

CONSTITUTION OF CARLETON POWERLIFTING

Article I

Name of the Organization

The Organization shall be known as “CARLETON POWERLIFTING”, and herein be referred to as “CUPL” No other name shall be used in the advertisement or representation of the club.

Article II

Purpose of the Organization

Mission: To promote and develop the sport of powerlifting at Carleton University.

Vision: To increase awareness and participation in powerlifting within the university and nationwide.

Objectives and Goals:

- To establish Carleton Powerlifting as a competitive powerlifting club representing Carleton University in competitions against other Canadian universities.
- To gain official recognition from Carleton University and USports as a competitive club, enabling our athletes to compete under the university's banner.
- To highlight and support high-performing athletes, bringing recognition to Carleton University through their achievements in the sport.
- To provide a supportive and inclusive environment for all members, fostering growth and development in powerlifting.
- To organize regular training sessions, competitions, educational seminars, and events to engage and motivate club members.

Article III

Structure

The structure of the organization refers to the different levels of membership. If your club has levels of membership beyond general members and executives, detail this here.

1. The General Membership shall be the legislative body of the organization and shall be composed of all members.
2. The Executive shall be the administrative body of the organization and shall be composed of members elected by the General Membership.

Article IV

Membership

Levels of Membership:

- **Competitive Team Membership:** Grants permission to compete in OPA-sanctioned meets representing "Carleton Powerlifting" and includes access to team training sessions.
- **Club Membership:** Provides access to training with the organization, meetings, events, and the opportunity to strive for competitive team membership.

Membership Validity:

- Membership in the organization shall be valid from May 1 to April 30, each academic year.
- An intent to renew membership for the next season is preferred.

Club Membership Eligibility:

- General Membership shall be open to all undergraduate students at Carleton University.
- The club's membership cannot be exclusive towards any group of students at Carleton University.
- Graduate students at Carleton University and others in the community may be granted membership, but they must not have voting rights in elections and must have a membership classification as detailed in Article III - Structure.
- Only full-time undergraduate students enrolled at Carleton University may serve on the Executive. Graduate students may only serve in a non-voting, advisory capacity.

Competitive Team Membership Eligibility:

- To be eligible for the Competitive Team, members must participate in tryouts and mock meets held at the beginning of each semester.
- The selection is based on performance, specifically using the DOTS formula to objectively compare lifters' strength relative to their bodyweight.
- The top-performing lifters will be selected for the team and are expected to compete in OPA-sanctioned events representing "Carleton Powerlifting."

Article V

Executive

Carleton Powerlifting will have seven executive positions.

- **President:**
 - Oversees all operations and decisions of the club.

- Collaborates with the Vice President to make financial decisions and coordinate with the Ontario Powerlifting Association and other university lifting clubs.
- Represents the organization in dealings with other clubs, Carleton University, and the Carleton University Students' Association.
- **Vice President:**
 - Works closely with the President to make decisions for the benefit of the club.
 - Acts as a second voice of authority and provides direction or advice when needed.
- **Finance Executive:**
 - Manages the club's finances and assets.
 - Prepares an annual budget and keeps records of financial transactions.
 - Allocates necessary resources to maintain the club's financial stability.
 - Has signing authority for the organization.
- **Social Media Executive:**
 - Promotes the club within Carleton and the powerlifting community.
 - Manages the club's social media pages and is responsible for video and photo editing as needed.
- **Junior Executive:**
 - Promotes the powerlifting club among first- and second-year students at Carleton.
 - Aims to stay with the club in upper years to maintain continuity and leadership as senior executives graduate.
- **Coaching Executive:**
 - Coaches less experienced athletes in the sport of powerlifting.
 - Creates a safe and welcoming environment for students interested in powerlifting.
 - Plays a key role in organizing events throughout the year.
- **Events Executive:**
 - Transforms event ideas into reality by coordinating with the President, Vice President, and Finance Executive.
 - Proactively engages with other university powerlifting clubs to grow Carleton Powerlifting.

Article VI

Meetings

Meetings of the General Membership, sometimes known as Annual General Meetings (AGMs), are necessary to accomplish important club business including elections and constitutional amendments. Meetings of the Executive Committee are necessary for day-to-day operations and to accomplish the objectives/goals of the club.

General Membership Meetings:

1. Meetings of the General Membership can be called:

- a. At the request of the President, for a meeting to be held not less than one week from the date of publication of the notice;
 - b. At the request of the Executive, for a meeting to be held not less than one week from the date of publication of the notice; or
 - c. At the request of any five members of the Organization.
2. A minimum of one meeting of the General Membership must occur per year in the spring for the purpose of elections.
3. **Quorum of the General Membership:** The presence of at least five members or the majority of members, whichever is less, shall be necessary to constitute a meeting of General Membership for the exercise of its powers

Meetings of the Executive Committee

1. Meetings of the Executive Committee shall
 - a. Be held at regular intervals and are for the purpose of running the club.
- Votes by the Executive Committee on club business shall be declared by a simple majority.

Article VII

Leadership Succession

Elections

Carleton Powerlifting has chosen to run elections for its Leadership Succession. The following are the steps necessary to be taken to run elections.

1. The Club executives will appoint a Succession Officer to run elections for the Club.
 - a. A Succession Officer may be any one (1) of the following individuals:
 - i. A neutral party to all elections being held within the club.
 - ii. A member of the Clubs Oversight Committee.
 - iii. A member of the CUSA Clubs Office.
 - iv. A club member or an external student non-member.
 - b. All efforts should be made for a Succession Officer to be appointed on a consensus basis in the Executive Committee. When that is not possible, a recorded vote in a first past the post majority or plurality vote winner will be appointed Succession Officer.
 - c. The Organization will work with the Succession Officer to set the date of final voting membership purchase, campaign start, campaign end, voting start, and voting end.
 - d. Students-at-large will have the opportunity to join the club before the start of voting.
 - e. Every voter has the right to cast their ballot in private.
 - f. During counting, candidates may select an individual who is not a candidate to be present for counting and scrutinizing.

- g. Appeals, complaints, or conflict may be made to the Clubs Oversight Committee by way of emailing the Student Groups Administrator.
 - h. Timeline:
 - i. Day 1 - Announcement of campaign, voting, and results announcement dates
 - ii. Day 7 - Start of campaign
 - iii. Day 10 - Last day to buy voting memberships for the club
 - iv. Day 14 - End of campaign
 - v. Day 15 - Start of voting
 - vi. Day 16 - End of voting
 - vii. Day 17 - Results announced
2. The Club will run a first past the post-style election for all executive positions
- a. Candidates on the ballot shall be organized alphabetically by last name, with a box to be filled, marked, or checked for a single option/candidate.
 - b. A final “no-confidence” option will be offered at the bottom of the ballot.
 - c. Any ballot with multiple boxes clearly marked will be discarded as “spoiled.”
 - d. Upon counting of the vote, the candidate with the most votes will be considered elected to the position.

Article VIII
Impeachment

- To remove a member, our Club will first consult the CUSA Clubs Membership Removal Committee (MRC)
- The CUSA Clubs Membership Removal Committee (MRC) will advise on the next steps for the club
- Should the CUSA Clubs Membership Removal Committee (MRC) advises that the club proceed with membership removal, the following steps will take place:

Impeachment for Removing an Executive Role:

1. Grounds for impeachment of a club member include any violation of the constitution, the governing documents of CUSA, committing an act (or acts) which negatively affects and/or harms the interests of the clubs and its members, and/or failure to fulfill executive duties.
2. Any member can bring forward a request for impeachment to any executive. Within 10 days of receiving this request, the executive will host a meeting with the general membership. At this meeting, the complaint will be reviewed. The member bringing forward the complaint and the accused executive shall be given time to speak.
3. A vote for impeachment with the general membership will be conducted. The accused executive shall not be permitted to vote. A simple majority will be needed to impeach

the executive. Impeachment of an executive results in their removal from office and as a member of the club.

Membership Impeachment:

1. Grounds for impeachment of a club member include any violation of the constitution, the governing documents of CUSA, and committing an act (or acts) which negatively affects and/or harms the interests of the clubs and its members.
2. Any member can bring forward a request for impeachment to any executive. Within 10 days of receiving this request, the executive will host a meeting. At this meeting, the complaint will be reviewed. The individual bringing forward the complaint and the person accused shall be given time to speak.
3. A vote for impeachment within the executives will be conducted. A simple majority of executives will be needed to impeach the member. Impeachment of a member results in their removal as a member of the club.

Article IX

Amendments

Any member can propose an amendment to the constitution. This amendment will be presented at the general meeting at the beginning of each semester. A vote will take place with the general membership to adopt the new amendment. A simple majority will be required to adopt the new amendment.

Article X

Dissolution

Upon dissolution of the Organization, all assets gained through CUSA shall be given to the Ontario Powerlifting Association, a non-profit organization.