

# Weightlifting Ireland

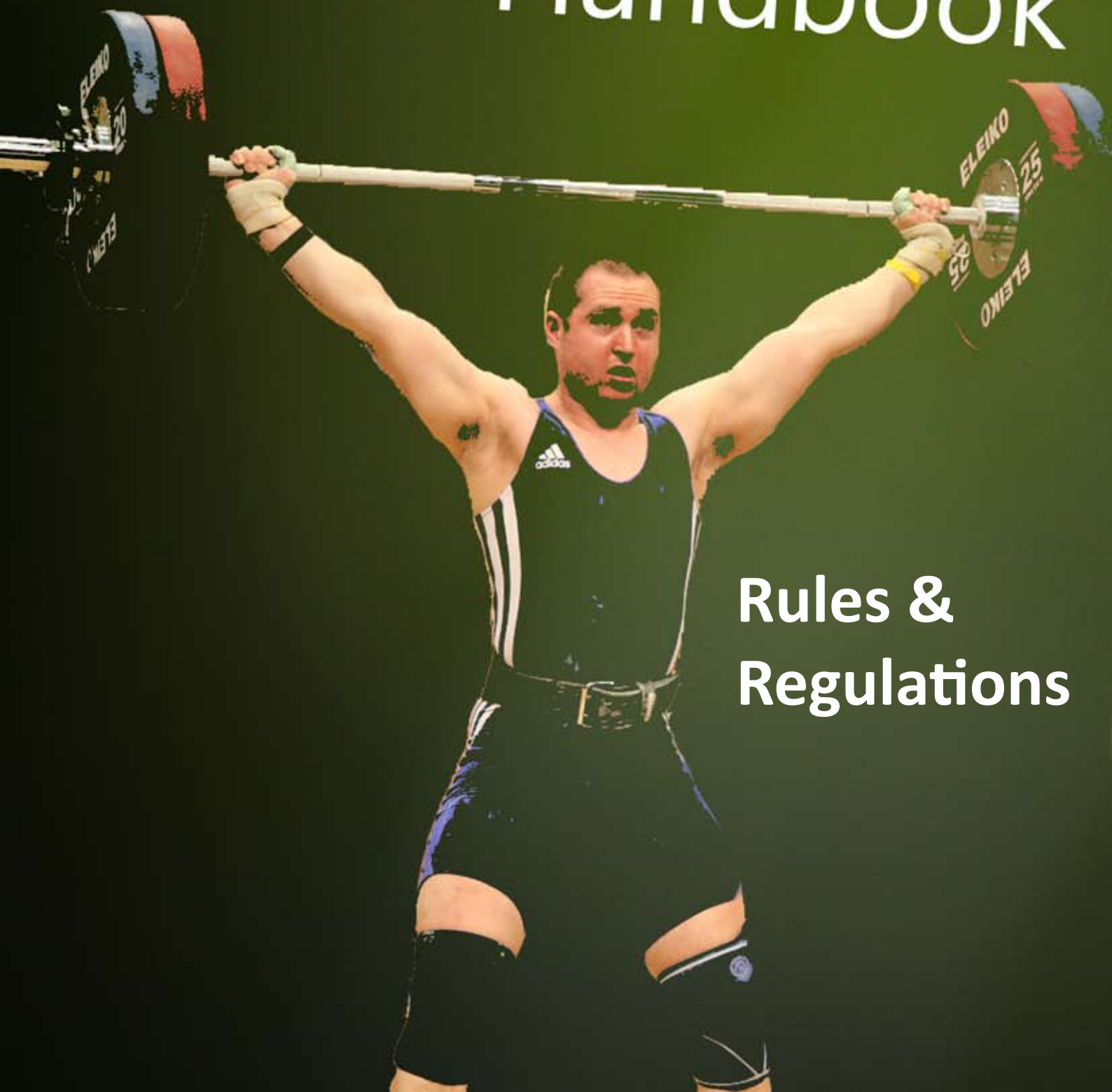


COACH

ATHLETE

ADMINISTRATOR

# Handbook



Rules &  
Regulations

## **Introduction**

Weightlifting Ireland is the registered trading name for the Irish Amateur Weightlifting Association. The Rules and Regulations are the controls, by which Weightlifting Ireland operates its daily business and are set by the Weightlifting Ireland Director Board. These Rules are not legally binding, and do not require the board to call an E.G.M to alter or amend them. The Board has the power to alter or amend the Rules and Regulations in line with the Memorandum and Articles of Association, provided they do not contravene the Memorandum or Articles of Association, or do not infringe any Laws.

The Irish Amateur Weightlifting Association Ltd. is a company limited by guarantee, and as such its activities are governed by its Memorandum and Articles of Association and various pieces of legislation, codes of practice and international association requirements.

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## 1. Membership

- 1.1 As per Article 3.1 of the constitution; anyone who wishes to take part in a weightlifting Ireland event, must affiliate to weightlifting Ireland. Clubs and individuals can affiliate electronically or in cash in payment to the treasurer
- 1.2 Each affiliated club shall conform to the rules and regulations of Weightlifting Ireland.
- 1.3 Each affiliated club registered will maintain their membership profile through the treasurer, updating as necessary details of all members of that Club.
- 1.4 All clubs must have a minimum of one Weightlifting Ireland Level 1 IWF Club Licensed coach, and within 12 months of affiliation apply and attend the certified 'Level 2' Coach to qualify for club membership and operate within the organisation.
- 1.5 When affiliating, clubs agree to be bound by all policies and procedures of Weightlifting Ireland; and those working with minors shall provide a facility that meets with the licencing requirements and Code of Ethics document, provided by the Irish Sports Council, and by weightlifting Ireland.
- 1.6 Individual yearly Membership – Weightlifting Ireland promotes a club based membership structure. All club members must also be registered as fully paid members of Weightlifting Ireland prior to participation or competition.  
Weightlifting Ireland provides a discounted rate to affiliated clubs of 50%, which is payable before 30<sup>th</sup> January, in competition or participation in weightlifting Ireland events.
- 1.7 The current fees are laid out as follows...
- | MEMBERSHIP CATEGORY | COST (Euro)                              |
|---------------------|--|
| Competitive         | €35.00                                   |
| Student             | €21.00                                   |
| Affiliate           | €5.00                                    |
| Club                | Means tested by application to treasurer |
| Club Member         | €17.50                                   |
- 1.8 Garda Vetting/Access NI – licencing as an official, administrator or coach of Weightlifting Ireland shall be granted subject to the licencing criteria, which includes successful completion of the licensing process including the Garda Vetting, Irish Sports Council Code of Ethics and Child protection course requirements.
- 1.9 Honorary Members: Honorary membership may be granted to persons who have rendered exceptional service to the organisation in line with the articles and memorandum found in the constitution.
- 1.10 Voting rights are given as per 13.3 and the bye laws outlining the nature of memberships.
- 1.11 Membership Fees are due on the 1st of January each year. Any member not renewing his/her membership within 45 days may be removed from the register of members.

## **2 Insurance**

- 2.1 All registered clubs can avail of insurance from weightlifting Ireland, should they conform to the licencing, health and safety and vetting requirements of weightlifting Ireland. Weightlifting Ireland provides cover for clubs who meet the required standard. All clubs involved in weightlifting are expected to provide;
- 2.2 Public Liability Cover: to insure all Weightlifting Ireland sanctioned activities from club to national level.
- 2.3 Personal Accident Cover: Weightlifting Ireland affiliated members are provided with Personal Accident cover in respect of their participation in Weightlifting Ireland sanctioned activities. It is the responsibility of any non-member who is participating, with the permission in writing from Weightlifting Ireland, in any Weightlifting Ireland activity to ensure they personally are provided with whatever insurance covers they may feel are necessary. It is also the responsibility of the member to request any and all documentation they deem necessary to ensure that their club, venue or event meets the required standard for insurance cover as a Weightlifting Ireland sanctioned event.
- 2.4 Travel Cover: Weightlifting Ireland provides travel cover for all membership activities from club through to national and international level for members attending sanctioned events outside Ireland.
- 2.5 Additional Covers: Weightlifting Ireland, at its discretion, will provide additional covers to protect the organisation as deemed necessary; and may provide discounted insurance through group membership to all fully licenced coaches.

## **3 Ethics & Welfare**

- 3.1 As per the bye laws of the Weightlifting Ireland constitution; all members are bound by the codes of ethical conduct.  
All rules and regulations on ethics and welfare are available via electronic download, in our Ethics Policy, available at [www.weightliftingireland.com](http://www.weightliftingireland.com) and as amended from time to time

## **4 Complaints & Discipline**

- 4.1 As per the bye laws of the Weightlifting Ireland constitution; all members are bound by the codes of ethical conduct.  
Should any member feel they have been treated in a manner outside the principles and rules governing the association, they can make a complaint to the association in line with our complaints procedures.  
The Complaints process is available via electronic download, in our Complaints procedure, available at [www.weightliftingireland.com](http://www.weightliftingireland.com)
- 4.2 As per the bye laws of the Weightlifting Ireland constitution; all members are bound by the codes of ethical conduct.  
Should any member be found to have acted in a manner outside the principles and rules governing the association, they may face disciplinary action.  
Our Disciplinary Policy and procedure is available via electronic download, in the Ethics Policy, available at [www.weightliftingireland.com](http://www.weightliftingireland.com);

## **5 Events Approval**

- 5.1 For the purpose of this rule organising an Event refers to organising a Competition, Coaching Clinic, Camp/ Squad session.
- 5.2 Prior to organising any event under the auspices of weightlifting Ireland, approval shall be required in writing from the Weightlifting Ireland board of directors.
- 5.3 Following discussion and agreement that proposed event is satisfies the Weightlifting Ireland Rules Regulations, and minimum safety requirements. Weightlifting Ireland will approve the event. Approved events will be notified to the organiser and included on the Weightlifting Ireland website "Events" section to provide complete clarity for the membership, as well as publicity through the Facebook page.
- 5.4 Where events do not meet the Weightlifting Ireland Rules and Regulations or health and safety requirements, Organisers shall not be permitted to use the Weightlifting Ireland name or logo in conjunction with any advertising or accreditation during the event. No results or rankings shall be effected as a result of any totals made, records broken or qualification standards met or exceeded.

## **6 International Selection**

- 6.1 All athletes must be compliant with the A.D.A.M.S. whereabouts protocols for international selection for a period of no less than 6 months prior to selection for international competition. Should any coach believe his or her athlete is coming to the international standards for competitions; available at [www.weightliftingireland.com](http://www.weightliftingireland.com) they should contact in writing the doping officer and the Executive Board immediately to gain access to the registered testing pool for their athlete(s).
- 6.2 Weightlifting Ireland shall amend the selection criteria for international competition as per the recommendations and information provided by the Development Director. The standards for international selection shall be on a sliding scale, with increasing qualification criteria for more major events. This shall include relative experience of the lifter, as well as any criteria deemed necessary for athlete development as per the selection committee recommendations. All selection criteria shall be made electronically available and publicised on [www.weightliftingireland.com](http://www.weightliftingireland.com)

## **7 Board of Directors**

- 7.1 The board of directors shall be composed as outlined in article 5 of the constitution. Any further committee and or subcommittee shall be formed and or dissolved as and when required as per the articles and memorandum contained therein.
- 7.2 All members are bound by the rules and regulations as outlined in the Weightlifting Ireland operating procedure. This is in immediate effect upon election, co-option or appointment to the Board and all subcommittees of the board.
- 7.3 Directors must abide by the Codes of Conduct that are binding on all members of Weightlifting Ireland. The Code of Conduct outlines how weightlifting Ireland expects members to behave in all aspects when representing weightlifting Ireland or weightlifting Ireland initiatives. It reflects high standards of honesty and integrity in carrying out the duties as a director or member. The Code of Conduct must be adhered to at all times and must be read in conjunction with the Rules & Regulations. A breach of the Code of Conduct may result in disciplinary action under the ethics Procedures.

7.4 The main objectives are to:

- 7.4.1 Provide a deterrent against behaviour which may be detrimental to the best interests of Weightlifting Ireland
- 7.4.2 Ensure that the policies and decisions of Weightlifting Ireland are implemented professionally in an objective and an accountable manner.

## **8 Technical Committees**

- 8.1 Technical committees shall be formed should a majority vote of the board pass a motion for their creation.
- 8.2 Technical committees shall be formed on the basis that they provide measurable, accountable improvements to the sport or the administration and or governance of the sport as a whole.
- 8.3 Remuneration for expenses shall be at the discretion of the Board of Directors for participation or organisation requirements due to involvement in a technical committee.

## **9 Provincial Committees**

- 9.1 Provincial committees are subject to the rules and regulations of Weightlifting Ireland, and must adhere to the same standards to receive recognition for any events, decisions or developments made.
- 9.2 Weightlifting Ireland reserves the right to devolve powers to provincial committees should they meet the required administrative and accountable standards required by the association.
- 9.3 Weightlifting Ireland reserves the right to supersede any authority devolved to a provincial committee where they are deemed to be in breach of the rules and regulations of weightlifting Ireland, or are carrying out any actions that could be deemed to be to the detriment of weightlifting Ireland or its reputation.
- 9.4 Provincial committee members are required to be fully paid members to weightlifting Ireland, and it is the role of the Chair or President of any such committee to ensure that their committee is fully compliant in this regard.
- 9.5 Any provincial committee shall be required to hold an AGM and must inform the secretary of this date and any materials to be provided 28 days in advance
- 9.6 Any Provincial committee shall provide in writing within one month of their AGM a written account of expenditure and balance sheet to the General Secretary and Treasurer of Weightlifting Ireland.
- 9.7 The board reserves the right to call a special meeting of any provincial committee
- 9.8 Committee must contain a clear and concise definition of the geographical area covered by that Committee.

9.9 Each Provincial Committee may apply to the Board for a grant allocation towards running events in accordance with the Memorandum and Articles of Association.

## **10 Sponsorship**

10.1 Any and all sponsorship proposals should be presented to the board for assessment or negotiation. If deemed in the interests of Weightlifting Ireland, can be ratified by majority vote of the board of directors.

10.2 Only board approved logos or representation may be present on any kit , Leotard or promotional material that carries the weightlifting Ireland crest, no further logos may be present unless they receive prior written approval from the Board

## **11 Representation**

### **11.1 International Representation**

11.1.1 In order to represent Ireland, or be eligible to become an Irish Champion, an athlete must hold, or be eligible to hold an Irish passport and have been actively registered with weightlifting Ireland for no less than 6 months. If an athlete changes nationality, and wishes to continue competing in International Events, he/ she must comply with IWF eligibility rules in relation to the transfer of nationality.

### **11.2 National Championships Level & National Squads**

11.2.1 Lifters must hold an Irish passport or be resident in Ireland for a minimum of 2 years. It is the responsibility of the affiliated club when entering lifters for events to ensure that they have checked that lifters are in compliance with this rule. Members should note that failure to ensure this is adhered to may result in the removal of an athlete from the official score sheet and retraction of rank and medals/trophies if relevant.

11.2.2 Foreign Nationals may be included in any domestic team competition providing they are members of Weightlifting Ireland and are members of a Weightlifting Ireland registered club.

11.2.3 Lifters holding a license of a country other than Ireland are not considered eligible for a National Championships. Lifters who have dual nationality and who have competed as a senior or junior for any other IWF registered country can enter to compete only as a guest.

11.2.4 Foreign teams or individuals entering a competition as 'Guests' will be required to pay the competition entry fee but will not be formally placed in the results

### **11.3 Non Weightlifting Ireland Level Championships & Development Squads**

11.3.1 Any Weightlifting Ireland member regardless of Nationality may enter and are entitled to rank/medal in competitions and be considered for Development squads.

## **12 Priority Claim**

12.1 International Representation shall take precedence over all other commitments for the priority claim of an athlete. In the same event/competition both Club and Country participate, if selected by Weightlifting Ireland on the National team, the lifters can only represent the national team and not participate on the club team in the same event/competition

### **13 Transfers**

- 13.1 During the same membership year of Weightlifting Ireland (Jan 1st to Dec 31st), if an athlete (irrespective of membership type) wishes to leave their current club to join another club, Weightlifting Ireland's General Secretary must be notified in writing
- 13.2 Any objections or complaints brought as the result of a transfer will be handled in line with the complaints and or disciplinary procedures.
- 13.3 An athlete who has previously competed for a club in a previous year, but who joins with a new club does not need to notify the secretary

### **14 Education**

- 14.1 Dissemination of information shall be via electronic distribution, via the website, official social media page(s), email or whatever combination thereof as deemed appropriate by weightlifting Ireland.
- 14.2 It shall be the remit of the development officer, coaching director and governance director to organise continual up skilling and education opportunities within the confines of the sport or its administration for weightlifting Ireland members.
- 14.3 Each member is recommended to regularly review operating procedure and policy to ensure they are up to date with the most current codes of good practice and operating procedures of Weightlifting Ireland.

### **15 National Events**

- 15.1 The requirements for certification as a national event will be continually assessed and amended under the guidance of the development officer, coaching director and governance director to ensure best practice in the organisation of all weightlifting Ireland events.

### **16 Performance & Technical**

- 16.1 Performance & Technical policy will be continually assessed and amended under the guidance of the development officer, coaching director and governance director. This policy will cover areas such as performance funding priorities, national squad set-ups, structure & appointment of qualification and performance panels and any other related areas. Development in this area will be led by the Performance Director, under the guidance of the Governance Director and Coaching Director. The policy will be adopted by the association and amended to reflect current best practice when necessary.



## **17 Attire**

- 17.1 At club competitions coaches must suitably attired, and ensure suitable attire is worn by their athletes.
- 17.2 Athletes are required to wear suitable training shoes at all times, as per Weightlifting Ireland attire rules during warm up.
- 17.3 Lifter attire is to comply with the bye laws on attire of Weightlifting Ireland. Any questions should be referred to the technical controller in writing ahead of time.
- 17.4 During International competition, National attire must be worn for competition and when travelling as part of the team
- 17.5 Judges attire must be as per IWF guidelines or subsequent Weightlifting Ireland bye laws
- 17.6 Other officials are required to dress appropriately and wear appropriate footwear for the floor surface of the venue.