

SOUTH AFRICAN POWERLIFTING FEDERATION

CONSTITUTION : RULES & REGULATIONS

CONTENTS

- Section A - Constitution : Rules and regulations**
- Section B - Rules Governing Competitions**
- Section C - South African Championships**
- Section D - Regulations for Records**
- Section E - Referees**

SECTION A : CONSTITUTION : RULES & REGULATIONS

Note 1.

The term “**FEDERATION**” means the “**SOUTH AFRICAN POWERLIFTING FEDERATION**”

Note 2.

The term “**HE**” includes “**SHE**”

Note 3.

The term “**POWERLIFTING**” shall mean “**COMPETITIVE POWERLIFTING**”

1. The South African Powerlifting Federation is the only recognised governing body of all Powerlifting in South Africa and is registered with the National Department of Sport and Recreation and is also a member of SASCOC
2. All members who wish to register with the South African Powerlifting Federation may do so immaterial of race, colour, creed or political ideals.
3. The use of drugs as prescribed by the International Powerlifting Federation is strictly forbidden by the Federation and all National events will be drug-tested in accordance with the procedures laid down by the International Powerlifting Federation Drug Testing (Doping Control) Procedure and the South African Institute of Drug Free Sport in conjunction with the rules and regulations of WADA (World anti doping agency)
- 4 (a). The colours of the Federation will be as described, approved and or stipulated by SASCOC. Colours will only be awarded to powerlifters and officials representing South Africa in an International event, and under the rules and regulations of the International Powerlifting Federation. Minimum qualifying standards will be set at the AGM in conjunction with the Selection Committee and Executive Committee.
- (b). The colours for Junior and Sub Juniors will be as described, approved and or stipulated by SASCOC. The same conditions for selection as described in Section A, paragraph 4(a) will apply.

-2-

- (c). The colours for “Master” powerlifters (40 years and older) will be “green and gold”. The badge will be the SAPF badge with the relevant wording. The same conditions for selection as described in Section A, paragraph 4(a) will apply.
5. “Special Incentive Award” (Protea) may be awarded to a lifter or official who has contributed to the Sport unselfishly, and who has never received national colours for his efforts. However, this proposal must be done by his local association to the Federation and a special hearing will be set aside for the validity of the proposal.
6. **MEMBERSHIP : THE FEDERATION shall consist of:**
- a) **REGIONAL ASSOCIATIONS** duly constituted and having jurisdiction over such areas as may be assigned to them by the FEDERATION, the extent and boundaries of which areas may be varied by the FEDERATION from time to time and over areas lying outside the defined boundaries of the Regional Association. If such clubs has been assigned to that particular Regional Association by the Federation and has affiliated hereto. All Regional Associations shall submit to the executive a copy of their constitutions for approval and acceptance.
- b) GAUTENG, GAUTENG NORTH, NORTH WEST PROVINCE, KWA-ZULU NATAL, FREE STATE, BORDER, WESTERN PROVINCE, MPUMALANGA, NORTHERN CAPE, EASTERN PROVINCE, and GRIQUAS.
- NB: The South African Rugby Football Union geographical division of the Republic of South Africa will serve as a guideline.**

-3-

- c) **INDIVIDUAL MEMBERS** : In the event of any region, as defined in Article 30, not affiliated to the FEDERATION, powerlifters residing in these areas may join the FEDERATION as UNATTACHED MEMBERS on payment of an affiliation fee as decided by the AGM annually. Unattached members will have no voting powers at General Meetings, but they have the same privileges as members of an affiliated Regional Association.
 - d) **AFFILIATION FEES** are payable before the end of February of each year. The fees will be determined at the AGM.
7. **THE HEAD OFFICE** shall be in such a place as the members of the Federation may in a General Meeting from time to time determine.
8. **THE OBJECTS** : Intents and purposes of the FEDERATION are:-
- a) To govern Powerlifting Meetings and to promote uniformity of rules for the guidance of local committees.
 - b) To deal with any abuses at Powerlifting which may be submitted or come to their notice.
 - c) To ensure that the necessary incentive is provided for lifters of all grades throughout the country.
 - d) To arrange championships for lifters of all grades every year.
 - e) To arrange International matches and assist South African Teams if possible with necessary travelling expenses.
 - f) To select lifters to represent South Africa.
 - g) To head and decide upon appeals from the regional Associations.
 - h) To proclaim as unauthorised all Powerlifting Meetings and Competitions throughout South Africa, which are not held under the Rules and Regulations of the FEDERATION, whether such contemplated, controlled or held by any club or association.
 - i) To provide for the keeping of official lists of South African Records and all National Powerlifting performances.

-4-

- j) To watch the course of any legislative proposals to any Parliament or Local Councils or elsewhere, effecting the interests of Powerlifting and to make representation on the subject as the occasion may demand.
 - k) To appoint Referees and such other Officials as may from time to time be recommended by Regional Associations, provided that they satisfy the qualification and requirements of the FEDERATION.
9. **LAWS** : All Regional Associations and clubs affiliated to the FEDERATION shall be bound to observe and abide by the Rules and Regulations of the FEDERATION and shall upon request furnish any information, falling within the scope of the Regional Association's activities, to the FEDERATION.
10. **THE EXECUTIVE COMMITTEE** : shall consist of one delegate, or an alternated from each affiliated Regional Association, plus a President, Vice President, General Secretary ,Treasurer, Technical Chairman and Registrar Record Keeper whose functions and duties are as described by the IPF Constitution. The Executive Committee shall hold and continue in office for a period of two years.
11. **MANAGEMENT COMMITTEE** : The Management committee will consist of the President, Vice President, General Secretary and Treasurer. They will be responsible for the day to day running of the Federation
12. **PATRONS** : It shall be competent for the Executive Committee to submit to the Annual General Meeting of the FEDERATION the names of such persons, as they think desirable for election as patrons and life members of the FEDERATION.
13. **MEETINGS OF THE EXECUTIVE** : The Executive Committee may meet for the dispatch of business, adjourn or otherwise regulate their meetings, as they think fit. Until otherwise determine in an Annual General Meeting, three (3) members shall form a quorum, provided two (2) of these present shall represent different Regional Associations. At least fourteen (14) days' notice shall be given to all members.

14. **SUBSCRIPTION** : Each affiliated Regional Association shall pay to the FEDERATION in advance an annual affiliation fee as determined at the AGM. These fees shall be due and payable before end of February each year in respect of the calendar year then next ensuing.

All Regional Associations will be required to register their members:

- a) Membership fee to be determined at the AGM each year will become due and payable before end of February each year.
 - b) No lifter or officials will be permitted to participate in competitions or attend Executive Committee meetings if they are not registered members.
 - c) Regional Associations permitting unregistered members to participate in competitions will be liable to suspension at the discretion of the Executive Committee.
 - d) Non Competitive Referees and officials (non – lifters) will pay a nominal registration fee as determined at the AGM.
15. **FORFEITURE OF ANY SEAT** : Any member of the Executive Committee who shall be absent from two consecutive meetings of the Committee, without leave, shall be deemed to have vacated his seat. In the event of a vacancy occurring from the non-attendance or any other reason, the representative to fill the vacancy must be elected and submitted by the Regional Association concerned and on account shall the vacancy be filled by the Executive.
16. **POWERS OF THE EXECUTIVE** : Without prejudice to the power conferred on the Executive Committee under any sections of these rules, they shall be vested with the following further powers and discretion's, namely:
- a) In the event of vacancies by reason of resignation or otherwise to appoint a Secretary and other officials.
 - b) To control expenditure.
 - c) To hear and decide upon appeals from the decisions of Regional Associations.
 - d) To summon, at least once a year, a General Meeting of the FEDERATION.

- e) To prosecute, or take such action as they may deem fit against any person who may attempt to, or obtain a price in a fraudulent manner and against any person fraudulently making use of the name of the FEDERATION.
- f) To suspend for a time, or permanently, as they may deem expedient, anyone proved guilty of misbehavior or unfair practices connected with Powerlifting and to re-instate any such offender at their discretion, provided such re-instatement is recommended by the Regional Association concerned.
- g) To deal with any infringement of the rules of the FEDERATION.
- h) To make arrangements to hold Powerlifting Meetings at such times and places as may be decided upon a majority of votes at the previous Annual General Meeting, provided that Championship Meetings shall only be held at such towns where there are proper facilities and in the opinion of the Executive Committee are suitable for the purpose.
- i) To regulate and define from time to time the duties, powers and functions of the Executive of Regional Associations.
- j) To open a banking account in the name of the FEDERATION and to draw, accept and endorse cheques, bills of exchange and promissory notes in connection with the FEDERATION.
- k) To appoint referees and such other officials as may from time to time be recommended.
- l) To appoint a **technical committee** and **disciplinary committee** whose functions are in accordance with the constitution and technical rules of the International Powerlifting Federation.
- m) To alter the rules governing Powerlifting Meetings, so as to remain in conformity with the alterations made by the International Federation and to make such similar rules from time to time, as may in their opinion be deemed necessary and to temporary suspend any such rules, provided that such alterations and additions shall be submitted for confirmation at the Annual General Meeting next following the date on which they were made.
- n) Notwithstanding anything contrary in these rules, the Executive Committee shall have the power to sanction the payment of travelling and hotel expenses of any liter should in their opinion exceptional circumstances of any case warrant this being done.

17. **INTERPRETATION OF RULES** : The decision of the Executive Committee as to the meaning and effect of any of these clauses or any of the rules governing the Powerlifting or any of the by-laws shall be final and conclusive.
18. **ANNUAL GENERAL MEETING** : A General Meeting of the FEDERATION shall be held at least once a year. Such General Meeting shall be held as soon as financial statements are ready but not later than 31 May of each year. This meeting shall be called "THE ANNUAL GENERAL MEETING" and it shall be the duty of the Executive to submit at such meetings a report and financial statement on the years work. The financial year end will be 31 March of each year as to coincide with the year end of the Department of Sport.
19. **SPECIAL GENERAL MEETING** : The Executive Committee may, whenever they think fit and shall upon requisition, made in writing, signed by not less than three Regional Associations, call a Special General Meeting of the FEDERATION at which these Associations must be represented for the meeting to be valid.
20. **REPRESENTATION AT ANNUAL & SPECIAL GENERAL MEETINGS** : At all Annual and Special General Meetings, each Regional Association shall be entitled to be represented by two delegates appointed by each Regional Association.
- Unless a Regional Association shall specially appoint a delegate or delegates, the delegate of each Regional Association or his alternate appointed to the executive shall be a delegate of the Regional Association at Special General Meetings and shall have all the powers as to voting or otherwise of any specially appointed delegate.
- Subject to the provisions of the foregoing paragraph, however delegates appointed to the Executive Committee shall not, as such, be entitled to vote at General Meetings.
21. **NOTICE OF ANNUAL & SPECIAL GENERAL MEETINGS** : All Annual and Special General Meetings of the FEDERATION shall be convened by notice in writing from the General Secretary of the FEDERATION and not less than twenty-one (21) days notice shall be given of such meetings. The notice

convening the meeting shall specify the objects and business proposed to transact at the meeting and such notice shall be sent by E-Mail and or fax.

23. **PROCEDURE AT ANNUAL & SPECIAL GENERAL MEETINGS** : The business of an Annual General Meeting shall proceed as follows:

- a) Reception of Delegates Credentials.
- b) Reading of Notice Convening Meeting.
- c) Reading and confirming the Minutes of the previous AGM.
- d) Reading the reports, if any, of the Executive Committee.
- e) Dealing with any Special business of which Special Notice shall have been given.
- f) Dealing with General Correspondence.
- g) Dealing with General Business, at the AGM the following business shall be dealt with :-
 - 1) Receive the Audited Revenue and Expenditure Account and Balance Sheet, for the previous year and considering and if thought fit, adopting same.
 - 2) Election of Office-Bearers.
 - 3) Allocation of Venue for Senior, Masters, Junior, Sub-Jnr, Woman Trails, SA Bench, SA Master Bench and Secondary Championships, for the ensuing year.
 - 4) Election of Referees and Technical Committee, comprising of Chairman, Secretary, and other members, all of whom shall be at least National Referees
 - 5) Election of Selection Committee.

24. **METHOD OF VOTING** : All questions submitted to a meeting shall be decided by a show of hands as by ballot and in the case of any equality of votes, the Chairman shall have a casting vote in addition to his vote as member.

25. **VOTING RIGHTS** : Each affiliated province will receive one vote on receipt of the Annual Provincial Affiliation Fee. Each affiliated province will receive additional votes as per the following scale of minimum numbers of affiliated members whose Annual Affiliation Fees have been received:-

- a) Less than 10 affiliated members - no additional vote.
- b) Ten members and up to 24 members - one additional vote.
- c) Twenty-five members and up - two additional votes.

In order to qualify for the above, Provincial Membership Numbers must be comprised of fully paid up affiliated members only.

Non Lifting Members are not eligible for inclusion in the qualifying numbers of a province's membership.

26. **CODE OF MAJORITY BINDS MINORITY** : The vote of the bare majority of the members represented at a meeting in all cases binds the minority.
27. **DELEGATES DO NOT TAKE PART IN MEETINGS IF THEIR REGIONAL SUBSCRIPTIONS ARE UNPAID** : No delegates of any Regional Association shall be allowed to take part in proceedings of any General Meeting unless the subscriptions of his Regional Association for the current year are paid.

Members of any Regional Association, or of Clubs, Associations, or Federations affiliated thereto, may be present at any General Meeting but they cannot take part in the proceeding unless specially invited by the Chairman to do so. In any case they shall not be entitled to vote.

28. **PRESIDENT TO PRESIDE AT MEETINGS** : At all meetings, the President shall preside, and in the absence of the President, the Vice President shall preside.
29. **SELECTION COMMITTEE** : The selection of a team or teams to represent South Africa or all lifters to compete in any International Championship, shall be made by a committee of five members, including the President and Vice President, here and after named the Selection Committee to be chosen at the AGM of each year and to hold office until the next AGM.

The Selection Committee may have assistance of one member from each affiliated Association, the duties of such member being to forward to the Selection Committee results of all major meetings held in the area governed by

his affiliated Association and shall keep the Selection Committee fully informed of all meritorious performances in his area.

At least one member of the Selection Committee shall as far as practicable attend Provincial Championships and all members shall be present at the South African Championships.

30. **PROFITS OF CHAMPIONSHIP MEETINGS – DIVISION OF** : The Regional Associations to which the Annual Championship Meetings are allocated, shall take charge of and responsibility for such meeting, subject to the control of the Executive. A sanction fee of R200 is levied to each Association staging a National Championship. This fee is to be paid immediately after staging the contest from proceeds of the contest.

An account, duly audited, setting out all the receipts and expenses incidental to the holding of the Championship Meeting, shall be submitted to the Executive within one month after holding the Championship.

No part of the Championship fund shall be allowed for entertainment. The Executive Committee shall have the power to call for any particulars deemed necessary in connection with receipts and expenditure of the South African Championships.

31. **PRIZES FOR ALL CHAMPIONSHIP EVENTS** : The prizes for all Championship events shall as laid down by the Federation in a General Meeting assembled from time to time together with such Challenge Cups as may be possessed by the FEDERATION.

The trophy presented for first prize shall be adequate in the opinion of the Executive.

The SA Championship trophies may be exhibited wherever the competitions are held, the cost of the transporting of the trophies to be charged against the profits of the SA Championship.

32. **REGIONAL ASSOCIATIONS** : Consist of clubs and federations, as hereafter may be affiliated.

All Regional Associations shall register their official competitive lifting apparel. This shall include the following:-

Colour/s of the lifting suit, T-shirt if worn, colour and design of socks, official badge and colour/s of track-suit.

No Regional Association or Club shall be allowed to use or adopt a costume of green as the ground colour, nor the national badge, namely the Protea.

33. **POWER OF REGIONAL EXECUTIVE** : The Regional Executive Committee shall have control and regulate all amateur powerlifting events within the limits of their respective districts and shall enquire into, hear and determine all disputes, objections, etc., within their districts.

Regional Associations have the power to impose a maximum fine of R20.00 (Twenty Rand) and if necessary suspend a lifter for two consecutive competitions. If more severe action were deemed necessary, the matter should be referred in writing to the FEDERATION Executive.

34. **APPEALS** : A member who feels that he has been wronged by a decision of his Regional Association, shall within 14 days of being informed of such a decision, give written notice of his decision to appeal to the Executive Committee, stating the circumstances leading to the decision and the reason for his appeal.

The President will then provide a copy of this notice of appeal to the Regional Association concerned, requesting it to comment in writing, within 21 days of providing the said information. Upon receiving the comments back from the Regional Association the management committee shall decide on the appeal. The decision of the management committee to allow the appeal of the wronged members shall be taken in camera without any further "viva voce" evidence and shall be final and binding on both the member and the Regional Association.

35. **SUMMARY OF WORK** : Each Regional Association shall on request, submit to the FEDERATION Executive, a summary of its work for the period called for.
36. **REGIONAL ASSOCIATIONS** : Shall not be empowered to revise or add to, part of the FEDERATION's rules. All questions and interpretations of such shall be submitted in writing to the General Secretary of the Executive Committee in order that it may be put on the Agenda for the following meeting.
37. **ALTERATION OF RULES** : This constitution may be added to, repealed or altered at any General Meeting of the members of the FEDERATION duly concerned for the purpose of the holding of which meeting due notice in writing shall be given by the Secretary of the FEDERATION. Such notice, shall be given in what respect it is proposed to alter, add to, or repeal the said rules. An amendment shall require a two-third majority of delegates present at a meeting.
38. **BIDS FOR WORLD CHAMPIONSHIPS / INTERNATIONAL COMPETITIONS**
Any bids to host an International Championship in South Africa, will be regarded as done for and on behalf of the Executive Committee of the SAPF. No individual is allowed to bid for an International Competition unless given written permission by the General Secretary to act on behalf of the Executive Committee.
39. **GIFTS / DONATIONS TO EXCO MEMBERS**
All gifts and or donations received by members of the Executive Committee or members of Provincial Committees, through their alliance with the IPF, SAPF, Regional Federations or powerlifting in general must be declared in writing to the General Secretary within 14 days of receipt of the gift

SECTION B - RULES GOVERNING COMPETITIONS

1. **THE TECHNICAL RULES** of the International Powerlifting Federation shall be incorporated into and form part of the competition rules of the FEDERATION.
2. **COMPETITIONS UNDER FEDERATION LAWS** : All displays, competitions, contests and any kind of powerlifting championships, must be under the laws of the FEDERATION and all advertisements, entry forms, programs, tickets and official notices must contain the following words thereon :- “AUTHORISED BY THE SOUTH AFRICAN POWERLIFTING FEDERATION”.
3. **DISPLAY ADVERTISEMENT** : No clubs or body shall advertise competitors lifting at their displays under misleading and incorrect titles.
 - a) The word “Champion” shall only be used when stating the Championship won.
 - b) No competitor shall be styled a champion unless recognised by the FEDERATION, or in case of club championships by the club committee concerned.
 - c) FEDERATION officials shall be authorised to withdraw their services and that of all FEDERATION competitors, from any displays when such misleading advertisements have been published.
4. **PERMITS** : Any club, managing body, not affiliated to the FEDERATION, or any person wishing to hold a meeting, match or competition under FEDERATION laws, in which other clubs or outside unattached members are invited to compete, must, at least 60 days before the holding of such meeting, submit an application to the Secretary of the National Association concerned, for permission and in addition shall state :-
 - a) Date, place and time of meeting.
 - b) Every powerlifting item on the programme (including exhibitions).
 - c) Amount of entrance fee for every powerlifting event, which must always include admission.
 - d) The date for the closing entries.
 - e) The steps taken to notify members of the FEDERATION.
 - f) An undertaking if a permit is granted, to carry out the laws of the FEDERATION.

5. **ONLY REGISTERED MEMBERS** will be permitted to compete.
6. **THE EXECUTIVE COMMITTEE MAY**, without reference to Annual General Meeting arrange for the staging of any contest for any additional class of title as may be deemed desirable in the interest of the sport, similarly, any class may be cancelled when there is insufficient interest manifested therein.
7. **LIFTERS SHALL BE REGISTERED** as members of Regional Associations of the FEDERATION, or an individual member of the FEDERATION, before being allowed to compete for records or in championships.
8. **OFFICIAL BODY MASS CLASSES :**
 For male lifters :

up to 52kgs	up to 67,5kgs	up to 90kgs	up to 125kgs
up to 56kgs	up to 75kgs	up to 100kgs	over 125kgs
up to 60kgs	up to 82.5kgs	up to 110kgs	

 For female lifters :

up to 44kgs	up to 56kgs	up to 75kgs	over 90kgs
up to 48kgs	up to 60kgs	up to 82.5kgs	
up to 52kgs	up to 67.5kgs	up to 90kgs	
9. **MEET ORGANISING COMMITTEES :** It shall be the duty of the Association or club organising a meeting to appoint an organising committee to conduct generally the business of the meeting and to adjudicate on any points not provided for. They shall have the power (except in the case of National Championships) to make any alternations in the programme they may deem necessary, but a competition shall not start before the advertised time without the consent of all competitors.
10. **SECRETARY OF THE MEETING :** It shall be the duty of the secretary of the competition, under the direction of the committee to see that the various officials are at their respective post before the first lift takes place to provide for any contingency which may arise and generally to co-operate with the director of the competition for the proper conduct of the meeting.

11. **PRESS STEWARD** : It shall be the duty of the Press Steward to keep the press representative prompted and fully posted with the result of each lift.
12. **PLATFORM AND STAGE** : None but the officials of the meeting and the competitors shall be allowed around the platform and the stage, except by special permission.
Any member of the Executive of the Federation shall be admitted to the platform and the stage at all competitions held under the rules of the FEDERATION.
All officials should be provided with a distinguishing badge.
13. **COMPETITORS** are not allowed to compete in any lift or at any powerlifting competition as an “UNATTACHED” except in “NOVICE” competitions or specially reserved of “Confined” lifts, unless authorised by the Regional Association concerned. The club of each Regional Association to which each competitor is attached must be shown in the program.

NOTE : It is the policy of the FEDERATION to encourage powerlifters to join some affiliated club. Should powerlifters reside at places where there is no recognised club, the avenue through which such lifters may compete is a “Unattached” competition.
14. **A LIFTER WHO BELONGS TO MORE THAN ONE PROVINCE**, shall declare, on his application form, the Province who will have first claim on his services and he shall not transfer his first claim services except with the first province’s consent, or unless he has first resigned from the original first province and fulfilled his obligations thereto.
15. **EXCESSIVE TALKING** between competitors during the lifts is strictly forbidden. Foul language will subject the competitor to a fine or disqualification as the Referee may, by majority vote, decide.
16. **ABUSE OR BAD LANGUAGE** : Any competitor or attendant being abusive or using bad language to any official or person in the enclosure or disobeying officials or misconducting himself in any manner may be disqualified by majority

vote of the referees for the remainder of the meeting and reported to his Regional Association.

17. **NOVICES** : A novice or a person eligible to compete in a “Novice” competition is a competitor who up to the competition has never won a prize in an open event of a similar class event.
18. **AGE LIMITS** of the International Powerlifting Federation apply
19. **LIFTING** : Warning shall be given before each class and after sufficient time has been allowed for competitors to get on to their allocated place, commencement of the lifts will be effected.
20. **IF ANY COMPETITOR** is not in his place at the prescribed time for starting, the lifts may proceed without him.
21. **NO COMPETITOR** shall be allowed to start unless he is properly clothed.
22. **PROTEST OR OBJECTION** by a competitor against another competitor or against any other competitor’s qualification to compete, shall be made to the Secretary of the meeting when practicable before and in any case as soon as possible after the competition is decided and before prizes are presented.
23. **IN THE EVENT OF A PROTEST** or objection being lodged against a successful competitor, his prize shall be withheld until the protest or objection shall have been fully disposed of in the manner in the rule. If, within a period of one month from the date of competition the protest of objection be sustained, the prizes shall be awarded as if the competitor objected to had not taken part in the competition.
24. **ANY PROTEST OR OBJECTION**, which has reference to the conduct of a competitor in an actual competition, shall be decided by the Organising Committee on the spot and their decision shall be final. The organising committees may also decide any other protest of objection coming within their powers, but if their decision is objected to at the Executive as applicable for final decision.

25. **THE RIGHT TO PROTEST** against a competitor lies with any competitor, but an official may always interfere officially.

SECTION C - NATIONAL CHAMPIONSHIPS

1. a) The Championships shall be carried out by Regional Association unless otherwise decided by the FEDERATION, which shall in conjunction with the General Secretary of the FEDERATION, manage all local details and appoint officials for the meeting with exception of Referees. The Regional Association will, as far as possible, retain control of the whole of the arrangements, and a sufficient number of its committee or members always in attendance. It is highly desirable to reduce the list of officials to the lowest possible limit, consistent with the proper management of each meeting and the entrants shall not be more in number than is consistent with punctual dispatch of grades at the time stated in the programme.
- b) Regional Associations applying to organise the National Championships shall state the month and the venue of the proposed Championships. After acceptance by the Annual General Meeting, there shall be no alterations of month and venue, without the approval of a duly constituted General Meeting called for this purpose.
2. **AT ALL SOUTH AFRICAN** Championships (Secondary, Senior, Master, Junior and Sub-Junior, Master Bench Press and Bench Press), each Regional Association shall be entitled to nominate one Referee per division. The Technical Committee will appoint the Referees for each division, from the available Referees .
3. **THE DUTIES** of those managing the Championships include amongst others:-
 - a) The proper arrangements of platform and hall.
 - b) Providing the official badge to be worn by officials who are allowed within the enclosure.
 - c) Providing all the necessary apparatus for the proper conduct of the Championships.
4. **THE ENTRANCE FEE** shall be decided by the Organising Region committee.

5. **A LIFTER WHO WISHES TO BE CONSIDERED** for the National Championships must record an official total as determined by the Executive Committee from time to time.
6. **THE EXECUTIVE** of the Federation may send two of its members to inspect the scene of the Championships with a view to seeing that the regulations are provided for and that the general arrangements are satisfactory.
7. **EXPENSES OF COMPETITORS** : Competitors nominated by Regions to the championships meeting may have their expenses paid at the town where the meeting is held for a period not exceeding five days.
8. **IF THE ASSOCIATION** is not in a position to pay the costs of travel and Hotel etc., the lifter will have to pay his own expenses.
9. **IF DURING A NATIONAL CONTEST**, a lifter fails by a small margin (not more than 5kgs) to achieve a National record, he shall be granted at his request a 4th attempt outside the competition. All IPF technical rules apply.
10. **NATIONAL CHAMPIONSHIPS** : For a lifter to qualify for participation in this championship he will have to do a minimum total, which will be set by the Selection Committee. His maximum total must be below the minimum total in his division for the SA Championships.

SECTION D - REGULATIONS FOR MAKING SOUTH AFRICAN NATIONAL RECORDS

1. **THE EXECUTIVE OF THE FEDERATION** will adjudicate all record claims within the meaning of it's definition and rules, but it shall be at the discretion of the Executive to decline or accept any claim where they consider that the interest of the sport would not be promoted thereby.
2. **ANY PERSON WRONGFULLY** claiming a record renders himself liable to be dealt with under rules of the FEDERATION and it shall be the duty of the officials present to report to the Executive of the FEDERATION any circumstances they may consider an infringement of such rules.
3.
 - a) **NO CLAIM TO ANY RECORD** shall be adjudicated upon unless the record has been made in the presence of three referees approved by the Executive Committee of the FEDERATION, two of them whom shall be National Referees.
 - b) SA Records can only be broken on National, International and Inter Provincial championships approved by the Federation.
4. **ANY PROTEST OR OBJECTION**, which has reference to the conduct of a competitor in an annual competition, shall be decided by the referees on the spot and their decision is final. Referees may also decide any other protest or objection coming within their powers but if their decision is objected to at the time, they shall refer the matter to the Regional Association for final decision.
5. **A RECORD SHOULD BE CLAIMED WITHIN 30 DAYS** of the event with respect to which claim is made. The Executive shall have the power to extend the time within which such notice must be given, if the circumstances render it desirable.
6. **A CLAIM TO A RECORD** can only be made on recognised forms of the FEDERATION (in writing) to the Secretary of the Regional Association by the person performing same (unless the claim is submitted by an official of the Association).

7. **ALL PROOFS** in respect of claims will be forwarded by the Regional Association, after due enquiry and consideration to the General Secretary of the Executive for consideration by the Executive.
8. **THE ONUS OF APPLYING FOR RECORDS** is placed with the Secretary of the Competition at which such record was made. The entire onus of proof shall rest upon the competitor making the claim, if the claim is made by him, but the Regional Association may procure and use evidence.
9. **THE MARGIN OF INCREASE** for a National record shall be $\frac{1}{2}$ kg.
10. **DRUG TESTING** : In order to ratify a South African record the lifter must be drug tested in accordance with the IPF , WADA and SAIDFS drug testing requirements and be found negative.

SECTION E - REFEREES

1. The Federation recognises four classes of Referees :-

1.1 PROVINCIAL REFEREE

- a) He must be at least 18 years of age.
- b) He must have at least one year's experience as a lifter and totalled as per the green (4th grade) award on the Incentive Scheme.
- c) He must be conversant with the rules to the satisfaction of his Regional Association.
- d) He must be appointed by his Regional Association of which he is a member.
- e) He must be registered by his Regional Association with the FEDERATION.
- f) He must forward his registration fee (amount will be decided upon each AGM)
- g) An administrator may write the exam after 2 years service and on recommendation of his Association.

1.2 NATIONAL REFEREES : Must satisfy the following requirements :-

- a) He must be at least 18 years of age.
- b) He must have been a Provincial Referee for a minimum period of one year.
- c) He must be recommended by his Regional Association.
- d) He must satisfy the Referees' Examination Board in a written examination as defined in Article 4 of this section.

1.2 INTERNATIONAL REFEREE CATEGORY 2 : Must satisfy the following requirements :-

- a) He must have served as a National Referee for at least two years.
- b) He must be recommended by his Regional Association to, and be accepted by the EXECUTIVE COMMITTEE..
- c) He must qualify in terms of Article 19 of the International Regulations. In particular, the FEDERATION must recommend him to, and have him accepted by the IPF.
- d) He may be required to pass a practical / written / oral examination if requested to do so by the FEDERATION Executive. In this event, the Executive will appoint the examiner

- 1.4 INTERNATIONAL REFEREE CATEGORY 1** : Must be qualified in terms of Article 19 of the International Regulations.
2. **SUSPENSION OF REFEREES** : A Referee may be suspended on the following grounds :-
- a) On the recommendation of the Regional Association.
 - b) Should he be inactive for 12 months or more.
 - c) Should he not have remained conversant with the IPF and FEDERATION Technical Rules.
 - d) Should he be found to be incompetent.
3. **REFEREES EXAMINATIONS AND TECHNICAL COMMITTEE** : The Committee shall consist of Chairman, Secretary and one other member, all of whom shall be at least National Referees.
4. **REFEREES EXAMINATION**
- a) The examination shall be held as decided by the Executive Committee
 - b) Syllabus : The IPF Rules & Regulations and the FEDERATION Constitution Rules & Regulations.
 - c) The entrance fee will be set, which the candidate must pay again if he fails the examination and re-writes.
5. **RULES FOR WRITING THE EXAMINATION** : The candidate must make the following arrangements :-
- a) Obtain the service of an “Invigilator” on behalf of the FEDERATION. This must be a person of some standing eg. Doctor, Clergyman, Teacher, etc. The remuneration of the invigilator will be matter between the candidate and the invigilator.
 - b) Arrange a mutually convenient time to attend the invigilator’s residence or office in order to sit for the Examination.
 - c) Apply for the General Secretary on the official application form at least 4 weeks before the date of the examination. The form must be signed by the Secretary of the Regional Association and must be accompanied by the appropriate fee. The examination papers will then be sent to the invigilator shortly before the date of the examination.
 - d) The candidates must supply their own writing material.

- e) At the end of the examination period the test answer paper must be sealed in the envelope provided and sent directly to the Chairman of the Board of Examiners.

Should the candidate be successful he will be presented with a printed certificate by the Chairman and Secretary of the Examination Board.