

Canadian Powerlifting Union

CONSTITUTION and BYLAWS - Effective August 6, 2011

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To: THE MINISTER OF CONSUMER AND CORPORATE AFFAIRS OF CANADA

- I. The undersigned hereby apply to the Ministry of Consumer and Corporate Affairs for the GRANT OF A CHARTER BY LETTERS PATENT under the provisions of Part II of the CANADA CORPORATIONS ACT constituting the undersigned, and such others as may become members of the Corporation thereby created, a body corporate and politic under the name of

CANADIAN POWERLIFTING UNION

The undersigned have satisfied themselves and are assured that the proposed name under which incorporation is sought is not the same or similar to the name under which any other company, society, association or firm, in existence is carrying on business in Canada or is incorporated under the laws of Canada or any province thereof, or so nearly resembles the same as to be calculated to deceive, and that it is not a name which is otherwise on public

- II. The applicants are individuals of the full age of twenty-one years with power under law to contract. The name, place of residence, and the calling of each of the applicants are as follows:

WILLIAM TYRONE JAMISON, 126 Barons Avenue South, Steelworker, Hamilton. Ontario
NED GVOICH, 116 Irene Avenue, Contractor, Stoney Creek, Ontario
BILL GVOICH, 281 Rainbow Drive, Fitness Consultant, Hamilton, Ontario

The said William Tyrone Jamison, Ned Gvoich, and Bill Gvoich will be the first directors of the Corporation

- III. The Objects of the Corporation are:
- a) To promote, control, and develop powerlifting on a national scale;
 - b) To promote an interest in and dedication to better health and fitness through weight lifting;
 - c) To unify, and develop better understanding and cooperation between, provincial organizations;
 - d) To co-ordinate and supervise the activities of provincial powerlifting bodies. Its decision is final in regards to any dispute that may arise from it's affiliated bodies;
 - e) To set up the rules for powerlifting competitions;
 - f) To appoint qualified National referees;
 - g) To regulate and control National championships;
 - h) To set up a committee to discipline provincial organizations that do not follow the Constitution.
 - i) To honour individuals in the form of special awards for exceptional work and achievement.
- IV. The operations of the Corporation may be carried on throughout Canada, and elsewhere.
- V. The place within Canada where the Head Office of the Corporation is to be situated shall be in the town or city where the President of the Corporation makes his/her residence.
- V. The place within Canada where the Head Office of the Corporation is to be situated shall be in the town or city where the president of the Corporation makes his/her residence.
- VI. It is specially provided that in the event of the dissolution or winding up of the Corporation. All of its remaining assets after payment of its liabilities, shall be distributed to one or more recognized charitable organizations in Canada.

- VII.** In accordance with Section 65 of the Canada Corporations Act, it is provided that, when authorized by by-law, duly passed by the directors and sanctioned by at least two-thirds of the votes cast at a special meeting of the members duly called for considering the by-law, the directors of the Corporation may from time to time:
- a) Borrow money upon the credit of the Corporation;
 - b) Limit or increase the amount to be borrowed;
 - c) Issue debentures or other securities of the Corporation;
 - d) Pledge or sell such debentures or other securities for such sums and at such prices as may be deemed expedient, and;
 - e) Secure any such debentures or other securities, or any other present or future borrowing or liability of the Corporation, by mortgage, hypothec, charge or pledge of all or any currently owned or subsequently acquired real and personal, movable and immovable, property of the Corporation, and the undertaking and rights of the Corporation. Any such by-law may provide for the delegation of such powers by the directors to such officers or directors of the Corporation to such extent and in such manner as may be set out in the by-law. Nothing herein limits or restricts the borrowing of money by the Corporation on bills of exchange or promissory notes made, drawn, accepted or endorsed by or on behalf of the Corporation.
- VIII.** The by-laws of the Corporation shall be those filed with the application for letters patent until repealed, amended, altered, or added to.
- IX.** The Corporation is to carry on its operations without pecuniary gain to its members and any profits or other accretions to the Corporation are to be used in promoting its objects.

THE CONSTITUTION OF THE CANADIAN POWERLIFTING UNION

ARTICLE I: GENERAL PROVISIONS:

The Canadian Powerlifting Union (C.P.U.) is composed of its affiliated provincial organizations governing the sport of powerlifting. There shall be only one such organization recognized in each province.

The duration of the C.P.U. is indefinite. A unanimous vote of the Executive Council is required to dissolve it.

The C.P.U. forbids distinctions between provinces or individuals for reasons of race, colour, religion, or politics.

Any Canadian citizen or Landed Immigrant of Canada shall be allowed to register with the C.P.U. so long as he/she is an amateur in good standing.

Non-Canadian citizens may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation

As the recognized Canadian affiliate of the International Powerlifting Federation, the C.P.U. shall be responsible for all international affairs involving its members.

The CPU is committed to eradicating the use of performance enhancing drugs from powerlifting in Canada. As such, all members of the CPU, by virtue of membership, are agreeing to submit to periodic drug testing, either at a sanctioned CPU contest, or on a "short notice" or "no notice" out of competition basis.

Respecting that there may be other powerlifting organizations within Canada, any reference to "Powerlifting" within this document shall be understood to include only CPU governed powerlifting.

ARTICLE II: OFFICIAL LANGUAGE:

The official language of the I.P.F. is English; therefore, all C.P.U. national meetings with both anglophone and francophone attendees will be conducted in English. Representatives of affiliated provinces may speak their mother tongues at national meetings but they must provide interpreters to render English translations. CPU publications, namely the CPU website and the CPU constitution shall be available in both official languages.

ARTICLE III: NATIONAL MEETINGS:

1. The CPU shall conduct its Annual General Meeting in advance of the national championships, either the day prior, or earlier in the day of the first session, as determined by the Executive Committee and published in advance. If required, the meeting may be suspended and reconvened at a later time during the week of national championships. The following matters must be on the agenda:
 - a) Affiliation of new member provinces.
 - b) Examination and approval of annual President's, Treasurer's, Committees', and Provincial reports.
 - c) The filling-in of vacancies in the Executive Council.
 - d) Amendments to the C.P.U. Constitution and/or By-laws.
 - e) Proposals from affiliated provinces.
 - f) Nominations and voting for Male and Female Athlete of the Year, and Bill Jamison Award.
2. Proposals for the meeting must reach the Office of the President six weeks before the date fixed for the meeting. Proposals must be worded exactly as the petitioning province would wish to see them entered into the C.P.U. Constitution or its By-laws, quoting page, clause and item numbers. The reason for advancing the proposal must also be stated.
3. The Official Agenda must have been completed, and have reached the Presidents of each affiliated province, one month prior to the date of the meeting. Only those questions which appear on the Official Agenda will be addressed.

4. All Annual Reports must be in writing, and copies distributed to each delegate either prior to, or at the commencement of the National Meeting.
5. If a member(s) at a CPU general meeting is personally involved in an issue; ie, if a conflict of interest exists, then at the time of voting on this issue, the members(s) shall:
 - 1) Forfeit his/her vote
 - 2) Leave the meeting room so as not to affect the decisions of the other members on the issue.
6. Candidatures for open posts on the Executive Council or Committees must reach the Office of the President two months prior to the date of the National Meeting. This must take the form of a written Declaration of Intent by the candidate. The declaration must be signed by the candidate, and by his/her nominator, who shall be a member of the candidate's provincial executive. It must also bear the printed names of both parties, and the date upon which the declaration was made. If no written nominations are received, nominations will be accepted from the floor at the A.G.M.
7. The election of Executive Officers, and members of the Executive Council, shall be carried out by secret ballot.
8. To constitute a quorum at the Annual General Meeting, representatives from at least 50 % of the affiliated provinces must be present. At other national meetings, quorum will be constituted with members present

ARTICLE IV: SPECIAL MEETINGS:

If requested by at least 50 % of the affiliated provinces, the Executive Council must meet within two months of the date of the request.

The C.P.U. President is empowered to poll the member provinces for a vote by mail or by using the official CPU forums concerning matters of urgency.

ARTICLE V: EXECUTIVE COUNCIL AND OFFICERS:

1. Executive Council Officers: President
 Executive Vice President
 Treasurer
 Administrative Secretary
2. Voting Council All Executive Council Members
 Vice Presidents (Provincial presidents)
3. Executive Officers Officiating Chairman
 Committee Chairman (any active committees)
4. The Executive Council Officers shall be responsible for normal function of the CPU's day to day operations. Any issues that may be determined to require a vote or that would affect the CPU Constitution and Bylaws will be brought forward to the Voting Council, either by special meeting on the Executive forums on the website, or the Annual General Meeting.
5. Executive Council members receive a \$1000/year stipend.
6. Any registered member of a provincial body which is affiliated to the C.P.U. is eligible for election to the Executive Council or as an Executive Officer.
7. C.P.U. Officers and Committee Chairmen shall be elected for a term of three years. All previously elected members who remain in good standing with the C.P.U. shall be eligible for re-election.
8. All C.P.U. Officers and Committee Chairmen shall be elected by the Executive Council at the Annual General meeting.

9. Any members who are regularly absent from National Meetings, unless for valid reasons, may be suspended by a decision of absolute majority of the Executive Council and replaced at the next Annual General Meeting.
10. The Executive Council must approve all C.P.U. expenditures other than operating expenses.
11. All expenses incurred in the operation of the C.P.U. by its executives shall be reimbursed by the Union.
12. Any item, article or situation which is not specifically explained by or dealt with in the C.P.U. Constitution or its By-laws, shall be dealt with in accordance of the Constitution of the I.P.F.
13. Any person who operates a business, marketing Powerlifting equipment (apparel) will not be allowed to take part in discussions or vote upon matters concerning equipment at the CPU Annual Meeting.

ARTICLE VI: DUTIES OF THE PRESIDENT:

1. The President directs the debate and keeps order at the National meetings according to the traditions and rules of parliamentary procedure.
2. In the case of equal voting on a motion, the President, as Chairman, shall have the deciding vote. The Chairman shall not have a vote under any other circumstances. In the absence of both the president and the Executive Vice-President, the President or Executive Vice-President shall appoint one of the provincial presidents from among those present to chair the National meeting.
3. The president shall present all awards at National competitions. He/she may delegate this duty to other officials of his/her choice.
4. The President shall be responsible for producing an informational column, to be written three times per year and distributed to each province for newspaper publishing and for posting on the CPU internet site.
5. The President shall be responsible for organization of all World Teams.
6. In the event that the Secretary will be absent from a national meeting, the president shall be responsible for appointing a member of the CPU, not necessarily a member of the executive council, to act as an interim secretary.

ARTICLE VII: DUTIES OF THE EXECUTIVE VICE-PRESIDENT:

1. The Executive Vice-President shall perform all the duties of the President, whenever the President ceases to hold office for any reason or is prevented from discharging his/her duties.
2. The Executive Vice-President shall preside at all meetings of the C.P.U. in the absence of President.

ARTICLE VIII: DUTIES OF THE VICE PRESIDENTS

1. Each Vice-President shall supervise, co-ordinate and control his/her own provincial organization in accordance with its constitution and by-laws.
2. Each Vice-President shall submit a written report to the Annual General Meeting of the C.P.U., outlining the activities of his/her organization during the last year.

ARTICLE IX: DUTIES OF THE OFFICIATING CHAIRMAN:

1. The Officiating Chairman shall be responsible for all testing of National Referees.
2. The Officiating Chairman shall maintain constant communication with the Provincial Officiating Chairmen concerning developments which involve referees, and changes to the technical rules.
3. The Officiating Chairman shall be responsible for a yearly report to the C.P.U. Annual General Meeting.

4. The Officiating Chairman shall conduct an annual National Officiating Clinic for all potential and current referees.
5. The Officiating Chairman shall be responsible for approving the Provincial Referee's Written Examinations that are being used by all affiliated provinces.
6. The Officiating Chairman shall be the final authority on matters involving interpretation of the Technical Rules. He shall have the option of contacting the IPF Technical Committee for clarification when deemed necessary.

ARTICLE X: DUTIES OF THE RECORDS CHAIRMAN:

1. The Records Chairman shall maintain communication with the CPU Webmaster to keep online CPU National Records up-to-date.
3. The Records Chairman shall send an up-to-date list of the National Records to the Annual General Meeting.
3. The Records Chairman shall be responsible for a yearly report to the Annual General Meeting.
4. The Records Chairman shall be responsible for receiving record applications and record fees.

ARTICLE XI: DUTIES OF THE TREASURER:

1. The Treasurer shall be responsible for all National financial matters. He/she must keep accounts which will be verified by an independent auditor once per year, and the audited report shall be presented at the Annual General Meeting.

ARTICLE XII: DUTIES OF THE SECRETARY:

1. The Secretary shall assist the President in carrying out and conveying the wishes of the Executive Council to the General Secretary of the I.P.F.
2. The Secretary shall be responsible for taking and keeping the Official Minutes of all National Meetings.
3. The Secretary shall be responsible for all official C.P.U. correspondence.
4. The Secretary shall be responsible for updating the CPU Constitution and Bylaws following any changes, and to forward a copy to the CPU webmaster for posting on the website within 30 days of said changes.

ARTICLE XIII: DUTIES OF THE REGISTRATION CHAIRMAN:

1. The Registration Chairman shall be responsible for all internal National registration matters, expenses and receipts. His/her expense receipts shall be submitted once annually to the Treasurer.
2. The Registration Chairman shall maintain an up-to-date list of all nationally-registered members with current contact information.
3. The Registration Chairman shall be responsible for receiving Provincial Affiliation fees before provinces receive any CPU membership cards, and will forward monies to the CPU President.

ARTICLE XIV: DUTIES OF THE DIRECTOR OF PUBLIC RELATIONS:

1. The Director of Public Relations shall be responsible for the development of marketing strategies for the benefit of powerlifting in Canada.
2. The Director of Public Relations shall be responsible for overseeing the maintenance of the CPU Website.

ARTICLE XV: COMMITTEES:

1. Committee Chairmen will be elected by the Executive Council. All other committee members will be appointed by the President of the C.P.U.
2. Selections Committee: The Selections Committee has been disbanded for the present time.
3. Medical Committee: The Medical Committee has been disbanded for the present time.
4. Women's Committee: The C.P.U. Women's Committee has been disbanded for the present time. The C.P.U. Executive Council shall handle all matters pertaining to women's powerlifting in Canada.
5. Disabilities Integration Committee: There shall be three separate disability integration sub-committees as follows: 1. Vision Impaired 2. Special Olympic 3. Locomotor Impaired (quadraplegic, paraplegic and other physical impairments).
Disability Integration sub-committees shall liaison with the recognized Disability governing bodies to encourage their members participation in CPU events, and offer assistance to these groups when possible. The chairman of each sub-committee shall report to the CPU Annual Meeting on the past years' activities, as it relates to the CPU, and suggest ways to further the groups inclusion in CPU events in the coming year. The CPU President shall be the Chairman of the Disabled committee as a whole, and the sub-committee chairmen shall be appointed by him.
6. Funding Committee: The Funding Committee shall be responsible for seeking CPU recognition and future funding.
7. Doping Control Committee: The doping control committee shall be responsible for all matters pertaining to doping control and doping control education. They will be given a budget to be used at their discretion. Items this committee is responsible for include but are not limited to the following:
 1. Educating athletes about anti-doping.
 2. Setting selection criteria for testing.
 3. Setting up a registered testing pool and maintaining whereabouts information for athletes in the pool
 4. Acting as liaison between the CCES and the CPU
 5. Determining disciplinary action in the case of positive findings
 6. Doping Control Committee Chairman shall be responsible for all communication to the athlete in question.
 7. Reporting to the CPU on the distribution of tests (positive, negative, in-contest, out-of-contest, number of tests per province, etc.).
8. Coaching Committee: The coaching committee shall be responsible for the selection of the Head Coach for each of the Open Powerlifting, Master Powerlifting, Junior/Sub-Junior Powerlifting and Open Bench Press World Championships. The coaching committee shall also be responsible for testing on all National coaches.
9. Chairmen of all active committee's shall produce a monthly report, on the first day of each month, to the Executive Council, even if there is nothing to report.

ARTICLE XVI: AFFILIATION REQUIREMENTS:

1. Organized and active Provincial Powerlifting bodies shall consist of:

- a) President
 - b) Records Chairman
 - c) Officiating Chairman
 - e) Secretary
 - f) Registration Chairman
 - g) Any other positions shall be optional
2. Each province must have at least three provincially-certified referees, who have passed both a written and a practical examination.
 3. No province shall be admitted to the C.P.U. whose constitution has not been examined by the C.P.U. Executive Council and found to be compatible with the C.P.U. Constitution and By-laws in every way, and to be in the best interests of powerlifting in Canada. Any proposed change to existing provincial constitutions must be submitted to the CPU President for approval. The president shall review such changes and, when necessary, shall have the option to submit the proposed change to the CPU executive for review at the next annual general meeting.
 4.
 - a) Each province must have one National Referee.
 - b) Each province may submit to the National Officiating Chairman the names of qualified Provincial referees to be tested for a National referee's Card. A written provincial examination must accompany the application.
 - c) The National Referee's Examination shall consist of a written Examination to be taken in the presence of the National Officiating Chairman, and will be followed by a practical examination.
 - d) For the practical examination, the applicant shall sit before at least two, and not more than three, referees of National or higher rank, and adjudicate a minimum of one hundred attempts while serving as chief referee.
 - e) In order to maintain one's status as a National Referee, he/she must officiate at a minimum of two provincial or higher championships within the three year C.P.U. electoral period (ie. 1991-1994, 1994-1997, etc...
 5. Each province must submit an up-to-date list of its lifting records to the National Secretary every three months.
 6. Each province must submit an up-to-date list of its card-holding referees to the national Secretary every six months.
 7. Provincial rules must not contradict the National rules.
 8. Each province must hold one annual, closed provincial championship.
 9. Each province must submit a list of its proposed competitions for the coming calendar year to the National Secretary. This list should be submitted as early in the New Year as possible.
 10.
 - a) A lifter may not buy a C.P.U. Card from a province other than his/her own. Any lifter from a non-affiliated province, or any Canadian citizen permanently residing in a foreign country, who wishes to compete in a C.P.U.-sanctioned contest must obtain a membership card directly from the C.P.U. Registration Chairman. Under no circumstances should a provincial registration chairman register lifters from outside his own province.
 - b) There are two types of affiliation: CATEGORY I Affiliation, and FULL affiliation. A province may be granted Category I Affiliation simply by organizing itself and applying for acceptance into the C.P.U., thereby allowing its lifters to compete in C.P.U.-sanctioned competitions. The province will be granted Full Affiliation status at the next Annual General Meeting with a majority vote of the C.P.U. members present, provided that the petitioning province has met all affiliation requirements.
 11. If a province with FULL affiliation has become inactive, that is it has not held a sanctioned competition for more than one year, the CPU executive may vote to lower the province's status to CATEGORY 1.

If a province with CATEGORY 1 status has been similarly inactive for 1 year, and has not applied for FULL membership status at the CPU annual meeting, then the CPU executive council may, by majority vote, award CATEGORY 1 status to any other group from the province who makes application to the council.

ARTICLE XVII: PROVISIONS FOR MEMBER PROVINCES:

1. Each province must submit to the National Secretary every three months:
 - a) A list of its proposed competitions for the calendar year.
 - b) Results of sanctioned competitions, as they occur.
 - c) A list of its up-to-date lifting records.
2. Provincial Presidents, from incorporated provinces, are required to send the minutes from their AGM's to the National President.
3. Provincial Presidents must send, by mail or email, their Provincial report to the CPU President and Secretary, two weeks in advance of the CPU AGM at Nationals

ARTICLE XVIII: NATIONAL AND INTERNATIONAL COMPETITIONS:

1. The dates and groupings and of all CPU National Championships shall be determined by the CPU Executive Council, with the following recommended groupings:
 - 1) All events combined
 - 2) If no bids are made for such an all inclusive combination, other groupings will be considered.
2. If an all inclusive event is to be held, that date of the event must be between March 15 and April 15, not to include Easter weekend, should it fall during this period. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.
3. The C.P.U. Executive Council shall determine the qualifying standards for all National and International competitions.
4. The C.P.U. Executive Council shall determine the officials who will accompany National and International Teams.
5. For all National Championships each province shall send to the Meet Director and the National Referee Chairman a list of all referees who will be attending the competition, including arrival and departure information and the referee's category.

ARTICLE XIX: NATIONAL RECORDS:

1. A standard C.P.U. Record Application form and Record Application fee must be submitted to the National Records Chairman no later than seven days from the date of any sanctioned competition (or final day of a multi-day event). Applications sent by regular mail must be postmarked within seven days unless exigent circumstances apply.
2. The lifter must have faced the possibility of doping control testing, whether or not any actual sample collections take place. If samples are collected and an actual test takes place, the sample must be analyzed at a WADA accredited laboratory, and the test result found to be negative.
3. All referees must be of CPU National Rank or higher.
4. I.P.F. rules must be followed.
5. If a C.P.U. National Record is established by a Canadian citizen while competing in a foreign country, that record will only be recognized if:
 - a) The lifter must have faced the possibility of doping control testing. If samples are collected and an actual test takes place, the sample must be analyzed at a WADA accredited laboratory, and the test result found to be negative.
 - b) The record was made before three I.P.F. International referees, all of whose registrations are up to-date.
 - c) The competition was sanctioned by a lifting organization which is affiliated with the I.P.F.
 - d) The competition must have been organized and conducted according to I.P.F. rules.

6. National records in the total will only be accepted if the correctly ranked national referee's were used on all successful lifts, regardless of whether they were single lift records, with the same requirements as for single lift records.
7. When a Provincial referee is testing for a National referee certification, any National Records set during the testing shall be deemed to be legitimate, regardless of the outcome of the exam, providing a Jury is present.

ARTICLE XX: DEFINITION OF A TEAM OR CLUB:

1. The club must be registered under a provincial organization.
2. In order to represent a club, the lifter must train with that club on a regular basis (at least once a week)
3. If for any reason the lifter wishes to change clubs, or he/she is unable to follow the above recommendations, he/she must send a written explanation to his/her provincial registration chairman.

ARTICLE XXI: PENALTIES:

1. a) The CPU shall follow the IPF Anti-doping rules and the WADA code as outlined at:
http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-The-Code/WADA_Anti-Doping_CODE_2009_EN.pdf
b) Reinstatement
 1. Any person who has been suspended for a drug related offence must apply for reinstatement, and shall be required to pay a fine of \$800.00. This money shall be added to the CPU Drug Testing fund, and may be used to test the same lifter at a time and place determined by the CPU Doping Control Committee or the Canadian Centre for Ethics in Sport
 2. Any person applying for reinstatement shall be required to re-pay to the CPU or it's affiliates the full amount of any legal, medical, physical or other expenses that may have been incurred from the prior offence.
2. Lifters who refuse to submit themselves to a doping control test shall be suspended from the CPU for life.
3. If any sample, or any documentation pertaining to that sample, is determined to have been the subject of tampering by the lifter, regardless of the lab result, that sample will be considered positive. If a sample which tests positive is also the subject of tampering, this will constitute an additional offense, and will be dealt with as follows:
The penalty for a first-time positive which has been tampered with by the lifter shall be treated as a second offense. Any lifter who tampers with either his doping control sample or the documentation pertaining to it, shall automatically receive a life suspension from the C.P.U.
4. The CPU Executive shall make the final decisions in all doping control cases.
In the event of an appeal by the athlete, the CPU Executive shall serve as the appeals board. All time guidelines and procedures specified in the CCES Standard Operating Procedure Manual shall be followed.
5. All persons must disclose all information regarding current suspensions from organizations referred to in Bylaw 8:09 when applying for membership in the CPU. Failure to do so will result in immediate disqualification from the CPU for the term of that suspension, with all contest results for the lifter being nullified upon discovery.
6. If a lifter or official commits any form of violation during a National contest which is not being held in his home province, the organizing association must send a detailed report to the C.P.U. President. The organizing association cannot penalize lifters or officials from other provinces.
7. All lifters, officials, or provincial associations have the right to be heard before the C.P.U. Executive Council decides upon any penalties to be imposed.
8. The hosting provincial association may exclude a lifter from a competition for reasons of his misconduct. In such a case, the organizers must send a report to the C.P.U. President, and the Executive Council will decide what punishment to impose upon the lifter.

9. A lifter cannot participate in competitions organized under C.P.U. rules for a period to be determined by the C.P.U. Executive Council if:
 - a) He/she is under temporary or permanent suspension,
 - b) He/she competes against lifters who are themselves suspended or expelled,
 - c) He/she competes against professionals.

10. The following may also be subject to suspension or expulsion for a period to be determined by the Executive Council:
 - a) Any lifter who is deemed to be guilty of violating the rules of, or of disobedience towards, his/her National or Provincial Association, or towards any official during the execution of his/her duties.
 - b. Any lifter who, by words or gestures, threatens referees or any other officials during the execution of their duties.

11. For serious offenses, such as false accusations of dishonour or dishonesty against a lifter or official, permanent expulsion may be decided by the C.P.U. Executive Council by a majority vote.

12. Any member of a provincial association who is found guilty of bringing the sport into disrepute by means of his/her comments, published articles, TV or radio broadcasts or for conduct judged improper, unbecoming, or likely to adversely affect the interests and reputation of the C.P.U., may be requested to appear before a special meeting of the Executive Council. Should the Council decide that a bona fide case of violation exists, it will decide what punishment to impose upon the member.

13. Any lifter or official who considers that he/she has been wronged has the right to file a written complaint stating his/her reasons. This must be done through the intermediary of his/her provincial association. If another person or persons is implicated, the latter must also be heard if at all possible. Should the member be serving as an official at the time, or in any way representing the CPU or his provincial association, penalties will be determined by:
 - 1) for a provincial level official at a provincial contest: by the provincial association
 - 2) for a provincial level official at a national contest: by the CPU executive
 - 3) for national or higher level officials at any contest: by the CPU executive.

14. The term "Official", wherever it may appear in this Article, shall be deemed to include all persons appointed by the C.P.U. or by the organizing committee of a championship, to act in any official capacity during the whole, or any part of, that championship.

15. It shall be the obligation of all officials to maintain current knowledge of the rules of the sport. Should any official refuse make a bone-fide attempt to do so in such a way that it shall damage the officials' credibility, as determined by his provincial association or the CPU, penalties may be proscribed by the bodies described in the article above. Penalties shall be determined by the appropriate body

16. Any successful bidder who is awarded a National Championship event, and defaults on the agreement, such as:
 - a. Does not hold the event, or
 - b. Does not meet the agreed-upon specifications, is subject to penalty.
 This penalty shall not exceed a reasonable and fair estimate by the C.P.U. Executive Council of C.P.U. and hosting organization expenses that cannot be refunded. This may include deductions for refunds on travel expenses, and unnecessary local transportation and accommodation expenses.

CANADIAN POWERLIFTING UNION

BY-LAWS

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THE BY-LAWS OF THE CANADIAN POWERLIFTING UNION

1. THE VOTING COUNCIL

- 1:00 The The C.P.U. Voting Council members are the Executive Council members, and provincial Vice Presidents as defined in Article V. At National Meetings, in the event that a Vice-President cannot attend, his/her provincial association must appoint a delegate, in writing, who will represent the association at the Meeting.
- 1:01 National Meetings of the Voting Council are private, and shall not be recorded in any way other than in the Official Minutes.
- 1:02 There shall not be observers at National Meetings. Only the provincial delegates, elected officers and committee chairmen shall be admitted.
- 1:03 The Voting Council shall re-examine in full the C.P.U. Constitution and By-laws every three years, beginning in 1988. However, amendments may be considered annually.
- 1:04 The Voting Council must receive, for all major competitions and sanctions for such, written bids. Every bid must be submitted by the date of the Annual General Meeting so that the following year's roster of competitions can be scheduled and publicized. In the absence of a written bid, the Council may award, at its discretion, any National Meet to an affiliated club which is willing to host the competition.
- 1:05 The Voting Council shall be responsible for taking disciplinary action against any member whose conduct is considered prejudicial towards the C.P.U., or has violated the C.P.U. Constitution and/or By-Laws.
- 1:06 The Voting Council shall be responsible for establishing dues to be paid to the C.P.U., for collecting these dues, and for allocating their expenditure.
- 1:07 The Voting Council shall elect any and all committee chairmen from among its provincially-affiliated members.

2. FINANCE

- 2:00 The Executive Council shall present an audited statement, closing the book, on the date of the Annual General Meeting.
- 2:01 C.P.U. Subscription Fees:
- | | |
|--|----------|
| a) Provincial Affiliation Fee | \$200.00 |
| b) National referee's crests | NIL |
| c) I.P.F. Technical Rules Handbooks | 5.00 |
| d) Sanction Fees for National Powerlifting and Bench Press Championships | 500.00 |
| e) Pro-Forma Bond (to accompany sanction fee) | 250.00 |
| f) Individual Membership Fee | 25.00 |
| g) Classification Awards Badges | 7.00 |
| h) Record Application Fee | 75.00 |
| i) CPU sanctioned Championship Drug Testing Fee | 20.00 |
| j) Powerlifting.ca website advertising fee (annual) | 100.00 |
- 2:02 Subscription Fees shall be payable as follows:
- a) Provincial Affiliation Fee: to be Paid in full by January 1 of that year. No membership cards will be issued until payment has been received.
 - b) I.P.F. Rule Books: payment in full to accompany order.
 - c) Sanction Fees, Pro-Forma Bonds: to be paid in full when bids submitted.
 - d) Individual Membership Fee: payment in full shall accompany each order.
 - e) Classification Awards Badges: payment in full to accompany each order.
 - f) Website advertising fee payable January 1, new advertisers prorated for the remainder of the current year
- 2:03 The organizing province of a National Championship that does not have a sanction shall automatically be suspended until payment of the sanction fee.

- 2:04 All television rights for National Championships shall be the sole property of the C.P.U., less any fee which has been negotiated with the promoting province.
- 2:05 Television rights for international competitions held in Canada are the sole property of the I.P.F. If the I.P.F. Media Committee cannot obtain a signed contract, and waives its rights, those rights must pass to the C.P.U. If within a three month period the C.P.U. fails to procure a contract, the meet director/promoter may negotiate a media contract. Regardless of the agreed-upon fee, the I.P.F. will receive 25 %, the C.P.U. will receive 25 % and the meet promoter 50 %.
- 2:06 a) Any member Province and or Territory of the Canadian Powerlifting Union with:
 1. Monies outstanding to/for the Canadian Powerlifting Union in arrears of 180 days or more, and/or,
 2. Monies outstanding to/for the Canadian Powerlifting Union in the amount of \$500.00 or more, shall: Forfeit their voting privileges on all matters pertaining to Canadian Powerlifting Union Business, with the exception of a vote for the election of C.P.U. officers, until such time as their outstanding account meets with the aforementioned conditions.
- b) Any member Province and/or Territory of the Canadian Powerlifting Union with:
 1. Monies outstanding to/for the Canadian Powerlifting Union in arrears of one (1) calendar year, (or more), and/or,
 2. Monies outstanding to/for the Canadian Powerlifting Union in the amount of \$1000.00 or more, shall: Forfeit their voting privileges on all matters pertaining to Canadian Powerlifting Union Business, and be placed on probationary status until such time as their outstanding account meets with the aforementioned conditions.
- 2:07 Sponsors logos may be placed on the front or back, and/or both sleeves of a T-shirt for wearing on the platform. Logos must not be considered offensive, as decided on by the chief referee for the contest. Sponsors must be registered with provincial association, copied to national office. No fee will be charged for logo placement
- 2:08 Any representative of a Provincial Association who can bring a National Corporate sponsor to the CPU shall be able to forward 25% if the sponsorship fee to their provincial federation. The remaining 75% will go to the CPU and shall be used for such purposes as are decided by the CPU.

3. RECORDS, AWARDS, AND CLASSIFICATIONS

- 3:00 Each provincial organization shall be responsible for its own records and forms, but a National record application must be submitted on a Standard C.P.U. National Record Application Form.
- 3:01 CPU National Records will only be accepted where the lifter has faced the possibility of doping control testing. If samples are collected, the sample must be carried out by a doping control officer from the Canadian Center for Ethics in Sport (CCES), or if in another country, an equivalent government run doping control agency. The test must be analyzed at a WADA accredited laboratory and the test result found to be negative.

- 3:02 The C.P.U. shall accept applications for new National Records in the following categories:
- a) Men's & Women's Open
 - b) Men's & Women's Master, age 40-49 years
 - d) Men's & Women's Master, age 50-59 years
 - e) Men's & Women's Master, age 60-69 years
 - f) Men's Master, age 70+
 - g) Men's & Women's Junior, age 19-23 years
 - h) Men's & Women's Sub-Junior, age 14-18
 - i) Men's & Women's Bench Press Open
 - j) Men's & Women's Bench Press Master's, age 40-49 years
 - k) Men's & Women's Bench Press Master's, age 50-59 years
 - l) Men's & Women's Bench Press Master's, age 60-69 years
 - m) Men's Bench Press Master's, age 70+
 - n) Men's & Women's Bench Press Junior
 - o) Men's & Women's Bench Press Sub-Junior, age 14-18
- Exact ages will be according to IPF Technical Rules standards
- 3:03 All of the above categories of records shall be maintained for both equipped and unequipped competition.
- A lifter's status as "unequipped" must be clearly identified on the contest scoresheet. Lifters CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.
- "Unequipped" is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed.
- 3:04 A single-lift record made in a three-lift sanctioned contest is eligible to be registered in the single-lift record category if the lifter has been proven to be physically disabled such that he/she cannot perform token lifts to post a three-lift total in the competition.
- 3:05 The C.P.U. shall maintain standardized medals for presentation to the first three place finishers at National Championships. Other awards may be provided by the hosting organization and must be approved by the CPU Executive Council.
- 3:06 At National Championships, Provincial standings will be calculated, but only for the purpose of rankings, not for awards in the following categories: Open, Masters, Junior and Bench
- 3:07 At the annual Bench Press National Championships the award for the Best Male Bench Press (by Wilks Formula) shall be known as the Bill Jolley Memorial Award, in recognition of an exemplary CPU member who passed away in 1997.
- 3:08 Where a Best Lifter Award is to be presented, the winner shall be selected from among all lifters, and shall be decided using the Wilks Formulae.
- 3:09 The CPU shall maintain Male and Female Powerlifting Athlete-of-the-Year and Male and Female Bench Press Athlete-of-the-Year Awards, in recognition of excellence and achievement in both the three-lift powerlifting and the Bench Press competition. The winners of these awards will be selected by the C.P.U. Executive Council and the presentations will be made at the awards banquet at the national championships the following year.
- 3:10 The C.P.U. shall maintain a special award called the BILL JAMISON AWARD, which will be presented at the next appropriate national championship. This award shall be presented to the member who best exhibits sportsmanship, perseverance, and dedication to the sport of Powerlifting, and has been an active CPU member for a minimum of 15 years. The winner of this award shall be selected by 2/3 majority of the C.P.U. Executive Council. This award will not necessarily be presented each year, if no suitable candidate can be chosen and recipients may only receive this award one time.
- 3:11 It is optional for lifters to wear their qualification badges on their costumes when competing.

- 3:12 Following the completion of any contest held in by a member province, the Provincial President must notify the CPU President, the CPU Records Chairperson, and CPU Webmaster within seven (7) days with meet results, and of any new Canadian records set at the contest. Failure to do so will result in a \$250 fine to the offending province, payable to the CPU at the next AGM.
- 3:13 The Records section on the CPU website shall include records that are designated as pending. These records will then be transferred to the updated list of CPU records upon completion of drug test results, payment of Record Application Fees, or receipt of record applications.

4. COMPETITIONS

- 4:00 Competitions sanctioned by the CPU shall include:
- National Powerlifting Championships, in all IPF recognized age categories
 - National Bench Press Championships, in all IPF recognized age categories
 - Eastern Canadian Powerlifting Championships, in age categories determined by the meet director.
 - Eastern Canadian Bench Press Championships, in age categories determined by the meet director.
 - Western Canadian Powerlifting Championships, in age categories determined by the meet director.
 - Western Canadian Bench Press Championships, in age categories determined by the meet director.

Eastern and Western championships may also be referred to as “Regional” events throughout this document

- 4:01 Regional Championships shall not be required to follow the requirements of National Championships in regards to number of national rank referee’s, contest bids, dates, but shall be organized along the lines of a provincial championships, by the provincial organization hosting the event. Division of “Eastern” and “Western” shall be the Ontario/Manitoba border.
- 4:02 Date and location of the Regional Championships shall be determined by the collected provincial bodies, as submitted at the CPU AGM, to avoid conflict with any other local, national, or International competition.
- 4:03 Provincial teams shall be allowed to compete at National Championships. A province may enter as many local teams as it wishes, but only one provincial team.
- 4:04 The dates and groupings and of all CPU National Championships shall be determined by the CPU Executive Council, with the following recommended groupings:
1. All events combined
- If no bids are made for such an all inclusive combination, other groupings will be considered.

If an all inclusive event is to be held, that date of the event must be between March 15 and April 15, not to include Easter weekend, should it fall during this period. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Bids to host National Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the C.P.U., and must be accompanied by a certified cheque or money order in the amount of \$500.00, as payment of the sanction fee, and an additional fee of \$250.00 to be paid in the form of a Pro-Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding province if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the C.P.U. to cover any costs it incurs to correct the problem.

The Province holding nationals should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.).

The Organizing Committee of the National Championships must provide to non-lifting referees a complimentary banquet ticket.

- 4:05 Bench Press National Championships shall be regarded as an “open” event, with no age category distinctions in regards to team selection for IPF Bench Press Worlds, however separate 1st, 2nd and 3rd place medals and other awards must be presented for each specific age category and weight class.
- 4:06 Registration cards must be checked during the weigh-in at all contests.

- 4:07 When contest groupings make it such that a lifter could be eligible for two separate age categories, i.e. Junior and Open, or Master and Open, any lifter wishing to have a total in each category must actually lift in each category. Transferring of results is not allowed
- 4:08 Only competitions approved by the C.P.U. or by the provincial governing bodies shall be designated as Championship competitions.
- 4:09 In National Competitions where there are seven or less competitors in any age category, the weight classes shall be combined and competition placings determined by the appropriate Wilks formula. However the determination of nominees for National Team membership shall still be done according the lifters actual bodyweight class
- 4:10 The entry closing dates for all National Championships must be stated as 42 days (six weeks) prior to the date of the Championship. Two weeks following the stated closing date, the meet director must send out the lifting schedule to all provincial associations. The meet director must also send a list of the competitors to the CPU President, showing the name, full mailing address, telephone number(s), date of birth, and intended category of competition, for verification that all competitors are eligible to compete.

A lifter will not be permitted to change his nominated age category once the stated closing date of the contest has passed.

- 4:11 Combined National Championships which include single-lift competitions (ie. bench press) must be organized in such a way that lifters who enter both a three-lift competition and a single-lift event must actually lift in each contest separately in order to receive credit for a result in both. Such competitions cannot be organized in a blended fashion which would allow an athlete to be credited with a result in two different competitions by lifting only once.
- 4:12 At all international championships, the coaches have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.
- 4:13 All CPU National Competitions must be adjudicated by at least two National or higher ranked referees, one of whom may be a Provincial class referee who is taking a practical examination for upgrading to National status. The remaining position may be occupied by Provincial Category I or higher ranked referees. All other C.P.U. sanctioned competitions must be adjudicated by referees of Category I Provincial rank or higher.
- 4:14 The President of the Province in which a Canadian Championship is being held shall be responsible for ensuring that all equipment to be used at the competition meets the required specifications. Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Officiating Chairman shall prepare a report detailing the discrepancies, and provide this report to the CPU President. The CPU President shall then give written notice that sanctions for future competition will not be issued until proper equipment is obtained. Further, if a second offense occurs the \$250.00 bond or certified cheque for that competition shall be cashed as a fine to the meet director, and the Province shall also pay a fine of \$100.00.
- 4:15 Any competitions that are held by special interest disability groups that utilize CPU resources in any way, i.e. referees, equipment or any other, shall be subject to the following conditions:
- 1) Contests must be sanctioned by the local CPU affiliate provincial association.
 - 2) Full IPF rules will apply, with the exceptions/modifications of:
 - a) The squat shall be optional for Special Olympic contests.
 - b) The clap signal in bench press may be used.
 - c) Other modifications will be at the discretion of the chief referee.
 - 3) CPU officials will have the final right of acceptance or rejection of all equipment to be used.
 - 4) All lifters must be members of the CPU.
- 4:16 For all National Championships, or World Championships that take place within Canada, funding for up to 100% of travel and accommodations at normal economy air and meet hotel rates shall be provided for the CPU President or his delegate, to attend these events. Should the President or delegate be a competitor at the event, funding shall be reduced to 50%.

- 4:17 For all competitions in Canada that are sanctioned by the CPU or any provincial affiliate, only full CPU card membership will be accepted. Provincial level membership card holders may not compete in any competitions.
- 4:18 The Provincial Associations will be required to inform the CPU of their intention to host a contest by submitting a copy of the entry form to the CPU Registration Chairman a minimum of 6 weeks prior to the proposed event date. Upon approval of the details contained therein (as deemed by the CPU executive) the webmaster shall post the details of the contest/event in question on the CPU calendar page.
- 4:19 The CPU Registration Chairperson shall supply each meet director with a “sanction package” consisting of:
 -examples of forms used during a contest showing information required.
 -record applications
 -details of doping control fees, who is liable for the payments and when they must be paid
 -requirements of the meet director, in the event that CCES will be present at the event.
 -other details, as determined by the CPU.
- 4:20 At all levels of competition, meet directors may include an unequipped division, or host competitions where only unequipped lifters may enter. This division may or may not be separated into its own session or flight, and may or may not receive separate awards, both at the meet director’s discretion based on the number of entries.
- 4:21 Only competitions sanctioned or approved by the CPU or one of its provincial affiliates shall be advertised through official CPU media.

5. EQUIPMENT

- 5:00 All equipment for powerlifting competitions in Canada shall meet the specifications stated in the official I.P.F. Technical Rules Handbook.
- 5:01 Any changes in equipment specifications which have been adopted and approved by the I.P.F. Congress shall be deemed to have been simultaneously adopted and approved by the C.P.U.

6. OFFICIATING

- 6:00 The rules governing powerlifting competitions in Canada are those stated in the official I.P.F. Technical Rules Handbook.
- 6:01 In areas of the IPF Technical Rules regarding Records, where the term “World” is used, it shall unless otherwise specified, be interpreted as “National” for the CPU’s purposes, and likewise the term “Nation” or “National” shall unless otherwise specified, be interpreted as “Province” or “Provincial” where applicable to the provincial affiliates purposes.
- 6:02 Four months prior to all National Championships the C.P.U. Officiating Chairman must provide to the meet directors a list of all available National or higher level, referees.
- 6:03 Referees and members of the jury at National Championships shall be uniformly dressed as follows:
 MEN: Winter Dress: Dark blue blazer with appropriate C.P.U. or I.P.F. crest on the left breast, grey trousers, white shirt and tie.
 Summer Dress: White shirt and grey trousers, tie optional.
 WOMEN: Winter Dress: Dark blue blazer, with appropriate C.P.U. or I.P.F. crest on the left breast, grey skirt or trousers, white blouse.
 Summer Dress: Grey skirt or trousers, white blouse.

The jury shall determine whether winter or summer dress will be worn.

- 6:03 All C.P.U. National referees shall be supplied with a referee's card, and a crest which must be worn on the left breast pocket of the jacket.
- 6:04 All referees adjudicating at National Championships must be of Provincial rank or higher. Each province must send at least one International or National referee, or Provincial if none of higher rank is available, to all National Championships. These referees must actually officiate at the competition in order to get credit for

having attended. Any province which fails to comply with this condition will be required to pay to the CPU a fee of \$25.00 for every member of its team. This money will be divided among the referees who do attend and officiate at the event.

- 6.05 To become certified as a national level CPU referee the testing procedure is as follows:
- (a) A provincial referee in good standing with his provincial association.
 - (b) Must be recommended by his provincial association.
 - (c) Must achieve a passing score of 90 percent or more on both a written and practical exam.
 - (d) The written examination must be taken and passed prior to the practical examination.
 - (e) The practical examination must be administered by at least one IPF referee on the jury. Other adjudicating referee's may be of national rank. During the practical examination, a minimum of 100 attempts must be adjudicated. If necessary, the practical examination may be spread over more than one competition, with the same IPF level adjudicator.
 - (f) Written tests will be obtained from the national referee chairman, and the completed tests and examination forms will be returned to the referee chairman.

7. QUALIFYING TOTALS

7:00 Canadian lifters wishing to compete in National Championships must meet qualifying totals.

7:01 The qualifying totals for each of the National Championship categories are as follows:

a)	Men Open	Class I
b)	Women Open	Class III
c)	Men's Juniors	Class III
d)	Women's Junior	Class III
e)	Men's Masters, 40-49	Class II
f)	Women's Masters, 40-49	Class III
g)	Men's Masters, 50-59	Class III
h)	Women's Masters, 50-59	Class IV
i)	Men's Master 60-69	Class IV
j)	Women's Master 60+	Class IV
k)	Men's Master 70+	Class IV
l)	Men's & Women's Sub-Junior	Class IV

Note: Numerical equivalents are contained in APPENDIX "A"

7:02 Qualifying for the CPU National Bench Press Championships shall be according to scales located in Appendix A, below.

7:03 All lifters must qualify within two years prior to the dates of their respective National Championships.

7:04 A lifter may qualify for their next higher age category by lifting at an open event, the required qualifying total or single lift, within one year before achieving the exact specified age for the category.
EG: 39th birthday for 40 – 49, 49th birthday for 50 – 59, etc.

7:05 Entry forms for all National Championships must include details of the National qualifying standard used, and must be signed by a provincial officer. If any entry form is incomplete in any way, it will not be accepted by the meet director, and must be returned to the lifter.

7:06 Qualification standards for Western and Eastern Championships are previous lifting experience in the CPU or another IPF affiliated organization..

7:07 A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.

8. DOPING CONTROLS: IN COMPETITION

- 8:01 The CPU shall follow the IPF Anti-doping rules and the WADA code as outlined in this linked document at http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-The-Code/WADA_Anti-Doping_CODE_2009_EN.pdf
- 8:02 The CPU shall utilize the services of the Canadian Centre for Ethics in Sport (CCES) as its WADA affiliated doping control collection and testing facility. Only the CCES supplied personnel may perform the sample collection and control.
- 8:03 The CPU shall inform CCES of the dates and locations of all CPU and affiliate sanctioned competitions. Meet directors at all levels of competition shall be required to produce the date and location of their proposed events a minimum of 6 weeks in advance to ensure adequate time for CCES involvement. Any changes to the date and location within the 6 weeks must be provided immediately by the meet director. CCES will determine which competitions they will be present at to perform sample collections, however, CCES must be present to collect samples at any National or International competition, with sufficient sample kits to test up to 50% of the lifters present.
- The CPU may also inform CCES of the names and addresses of CPU members for the purpose of Out-of-competition testing.
- 8:04 The number and names of lifters tested at any competition where CCES is present will be determined by mutual consent of the CPU or provincial affiliate representatives on site, and the CCES Doping Control Officers present.
- 8:05 Lifters at IPF International competitions face the possibility of WADA certified doping controls also, so any CPU national record set by CPU lifters at IPF International events will be accepted, upon receipt of the same Record Application Fee that would apply within Canada, and a record application.
- 8:06 Should the new national record(s) set by a lifter in any category also be IPF World records, the Record Application fee mentioned in 8.05, 8.06, or 8.07 above, shall be waived.
- 8:07 CPU Action in the case of a failed drug test:
In the event of an athlete being suspended for a failed drug test, which affects medal placings of other athletes, the CPU will act in a timely fashion to publicly honour the new medal winners.
- 8:08 Anyone who is under suspension from any powerlifting federation or other sport federation as recognized by the International Olympic Committee (IOC), Canadian Olympic Association (COA) or the General Association of Independent Sport Federations (GAISF) for the use of banned substances as stated in the IOC list of Banned and Restricted Doping Classes and Methods shall not be permitted to join the CPU.
- Any suspension from a sport under the auspices of any of the above shall be considered as a “First Offence” by the CPU and further positive results by the CPU shall result in “Second Offence” and subsequent penalties.
- 8:09 Any lifter who has registered a positive doping control test shall have all previous records that he/she may have held removed. Records will revert back to the previous record-holder
- 8:10 All laboratory results from drug testing are to be sent to the C.P.U. President
- 8:11 All signed doping control forms are to be forwarded to the C.P.U. President to be kept on file.
- 8:12 If any random sampling is to be done, it must be performed by the lot number system as outlined in the I.P.F. Drug Testing Appendix.
- 8:13 When a doping control test has come to its full conclusion, through a negative test, or a positive on which there remains no further chance of appeal, the CPU and/or its provincial affiliates may publish, in any publication, the results of the testing, including names of those tested and the results of their test, and details of any suspensions imposed.

8:14 At the time of the competition, when a National record is set, a lifter may choose to decline the submission of a Record Application Form, no fees are payable, and the record will not stand.”

DOPING CONTROLS: OUT OF COMPETITION

8:15 Out-of-Competition doping control is defined as unscheduled tests which are administered at any time outside of competitions, on either a "short notice" or "no notice" basis.

8:16 All Out-of-Competition doping controls shall be conducted on behalf of the C.P.U. by WADA or its successor, in accordance with WADA's Procedures and with Sport Canada's Anti-Doping policy. Out-of-Competition doping controls will not be subject to full the I.O.C. list of "Banned and Restricted Doping Classes and Methods". Tests will only be reported as positive for:

- a) Anabolic Steroids,
- b) Peptide hormones and their analogues;
- c) Diuretics and other modifiers of renal functions, such as probenecid.

9. NATIONAL TEAM SELECTION

9:00 Any selection to a National Team is tentative until the results of any drug testing (if done) are received. If tested, a lifter must show a negative test result in order to remain on the Team. Any positive test results will bring automatic dismissal from the Team, and appropriate penalty to the lifter or lifters involved.

9:01 The CPU shall select Men's and Women's select teams to represent Canada at all IPF International competitions. Currently these include Sub-Junior (14-18), Junior (14-23), Open (any age), Master I (40-49), Master II (50-59), Master III (60-69) and Master IV (men only) in three lift powerlifting. Also, teams will be selected for the Single Lift Bench Press championships, in Open, Junior and Master (age groups as listed previously). Any additional category of competition that may be added by the IPF or a regional federation at a later date shall be deemed to be automatically included in the above.

9:02 A lifter must lift, in either Powerlifting or Bench Press, at the Nationals for that said year, if they wish to compete at the corresponding World Championships. In the event that a full team cannot be filled from those who participated at Nationals for that said year, a lifter who missed Nationals due to unforeseen circumstances may apply to the CPU Executive for consideration for their inclusion on a national team, provided that the lifter lifted at the previous year's Nationals, and had recorded a national qualifying total in the previous twelve months.

9:03 The first place winners from the previous National Championship shall be given priority as a team member. The remaining team members will be chosen from the pool of athletes that were competing at the previous National Championship, based on Wilk's points.

9:04 For categories that are contested by the CPU, but not by the IPF, any such category shall be combined with the Open lifters to decide team selections without indication or fees being required.

9:05 For categories that are contested by the IPF, but not the CPU, selection shall be made from the lifters of the appropriate ages in the next highest levels of the national championships

9:06 A standard agreement will have to be signed by every prospective member of any of the CPU's World Teams. This agreement will contain, but not necessarily be limited to, all of the following elements:

a) All lifters selected for CPU World teams must notify the CPU President, in writing of their intentions to regarding participation, no later than 90 days prior to the date of the competition.

b) A participation fee of \$100 in the form of a certified cheque shall be submitted to the CPU President along with notification of intent by any lifter wishing to be considered for selection to a World team. This money will cover the participation fee and the drug testing costs for the World Contest. This money is to be paid 60 days prior to the Championships, or as indicated by the CPU President, and is the only means of securing a place on the team. If a lifter who pays the fee is not able to attend, they forfeit the fee. A lifter who is not selected to the team, will have their fee returned to them.

The remaining monies, if any, from the \$100 Participation fee to International contests, will be put aside, into a separate account, for future use by athletes and/or coaches, upon CPU Executive approval.

c) Team uniforms should be worn at all times while in public.

d) While team members are in the host nation, they are expected to attend all banquets, opening and closing ceremonies, and any other functions which might be arranged by the host federation for the benefit of the visiting teams;

9:07 Before departing for an international championship, the Head Coach or Team Manager will be required to take with them a Canadian Flag. If one is not available, the CPU will provide money up to \$25 to purchase a flag.

9:08 When competing for Canada at I.P.F. World Championships, or at any other international competitions, the lifter's cooperation with the coaching staff, and adherence to Team protocol, shall be mandatory at all times. The behavior of lifters, coaches, managers, and any other officials of the Canadian Team who are consistently uncooperative, or whose actions or appearance bring discredit to the Team, will be taken into consideration when selecting future international teams. Any formal complaint which is lodged against a member of a National Team at an international competition must be fully investigated by the C.P.U. President. The team member involved shall be informed immediately, in writing, of the nature of the complaint.

9:09 For any IPF Championships where the applicable National Championships are less than 6 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard

10. COACHING

10:00 For the Open, Master, Junior/Sub-Junior and Open Bench Press World Championships, the C.P.U. coaching committee will select one Head Coach from a pool of applicants.

10:01 At all international competitions, the coaches will have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.

10:02 Head Coaches of C.P.U. National Teams at international competitions shall be eligible for reimbursement in amounts as per the CPU Budget.

10:03 The duties, eligibility and requirements of the head coach are laid out in the Canadian Powerlifting Union Coaching Job Description document maintained by the C.P.U. coaching committee.

11. I.P.F. CONGRESS

11:00 A special fund shall be maintained to cover up to 100 % of travel, accommodations and meals for the C.P.U. president or the C.P.U.-appointed delegate to attend the annual I.P.F. Congress.

APPENDIX "A" - Nationals Qualifying Standards

MEN'S NATIONAL COMPETITION STANDARDS

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	515	570	630	687.5	740	787.5	827.5	860	875
Master	472.5	525	577.5	632.5	680	722.5	760	790	802.5
Class I	407.5	457.5	510	565	615	657.5	695	720	730
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490
Class V	237.5	270	297.5	325	360	382.5	402.5	422.5	427.5

Required Totals	Equipped	Unequipped
Open	Class I	Class III
Sub-Junior	Class IV	none
Junior	Class III	Class V
Master 40-49	Class II	Class IV
Master 50-59	Class III	Class V
Master 60-69	Class IV	none
Master 70+	none	none

WOMEN'S NATIONAL COMPETITION STANDARDS

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	297.5	315	340	365	395	435	475	497.5
Master	270	285	307.5	332.5	357.5	395	432.5	452.5
Class I	230	250	272.5	295	320	355	397.5	422.5
Class II	207.5	220	242.5	262.5	285	315	352.5	370
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5
Class IV	155	167.5	182.5	195	215	237.5	265	275
Class V	132.5	142.5	155	165	182.5	202.5	227.5	232.5

Required Totals	Equipped	Unequipped
Open	Class III	Class V
Sub-Junior	Class IV	none
Junior	Class III	Class V
Master 40-49	Class III	Class V
Master 50-59	Class IV	none
Master 60+	none	none

Note: Any categories that list "none" still require previous experience in a CPU sanctioned contest.

NATIONAL BENCH PRESS CHAMPIONSHIP - QUALIFYING LIFTS

MEN (all, except Sub-Junior)									
Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Equipped	95	112.5	125	137.5	150	157.5	167.5	172.5	180
Unequipped	80	95	105	115	125	132.5	140	145	150

WOMEN (all, except Sub-Junior)								
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Equipped	47.5	50	55	60	65	70	77.5	82.5
Unequipped	40	42.5	47.5	50	55	60	65	70

Sub-Junior lifters have the following scales:

SUB-JUNIOR MEN									
Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Equipped	67.5	75	82.5	92.5	97.5	105	110	112.5	115
Unequipped	57.5	62.5	70	77.5	82.5	87.5	92.5	95	97.5

SUB-JUNIOR WOMEN								
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Equipped	35	37.5	40	45	52.5	62.5	70	77.5
Unequipped	30	32.5	35	37.5	45	52.5	60	65

APPENDIX B: Policy on Discrimination and Harassment

1. The Canadian Powerlifting Union (CPU) is devoted to the idea that all people have the right to frequent an environment that is free of discrimination or harassment based on a person's age, sex, race, ethnicity, religion or sexual orientation.
2. The CPU encourages all members who feel that they are experiencing harassment to inform the harasser that such behavior is offensive and is contrary to the practices of the CPU. In addition all individuals who are being harassed should report the incident through the appropriate channels.
3. Discrimination is the process of differentiating people by means of age, sex, race, ethnicity, religion or disability and using such distinction to deny any member of the said classes a service or opportunity. Distinctions based skill or achievement (i.e. world team selections) must not be interpreted or treated as discrimination.
4. Harassment can refer to broad field of offensive behavior. It is most often refers to conduct that is found offensive and threatening such as any verbal threats or abuse and/or physical intimidation or abuse. When harassment is of a sexual nature, involving lewd suggestions, comments, gestures, requests as well as, but not limited to, invitations of sexual touching or any physical encroachment or abuse, it is known as sexual harassment.
5. Harassment and discrimination should never be confused with discipline in training as the latter is necessary to excel in powerlifting as a high performance sport. It is the responsibility of all members of the CPU to be wary of crossing the line between inspiration and encouragement to behavior which is prohibitive to equitableness.
6. Due to the seriousness of discrimination or harassment occurring within the CPU and the organizations commitment to a sporting environment free of such atrocities, **ALL** instances of harassment and discrimination within the CPU should be reported immediately to the appropriate persons following the complaint procedure. All complaints shall be treated as legitimate and thus, handled with the same importance. The procedure for the reporting of complaints is as follows:
 - a. The victim of any instances of harassment or abuse, hereinafter called the complainant, shall report such occurrences to either:
 - i. The president of the CPU
 - ii. A current member of the CPU executive
 - iii. Any provincial body president
 - b. The complainant should be prepared to submit a signed statement that outlines the time, date, location, details of the occurrence and the identity of the member who has allegedly committed an act of harassment or abuse and if applicable, any witnesses.
 - c. In the case that a complaint involves the current president of the CPU, the instance of harassment or discrimination should be reported to the current vice-president of the CPU or any other member of the executive.
 - d. In the case that the complainant is not a current member of the CPU, a complaint may still be reported provided that a current member signs the written statement declaring their belief that the complaint in question is legitimate.
7. All reports of harassment shall be allowed the most confidentiality that can be reasonably provided within the means of the CPU. If a case of discrimination or harassment warrants legal intervention, the CPU shall not hesitate to provide any details to any lawful authority investigating the matter.
8. The member of the CPU executive who receives the complaint is required to immediately forward the complaint and all evidence on to the president of the CPU, or in cases where the complaint involves the president; the vice president shall be informed of the complaint, the president or vice-president of the CPU, hereinafter referred to as the president shall then initiate the investigation process.

9. The president shall inform the complainant of the intention to begin an investigation into the matter and then appoint a member of the executive, no lower than a provincial federation's president hereinafter called the investigative official, to investigate the matter how they see fit and report back to the president all developments and findings. The president, when choosing an official to investigate a complain of harassment or discrimination must:
 - a. Not choose a member who is the person in which the complaint has been substantiated against or is the complainant who reported the complaint
 - b. Choose a member who will act in the best interests of both parties and will investigate the complaint with the utmost neutrality and professionalism
10. If at any time during the investigation, the subject of the complaint or the complainant wishes to retain legal counsel, they will do so at their own cost.
11. The president may decide not to initiate investigation of a complaint if an inordinate amount of time has passed between the alleged happening of events and the report of the complaint.
12. Previous complaints of harassment or discrimination against a member must not influence the outcome of an investigation on an unrelated complaint. Previous valid complaints of harassment or discrimination may be considered by the disciplinary panel. Each separate incident shall be investigated by a different investigative official if possible.
13. A complaint of harassment or discrimination can be resolved at any point. Any settlement should be in writing and signed by all involved persons.
14. If the investigative official determines through the course of the investigation that a legitimate case of discrimination or harassment has occurred, they shall present their investigation report to the president of the CPU including all particulars of the incident. The president will:
 - a. Approve the report if they are satisfied that a fair fact finding investigation has taken place
 - b. Convene a disciplinary committee to rule on possible disciplinary actions and corrective measures.
 - c. Inform the member accused of discrimination or harassment that they will allowed to present any further evidence during disciplinary committee deliberations as well as present the evidence against them.
15. The disciplinary committee may include any or all members of the executive not directly related to the complaint and will deliberate the case at hand without delay through a special meeting as per Article IV of the CPU constitution. Disciplinary committees are recommended to be no larger than 5 members OR half the currently serving executive and must include either the President or the Vice-President so as to allow the formation of a separate appeals tribunal in the case of an appeal.
16. The disciplinary committee shall make a decision no more than 24 days after the start of deliberations.
17. The disciplinary committee may choose, after weighing all the facts of the incident, to apply one or more of the following options:
 - i. An apology, either written or verbal
 - ii. A fine
 - iii. Demotion, in the case of an executive member
 - iv. A suspension from membership within the CPU
 - v. Permanent expulsion from the CPU
18. The member being disciplined has seven days from the official ruling of the disciplinary committee to comply with its decree or appeal the decision using the official appeals procedure. If the time elapses with neither course of action taken, the member is subject to further discipline by, but not limited to, permanent expulsion from the CPU.
19. All evidence, reports and minutes taken from disciplinary committee deliberations shall be kept and filed with a serving member of the executive for no less than five years.

APPENDIX C: Policy on Appeals

1. Any member of the Canadian Powerlifting Union (CPU) who is affected by a decision of an official committee or decision making body within the CPU has the right to appeal that decision. A member may not appeal any items that relate to the rules of competition, or elections held for executive positions.
2. Appeals committee will adhere to procedures based on due process and will include access to independent arbitration through the Sport Dispute Resolution Centre of Canada (SDRCC)
3. A member who wishes to launch an appeal, hereinafter referred to as the appellant, shall:
 - a. Submit a written notice of their intention to appeal to the CPU president no more than seven days after the announcement of the decision that is being appealed
 - b. Submit, along with the notice of intention to appeal, a \$100 fee which will be refunded to the appellant if a ruling is made in their favor
4. An appeal may only be requested if sufficient grounds for an appeal are present. Such situations include:
 - a. Instances where flagrant contraventions of standing policy are present
 - b. Where the decision in question was made by a body with no authority or jurisdiction in the matter
 - c. Instances where the decision is obviously influenced by bias not including decisions made based on ones performance compared to another
 - d. Evidence or information used in the decision making process was incomplete or missing
 - e. Information considered irrelevant was used in rendering a decision
5. An appeals committee shall be formed upon the receipt of a request for an appeal. Appeals committees must consist of:
 - a. No more than 5 members of the executive
 - b. Either the president or the vice-president
 - c. No members who deliberated on the decision which is being appealed, unless absolutely necessary.
6. It is the duty of the appeals committee to review the reasons for the appeal and decide if sufficient grounds exist. The decision of whether or not to proceed cannot be appealed.
7. If it is found that sufficient grounds for an appeal exist then the appeals committee shall inform the appellant and any other appropriate parties that the committee will re-deliberate the issue seven days from the time of the announcement.
8. It is within the seven day period that the appellant must submit a written report of their argument as well as any additional evidence to the appeals committee.
9. Appeals committee will then deliberate the matter at the end of the seven day period in a special meeting as per Article IV of the CPU constitution. Deliberations shall only be open to the appeals committee after all evidence has been collected and will be conducted by documentary review. Only in extremely serious matters shall appeal committee hearings be conducted in person and in such a case, the seven day period can be extended up to, but no more than two months.
10. The appeals committee may also interview any involved parties to better render a decision on the matter at hand.
11. At the conclusion of deliberations, the appeals committee shall inform the appellant and any involved parties of its decisions, with reasons attached. It is within the power of the appeals committee to:
 - a. Void, vary or confirm the decision being appealed; or
 - b. require any involved parties to change their previous decision.
12. A written copy of the decision shall be provided to the appellant as well as any other parties related to the appeal. All evidence, reports and minutes taken from disciplinary committee deliberations shall be kept and filed with a serving member of the executive for no less than five years.

13. If the appeals process of the CPU fails to resolve the issue, final arbitration can be passed on and be conducted through the SDRCC. Any decision made by the SDRCC on the matter shall be final and not open to appeals or intervention by the CPU.