



WEIGHTLIFTING IRELAND

By-Laws



JUNE 22, 2016

WEIGHTLIFTING IRELAND

Unit 2C, Autumn House, Donnybrook Commercial Centre, Douglas, Cork



1. Introduction

- 1.1 The Irish Amateur Weightlifting Association is a Company Limited by Guarantee, and its activities are governed by its Constitution and all requisite pieces of legislation, codes of best practice and association requirements.
- 1.2 Weightlifting Ireland is the registered trading name for the Irish Amateur Weightlifting Association, and is the name by which the Association is known throughout this document.
- 1.3 These bye-laws are the controls by which Weightlifting Ireland operates its daily business and are set by the Executive Board and amended from time to time.
- 1.4 These bye-laws may be amended from time to time by ordinary resolution of the Executive Board, effective at such date as the Executive Board designates, provided they do not contravene the Constitution of the Irish Amateur Weightlifting Association nor infringe any applicable national or international legislation.
- 1.5 Notice of any amendment of these Bye-laws shall be provided to all Members either electronically or in writing.



2 Membership

- 2.1 Every person who participates in a sanctioned Weightlifting Ireland competition must be a registered member of Weightlifting Ireland, unless they have applied for and been granted express permission, in writing, from Weightlifting Ireland, such as guest competitors and international competitors.
- 2.2 Members may affiliate electronically at WeightliftingIreland.com or through payment to the Treasurer, who must ensure continuity of all affiliation documentation.
- 2.3 Members who have reached the age of eighteen (18), have paid their annual fees and are not subject to disciplinary action are eligible to vote at the Weightlifting Ireland Annual General Meeting, and any Extraordinary General Meetings that are called. Each Member is entitled to one vote.



3 Club Affiliation

3.1 Weightlifting Ireland promotes a Club based membership structure. By affiliating, each Club agrees to be bound by these Bye-laws and the Constitution of Weightlifting Ireland.

3.2 To Affiliate each Club must

3.2.1 have a minimum of one Weightlifting Ireland Level 1 Club Licensed Coach, or Level 1 coach who will be completing licensing within 6 months of affiliation

3.2.2 submit the following:

3.3 New Affiliations

3.3.1 Complete online club application form, including agreement by club president and secretary;

3.3.2 Full Club payment, as may be amended from time to time

3.3.3 Club Constitution

3.3.4 Valid and up to date Insurance certificate

3.3.5 Names and contact information for all Club Board Members

3.4 Club Affiliation Renewal

3.4.1 Complete online club renewal form

3.4.2 Full Club Payment, as may be amended from time to time

3.4.3 Update Weightlifting Ireland on any changes to previously submitted documentation



4 Compliance

4.1 **All Coaches, technical and licensed personnel** must comply with;

- 4.1.1 Weightlifting Ireland Licensing,
- 4.1.2 National Vetting,
- 4.1.3 Safeguarding 1 Certification
- 4.1.4 Real Winner Quiz Certificate

4.2 Additional **Coach specific** Requirements

- 4.2.1 First Aid certificate recognised in Ireland

4.3 **Clubs** must accept and fully comply with

- 4.3.1 International Weightlifting Federation (IWF) Technical and Competition Rules
- 4.3.2 Regulations and the IWF Anti-Doping Policy.
- 4.3.3 Sport Ireland Anti-Doping policies and procedures.

4.4 **Clubs with minor** Members must

- 4.4.1 Appoint a Child Safety Officer, who has completed the Safeguarding 1 and 2 Code of Ethics Courses provided by Sport Ireland.
- 4.4.2 All Club Staff and Volunteers who have contact with minor club members must fully Vetted through weightlifting Ireland, *and*
- 4.4.3 have completed the Safeguarding 1 course.

4.5 Clubs must keep Weightlifting Ireland up to date on any pertinent changes in Club structure or change of venue.

4.6 All Club Members must be members in good standing with Weightlifting Ireland prior to competition or participation in any Weightlifting Ireland sanctioned event.

4.7 Clubs are encouraged to submit proposals for development initiatives to the Executive Board of Weightlifting Ireland.



5 Club Facilitation

- 5.1 Clubs may submit proposals for modification of Weightlifting Ireland Constitution.
- 5.2 Clubs may apply for a Grant of Equipment Loan from Weightlifting Ireland.
- 5.3 Grant Applications available from Weightlifting Ireland Secretary and or website
- 5.4 Clubs will have 30 days to submit a complete application with all required supporting documentation. The Secretary will be available for consultation during this period. Applications submitted early for evaluation to ensure completeness will be responded to in a timely fashion.
- 5.5 The Executive Board may appoint an impartial panel to adjudicate the Grant Applications.
- 5.6 Upon successful application, the applicant club will be required to enter into binding agreement with Weightlifting Ireland before they may be in receipt of any equipment
- 5.7 Any agreement shall contain, but not be limited to the following:
 - 5.7.1 The Equipment is solely for the use of Club Members under the supervision of a Weightlifting Ireland Licensed Coach;
 - 5.7.2 The Club must forward proof of insurance to cover the use of Weightlifting Ireland equipment.
 - 5.7.3 Equipment must be made available for Weightlifting Ireland Events if requested and given a minimum of seven days' notice from Weightlifting Ireland.
 - 5.7.4 Equipment may not be removed from the Club premises for any reason without express permission of the Executive Board.
 - 5.7.5 The Executive Board reserves the right to remove this equipment from the premises for violation of any of these terms.
 - 5.7.6 If Club premises are not wholly devoted to Club use, and owned by Club, the Club must provide documentation of:
 - 5.7.6.1 secure storage and
 - 5.7.6.2 express acknowledgment from venue operator acknowledging Weightlifting Ireland's ownership and right of removal.
 - 5.7.7 Equipment Grants will last for a maximum term of 12 months, and are subject to renewal upon successful reapplication.



6 Individual Membership

- 6.1 Weightlifting Ireland accepts membership from individuals, both affiliated and not affiliated to a Weightlifting Ireland Club.
- 6.2 Affiliation fees are reviewed yearly by the executive board
- 6.3 Those registering as part of an affiliated club may receive a discount of 50% on the cost of annual membership of the federation providing the club is fully paid up and compliant with the registration requirements of the federation.
- 6.4 Membership Fees are due on the 1st of January of each year.
- 6.5 Any Member not renewing their membership within 2 months will be removed from the register of members and will not retain their voting rights for the coming year.
- 6.6 If Club can prove financial need, they may apply to be means tested by the Treasurer for a discounted Affiliation Fee
- 6.7 Club Member Fee
 - 6.7.1 If Member has financial need, they may apply to be means tested by the Treasurer for a discounted Membership Fee, subject to board approval.
- 6.8 Individual Member Fee
 - 6.8.1 If Member has financial need, they may apply to be means tested by the Treasurer for a discounted Membership Fee, subject to board approval.

7 Honorary Members

- 7.1 Honorary Membership may be awarded to persons who have rendered extraordinary service to Weightlifting Ireland. Honorary Members are no longer active coaches or competitors, nor may they hold any role on the Executive Board. They are eligible for membership on the Fair Play Commission (see Section 4 of these By-laws).



8 Insurance

- 8.1 All Affiliated Clubs may avail of insurance through Weightlifting Ireland group scheme, so long as they conform to;
- 8.1.1 licensing,
 - 8.1.2 health and safety
 - 8.1.3 vetting requirements
- 8.2 Weightlifting Ireland provides cover for Clubs that meets the following requirements:
- 8.2.1 **Public Liability Cover:** to insure all Weightlifting Ireland sanctioned events from Club to National Level subject to the terms of the policy.
 - 8.2.2 **Travel Cover:** Weightlifting Ireland provides travel cover for all membership activities for international level for Members attending sanctioned events outside Ireland.
 - 8.2.3 **Additional Cover:** Weightlifting Ireland may provide additional cover to protect Weightlifting Ireland as is deemed necessary; and may provide discounted insurance through group membership to all fully licensed Coaches.
 - 8.2.4 It is the responsibility of any Affiliated Club to ensure they can provide a safety statement and documentation that their venue or competition meets the required standard for insurance cover as a Weightlifting Ireland sanctioned event.
 - 8.2.5 It is the responsibility of any non-member that has been granted permission to participate to ensure they personally are provided with insurance cover.



9 Ethics & Welfare

- 9.1 All Members of Weightlifting Ireland are bound by the Constitution and bye laws of Weightlifting Ireland.
- 9.2 Weightlifting Ireland has formally adopted the Anti-Doping Rules of Sport Ireland, as well as those of the IWF.
- 9.3 Weightlifting Ireland is fully committed to safeguarding the well-being of all its members.
- 9.4 Every Member is expected to show respect and understanding for:
 - 9.4.1 the rights,
 - 9.4.2 safety and
 - 9.4.3 welfare of the other members by conducting themselves in a way that reflects the principles of the Constitution, and the guidelines contained in the Code of Ethics and Good Practice for Children's Sport in Ireland.
- 9.5 All Ethics and Welfare documents are available on WeightliftingIreland.com

10 Discipline & Complaints

- 10.1 Members, Coaches, Officials, Clubs or Executives may be disciplined by Weightlifting Ireland for:
 - 10.1.1 Breaching the Code of Ethics, Good Practice or these Bye-laws;
 - 10.1.2 Participating in a prohibited competition or against a suspended athlete;
 - 10.1.3 Unsporting conduct;
 - 10.1.4 Disobedience towards officials;
 - 10.1.5 Other conduct that seriously impacts the wellbeing of the organisation or of other Members.
- 10.2 Should a Member, Coach or Official commit a doping violation during any event, then the IWF Anti-Doping Policy and its jurisdiction shall take precedent.
- 10.3 Member Clubs may only sanction or discipline competitors, coaches, officials and/or delegates who are members of their own club.
- 10.4 Those sanctioned may make a complaint using the Complaints Procedure.
- 10.5 Any rule infringement, offence or violation by a competitor, coach, official, or Member shall be reported to the Secretary of Weightlifting Ireland and will be submitted to the attention of the Fair Play Commission.



11 Fair Play Commission:

- 11.1 The Constitution of Weightlifting Ireland establishes a Fair Play Commission, an impartial three-person panel comprised of Senior members or a maximum of two invited non-members that are agreeable by both parties in dispute.
- 11.2 This panel is charged with adjudicating any complaint or disciplinary procedure received by the Executive Board. At least one of the members of this Commission will have experience in Dispute Resolution. This Commission will provide a report of its activities to the Membership at the Annual General Meeting.

12 Complaint Procedure

- 12.1 If any Member feels they have been treated in a manner outside the principles and rules laid out in the Constitution and Bye-laws of Weightlifting Ireland, they are entitled to make a written complaint to the board of weightlifting Ireland.
- 12.2 The Board of weightlifting Ireland may refer this immediately to the Fair play commission where there is a direct conflict or perceived conflict of interest within the board, should they conduct the hearing.
- 12.3 The board shall examine any written complaint brought forward against any Member, Club, Coach, Official within 30 days of receipt of that complaint.
- 12.4 Any complaint against a member of the board of directors, shall be settled by no less than 3 impartial board members not implicated
- 12.5 The board may hold a hearing to determine any specified allegation of misconduct on the part of any person subject to this procedure.
- 12.6 If the Board, in its discretion, considers the charge against the Member to be sufficiently serious, it will have the power to impose one or more of the following:
 - 12.6.1 A verbal or written apology;
 - 12.6.2 Referral of counselling;
 - 12.6.3 Suspension of Membership for a stated period of time;
 - 12.6.4 Suspension of Membership for a state period of time, pending mediation or arbitration;
 - 12.6.5 Revocation of Membership.
- 12.7 Any decision of the board may be appealed to the Fair Play Commission no later than 21 days from the date the decision was given.



13 Appeal Process

- 13.1 The person subject to one of the sanctions outlined above may appeal the decision to the Fair Play commission within 21 days from the date the decision is handed down.
- 13.2 Further appeal may be made to Just Sport Ireland (JSI) for resolution within 21 Days of decision of the Fair play commission for further appeal, in accordance with the JSI Mediation Rules.
- 13.3 If the dispute remains unresolved after decision of the fair play commission, at the conclusion of the mediation process, the dispute shall be referred to JSI for binding arbitration in accordance with the JSI Arbitration Rules.
- 13.4 The arbitral award issued by JSI may appealed exclusively by referral to the Court of Arbitration of Sport in Lausanne, Switzerland, within 21 days from the receipt of such arbitral award for final and binding arbitration in accordance with the Court of Arbitration of Sport Code of Sports related Arbitration. This is the last available appeal and this decision is ultimately binding.

14 Executive Board

- 14.1 The Executive Board consists of:
 - 14.1.1 President
 - 14.1.2 Secretary
 - 14.1.3 Treasurer
 - 14.1.4 Governance Officer
- 14.2 Any Member wishing to stand for Election into one of these roles must apply for candidacy using the documents sent out with notice of the Annual General Meeting or Extraordinary General Meeting.
- 14.3 All Executive Board members are subject to the Constitution, the Code of Governance, and the principles of these Bye-laws.
- 14.4 The Executive board manages Weightlifting Ireland and decides on all matters concerning the sport of Weightlifting.
- 14.5 The Board is also responsible for ensuring suitable facilities and competent personnel are provided for the efficient operation of Weightlifting Ireland.
- 14.6 The Executive board represents Weightlifting Ireland to external bodies, such as Sport Ireland, Olympic Council of Ireland, the EWF and IWF.
- 14.7 The Executive Board is elected and serves such terms as are outlined in the Constitution Article 23.



14.8 Meetings of the Executive Board are closed, except by invitation of the Executive board.

14.9 Members may request the Minutes of the Executive Board, by written request to the Secretary of the Association. These minutes may be redacted to comply with Data Protection policies. The Secretary will have 21 days to respond to this request.

15 Committees

15.1 The Committee Chairpersons may not be Executive Board Members, but are elected at the AGM for two-year terms.

15.2 Candidates must meet the minimum requirements of competency and experience and apply for their candidacy.

15.3 An application, with job description and minimum requirements will be included in the notice for any AGM.

15.4 Chairpersons have the following duties:

15.4.1 Convening the meetings of their Committee following the annual program laid out by the Executive Board;

15.4.2 Operate in frequent communication with the Executive Board

15.4.3 Attend all Executive Board Meetings to which they are called;

15.4.4 Preside over Committee meetings;

15.4.5 Present an annual report on their Committees activities at the AGM. This report must be drafted and submitted to the Secretary 30 days before the date of the AGM;

15.4.6 Ensure a handover process in line with constitutional requirements when retiring from their position as Chairperson.

15.4.6.1 This includes assisting the new Chairperson for a period of no less than 4 weeks after the end of their term.

15.5 Committees must meet at least once per quarter. Attendance is mandatory.

15.5.1 A roll and minutes must be kept and sent to the Secretary of Weightlifting Ireland within 14 days of any meeting.

15.5.2 Meetings of Committees are not open to the public, however a member of the Executive Board may attend, but shall not be accorded a vote unless also serving as a Committee member.

15.5.3 If a Committee member resigns or otherwise ceases to serve on that committee, the Executive Board reserves the right to replace that member in consultation with the Chairperson of that Committee.

15.5.4 This person will continue in the role until the next AGM.



16 Technical and Performance Committee

- 16.1 The Performance and Technical Committee is responsible for studying analysing monitoring and developing all rules relating to Performance, Officiating and Competition within Weightlifting Ireland.
- 16.2 The Performance Chairman will be the chairperson for this committee.
- 16.3 The Technical and Performance Committee are responsible for;
 - 16.3.1 maintaining the National Ranking Lists,
 - 16.3.2 Monitoring, supervising and supporting athlete performance.
 - 16.3.3 The ranking list will be ordered using the Sinclair Coefficient
 - 16.3.4 Supporting resource management of the department, including generation of revenue in line with 16.3.2.
 - 16.3.5 The Technical and Performance Committee is responsible for creating selection criteria for international competition, with the consent of the Executive Board.
 - 16.3.5.1 This must be amended into Section 16 of this document upon approval of the Executive Board and published publically on the Weightlifting Ireland website.
 - 16.3.6 The Technical and Performance Committee will compile a list of athletes, coaches and team support for every international competition Weightlifting Ireland will send a team to, subject to the procedure laid out in Section 16.
 - 16.3.7 They must also update and amend policies relating to performance funding priorities, national squad set-ups, structure and appointment of qualifications and performance panels and any other related areas.
 - 16.3.7.1 These policies are subject to approval by the Executive Board.



17 Coaching, Education, Research and Development Committee

- 17.1 The CERD Committee is responsible for;
 - 17.1.1 Coaching Continuing Professional Development, development of international selection procedures for coaches.
 - 17.1.2 partnering with other sporting governing bodies to improve Weightlifting training.
 - 17.1.3 Ensuring industry standards of best practice,
 - 17.1.4 Increasing technical and scientific knowledge
 - 17.1.5 Partnering with academic and industry sectors.
 - 17.1.6 Selection of Tutors in line with the tutors charter agreed with sport Ireland.

- 17.2 This Committee is chaired by the Coaching Chairman, under the supervision of the Executive Board.

- 17.3 Selection of the coaching chairman shall be in line with the tutors charter, agreed with Sport Ireland.



18 Governance & Administration Committee

- 18.1 The Governance and Administration Committee is responsible for;
 - 18.1.1 Development of policies and procedures in line with industry standards and best practice.
 - 18.1.2 Ensuring compliance with all Government bodies, funders and stakeholders.
 - 18.1.3 Ensuring data protection and maintaining databases, as well as
 - 18.1.4 performing all other administrative tasks.
- 18.2 This Committee is under the remit of both the Governance Officer and Secretary.

19 Marketing and Business Committee

- 19.1 The Marketing and Business Committee are responsible for all external facing administrative tasks, including;
 - 19.1.1 Maintaining the website,
 - 19.1.2 Social media
 - 19.1.3 Publication of documents,
- 19.2 subject to the direction and approval of the Executive Board.

20 Children's Officer

- 20.1 The Membership will elect an individual to the role of Children's officer at the AGM. This individual will serve for a 2-year term.
- 20.2 The Children's Officer will be responsible for representing the interests of Athletes who have yet to reach the age of eighteen (18), working collaboratively with the Executive Board and the Committees to implement principles of best practice in children's sport.
- 20.3 The Children's Officer is also responsible for ensuring that Weightlifting Ireland remains fully compliant with child protection legislation.
- 20.4 The Children's Officer will disseminate information relating to Child Protection Legislation and Sport Ireland / LSPs Safeguarding Workshops.
- 20.5 The Children's Officer will be available as a resource for Clubs, Members, Parents and Children who wish to begin the complaints process.
- 20.6 The Children's Officer must have completed national vetting, and have completed both the Safeguarding 1 and Safeguarding 2 courses.



21 Education

- 21.1 From time to time, the CERD Committee will offer educational opportunities to Weightlifting Ireland Members.
- 21.2 These opportunities include Coaching Courses, Referring Courses and Continuing Professional Development Courses.
- 21.3 Publication of these opportunities will be via the website, official social media pages and email, as is deemed appropriate by the Marketing and Business Committee.
- 21.4 Members are responsible for regularly reviewing operating procedure and policies to ensure they are up to date with the most current codes of good practice and industry standards/

22 Provinces

- 22.1 Provincial Committees are actively encouraged to support and develop an all-Ireland vision
- 22.2 These committees are subject to the Constitution and Bye-laws of Weightlifting Ireland, and must operate within those standards in order to receive support from the Board.
- 22.3 Weightlifting Ireland may devolve powers to provincial committees should they meet the required administrative and accountable standards required by Weightlifting Ireland Executive Board.
- 22.4 Weightlifting Ireland may supersede any authority devolved to a Provincial Committee where they are deemed to be in breach of these Bye-laws or the Constitution, or are carrying out actions that could be deemed to be the detriment of Weightlifting Ireland or its reputation.
- 22.5 Membership of a Provincial Committee is subject to all Committee members being in Good Standing, as defined in the Constitution, and it is the role of the Chairperson of the Committee to ensure all committee members are compliant.
- 22.6 Provincial Committees shall provide an account of all expenditures quarterly to the Secretary and Treasurer and to the Membership at the AGM, along with a written report of their activities over the course of the last year.
- 22.7 Each Provincial Committee may apply for grant allocations and equipment towards Development initiatives and events within the Province.



23 Events

- 23.1 An Event can refer to a Competition, Coaching Clinic, Camp, Squad Session and any other formally sanctioned event hosted under the auspices of Weightlifting Ireland.
- 23.2 Events not organised by the National Governing Body must be approved by the Executive Board in writing.
- 23.3 Required Documentation/Application Process
 - 23.3.1 Once an event has been approved, Weightlifting Ireland will advertise the event on the Weightlifting Ireland website and social media sites.
 - 23.3.2 If event is not approved by Weightlifting Ireland executive board, they will let the applicant know in a timely fashion the reason the event was not approved, and allow the applicant to remedy and reapply.
 - 23.3.3 If not approved, applicant may not use the Weightlifting Ireland name or logo in conjunction with any advertising or accreditation of the event. No results or ranking will be recorded.

24 International Selection

- 24.1 Minimum Requirements for selection
 - 24.1.1 Competed at National Championships
 - 24.1.2 Competed at National Club Championships
 - 24.1.3 Attended at least one National Squad Session
 - 24.1.4 Additional requirements subject to competition to be entered
- 24.2 International Selection procedure is determined by the Performance Director supported by the Technical and Performance Committee. Any changes to this procedure must be publicised on the Weightlifting Ireland website and adopted into Section 16.1 above.
- 24.3 The Technical and Performance Committee will compile a list of athletes, coaches, manager and team support for every international competition Weightlifting Ireland will send a team. This preliminary list will be submitted to the Executive Board at least 60 days before final entries are due.
- 24.4 If the Executive Board does not agree with the selection list, they may return the list, noting their objections to the Technical and High Performance Committee.
- 24.5 In cases where the Executive Board and Technical and Performance Committee are unable to come to an agreement, the matter will be referred to a 4-person panel for final decision.
 - 24.5.1 This panel will consist of a member of the Technical and Performance Committee, a member of the CERD Committee, a member of the Executive Board and a member of the Fair Play Commission.
 - 24.5.2 The representative of the Fair Play Commission will act as Chairperson and cast the deciding vote in the event of a tie.



- 24.5.3 The Minutes of this panel will be read into the Minutes of the next Executive Board meeting.
- 24.6 All International Athletes must be compliant with the ADAMS whereabouts protocols for international selection for a period of no less than 6 months prior to selection for international competition.
- 24.7 Should any coach believe his or her athlete is coming to the international standard for competitions, they should contact in writing the Performance Chairman and Anti-Doping Officer to gain access to the registered testing pool for their athlete.
- 24.8 All athletes will be required to sign a code of conduct and agreement outlining the duties of international athletes in the lead up to, during, and post competition periods.

25 Athletes Representing Ireland

25.1 International Representation

- 25.1.1 In order to represent Ireland at International Competitions, an athlete must hold, or be eligible to hold an Irish passport and
- 25.1.2 have been actively registered with Weightlifting Ireland for at least 6 months.
- 25.1.3 If an athlete changes nationality, and wishes to continue competing internationally, that athlete must comply with IWF eligibility rules in relation to the transfer of nationality.

25.2 National Championship & National Squad

- 25.2.1 Athletes must hold an Irish passport or be resident in Ireland for a minimum of 2 years.
- 25.2.2 It is the responsibility of the affiliated club when entering lifters for events to ensure that they have checked that athletes are in compliance with this rule.
- 25.2.3 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.
- 25.2.4 Foreign Nationals (i.e. those who do not hold nor are eligible for an Irish Passport) may be included in any domestic team competition provided they are members of Weightlifting Ireland and are members of a Weightlifting Ireland Affiliated Club.
- 25.2.5 Rule 25.2.4 will not apply for those competing as guests, or as international competitors in an Irish run international event.
- 25.2.6 Athletes who hold a license of a country other than Ireland are not considered eligible for a National Championship.
- 25.2.7 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.
- 25.2.8 Foreign teams or individuals entering a competition as a guest will be required to pay the competition entry fee but will not be formally placed in the result.



25.3 Regional and Local Level Championships & Development Squads

- 25.3.1 Any Weightlifting Ireland member, regardless of nationality, may enter and may be ranked and medal in any regional or local event and be considered for development squads.

25.4 Priority Claim

- 25.4.1 If selected by Weightlifting Ireland for a National Team, that selection shall take precedence at any event or competition in which both Club and Country participate. Lifters may only represent the National Team and not participate as a Club Team member when both compete at the same event.

25.5 Transfers

- 25.5.1 If a Weightlifting Ireland Member would like to transfer their membership from one Club to another within the membership year, they must notify the Secretary in writing.
- 25.5.2 An athlete who has previously competed as a Member of one Club but who has joined a new Club at the new Membership year does not need to notify the Secretary.

26 National Events

- 26.1 Weightlifting Ireland will run a minimum of two National Level Competition annually.
- 26.2 These are;
- 26.2.1 the National Championships and
- 26.2.2 the National Club Championships.
- 26.3 Participation in of one these events is mandatory for any Athlete hoping to represent Ireland in international competition.
- 26.4 The Executive board may make an exception following consultation with the Performance Committee and it is deemed to be in the best interests of Weightlifting Ireland and or the athlete
- 26.5 The National Championships are open to all athletes who have achieved the qualification standards set out by the Performance Committee for that year.
- 26.5.1.1 This will include the main Provincial competitions.
- 26.6 Club Championships are open to all Affiliated Clubs of Weightlifting Ireland.
- 26.6.1.1 Each Club may send as many men and women as they like, however, only the top four male and top three female score will be totalled to determine rank. This Competition uses the Sinclair Coefficient to determine rank.



- 26.7 Weightlifting Ireland will also run periodic National Squad sessions for members of the Irish National Team.
- 26.8 Athletes who represent Ireland must attend at least one of these sessions per calendar year.
- 26.9 The Performance Director will issue invitations to those Athletes that have achieved the minimum standard for international competition.
- 26.10 Weightlifting Ireland may run more events if the demand calls for it.

27 Attire

- 27.1 Athlete attire:
 - 27.1.1 Athletes must wear suitable training shoes at all times.
 - 27.1.2 Athletes may compete at Regional and Local level events in attire other than a Weightlifting Singlet.
 - 27.1.3 At National level competitions Athletes must wear a weightlifting singlet or suitable attire in line with international competition standards.
 - 27.1.4 When representing Ireland internationally, National attire must be worn for competition and when travelling as part of the team, as well as during meals, events and social gatherings.
 - 27.1.5 Local or club attire is not permitted during international duty
- 27.2 Coach attire:
 - 27.2.1 Coaches must be suitably attired and ensure that athletes under their supervision are suitably attired.
 - 27.2.2 International coaches must wear national attire provided for competition and when travelling as part of the team, as well as during meals, events and social gatherings.
 - 27.2.3 Local or club attire is not permitted during international duty
- 27.3 Officials
 - 27.3.1 Officials representing Ireland on behalf of the IWF or EWF must ensure attire is as per IWF guidelines
 - 27.3.2 Other officials are required to dress appropriately and wear appropriate footwear for the floor surface of the venue.
- 27.4 Logo
 - 27.4.1 The Logo of Weightlifting Ireland is comprised of the following elements:
 - 27.4.1.1 The words Weightlifting Ireland
 - 27.4.1.2 The image of a Weightlifter with bar overhead. As per Weightlifting Ireland official logo.
 - 27.4.1.3 Associate logos may be used for email banners, apparel, backdrops etc but must come from the Weightlifting Ireland official Logo suite. The Logo of



Weightlifting Ireland may not be used without the authorisation in writing from the Executive Board.

27.5 Sponsorship

- 27.5.1 Weightlifting Ireland is happy to partner with various external bodies to provide sponsorship and support; provided:
 - 27.5.1.1 Any and all sponsorship proposals are presented to the Executive Board in writing for assessment and negotiation.
 - 27.5.1.2 There is a signed agreement between Weightlifting Ireland and the sponsoring body outlining the rights and obligations of both parties.
 - 27.5.1.3 All logos and representations will be authorised by the board prior to production.

27.6 Clarification

- 27.6.1 For all matters not expressly detailed within the Constitution and Bye-laws, the following take precedent:
 - 27.6.1.1 IWF Constitution and Bye-laws;
 - 27.6.1.2 IWF Technical and Competition Rules and Regulations;
 - 27.6.1.3 IWF Anti-Doping Policy;
 - 27.6.1.4 IWF Code of Ethics.

- 27.7 Weightlifting Ireland reserves the right to adjust the technical and performance rules of the EWF and IWF for the purposes of:
 - 27.7.1 Compliance with Irish National legislation; and
 - 27.7.2 The development of the sport through reasonable adjustments of stringent international criteria.