined as being 17 years of age or younger as at 31 December of the current year. An under 14 lifter is defined as being 14 or younger as at 31 December of the current year.

## **11. MASTERS**

Master lifters will compete in age groups in accordance with the IWF regulation. A Master's age is based on the year that he celebrates his birthday, i.e. if he turns 45 before 31 December, he shall compete in the 45 to 49 group. The Masters shall be controlled by a sub-committee, answering to the Federation Executive

## **12. LIFTING**

Warning shall be given before each class and after sufficient time has been allowed for competitors to get on to their allotted place, commencement of the lifts will be affected. If any competitor is not in his place at the prescribed time for starting, the lifts may proceed without him. No competitor shall be allowed to start unless he is properly clothed.

## **13. PROTESTS OR OBJECTIONS**

- a) Any protest or objection by a competitor against another competitor, or against any other competitor's qualification to compete, shall be made to the Secretary of the meeting when practicable before, and in any case as soon as possible after the competition is decided, and before the prizes are presented. Every such protest shall be accompanied by a deposit and shall, if required by the Secretary of the meeting, be made in writing and signed by the objector. If upon investigation the protest or objection shall appear to have been on no reasonable ground, the deposit shall be forfeited to the Provincial Association or to the SAWF in the case of National Championships.
- b) In the event of a protest or objection being lodged against a successful competitor, his prize shall be withheld until the protest or objection shall have been fully disposed of in a manner provided in the next rule. If, within a period of one month from the date of competition, the protest or objection may be sustained, the prize shall be awarded as if the competitor objected to had not taken part in the competition.
- c) Any protest or objection which has reference to the conduct of a competitor in an actual competition shall be decided by the Organising Committee on the spot, and

their decision shall be final. The Organising Committee may also decide any other protest or objection coming within their powers, but if their decision is objected to at the time, they shall refer the matter to the Regional Association or to the Executive as applicable for final decision.

- d) The right of protest against a competitor lies with any competitor but a controlling official may intervene officially.

## **SECTION D**

### **REGULATIONS FOR MAKING SOUTH AFRICAN NATIONAL & REGIONAL RECORDS**

- 1.** The Executive of the Federation will adjudicate upon all record claims within the meaning of its definitions and rules, but it shall be in the discretion of the Executive to decline to accept any claim where they consider that the interests of the sport would not be promoted thereby.
- 2.** Any person wrongfully claiming a record renders himself/herself liable to be dealt with under the rules of the Federation, and it shall be the duty of the officials present to report to the Executive of the Federation any circumstances they may consider an infringement of such rules.
- 3.** No claim to any record shall be adjudicated upon unless the record has been made in the presence of three referees approved by the Executive Committee of the Federation, two of whom shall be Class C (National Referees).
- 4.** Any protest or objection which has reference to the conduct of a competitor in an actual competition shall be decided by the referees on the spot and their decision shall be final. The referees may also decide any other protest or objection coming within their powers, but if their decision is objected to at the time, they shall refer the matter to the Provincial Association for final decision.
- 5.** A record shall be claimed within 30 days of the event with respect to which it is made. The Executive shall have the power to extend the time within which such notice must be given, if the circumstances render it desirable.
- 6.** The person performing same, (unless an official of the Association submits the claim), can only make a claim to a record on the recognised forms of this Federation (in writing) to the Secretary of the Provincial Association.
- 7.** All proofs in respect of claims will be forwarded by the Provincial Associations, after due enquiry and consideration, to the Secretary of the Executive, for consideration by the Executive.
- 8.** The onus of applying for records is placed with the Secretary of the competition at which such record was made. The entire onus of proof shall rest upon the competitor making the claim, if the claim is made by him, but the Regional Association may procure and use evidence bearing upon the event in question.
- 9.** The margin of increase for a National Record shall be 1kg.
- 10.** Any lifter who breaks a South African Record while competing in a recognised International Contest shall be awarded the record without having to supply the proof as mentioned above.

- 11.** Records may be broken only at Provincial, Regional, National, International contests, as well as National Trials. A financial reward shall be awarded to any lifter who breaks a National Junior or Senior Record. The amount for a Junior Record will be R50 (fifty rand). The amount for a Senior Record will be R100 (one hundred rand).
  
- 12.** The reward will be paid to any lifter who breaks a record in the snatch, either clean & jerk or total. However, if for example the snatch record is broken twice by the same lifter in the same competition, then the reward will be paid only ONCE.

## **SECTION E**

### **REFEREES**

1. The Federation recognises four classes of referees:

**a) CLASS D – REGIONAL REFEREES**

Applicants must satisfy the following requirements

- i) Be at least 19 years of age and a registered member
- ii) Be recommended by their respective Regional Association
- iii) Pay on application for which they shall receive a copy of the IWF Rule Book
- iv) Write a preliminary examination one to three months after the application has been received by the Federation, subject to the conditions laid down in step 3 of this section. This exam will be set and marked by the Technical Committee. On passing the above exam, the applicant can then be registered as a Provincial Referee. Should the applicant fail the exams, he will be required to wait 6 months before re-applying.

**b) CLASS C - NATIONAL REFEREE**

Applicants must satisfy the following requirements:

- 1) Referee in at least 6 competitions and 240 lifts as a Provincial Referee
- 2) After having satisfied b.1) the applicant must referee at a National or Provincial Championship (Masters Champs excluded) where he/she will be monitored by two Category 1 referees or two referees (examiners). At the end of the competition, the examiners will make a decision on whether the applicant is ready to be upgraded to a Category C Referee.
- 3) On attaining the required standard the applicant can then be registered as a National Referee. Should the applicant fail, the conditions stated in b.1) above will have to be met before being re-examined.

**c) CLASS B – INTERNATIONAL REFEREE CATEGORY 2**

Applicants must be qualified in terms of article 6.4 of the International Rules

**d) CLASS A – INTERNATIONAL REFEREE CATEGORY 1**

Applicants must be qualified in terms of Article 6.4 of the International Rules

### **2. SUSPENSION OF REFEREES**

A referee may be suspended on the following grounds:

- a) On the recommendation of a Provincial Association
- b) Should he be inactive for 12 months or more
- c) Should he not have remained conversant with IWF and the Federation Regulations
- d) Should he be found to be incompetent

### **3. RE-INSTATEMENT OF SUSPENDED REFEREES**

Any referee, who has been inactive for twelve or more months must rewrite the national referee's examination and do a practical test as well. Experienced candidates will be dealt with on a case-by-case basis to determine his/her status in terms of being a Regional or National Referee.

### **4. THE REFEREES EXAMINATION**

- a) The examination shall be held thrice annually and where possible in the months of February, July and October. Candidates must obtain a pass mark of 85%.
- b) The examination shall be set by the Technical Committee using the IWF Rules as the syllabus.



## **SECTION F**

### **INTERNATIONAL PARTICIPATION**

1. Competitors to represent South Africa will be selected by the Selection Committee and approved by the Executive of the Federation.
2. A lifter representing South Africa must hold a valid South African passport.
3. No lifter or official may compete or act individually abroad in weightlifting without written approval by the Federation
4. Titles won by international competitors at the SA Open Championships will be allocated to them as SA Open titles whereupon titles by SA lifters will include a domestic title. For example, SA lifter places second after international lifter then the international lifter wins the SA Open title and the SA lifter wins the domestic SA Senior title.
5. All other international competitions will be decided on and determined by the Federation
6. Trials for selection of National Teams may be de-centralised providing each trial venue is under the supervision of a neutral selector.
7. Coaches, managers and officials representing South Africa must be registered National Referees (Class C) except in the case of an International Coach who has been employed by the Federation on a contract basis.
8. Selection of manager, assistant coach, or manager/assistant coach; should a South African team consist of more than 4 lifters, and funding is available, the Provinces will be asked to nominate candidates for the above position/s. All candidates must be National Class C referees. Coaches need to be active and should have a level two grading. The SAWF Executive will make final appointment.
9. All National Teams will be coached by the SAWF National Coach.

#### **10. Trial Policy:**

The following rules will apply:

- a. The trials may be decentralised but must happen on the same day, if possible.
- b. The trial date should reflect on the official calendar of the SAWF.
- c. The trials must take place in the presence of a neutral selector.
- d. 5 attempts will be granted to a lifter to demonstrate his competence.
- e. In terms of his final placing, the best attempts will count.
- f. The trials must be judged by national class C referees and higher.
- g. The names of the referees must be declared.
- h. The IWF rules will apply, except the number of attempts.
- i. The competition secretary will sign the official results.

# **SECTION G**

## **SELECTION POLICY**

### **INTRODUCTION**

The selection policy and the selection criteria instituted and applied by the SAWF is to ensure that each lifter is afforded a fair chance of representing South Africa at international events.

### **GUIDING PRINCIPLES**

1. The SAWF supports SASCOC and other organs of administration associated with it and as such ensure that teams selected will comply with the following:

- Promotes inclusivity as it pertains to elite athlete development
- Gender equity
- Development
- The promotion of fair, ethical and equitable participation for South Africans in international events

2. A selection policy based on a financially feasible and sustainable team size quota will be followed, utilizing precise criteria for merit selection based on proven performance indicators (medal potential at games and other events, quality performance at world championships and ongoing development) as the determinants of team size in order to achieve efficient and quality deliverables at international events.

### **3. Selection to the Olympic Games remains the prerogative of SASCOC.**

4. For the successful implementation of the selection policy, close and ongoing co-operation will be sought from all participating provinces. Within the broad and accepted framework of sport transformation, it will be expected from Provinces to themselves, seriously strive for the attainment of inclusivity and a fair ration of representivity (30-40%) which encompass gender and historically disadvantaged as it pertains to all members of the team: athletes, coaches and team officials.

### **ELIGIBILITY**

- Only athletes who are eligible, according to the rules and regulations laid down by the SAWF, WFA and IWF, will be considered for selection
- Discrimination against any person on the grounds of race, colour, gender, religion or politics will not be tolerated
- Compliance of athletes with the rules and regulations (including anti-doping regulations in respect of current prescribed substances and techniques) of the IWF governing our sport as well as that of the SAWF
- Only athletes who are not currently under suspension or disqualification under the rules of the SAWF, WFA and IWF will be considered for selection
- Only athletes who qualify as a citizen and are in possession of a valid South African passport will be considered for selection

## **CORE SELECTION CRITERIA**

### **1. To determine if all Provinces are eligible and represented**

Criteria:

- The Province must be the single and national recognised structure governing weightlifting in the area.
- The Province must be recognized and must be in good standing with the SAWF

### **2. To determine which athletes would qualify on merit for selection due to their proven ability to win a medal - POTENTIAL MEDALISTS. (Note: Whilst there are no qualifying standards to comply with for participation at the African Champs, All Africa Games, Commonwealth Games, the qualifying standards as laid down by the SAWF will apply)**

Criteria:

- Top 10 : All Africa Games
- Top 10 : Continental Championships
- Top 10 : Based on Commonwealth Games and AAG ranking (one per country)

### **3. Having made a preliminary selection of those athletes most likely to give a return on the investment, to assist those with the potential to highly probable medallists and/ finalists. These athletes would be those that have the potential to win medals – thus falling in to the category MEDAL WINNERS.**

Criteria:

- Proven ability to finish in the top ten
- Proven ability to finish in top 10 against Commonwealth and Continental Countries in any major recognised international event such as the African Champs

### **4. Once selection has taken place according to steps one, two and three, the profile and make-up of the team may not meet the requirements of gender and representivity. The SAWF thus may need to apply certain other and additional criteria to afford, within budget limitations, additional athletes the opportunity to participate internationally, thus meeting the objectives of gender equity, international objectives, performance objectives, special cases and demographic considerations.**

## **OTHER PROTOCOLS**

The SAWF is committed to send a well prepared, well presented and in all aspects a winning team to international events. Due to financial constraints, the point of departure is one of a quality and disciplined approach where the provinces must buy into this philosophy and where the input must measure up to the results achieved, i.e. final medal count and a high professional credible performance.

## **GENERAL PRINCIPLES**

- All team members must be a credit to the country both on and off the platform
- All team members will be obliged to enter into such agreements as might be expected by the SAWF from them

- No team member who conceals an injury or illness of any kind that could possibly influence his/her performance will be considered for selection. The aspect also includes the principle that a “dope-free (clean) team will represent South Africa
- The obligation rest on the respective Provinces to ensure in co-operation with the SAWF, that the selection process (trials, etc) the provision of equal opportunities without any form of discrimination is upheld
- The team will be selected by the Selection Committee with final approval by the Executive of the SAWF who will then announce the team.
- All team members will give consent to the SAWF Executive to undergo a medical/fitness test, as may be required
- Athletes selected must meet the criteria as set out in this policy as well as that of SASCOC
- No family members of candidates up for selection shall form part of the selection committee.

## SECTION H

### CODE OF CONDUCT

<b>CODE OF CONDUCT OF SA WEIGHTLIFTING FEDERATION MEMBERS</b>
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Pursuant to powers vested in it by Article 31 and section H of the Weightlifting Constitution, the Council adopts the following "Code of Conduct" and Regulations for better and clearer conduct and governance of Weightlifting in South Africa.

**[Weightlifting hereby acknowledges that the document originates from SASCOC and is found as the 'Code of Conduct' of the Federation Internationale De Volleyball.]**

#### **PREAMBLE**

#### **APPLICATION AND JURISDICTION OF SA WEIGHTLIFTING FEDERATION MEMBERS**

Membership is described as per Article 6, 7 and 8 of the Weightlifting constitution and shall include the parents of minor weightlifting doers as though they were bone fide members of Weightlifting.

Members shall therefore include weightlifting unions, weightlifting leagues, clubs, teams and their leaders, team managers, doers, coaches, arbiters, tournament directors and 'local organising committees' of any Weightlifting event as well as the parents of minor children who do weightlifting.

### **RULES OF CONDUCT**

#### **Rule 1: Ethics**

##### **1.1 FUNDAMENTAL PRINCIPLES**

- 1.1.1 SA Weightlifting Federation members are subject to the Weightlifting Constitution, Code of Conduct, Regulations and decisions taken by the relevant Weightlifting institutions and must follow strictly their terms and provisions.
- 1.1.2 Violations will be sanctioned under the provisions of this Code of Conduct, which apply, without distinction, to any discipline under Weightlifting authority, except when otherwise provided.
- 1.1.3 Ignorance of this Code of Conduct or of the other Regulations approved by the Weightlifting Council is not considered an excuse.
- 1.1.4 Weightlifting Unions, clubs, teams and their leaders, team managers, coaches, doers, minor doers and their parents, tournament directors and all those participating in the activities of weightlifting must strictly comply with the Code of Conduct, Rules, Regulations and decisions of the Weightlifting Council, which is the custodian of all weightlifting in South Africa.
- 1.1.5 SA Weightlifting Federation members who are in violation of the Weightlifting Constitution, Code of Conduct, Regulations and/or decisions of Council are subject to disciplinary sanctions imposed by the relevant Weightlifting institution. In case of serious or repeated offences, they are subject to heavier sanctions approved on behalf of Council by the Executive Board.

- 1.1.6 Disciplinary sanctions are the competence of the Executive Board and the Council, and the Executives of Weightlifting Unions or Affiliates in good standing.

## 1.2 ATTITUDE AND BEHAVIOUR

- 1.2.1 SA Weightlifting Federation members must conduct themselves in accordance with the principles of dignity, integrity, loyalty and responsibility in all relations of a competitive, economic, social and moral nature.

- 1.2.2 In order to ensure the respect of these principles, SA Weightlifting Federation members should base their attitude and behaviour on the following criteria:

1.2.2.1 **DIGNITY:** means the proper respect of the rights of the individual and the right to privacy which to this end shall be:

- The dignity of the individual must be preserved.
- There shall be no discrimination on the basis of race, sex, ethnic origin, religion philosophical or political opinion, marital status or other grounds.
- Practice constituting any form of physical, mental, moral, and professional or sexual harassment is prohibited.

1.2.2.2 **INTEGRITY:** means being upright in character, refraining from all incorrect behaviours and facing life's circumstances with moral strength, honesty and incorruptibility. To this end shall be :

- SA Weightlifting Federation members and/or their representatives may not, directly or indirectly, offer any concealed remuneration, nor accept or request any commission, benefit or service other than that established in the Regulations for services rendered.
- It is forbidden to accept, buy or give away directly or indirectly any personal gifts or offer special privileges with a view to being elected into any Weightlifting governing or supporting institution.
- SA Weightlifting Federation members shall avoid any conflict of interest between the organisation to which they belong and any other organisation within Weightlifting or associated with it.
- SA Weightlifting Federation members must exercise due care and diligence in fulfilling their mission. They must not act in a manner likely to tarnish the reputation of Weightlifting.
- SA Weightlifting Federation members shall not disclose any confidential information entrusted to them or benefit there from, nor undertake malicious damage to the reputation of any Weightlifting member.

1.2.2.3 **LOYALTY:** means to show continuous allegiance to Weightlifting whilst abiding by the Weightlifting Constitution, Code of Conduct, Regulations and decisions, including the sports and ethics principles upheld by FIDE and Weightlifting. To this end:

- SA Weightlifting Federation members must not be involved with firms or person whose activity is inconsistent with the principles set out in the Weightlifting Constitution, Code of Conduct and Regulations.

- SA Weightlifting Federation members shall not accept any remuneration for voting or intervening in a given manner within the bodies of weightlifting in South Africa. They may however openly discuss their preferences or opinions in search of the best option able to serve Weightlifting and the Weightlifting's general interests.
- All doping practices, at any and all levels, are strictly prohibited.
- SA Weightlifting Federation members shall make their best efforts to maintain harmonious relations with government authorities, corporate sponsors and the media in accordance with the principles of universality, political neutrality and independence.

1.2.2.4 **RESPONSIBILITY:** means the performance by an individual without supervision of the tasks and functions held with care, in the best interest and with full respect of Weightlifting and of the Weightlifting Constitution, Code of Conduct and Regulations. To this end:

- SA Weightlifting Federation members must not violate the provisions of the Weightlifting Constitution, Code of Conduct and Regulations nor publicly express unpleasant opinions or opinions damaging the reputation, honour or welfare of Weightlifting and its members.
- SA Weightlifting Federation members may freely express their opinion on any decision of Weightlifting, but they must refrain from making declarations that may bring Weightlifting into disrepute.
- Weightlifting Unions and affiliates are liable for the actions of those who represent them.
- Weightlifting Unions and affiliates may be held responsible, even on the basis of presumed responsibility, for offences committed by tournament directors, Arbiters administrators, weightlifting officials and parents of the minor doers, clubs and their leaders, managers, doers and coaches.

## **Rule 2: Conflict of Interest**

2.1 SA Weightlifting Federation members may not draw personal gain or advantage directly or indirectly from a third party due to his own decisions taken in the fulfilment of his official functions

# **OFFENCES AND SANCTIONS**

## **RULE 3: Institutional Offences and Sanctions**

Weightlifting members, whether individually or collectively, may freely express their disagreement with decisions made by Weightlifting, but must refrain to do so in aggressive or violent terms before the media, internet websites or any organisation foreign to the Weightlifting community.

### 3.1 DEFINITION

Institutional offence: Any Discard that is revealed publicly and offensively against Weightlifting is considered a violent conduct threatening the image of Weightlifting, and its "brand image" and constitutes a serious offence subject to suspension or expulsion.

## 3.2 LITIGATION

In case of litigation in favour of Weightlifting, Weightlifting shall recover its expenses and have the right to sue for damages.

# **RULE 4: Sports Offences and Sanctions**

## 4.1 DEFINITION

**Sport offence:** A breach of the rules of a tournament / competition or principles established by the Weightlifting Constitution, Code of Conduct, Regulations and decisions constitutes the violation of a legal, appropriate and remarkable interest of Weightlifting. The sanction may be established in this Code or decided by the Weightlifting Executive Board or the Weightlifting Council.

## 4.2 OFFENCES AGAINST THE PRINCIPLES OF DIGNITY, INTEGRITY, LOYALTY AND RESPONSIBILITY

### 4.2.1 Violent Conduct

Any action, attitude, comment or public statement disdoing a strong improper use of physical or emotional force in order to injure, intimidate or defame Weightlifting, its Officials, participants or guests is considered a violent conduct liable to suspension or expulsion in accordance with the seriousness of the fault.

4.2.1.1 Violent conduct, in connection with a competition or weightlifting, shall be sanctioned with disqualifications from taking part in any future similar activity with the possibility of additional sanctions, depending on the seriousness of the case.

4.2.1.2 Provinces, Unions, clubs, teams and competition organizers are jointly responsible for offensive and intemperate conduct on the part of their supporters and or fans.

4.2.1.3 In case of **violent** conduct on the part of supporters, during a Tournament the club or team shall be fined between R1000.00 and up to R10 000.00 depending on the seriousness of the case.

4.2.1.4 If such incidents irremediably compromise the normal course of a tournament, the team held responsible for the violent conduct shall be sanctioned with reversal of the results

4.2.1.5 Harassment, insult, verbal or physical abuse by a coach to or against a doer or any other team member or official present at a Tournament shall be sanctioned by the Executive board with suspension in accordance with the seriousness of the fault.

4.2.1.6 The Unions, clubs and their Organising Committee of Weightlifting event must deal courteously and considerately with the Weightlifting officials, the members of the Executive Board, Arbiters, participating team delegations, parents and guests. Any commentary or remark expressed publicly through the media, detrimental to the image or the reputation of Weightlifting or any of its officials is considered violent conduct.

4.2.1.7 Any discord against the Weightlifting, not raised to a competent institution of Weightlifting but debated instead publicly through the media, is considered a violent the conduct subject to suspension or expulsion in accordance with the seriousness of fault.

4.2.1.8 Unions are jointly and severally liable with respect to the actions and conduct of their official representative, clubs, and teams and for any misconduct or expressed contempt of their members that might harm or denigrate Weightlifting or any of its officials or guests.



## **4.3 OFFENCES DURING COMPETITIONS**

### **4.3.1 Dishonesty in competitions**

4.3.1.1 Unions are liable with respect to their official representatives, and clubs with respect to their teams, for any conduct of their members aiming at altering fraudulently the doing and results of a match or providing any party with an unfair advantage in the ranking.

4.3.1.2 A Union or club or organiser declared responsible for such actions shall be sanctioned with reversal of the match results of their respective team, withdrawal of all points in the ranking and exclusion for two years from all official competitions organised under the auspices of Weightlifting.

4.3.1.3 Individual persons found responsible for dishonesty shall be discharged from Weightlifting positions.

### **4.3.2 Use or forbidden substances**

4.3.2.1 Unions and clubs shall be responsible for ensuring that forbidden substances are not used by their doers. Doers, managers and coaches proved to be responsible shall be suspended.

### **4.3.3 Offences in Tournament Directing**

4.3.3.1 Tournament Directors who carry out their jobs dishonestly in the course of any kind of Weightlifting competitions shall be discharged from duty in the competition and subject to an additional sanction by the Executive Board.

4.3.3.2 In case of proven corruption, the Tournament Director and all those who have participated in the illegal activity shall be summoned to a disciplinary hearing.

## **4.4 OFFENCES AGAINST WEIGHTLIFTING AND ITS AFFILIATES**

4.4.1 Omission to obtain authorisation for the organisation of international competitions

4.4.1.1 Unions have obligation to obtain authorisation from Weightlifting and from SASCOC before they hold competitions between national teams.

## **RULE 5: ADMINISTRATIVE OFFENCES AND SANCTIONS**

### **5.1 RULES OF ETHICS AND PRINCIPLE OF AUTHORITY**

5.1.1 Disciplinary power is vested in Weightlifting Council and governing institutions as a constitutional means to enforce the principle of the authority of Weightlifting.

5.1.2 The Management Committee is competent to impose temporary suspension on an individual member who contravenes the Weightlifting decisions, Constitution and the fundamental principles of this Code of Conduct.

5.1.3 The Executive Committee of each Union enjoy disciplinary powers delegated by Weightlifting to enforce, within its area of jurisdiction, the rules and decisions of Weightlifting and of its own competition regulations and decisions taken within its field of competence.

- 5.1.4 The Weightlifting Executive Board is competent to impose sanctions concerning violations of the ethics and the review the disciplinary measures taken by the Managing Committee.
- 5.1.5 After hearing the person concerned, the Weightlifting Executive Board may decide to suspend a decision or confirm the suspension of a member who has violated the ethics rules.

## **5.2 CONFLICTS OF INTERESTS**

- 5.2.1 The Weightlifting Executive Committee is competent to impose sanctions for conflicts of interest.
- 5.2.2 After hearing the person concerned, the Weightlifting Executive Committee may suspend a person who is involved in a conflict of interests.
- 5.2.3 A person found to be consciously involved in a proven conflict of interests shall be discharged from his official position.

## **5.3 OTHER SANCTIONS**

### **5.3.1 Suspension**

5.3.1.1 The grounds for suspension of a Weightlifting Union or Affiliate:

- Debt to Weightlifting of the annual fee, notably for delay in payment of three (3) annual fees, admonition, thereof having been issued three (3) months before the council meeting.
- First-time breach of the Weightlifting Constitution, Regulations, decisions or this Code of Conduct.

5.3.1.2 A suspended Union is obliged to reimburse Weightlifting for all expenses incurred by the latter for the study of its case (investigation or conciliation working group, legal expenses etc)

5.3.1.3 In order to recover its full affiliation, the said Weightlifting Union must have satisfied the financial obligations above, unless an exceptional derogation is granted by the Weightlifting Council.

### **5.3.2 Expulsion**

5.3.2.1 The grounds for expulsion from the SAWF is:

- Loss of status as a Weightlifting Union, on the basis of findings from inquiries made in conjunction with the competent national authorities and confirmed by the Weightlifting Council
- Debt to the Weightlifting, notably for non-payment of fines, admonition thereof having been issued three (3) months before the Council meeting.
- Repeated breach of the Weightlifting Constitution, Regulations, decisions or this Code of Conduct.
- Violation of the fundamental principles of the Constitution or breach of the fundamental principles of the Rules of Ethics.

5.3.2.2 Quorum and voting requirements for the expulsion are the same as those stipulated for amendments to the Constitution.

- 5.3.2.3 In case of emergency, doers and officials may be expelled by the Executive Board by a two thirds (2/3) majority vote, effective upon notice of the decision.
- 5.3.2.4 A Weightlifting Union may propose the grant of amnesty to an expelled body at the next Council meeting, requesting inclusion of the matter on the agenda four weeks before the date of such meeting.

## **DISCIPLINE**

### **RULES OF PROCEDURE**

#### **RULE 6: PROCEEDINGS**

##### **6.1 DISCIPLINARY PROCEDURES**

- 6.1.1 Disciplinary procedures shall be initiated directly by an executive of a competent Weightlifting Union or the Management Committee of Weightlifting.
- 6.1.2 Except for urgent matters, a sanction may not be imposed before the Weightlifting member concerned has had the opportunity to be heard and to present his case.
- 6.1.3 The Weightlifting Committee appointed to determine a possible sanction is free to decide whether the right to be heard may be exercised solely in writing or also orally by authorizing the Weightlifting member additionally to present this case orally.
- 6.1.4 The Executive Board shall evaluate the evidence, giving consideration to the specific conditions under which the events occurred, the reputation of the person(s)/or institution concerned and generally all the circumstances in order to determine if a sanction is required.
- 6.1.4 A Weightlifting member who, after having been sanctioned for a violation of the Weightlifting Constitution, Code of Conduct or Regulations, commits another violation of the same kind is subject to an increase in the severity of the sanction.
- 6.1.5 At the end of the deadline granted for the exercise of the right to be heard or following the hearing which the right to be heard was also exercised orally, Weightlifting will take its decision which will be notified to the Weightlifting member concerned.

This decision will indicate the deadline and appeal process, specifically mentioning the competent institution which may revise the decision taken.

##### **6.2 PUBLICATION AND NOTIFICATION OF DECISIONS**

- 6.2.1 Sanctions shall be communicated by registered mail, except in case of those sanctions imposed during a competition which shall be delivered by hand to the corresponding party.
- 6.2.2 With the exception of simple admonition, all other sanctions shall be published on the Weightlifting website.

# **RULES OF JURISDICTION**

## **RULE 7: JURISDICTION**

### **7.1 WEIGHTLIFTING INSTITUTIONS WITH JURISDICTIONAL COMPETENCE**

The Weightlifting institutions vested with jurisdictional competence are:

- a) The Weightlifting Council
- b) The Executive Board
- c) The Management Committee

## **RULE 8: SANCTIONS**

### **8.1 TYPES AND DEFINITION OF SANCTIONS**

The Weightlifting institutions vested with jurisdictional competence may impose the following sanctions:

#### **8.1.1 Not Subject to appeal:**

- a) Simple Admonition – a statement of disapproval;
- b) Severe Admonition – a declaration of censure;
- c) Warning – an official statement of blame, with the specific implication that if further offences are committed the following sanction will be more severe.

#### **8.1.2 Subject to appeal:**

- a) Fine – a variable sum of money to be paid to Weightlifting to a maximum of R1000.00
- b) Disqualification from competition – prohibition of doers, coaches or officials from participation in Weightlifting.
- c) Discharge from official position – loss of position held
- d) Suspension – prohibition from participation, for a given period of time, in any official activity at national, continental or world-wide level, or at all the three levels;
- e) Expulsion – expulsion of a member from the Weightlifting Activities.

### **8.2 SANCTIONS IMPOSED BY THE MANAGEMENT COMMITTEE**

- 8.2.1 Sanctions imposed by the Management Committee in accordance with the Constitution must be submitted to the Executive Board for confirmation and ratification
- 8.2.2 The Ethics Committee must hear a Weightlifting member sanctioned by the Management Committee. However, the Executive Board reserves the right to hear a sanctioned Weightlifting member.
- 8.2.3 A decision of the Executive Board confirming all or part of a sanction imposed by the Managing Committee is subject to appeal, within thirty (30) calendar days from its notification. The decision made by either institution is final and without appeal.

## **RULE 9: POWERS FOR IMPOSING SANCTIONS**

### **9.1 COMPETENCE TO IMPOSE SANCTIONS**

With the exception of the expulsion of a Weightlifting Union, which is for the exclusive competence of the Council the sanctions that are specifically set out in the Constitution may be imposed by a competent person or commission established by the Executive Board.

## **9.2 THE COUNCIL**

The Council has the exclusive competence for all cases of expulsion

## **9.3 THE WEIGHTLIFTING UNIONS**

9.3.1 The Unions are the Weightlifting supporting institutions responsible for imposing sanctions at Regional level.

# **RULE 10: EXECUTION AND NON-OBSERVANCE OF SANCTIONS**

## **10.1 EXECUTION OF SANCTIONS**

### **10.1.1 Fines**

10.1.1.1 Fines must be paid to Weightlifting in its bank account no later than three (3) months after receipt of the notification of the imposed sanction.

### **10.1.2 Disqualification of doers and coaches**

10.1.2.1.1 Disqualification must be applied with direct reference to the Weightlifting competitions immediately following notification.

10.1.2.1.2 If a coach or doer participates in a match while he is suspended or disqualified, his team shall lose the match and the sanction will be doubled.

### **10.1.3 Suspension**

Suspension starts from the day after receipt of the written notification of the sanction.

## **10.2 NON-OBSERVANCE OF SANCTIONS**

Non-observance of sanctions imposed by Weightlifting shall be sanctioned by the Executive Board with possible expulsion, due to the threat to the principle of authority.

# **RULE 11: APPEAL**

## **11.1 UNIQUENESS OF THE WEIGHTLIFTING JURIDICAL ORDER**

In all circumstances SA Weightlifting Federation members must refrain from appealing to any civil, judicial, arbitration sports authorities foreign to Weightlifting against decisions of whatever nature concerning them, and in particular against decisions resulting from their participation, possible participation or responsibilities in official or recognized competitions or in Weightlifting activities hosted by their Unions.

## **11.2 SANCTIONS IMPOSED BY UNIONS OF WEIGHTLIFTING**

11.2.1 Except as otherwise provided, at the moment of the notification or established in regulations governing the event or the situation concerned, all decisions of the Weightlifting institution may be appealed to the subsequent superior Weightlifting authority no later than thirty (30) calendar days after receipt of the notification on site or by registered mail.

Once this term expires a decision becomes final.

11.2.2 However decisions issued by a Tournament Committee may be appealed to the Executive Board no later than twenty-four (24) hours after being notified, except if circumstances require a shorter deadline.

## **SECTION I**

### **LONG TERM PARTICIPANT DEVELOPMENT PROGRAM (LTPD)**

**FOR ALL POINTS NOT COVERED BY THIS CONSTITUTION THE RELEVANT REGULATIONS IN THE CONSTITUTION OF WEIGHTLIFTING FEDERATION OF AFRICA (WFA), THE INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF) AND SASCOC TAKES EFFECT**

**AMENDED AND ACCEPTED ON 28 JUNE 2013**