



EUROPEAN WEIGHTLIFTING
FEDERATION

CONSTITUTION

**Approved by the
EWF Congress**

13.04.2023

INDEX

	Article	Description	page
		RULES OF CONSTRUCTION	4
Part 1	1	EWF Status	5
Part 2	2	EWF PURPOSE and PRINCIPLES	5
Part 3	3	Membership	6-11
		Members	6
		Requirements to be an EWF NF Member	6
		Obligations of EWF NF Members	7
		Rights of NF full Members	8
		Rights of Affiliate Member	8
		Rights of Provisional Member	9
		Withdrawal or termination of membership	9
		Suspension, expulsion, or other sanction for breach of EWF NF Member obligations	9
		Consequences of withdrawal, suspension, or termination of membership	10
Part 4	4	The Congress	11-14
		Power of the Congress	11
		Meetings of Congress	12
		The Electoral Congress	12
		The Extraordinary Congress	13
		Delegates for each type of Congress	14
Part 5	5	Executive Board	15
		Powers of the Executive Board	16
		Duties of Executive Board members	18
		Meetings of the Executive Board	18
		Vacancies, removal, and suspension of an Executive Board member	19
Part 6	6	PRESIDENT, GENERAL SECRETARY, TREASURER, VICE PRESIDENTS	19
		The President	19
		Duties of The President	19
		The General Secretary	20
		Duties of The General Secretary	20
		The Treasurer	22
		Duties of The Treasurer	22

			The First Vice President, Vice Presidents	23
			Duties of The Vice Presidents	23
			Eligibility of EWF Officials	24
Part 7	7		The Vetting Panel	25
Part 8	8		The Committees	26
			The Technical Committee	26
			THE COACHING RESEARCH & SCIENTIFIC COMMITTEE	27
			THE MEDICAL COMMITTEE	27
Part 9	9		EWF COMMISSIONS	28
			THE ATHLETES COMMISSION	28
			Term of office	28
			eligibility criteria	29
			Chair of the Commission	29
			THE DISCIPLINARY COMMISSION	30
			FAIR PLAY COMMISSION	30
			ANTI DOPING COMMISSION	31
			DUTIES OF THE COMMITTEE and COMMISSION CHAIRMEN /CHAIRWOMEN	31
			The Chairman/Chairwoman of the Technical Committee	31
			The Chairman/Chairwoman of the Coaching Research & Scientific Committee	31
			The Chairman/Chairwoman of the Medical Committee	32
			The Chairman/Chairwoman of the Disciplinary Commission	32
			The Chairman/Chairwoman of the Fair Play Commission	32
Part 10	10		FINANCIAL YEAR AND AUDIT	32
Part 11	11		EUROPEAN CHAMPIONSHIPS	32
Part 12	12		<i>DISSOLUTION</i>	33
Part 13	13		<i>MISCELLANEOUS</i>	33-36
			Effective date	33
			Official languages	33
			Legal representation	34
			Amendments to the Constitution	34
			Notifications and time-limits	34
			Television	35
			Recognition	35
			Honorary Members	36
			Savings clause	36
		Appendix 1	LIST OF NF MEMBERS OF THE EWF	37-38
		Appendix 2	EMBLEM OF THE EUROPEAN WEIGHTLIFTING FEDERATION	39
		Appendix 3	EUROPEAN WEIGHTLIFTING FEDERATION SPORTING COLLARS	40-41
		RULES	Candidate Eligibility Rules	42-44
		RULES	Candidate Nomination Rules	45-48
		RULES	Election and Candidate Conduct Rules	49-52
		RULES	EXECUTIVE BOARD RULES	53-58
		RULES	RULES OF CONGRESS and ELECTION	59-68
		RULES	VOTING PROCEDURES AND RULES	69-72

		RULES	TECHNICAL AND COMPETITION RULES & REGULATIONS	73-80
		RULES	Financial Schedule, financial expenses for administrative and general expenses Rules	81-84
		RULES	TRAVEL EXPENCES RULES	85-86

RULES OF CONSTRUCTION

The following rules of construction apply in the Constitution and Rules:

1. The official version is written in English.

Publications of the Constitution and Rules in other languages come from Member Associations and volunteer initiatives.

EWF is not responsible for the accuracy or completeness of any translation, including, all translations available through the EWF website.

In the event of any conflict between the English text and that of any translation, the English text shall control and be authoritative.

2. EWF reserves the right to correct any errors and to make revisions to the Constitution & Rules from time to time.

3. The Constitution and Rules are subject to official interpretations which are published by EWF from time to time.

Please check the EWF website (www.EWF.sport) for a listing of all new interpretations which may be in force.

4. All references to the masculine gender in the Constitution and Rules shall also include the feminine.

5. As used herein, the words "may not", "shall" and "will" are to be interpreted as a mandatory provision.

6. In determining majorities, there will be always a rounding up to the nearest integer, e.g. the simple majority of 45 is 23, the two-thirds majority of 45 is 30 ($45 \times 2/3 = 30$).

7. The use of the word "including" means "including but not limited to".

8. All appendixes act as Rules.

9. The Introduction to the Constitution and Rules acts as a bylaw.

PART I: EWF STATUS

1. Name, status, and emblem

1.1 The European Weightlifting Federation (EWF) was founded on 20 September 1969 in Warsaw, Poland.

1.2 The official registered name of the EWF is the "European Weightlifting Federation" and shall be abbreviated EWF.

1.3 Its members are the National Weightlifting Federations of Europe, which are full Members of the International Weightlifting Federation.

1.4 The EWF Recognizes the International Weightlifting Federation (IWF) as the worldwide governing body for the Sport.

1.5 The EWF is recognized by the International Weightlifting Federation (IWF) as being responsible for the sport of Weightlifting within the Member Federations of Europe.

1.6 EWF complies with the IWF constitution, its policies and respects the decisions of IWF executive board commissions and committees.

1.7 The EWF is a non-profit organization/association for an indefinite period of time under Swiss Civil Code.

1.8 EWF is governed by This Constitution and is not contravene with the IWF constitution.

1.9 The EWF emblem is the letters "EWF" surrounded by a laurel of leaves either side and the words "European Weightlifting Federation" underneath on a white background.

1.10 The name and the emblem are an intellectual property of the European Weightlifting Federation.

PART 2: EWF PURPOSE and PRINCIPLES

2. Purposes and principles

2.1 The fundamental purposes of the EWF (the Purposes) are to:

2.2 Develop and promote the sport of Weightlifting in Europe and worldwide with conformity to the Olympic principles.

2.3 To promote the European Championships in the sport of Weightlifting and other competitions.

2.4 To conduct the European Championships and other competitions in accordance with the IWF Technical and Competition Rules & Regulations (hereinafter referred to as:

TCRR) and IWF Anti-Doping Policy unless otherwise expressed in this Constitution and its Appendices.

2.5 To resolve, within the EWF Constitution, any disputes that may arise between Member Federations.

2.6 To authenticate and register all European records.

2.7 Constantly aim to improve the conditions and fundamentals of the sport of Weightlifting and promote its cultural, sporting and humanitarian values in Europe and worldwide.

2.8 Develop and encourage participation in Weightlifting in Europe and worldwide.

2.9 To protect clean athletes and the integrity of sport, by substantially contributing to the fight against doping and by taking action against all forms of manipulation of competitions and related corruption.

2.10 Not allow any form of discrimination in its actions or decisions, be it discrimination of any kind such as race, color, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status. Anyone part of the World Weightlifting Family commits themselves by their actions to behave in a non-discriminatory and ethical manner.

PART 3: MEMBERSHIP

3. Members:

3.1 Only Member Federations, who are members of the IWF, may be affiliated to the EWF.

3.2 Requirements to be an EWF NF Member:

3.2.1 Member Federations wishing to be affiliated to the EWF must send the following documents to the General Secretary of the EWF:

3.2.1.1 A written request signed by both their President and General Secretary.

3.2.1.2 A copy of their Constitution.

3.2.1.3 A letter from the IWF stating the payment of the membership fee and a written Confirmation of the IWF membership.

3.2.1.4 Proof of their recognition by their National Olympic Committee and / or the local administrative authorities.

3.2.1.5 Applicants shall confirm in writing their complete acceptance and recognition of the Constitution and Rules of the EWF.

3.2.2 Having provided the EWF General Secretary with the documents described at Article 3.2.1, and paid to the EWF the annual membership fee, the applicant federation will be provisionally affiliated to the EWF by the EWF Executive Board, pending confirmation until the following EWF Congress.

3.2.3 Congress can decide to accept the applicant federation as a Full Member or Affiliate Member or extend its duration to be a Provisionally member for up to 24 months, at the end of which it will have to decide on whether to accept the applicant federation application or not.

3.2.4 The majority required by Congress to approve the admission of a new member federation is a simple majority.

3.3 Obligations of EWF NF Members (Full Member, Affiliate Member, Provisionally Member)

3.3.1 A Federation affiliated to the EWF may not be a member of another Continental Federation.

3.3.2 The EWF annual membership fee is payable annually on or before 31 January by all Member Federations.

3.3.2.1 Members federations who fail to pay their annual membership fee by 31 January of each calendar year shall receive one written warning. In case the fee is not paid within 90 days from the receipt of the written warning, the EWF Executive Board may suspend Member Federations who have not paid their membership fee.

3.3.3 Members of Federations are not allow any form of discrimination in its actions or decisions, be it discrimination of any kind such as race, color, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status.

3.3.4 Members of Federations must be compliant with the Olympic Charter and the World Anti-Doping Code, and consistent in all respects with the EWF and IWF Constitution and the Rules.

3.3.5 Members of Federations must carry out Weightlifting activities in its Country at least to the minimum level prescribed by the **EWF TECHNICAL AND COMPETITION RULES & REGULATIONS** Article 8 and will be updated from time to time.

3.3.6 A National Federation that satisfies all the requirements set out in Article 3 except for the Article 3.3.5 requirement to carry out Weightlifting activities in its Country at least to the minimum level prescribed by the **EWF TECHNICAL AND COMPETITION RULES & REGULATIONS**, may be admitted as an Affiliate Member, but it may not be admitted as a Full Member until it satisfies the Article 3.3.5 requirement as well.

3.4 Rights of NF full Members

3.4.1 Right to vote in Congress.

3.4.2 Participate in all EWF activities.

3.4.3 To nominate candidates, from his NF, in accordance with this Constitution, for election Of the President, the General Secretary, the Treasurer, the first Vice-President and vice presidents and the executive board.

3.4.4 To Nominate candidates, from his NF, in accordance with this Constitution, for election to elect all positions in the EWF Committees.

3.4.4.1 In addition to any other provision of this Constitution, in any circumstance where persons representing a National Federation Member together incur at least Four (4) or more Anti-Doping Rule Violation sanctions (where each of the Anti-Doping Rule Violation sanctions resulted in the person concerned having a period of ineligibility of at least three (3) months imposed under the operation of the Anti-Doping Rules or any other such other Anti-Doping policy which is in force in accordance with the World Anti- Doping Code or which is otherwise consistent with the requirements of the World Anti- Doping Code) during the period of four (4) years commencing from the day which is fourteen (14) days before the Opening Ceremony of the next-to-last Olympic Games (that is, not the Olympic Games in the same year as that of the Electoral Congress, but rather the Olympic Games of the previous Olympiad) and ending on the closing date for nominating candidates for election to the Executive Board at the Electoral Congress, the National Federation Member shall be prohibited from nominating any candidate for election to the Executive Board, any EWF Commissions and Committees.

3.4.5 Propose matters for inclusion on the agenda for the Congress, and appoint a Representative to attend, speak and vote at meetings of the Congress, including each Ordinary Congress, Special Congress and Electoral Congress.

3.4.6 Receive the Federation's Annual Report, Audited Financial Report and any other document which is required to be provided by the Federation in accordance with this Constitution.

3.5 Rights of Affiliate Member

3.5.1 Participate in all EWF activities.

3.5.2 Propose matters for inclusion on the agenda for the Congress, and appoint a Representative to attend, speak at meetings of the Congress, including each Ordinary Congress, Special Congress and Electoral Congress.

3.5.3 Nominate candidates, from his NF, in accordance with this Constitution, for election to elect all positions in the EWF Committees, In accordance with and under the restrictions of Article 3.4.4.1 of the Constitution.

3.5.4 Receive the Federation's Annual Report, Audited Financial Report and any other document which is required to be provided by the Federation in accordance with this Constitution.

3.6 Rights of Provisional Member

3.6.1 Participate in all EWF activities.

3.6.2 Propose matters for inclusion on the agenda for the Congress, and appoint a Representative to attend, speak at meetings of the Congress, including each Ordinary Congress, Special Congress and Electoral Congress.

3.6.3 Receive the Federation's Annual Report, Audited Financial Report and any other document which is required to be provided by the Federation in accordance with this Constitution.

3.7 Withdrawal or termination of membership

3.7.1 An EWF Member may withdraw their membership of the EWF by giving written notice to the General Secretary no less than four months prior to the end of the EWF's financial year.

3.8 Suspension, expulsion or other sanction for breach of EWF NF Member obligations

3.8.1 In accordance with conditions set out in Article 3.8.2, the EWF Executive Board, by Special Resolution, may temporarily suspend membership, of a National Federation and/or otherwise sanctioned an EWF NF Member if it has not complied with NF's obligations under Article 3.3 of this Constitution.

3.8.2 Prior to the Executive Board imposing any provisional suspension on a National Federation Member, The Executive Board must notify the National Federation Member in writing that the Executive Board proposes imposing the provisional suspension, including the basis for the Executive Board's proposal and the reasons relied on by the Executive Board.

3.8.3 The Executive Board must (except in any circumstances where the Executive Board reasonably considers that it must take urgent action against the National Federation Member so as to protect the interests of the Federation, the Members of the Federation as a collective and the Sport) give the National Federation Member at least twenty-one (21) days to respond in writing to the Executive Board's proposal to impose the provisional suspension and a reasonable right to be heard at any meeting of the Executive Board at which a decision is proposed to be made under article 3.8.1.

3.8.4 At the end of that twenty-one (21) day period referred to at article 3.8.1 the Executive Board must consider any written submission provided by the National Federation Member, and any oral submissions made pursuant to article 3.8.4, before finally determining whether to impose the provisional suspension.

3.8.5 The Executive Board may by Special Resolution revoke a current provisional suspension previously imposed by the Executive Board, in any circumstances where the Executive Board is satisfied that the grounds on which it relied to impose the provisional suspension have ceased to apply, or where the Executive Board is otherwise satisfied that the basis on which the provisional suspension was imposed is no longer relevant.

3.8.6 Where the Executive Board decides to provisionally suspend a National Federation Member's Membership and the rights associated with that Membership of the Federation, that provisional suspension shall be imposed until the conclusion of the next succeeding Congress.

3.8.7 Where the Executive Board has decided to, and has provisionally suspend a National Federation Member in accordance with article 3.8.1 and where that provisional suspension has not been revoked pursuant to rule 3.8.6, the Congress can make a Resolution by an ordinary/simple majority to suspend the subject National Federation Member and that National Federation Member's Membership rights, during a vote conducted at the next Congress that is held after the date on which the provisional suspension commences.

3.8.7.1 In any circumstances where the Congress proposes taking any action pursuant to article 3.8.8 the Congress shall not pass any Resolution to any such effect until:

3.8.7.2 The National Federation Member has been notified in writing of the proposal by the Congress to pass that Resolution.

3.8.7.3 The National Federation Member is notified in writing of the grounds on which it is proposed that the Ordinary Resolution will be passed by the Congress.

3.8.7.4 The notifications referred to, are served on the National Federation Member at least 30 days before the date of the Congress at which the Resolution will be voted on. The National Federation Member is afforded the right to be heard at the Congress before the Resolution is voted on.

3.8.8 The Congress may from time to time change its decision, as to the conditions for ending the period of suspension or any other punishment imposed on the NF.

Congress can ease the conditions or aggravate the conditions and all at the discretion of Congress.

3.9 Consequences of withdrawal, suspension or termination of membership

3.9.1 The member ceases to have, be entitled to or enjoy the rights, entitlements, designations and privileges which otherwise would have been granted to, or bestowed on the National Federation Member by reason of its Membership, whether under this Constitution, under the terms of any Policy, or otherwise.

3.9.2 No person nominated by or who is a Citizen of the Country or associated with the National Federation Member shall be entitled to accept, take up or continue to hold office in any position within the Federation including without limitation as President, First Vice President or any other position on the Executive Board, any position on any EWF Commissions and Committees.

3.9.3 Except as otherwise permitted by this Constitution and any applicable Policy or except as otherwise determined by the Executive Board and approved by an Ordinary Resolution of the Congress, no athlete, athlete support personnel or any other person, who is a member of or under the jurisdiction of the National Federation Member, shall be entitled to represent, compete on behalf of or otherwise be involved in the Sport including any particular competition, activity, event or meeting of the Federation.

PART 4 - CONGRESS

4. The supreme authority of the EWF is the Congress. Congress is the general meeting of the NF Members, represented by their respective delegates.

4.1 Power of the congress - Congress holds ultimate and supreme authority in relation to the affairs of the European Weightlifting Federation (EWF). It has the right to exercise all of the powers given to the EWF in this Constitution where it considers necessary or appropriate to do so in order to further the Purposes, including the power to:

4.1.1 Amend this Constitution.

4.1.2 Admit, suspend, expel, and reinstate the membership of a NF Members.

4.1.3 Decide on motions proposed by the Executive Board or by NF Members to issue, amend or annul Rules.

4.1.3.1 Those Rules will be amended or annulled with effect from such date as Congress may specify, but such amendment or annulment will not have a retroactive effect.

4.1.4 Decide on motions proposed in accordance with this Constitution and the Rules.

4.1.5 Elect the President, General Secretary, Treasurer, First Vice-President, Vice-Presidents, members of the Executive Board, and the members of the Committees.

4.1.6 Elect the Audit for a period of at least one but not more than four financial years.

4.1.7 receive for approval annual reports from the President, General Secretary, Treasurer and the Audit made by chartered accountant.

4.1.8 Establish a policy to remunerate the President, General Secretary, Treasurer, Vice-Presidents, and Executive Board members.

4.1.9 Approve the Executive Board's proposal for the award of the right to host the European Weightlifting Championships (Senior, Junior, Junior under 23 Y.O, Youth and Under 15 Y.O) to a full NF Member.

4.1.10 Grant awards for services to the EWF and the sport of Weightlifting within Europe, on the recommendation of the Executive Board.

4.1.11 Confirm the annual EWF budget and membership fees fixed by the Executive Board.

4.1.12 Congress may delegate to the Executive Board any of its powers under Articles 4.1.3, 4.1.3.1, 4.1.4, 4.1.7, 4.1.9, 4.1.10, and any other powers **not** specifically enumerated in Article 4.1.

Alternatively, Congress may refer matters to the Executive Board for consideration and advice.

4.1.13 Merge the EWF with another body or dissolve the EWF.

4.2 Meetings of Congress

4.2.1 Ordinary Congress:

The EWF **Ordinary Congress** shall meet at least once in every calendar year in conjunction with the European Senior Championships.

4.2.1.1 The agenda for a Congress shall be communicated to the Members not less than thirty (30) days prior to the commencement date of the Congress.

4.2.1.2 The agenda for each Ordinary Congress must at least include:

4.2.1.2.1 The presentation and approval of the Annual Report.

4.2.1.2.2 The presentation and approval of the Audited Financial Accounts.

4.2.1.2.3 The presentation and approval of reports submitted by each EWF Committee and each EWF Commission.

4.2.1.2.4 Consideration of any proposal, made in accordance with this Constitution, to amend, modify, repeal or replace this Constitution.

4.2.1.2.5 Any other items of business that have been properly submitted, in accordance with this Constitution, for consideration at an Ordinary Congress.

4.2.2 The Electoral Congress. During the year after the Olympic Games, the EWF shall hold elections.

The Congress meeting that will be held in the European Senior championship after the Olympic Games will be called an Electoral Congress meeting, at which the President, General Secretary, Treasurer, First Vice-President, Vice presidents and six other members of the Executive Board and the Committees will be elected in accordance with the rules of Congress and Elections (part 2 Elections).

4.2.2.1 The agenda for a Congress shall be communicated to the Members not less than ninety (90) days prior to the commencement date of the Electoral Congress.

4.2.2.2 The agenda for each Electoral Congress must at least include:

Elections for the positions of President, General Secretary, Treasurer, First Vice- President, three (3) Vice Presidents and six (6) Executive Board Member positions which are due, in accordance with this Constitution, to take place at that Electoral Congress.

Elections to the various committees of the EWF in accordance with this Constitution. and each of the items of business specified at article 4.2.1.2.

4.2.3 The Extraordinary Congress – Special Congress

An extraordinary congress will convene if one of the following conditions is met:

4.2.3.1 Decision made by the EWF Executive Board by a special majority of 2/3 of the members of the Board who participated in the vote.

4.2.3.2 The President and / or the General-Secretary have passed away, resigned or become permanently incapacitated or have declared themselves incapable of fulfilling their duties as President or General-Secretary.

4.2.3.3 Five or more Executive Board members have resigned or have become incapacitated for any reason.

4.2.3.4 Requested in writing in an instrument executed by at least thirty-three (33) percent of the Full Members, and where such notice states the reasons why the Special Congress is required.

4.2.4 The agenda for The Extraordinary Congress shall be communicated to the Members of federations not less than fourteen (14) days prior to the commencement date of the Congress, in relation to each Special Congress.

4.2.4.1 The agenda for each Special Congress shall only include the business of the Extraordinary Congress decided or notified in accordance with article 4.2.3.

4.3 A Congress may be held in any way which is allowed under Swiss law, and to the extent allowed under Swiss law by any or any combination of any of the following means:

4.3.1 A Congress that is held in person.

4.3.2 A Congress that is conducted virtually, through the use of Technology.

4.3.3 A Congress that is conducted virtually, through the use of multiple Technologies.

4.3.4 A Congress that is conducted in any hybrid manner, which involves an in person meeting as participants participating in the meaning through the use of one (1) or more Technologies.

4.3.5 In any instance where the Congress is conducted in any manner other than as referred to in article 4.2.2, the EWF Executive Board must ensure that proper Technological systems and procedures are implemented so as to ensure the continuity and integrity of proceedings, the participation of attendees, and the confidentiality of any voting.

4.4 Delegates for each type of Congress

4.4.1 Each **Full Member** is entitled to be represented at the Congress by two (2) Representatives appointed by it in accordance with this Constitution, provided that only one (1) of those Representatives is entitled to exercise the voting rights of the Full Member, referred to in article 3.4.1, at a Congress.

4.4.2 Each **Affiliate Member** and **Provisional Member** are entitled to be represented at the Congress by two (2) Representatives appointed by it in accordance with this Constitution, where neither of the Representatives has any voting rights at a Congress.

4.4.3 A person may not under any circumstances act in the capacity as a Representative of more than one (1) National Federation Member at any Congress.

4.4.4 The instrument executed by a National Federation Member, under which it appoints a Representative, must be in the form which will be posted on the EWF website.

That instrument must be executed by the National Federation Member under the seal of the National Federation Member or countersigned by the president and other officer of the National Federation Member.

4.4.5 The instrument appointing the Representative must be delivered by the National Federation Member to the Federation not less than seven (7) days prior to the date of the subject Congress.

4.4.6 Each National Federation Member must designate one (1) of its Representatives as the head of its delegation. The head of the delegation of a Full Member shall be the Representative of the Full Member who is entitled to exercise the voting rights of the Full Member at a Congress.

4.4.7 All meetings of the Congress shall be and must be conducted in accordance with the Rules of Congress and the requirements set out in the Rules of Congress.

4.4.8 All voting at each meeting of the Congress shall be conducted in accordance with the Voting Procedures and Rules.

4.4.9 All elections conducted at each Electoral Congress shall be conducted in accordance with the Rules of Congress and this Constitution.

4.4.10 Unless otherwise required by this Constitution, any Policy, the Rules of Congress or the Voting Procedures and Rules, a motion will be passed by the Congress if it is passed as an Ordinary/simple Resolution. In the event of an equality of votes cast for and against a motion, the motion shall be defeated.

4.4.11 Motions passed by Congress will become effective immediately, unless Congress specifies a later effective date.

PART 5 - EXECUTIVE BOARD

5. The EWF shall be administered by the members of the Executive Board, who are bound to the Constitution and to the decisions taken by the Congress.

5.1 the Executive Board shall be comprised of:

- * The President.
- * The General Secretary.
- * The Treasurer.
- * The First (1st) Vice President.
- * Three (3) Vice Presidents.
- * Six (6) Executive Board Members.
- * One (1) representative of the Athletes' Commission.

5.2 The President, The General Secretary, The Treasurer, The First Vice-President, the 3 (three) Vice Presidents, and the six further persons referenced in Article 5.1 will be elected, in that order, at each Electoral Congress.

The Athletes Commission representative will be elected in accordance with article 9.1.12 and 9.1.13 to this constitution.

5.2.1 They must all be affiliated to different full NF Members. This Article shall not apply to the representative of the athletes' commission.

5.2.2 Starting with the Executive Board elected at the 2025 Election Congress, there must be at least three representatives of the male gender and at least three

representatives of the female gender among them (provided that there are at least three from each gender among the candidates for election).

5.2.3 All elections will be conducted as specified in the Rules of Congress and election. Votes will be cast by secret ballot.

5.2.4 Each candidate nominated for election must:

5.2.4.1 be nominated by a full NF Member (no other person has the right to nominate candidates for election).

5.2.4.2 be affiliated to the nominating NF Member and a Citizen of its Country.

5.2.4.3 be Eligible in accordance with Article 6.

5.2.5 No person may hold more than one elected EWF position at any one time.

5.2.6 Persons elected to the Executive Board hold such office in their personal capacity and not as representatives of any NF Member or any other organization, and must act accordingly.

5.2.7 The term of office of Executive Board members will be approximately four years, commencing at the close of the Election Congress at which they are elected and ending at the close of the next Election Congress.

5.2.8 A person may serve as an Executive Board member for no more than three full terms (consecutive or otherwise, but discounting any part terms served), a person may serve a fourth term, consecutive to their third term, if they are elected as President for that fourth term and have not served as President prior to that point. Terms served on the Executive Board prior to the date that this Constitution comes into effect shall count towards these term limits.

5.2.8.1 Any period served as an Executive Board Member prior to the Effective Date shall be counted as one (1) term served, regardless as to the actual period of time served by that person as an Executive Board Member.

5.2.9 Everything that is done by the Executive Board, or by a member of the Executive Board, will be valid as if there was no defect or irregularity even if it is later discovered that that member or any other member of the Executive Board was not properly appointed, was not Eligible, or was not entitled to vote.

5.3 Powers of the Executive Board

5.3.1 Subject to the exclusive powers and ultimate authority of Congress, the Executive Board will have full power and authority to manage the affairs of the EWF, including any powers delegated to it by Congress in accordance with Article 4.1.12, as well as the power (and responsibility) to:

5.3.1.1 implement the decisions of Congress.

5.3.1.2 Issue, amend, and rescind Rules and other provisions of a generally applicable nature, which new or amended Rules or other provisions will come into effect on the date specified by the Executive Board and will continue in effect unless and until (a) the Executive Board rescinds them; or (b) Congress passes a motion proposed by an NF Member.

5.3.1.3 As an exception to Article 5.3.1.2, only Congress has the power to issue, amend, or rescind the Reserved Rules. Neither the Executive Board nor the Technical Committee may issue, amend or rescind any Reserved Rules. Instead, the Executive Board may only propose to Congress, that Reserved Rules be issued, amended, or rescinded.

5.3.1.4 Set the strategy and policies of the EWF.

5.3.1.5 Decide the terms and conditions of employment of the President, Secretary General and Treasurer.

5.3.1.6 Supervise the General Secretary and the Treasurer in the implementation of the EWF's strategy and policies.

5.3.1.7 Oversee legal compliance and risk management.

5.3.1.8 Process applications by National Federations for membership of the EWF.

5.3.1.9 Impose suspensions and/or other sanctions on EWF Members in accordance with this constitution.

5.3.1.10 Adopt an annual plan and budget for the EWF (including any applicable fees for membership or otherwise).

5.3.1.11 Control expenditure, source income, approve major transactions, and prudently invest the EWF's funds.

5.3.1.12 Propose motions and make recommendations to Congress.

5.3.1.13 Maintain the calendar of the European weightlifting Competitions, including deciding on the inclusion of new competitions and events, approving the annual and multi-year of European weightlifting Competition program, selecting hosts and locations of continental Competitions in Europe.

5.3.1.14 Make rules providing for the sharing of information about EWF decision-making with EWF Members, the public, and other stakeholders, seeking in doing so to achieve the greatest degree of transparency while protecting the interests of the EWF and the rights of individuals who contribute to it.

5.3.1.15 Set up such Commissions as it considers necessary or appropriate, appoint their members (including from nominees of the full NF Members, where such are requested), fix their remuneration (if any), fix their terms of reference, and delegate to them such rights, powers and responsibilities as it considers necessary or appropriate.

5.3.1.16 Appoint any of its members to sit as a non-voting member of any Committee(s).

5.3.1.17 Resolve and determine any matters or disputes for which an alternative resolution mechanism is not provided for in this Constitution; and

5.3.1.18 Decide all matters not reserved to another body by this Constitution or by a mandatory provision of Swiss law.

5.3.1.19 The Executive Board will act in accordance with the decision of the Congress, in Article 4.1.6 of the Constitution, and appoint an external company to perform an audit of the financial accounts of the EWF. The auditor shall deliver a report to the Executive Board, which must be submitted to the Congress.

5.3.1.19.1 The auditor shall be an independent professional audit firm, appointed for not less than one (1) fiscal year and not more than four (4) fiscal years.

5.3.1.20 The Executive Board has the power to suspend any member of the Executive Board who has failed to attend three (3) consecutive Executive Board meetings.

5.4 The Executive Board will take appropriate steps to bring the minutes of Congress meetings (or a summary thereof), the minutes of Executive Board meetings (or a summary thereof), and all important decisions and Rule changes to the attention of NF Members, including but not limited to arranging for their publication on the official EWF website.

5.5 Duties of Executive Board members

5.5.1 Without prejudice to their duties under Swiss law, Executive Board members must at all times:

5.5.2 Respect and further the Purposes of the EWF and this constitution.

5.5.3 Act in good faith and discharge their responsibilities in the best interests of the EWF and the EWF Members as a whole.

5.5.4 Comply, and ensure that the EWF complies, with this Constitution and with the Rules, including the IWF Integrity Code.

5.5.5 Comply with and not publicly disagree with Executive Board decisions, even if privately they do not agree with them.

5.5.6 Not engage in any act of dishonesty, gross misconduct, or willful neglect of duty.

5.5.7 Not do anything (by act or omission) that risks bringing the EWF or IWF into disrepute or that is contrary to the best interests of the EWF or IWF.

5.5.8 Not agree to, nor cause or allow, the activities of the EWF to be conducted in a manner that is likely to create a substantial risk of serious loss to the EWF's creditors.

5.5.9 Not agree to the EWF incurring any obligations unless they reasonably believe at that time that the EWF will be able to perform the obligations when it is required to do so.

5.5.10 (except for the President) Not speak or make statements publicly on behalf of the Executive Board unless authorized to do so by the President, or in accordance with delegated authority in writing from the Executive Board.

5.5.11 Exercise the care, diligence, and skill that any reasonable Executive Board member would exercise in the same circumstances.

5.5.12 Not disclose to any person or make use of or act on information that they would not be aware of if they were not an Executive Board member, except:

5.5.12.1 for the benefit of the EWF, as agreed by the Executive Board; or

5.5.12.2 as required by law.

5.5.13 Make reasonable efforts to attend and actively participate in all Executive Board meetings.

5.6 Meetings of the Executive board

5.6.1 The business of the Executive Board will be conducted at meetings convened and run in accordance with the Executive Board Rules. The Executive Board Rules will be maintained by the Executive Board and may only be amended by a motion that receives at least seven votes in support.

5.6.2 The minutes of Executive Board meetings, or a summary thereof, will be published on the EWF's website.

5.6.3 Each Executive Board member present at an Executive Board meeting will have one vote on each motion. Voting by proxy or by letter is not permitted.

5.6.4 Executive Board members may not cast a vote on any matter in respect of which they have an actual or apparent conflict of interest.

5.7 Vacancies, removal and suspension of an Executive Board member

5.7.1 Vacancies on the Executive Board will be filled, and Executive Board members may be removed or suspended from office, as set out in the Executive Board Rules.

PART 6 - PRESIDENT, GENERAL SECRETARY, TREASURER,

VICE PRESIDENTS

6 The President.

6.1 Duties of The President - The President has the following particular duties and responsibilities (which may be delegated to others, where agreed by the Executive Board):

6.1.1 To be the ambassador and main spokesperson for the EWF in accordance with policies decided by the Executive Board.

6.1.2 The President will open an EWF President office representative in his own country.

6.1.3 An Assistant to the President may be appointed by the President, and he/she may attend the meetings of the Executive Board but will have no voting rights.

6.1.4 To maintain good relations with the IWF, IOC, WADA, and other international sports federations and organizations.

6.1.5 To chair meetings of Congress and of the Executive Board.

6.1.6 To lead the work of the Executive Board, including ensuring the Executive Board is organized properly, functions effectively, acts within its powers, and meets its obligations and responsibilities.

6.1.7 To ensure the decisions of Congress and the Executive Board are implemented and that the Constitution and the Rules are complied with.

6.1.8 To liaise and facilitate effective communication and relationships with EWF Members, commercial partners, and other stakeholders.

6.1.9 To support, monitor and liaise with the General Secretary and to form a strong, collaborative working relationship with the General Secretary on behalf of the Executive Board.

6.1.10 To authorize transactions and sign documents on behalf of the EWF; and

6.1.11 To perform such other tasks and duties as are delegated to the President by Congress or the Executive Board.

6.1.12 The President shall attend the European Senior, Junior & Under 23, and Youth & U 15 Championships as the official representative of the EWF.

6.1.13 The President shall take a leading part in the Opening and Closing ceremonies at the European Championships.

6.1.14 The President shall co-operate with the President of the IWF and the other Continental Federations and Member Federations.

6.1.15 The President shall have the casting vote in the case of a tie.

6.1.16 In case of absence, the president will announce who will perform his duties among the vice presidents.

If the president has not chosen who will perform his duties in case of absence, the EWF Executive Board will choose from among the vice presidents who will perform the role of president in case of absence.

6.1.17 In case The President have passed away, resigned or become permanently incapacitated or have declared himself incapable of fulfilling their duties as President, the first Vice President shall act as President until the President can resume his/her duties or until the Extraordinary congress convened in accordance with the Article 4.2.3.2 to this constitution.

6.2 GENERAL SECRETARY

The General Secretary shall be responsible for the communication, cooperation and correspondence with the Member Federations, the IWF, Continental Weightlifting Federations and all other weightlifting organizations and individuals.

6.2.1 Duties of The General Secretary - The General Secretary is responsible for managing the day-to-day operations of the EWF, in accordance with the directions of the Executive Board and the President, and within such limitations and delegated authority as the Executive Board may specify. If there is any inconsistency between directions from the President and directions from the Executive Board, the matter will be referred to the Executive Board for resolution.

6.2.2 Managing the EWF office and the EWF Staff.

6.2.2.1 The General Secretary will open the EWF Secretariat office in his own country.

6.2.3 Attending meetings of the Executive Board and Congress.

6.2.4 Supporting the Executive Board in its development of a strategic plan for the EWF, and implementing the plan following its approval by the Executive Board.

6.2.5 Developing an annual operational plan for the EWF and implementing that plan following its approval by the Executive Board.

6.2.6 Developing and growing the commercial revenues of the EWF to enable it to fulfill the Purposes.

6.2.7 Supporting the President in engaging with stakeholders of the EWF.

6.2.8 Ensuring compliance by the EWF and EWF Staff with all applicable laws, rules, and regulations, including this Constitution and the Rules.

6.2.9 Preparing minutes of meetings of Congress and the Executive Board.

6.2.10 Preparing the annual reports of the Executive Board to Congress.

6.2.11 Supporting the activities of the Committees established by the Executive Board, including ensuring that they are functioning effectively, acting within their powers, and meeting their obligations and responsibilities; and

6.2.12 Undertaking all of these responsibilities within the approved budgets, respecting the limits of authority set by the Executive Board, and striving to meet best practice standards in the administration of international sports federations.

6.2.13 The General Secretary Shall attend the European Senior, Junior & Under 23 and Youth & Under 15 Championships, as an official representative of the EWF.

6.2.14 Ensure that all EWF Championships and competitions are duly organized according to the EWF Constitution and the IWF Constitution and By-laws, IWF Technical and Competition Rules & Regulations, IWF Anti- Doping Policy and shall take an active part in the organization and conduct of such Championships and competitions.

6.2.15 Supervise the preparation of the Championships Start List.

6.2.16 Together with the Chairman/Chairwoman of the Technical Committee assist in the preparation of the selection of Technical Officials.

6.2.17 Authenticate and register all weightlifting records for Europe and report in writing to all Member Federations at the Congress and General Congress or publish on EWF web page.

6.2.18 Prepare a EWF Ranking for each age group and bodyweight category in Europe and forward his list to all Member Federations or publish on EWF web page.

6.2.19 Prepare and distribute invitations for the Congress to the Member Federations according to this constitution.

6.2.20 Prepare and distribute the agenda for the Congress to the Member Federations according to this constitution.

6.2.21 Prepare and distribute the agenda for the EWF Executive Board and EWF Committee meetings to the Executive Board and Committee members not less than thirty days prior to the date(s) of the respective meetings.

6.2.22 Prepare and distribute the minutes of the Congress, the Executive Board and Committee meetings to the Member Federations and members of the Executive Board.

6.2.23 An Assistant to the General Secretary may be appointed by the General Secretary and he/she may attend the meetings of the Executive Board but will have no voting rights.

6.2.24 Should the General Secretary be unable to attend the EWF Executive Board and/or Congress meeting, the Assistant General Secretary shall have the permission to participate in the meeting but without the right to vote.

6.2.25 Only one member from each country may be elected to the EWF Executive Board.

6.2.26 The General Secretary shall prepare and distribute the minutes of the EWF Congress, Executive Board, Committees to the Member Federations.

6.2.27 Objections and comments to the minutes shall be made in writing to the General Secretary within 30 days from the distribution of the minutes.

6.2.28 Should the General Secretary have passed away, resigned or become permanently incapacitated or have declared himself incapable of fulfilling their duties as General Secretary, the Assistant General Secretary shall act as General Secretary until the General Secretary can resume his/her duties or until the Extraordinary congress convened in accordance with the Article 4.2.3.2 to this constitution.

6.3 THE TREASURER

6.3.1 Duties of The Treasurer - The Treasurer shall be qualified accountant.

The Treasurer elected by the Congress and is responsible and accountable for managing the EWF's finances and prepares the Budget together with the President and General Secretary.

6.3.2 The EWF Treasurer shall apply General Accounting Policies and Procedures:

- issue receipts for all amounts received.
- obtain a receipt for all expenses and accounts he/she must pay.
- keep the cash book updated and present a report on the financial situation at every session of the Executive Board.
- annually submit the accounts for auditing to the President, the Executive Board and the Congress.
- report at each meeting of the Executive Board as to the current state of the EWF's finances.
- present the balance sheet to the Executive Board and EWF Congress and General Congress for approval on an annual basis.
- inform the Executive Board of the current account number and the name of the bank where EWF funds are deposited.
- send all information requested by the Auditor.
- prepare one single EWF balance which represents the Federation's financial situation following General Accounting Policies and Procedures and distribute the EWF balance sheet to all Member Federations and members of the EWF Executive Board.

6.3.3 Financial transactions shall be made in Euro.

6.3.4 The Executive Board shall decide on all necessary expenditure and shall give priority in respect of the expenses of the EWF Secretariat.

6.3.5 Financial management is based on the provisional annual balance deliberated by the Executive Board within December 31st of each year. At the closing date of the financial year, a copy will be distributed to the Member Federations and to the members of the EWF Executive Board.

6.3.6 Manage the following income and expenditure on behalf of the EWF:

- Any contributions from the IWF and other public or private bodies;
- Membership fee;
- Any income and expenditure deriving from sporting events and championships;
- TV rights and sponsorships;
- service management and cession of assets in favour of members;
- donations of any kind from private individuals, bodies or firms approved by the Executive Board;
- Any funds from institutional activities, an example of which may be any fees or sanctions paid by members;
- funding from any other instrumental activity, including sales, deliberated for institutional purposes.

6.3.7 Should the Treasurer have passed away, resigned or become permanently incapacitated or have declared himself incapable of fulfilling his/her duties as Treasurer, the Assistant Treasurer shall act as Treasurer until the Treasurer can resume his/her

duties or until the Extraordinary congress convened in accordance with the Article 4.2.3.2 to this constitution.

6.3.8 In case there is no candidate for the position of the Treasurer and/or none of the candidates for the position of The Treasurer, will not meet the requirements of the position, then the Executive Board of the EWF will nominate an external accountant to fulfil the duty of The Treasurer.

6.3.8.1 An Assistant to the Treasurer may be appointed by the Treasurer and he/she may attend the meetings of the Executive Board but will have no voting rights.

6.4 The First Vice President, Vice Presidents.

6.4.1 Duties of The Vice Presidents - The Vice-Presidents shall ensure that the EWF Constitution and IWF Constitution and By-laws, Technical and Competition Rules & Regulations and Anti-Doping Policy are correctly applied at all EWF Championships, tournaments and competitions and represent the EWF.

6.4.2 The Vice-Presidents shall Participate in the activities of the EWF and carry out all the decisions of the Congress and the Executive Board.

6.4.3 In case of absence, the president will announce who will perform his duties among the vice presidents.

If the president has not chosen who will perform his duties in case of absence, the EWF Executive Board will choose from among the vice presidents who will perform the role of president.

6.4.4 In case the President have passed away, resigned or become permanently incapacitated or have declared himself incapable of fulfilling their duties as President, the first Vice President shall act as President until the President can resume his/her duties or until the extraordinary congress convened in accordance with the Article **4.2.3.2** to this constitution.

6.4.5 The Vice-Presidents shall attend the meetings of the Executive Board.

6.4.6 The Vice-Presidents will assist in the running of the Congress when appointed by the President.

6.4.7 The Vice-Presidents shall submit proposals and search for possibilities to improve the finances of the EWF.

6.4.8 The Vice-Presidents shall Give support to the Organizing Committee, according to the EWF Constitution, the IWF Constitution and rolls, the Technical and Competition Rules & Regulations and the Anti-Doping Policy.

6.4.9 Vice Presidents can be appointed by the Executive Board to focus on the following (including and not limited to) subjects and tasks:

- Technical Committee
- Coaching Research & Scientific Committee
- Medical Committee
- And Commissions.

6.4.10 Should any member of the Vice Presidents and Executive Board members will resign or will be unable to fulfil his/her duties, a replacement shall be elected at the next Congress.

6.5 Eligibility of EWF Officials:

6.5.1 Any person who represents and/or works for or on behalf of the EWF, whether as a result of election or appointment or otherwise, is an EWF Official.

This includes the members of the EWF Executive Board, and members of Committees, as well as the EWF Staff, but (for the avoidance of doubt) excludes members of organizing committees, International Referees, volunteers working at EWF events, and law firms and other professionals engaged to act on behalf of the EWF.

6.5.2 Anyone who wishes to become or remain an EWF Official must be Eligible to do so. A person is not Eligible to become or to remain an EWF Official if he or she:

6.5.2.1 is a minor. (Save that minors may be permitted to act as interns or apprentices within the EWF Staff as permitted by Swiss law);

6.5.2.2 has been adjudged bankrupt and has not been discharged from bankruptcy or is subject to a condition not yet fulfilled or any order made under insolvency laws.

6.5.2.3 has been convicted in the previous ten years of an offence that involved mistreatment of people (i.e., physical or sexual abuse or misconduct, hate crimes, or similar) or an offence that is punishable by a term of imprisonment of two or more years (whether or not they received such a term of imprisonment), and any appeal rights against that conviction have expired or been exhausted.

6.5.2.4 Is prohibited from being a director or promoter of or being concerned or taking part in the management of a company due to their breach of or non-compliance with any applicable law or regulation.

6.5.2.5 Is subject to an order by a relevant authority that they are lacking in competence to manage their own affairs.

6.5.2.6 Is deprived of their civil rights by proper application of the law.

6.5.2.7 Is serving a period of ineligibility imposed for breach of:

6.5.2.7.1 the IWF Integrity Code; or

6.5.2.7.2 any code of ethics or other rules of conduct of an NF Member or of another sports organization.

6.5.2.8 has been found by a relevant authority to have committed an Anti-Doping rule violation in the last 10 years (whether or not they served any period of ineligibility for that violation).

6.5.2.9 has been removed from office by EWF or IWF Congress or the Executive Board in accordance with this or the IWF Constitution or the Rules (or previous versions thereof).

6.5.2.10 is otherwise prohibited from holding such position, or any similar position, under any other circumstances provided by law.

6.5.2.11 Otherwise fails an assessment, made by the Vetting Panel in accordance with the Vetting Rules, of whether the person

(a) Is of good character and reputation.

(b) Is able to meet the high standards of conduct and integrity required of an EWF Official; and

(c) Is physically and mentally fit to perform the role in question; or

6.5.2.12 In the case of a candidate for appointment to the EWF Board, does not have the independence or experience or expertise required for the role, as specified in the Constitution or the Rules.

6.5.3 Subject only to Article 6.2.2, a person who is determined not to be Eligible may not be appointed or elected as an EWF Official.

If a person who is determined not to be Eligible is already an EWF Official, they will automatically be deemed to have resigned from their position as EWF Official and their position will be considered vacant from that point.

6.5.4 This Article 6 does not limit or prejudice in any way any right arising under this Constitution or the Rules or otherwise to suspend or remove an EWF Official.

Nor does Article 6 (or Article 7 or any other provision of this Constitution or the Rules) limit or prejudice in any way any rights of EWF Staff under Swiss law.

Part 7 - THE VETTING PANEL

7. The Vetting Panel will be made up of the independent members of the EWF NF. It will be responsible for determining whether a person is Eligible to become or to remain an EWF Official (save that the Eligibility of the independent members of the inaugural EWF Board will be determined by an ad hoc screening panel made up of independent persons appointed by the Executive Board).

7.1 The Vetting Panel will conduct its activities in accordance with the Vetting Rules that appear in the candidates Eligibility Rules and the candidate nomination Rules and will report to Congress on its activities.

7.2 A decision of the Vetting Panel (or of the ad hoc screening panel, where applicable) that a person is not Eligible may be appealed to the CAS.

Part 8 - EWF COMMITTEES

8. The EWF has three standing Committees:

The Technical Committee.

The Coaching Research & Scientific Committee.

The Medical Committee.

8.1 The Technical Committee shall consist of a Chairperson and four (4) members.

8.2 The Coaching Research & Scientific Committee shall consist of a Chairperson and four (4) members.

8.3 The Medical Committee shall consist of a Chairperson and four (4) members.

8.4 The Members of the Committees are elected by the Congress.

The Chairpersons are appointed by the Executive Board from its membership.

8.5 The President, General Secretary are ex-officio members of the Committees.

8.6 All Committees shall meet at least once a year on the occasion of the European Senior Championship.

8.7 Attendance at the meetings are compulsory for its members.

Members unable to attend the meeting must inform the Chairman/Chairwoman of the Committee prior to the meeting and giving adequate and acceptable reasons for their absence.

8.8 The Executive Board has the power to suspend any member of the Committees who has failed to attend three (3) consecutive committees' meetings.

8.9 Should the Chairman/Chairwoman of the Committee be unable to attend a meeting he/she shall appoint another member to act in his/her place.

8.10 The Chairman/Chairwoman may appoint a Secretary to assist the organization of the Committee. Minutes of the meetings of the committees are kept and copies must be sent to all Executive Board Members and Committee Members within thirty (30) days following the meeting.

8.11 THE TECHNICAL COMMITTEE

8.11.1 The Duties of the Technical Committee shall include:

8.11.2 The Technical Committee is an advisory and active part of the EWF administration and is responsible to the Executive Board for its activities.

8.11.3 The Chairman/Chairwoman of the Technical Committee supervises the selection of Technical Officials for European Weightlifting Championships in accordance with IWF TCRR.

8.11.4 The Technical Committee investigates and reports on methods of improving weightlifting, both in training and in competition.

8.11.5 The Technical Committee investigates the quality and suitability of the equipment and seeks methods and ideas to improve the equipment.

8.11.6 The Technical Committee seeks solutions to any problems in the field of refereeing and technical matters and investigates on any matter requested by the Executive Board.

8.11.7 The Technical Committee suggests to the Executive Board regarding the financial and other commitments concerning the Technical Officials of the European Championships.

8.11.8 The promotion of conferences and courses for Coaches and / or Technical Officials.

8.11.9 To Assist Member Federations in the organization of such events.

8.11.10 Monitor and evaluate the activities of Technical Officials during the competitions and report to the Executive Board on such matters.

8.11.11 To organize Technical Officials Meetings during the European Championships.

8.11.12 Candidates for the Technical Committee are required to have at least one of the following:

- Holder of an International Category One Technical Official License
- Holder of a Physical Education diploma or degree or the equivalent; or have appropriate experience in weightlifting coaching at international level.

8.11.13 The Members of the Technical Committee who are IWF Technical Officials shall act as a Technical Official at the EWF Senior, Junior & Under 23 or Youth Championships at least once a year.

8.12 THE COACHING RESEARCH & SCIENTIFIC COMMITTEE

8.12.1 The Duties of The Coaching Research & Scientific Committee shall include:

8.12.2 The Coaching Research & Scientific Committee is an advisory and active part of the EWF administration and is responsible to the Executive Board for its activities.

8.12.3 The Coaching Research & Scientific Committee develops a working relationship with the IWF CRC

8.12.4 The Coaching Research & Scientific Committee organizes European Training Camps.

8.12.5 The Coaching Research & Scientific Committee facilitates Coaching Seminars.

8.12.6 The Coaching Research & Scientific Committee promotes of the Scientific Journal and Scientific Seminars.

8.12.7 The Coaching Research & Scientific Committee oversees minimum coaching standards.

8.12.8 The Coaching Research & Scientific Committee researches best practices for Sports.

8.12.9 Candidates for the Coaching Research & Scientific Committee must Have an academic education in physical education or Weightlifting Coach certificate and have appropriate experience in weightlifting coaching and/or in scientific research at international level.

8.13 THE MEDICAL COMMITTEE

8.13.1 The Duties of the Medical Committee shall include:

8.13.2 The Medical Committee is an advisory and active part of the EWF administration and is responsible to the Executive Board for all medical matters.

8.13.3 To be responsible for medical questions on weightlifting.

8.13.4 To safeguard the health of competitors, coaches and officials.

8.13.5 To submit proposals and participate in coaching conferences on the medical aspects of weightlifting.

8.13.6 To organize and participate in medical symposiums and workshops.

8.13.7 To collect medical data on the effects of weightlifting upon the human body.

8.13.8 To investigate information on sport injuries for prevention and rehabilitation.

8.13.9 To publish medical information relevant to weightlifting.

8.13.10 To prepare promotion material to demonstrate the merits of weightlifting with regard to the improvement of health and fitness.

8.13.11 To develop educational programs for the sport of weightlifting.

8.13.12 To cooperate with all EWF Committees and the Medical Committees of the IWF and all other Continental and Member Federations on matters of mutual concern.

8.13.13 The doctors of the Medical Committee shall act as 'Duty Doctors' at the EWF Senior, Junior & Under 23 and Youth Championships at least once a year.

8.13.14 At the European Senior and Junior & Under 23 Championships, doctors representing the organizing country and / or Federation may attend the meeting(s) of the Medical Committee but shall have no voting rights.

8.13.15 Candidates for the Medical Committee must be Doctor of Medicine.

8.13.16 At EWF Championships Doctors on Duty are defined as the Technical Officials.

Part 9 – EWF COMMISSIONS

9.1 THE ATHLETES COMMISSION

The role of the Athletes' Commission is to represent active Athletes and to give them a voice in the governance of the European Weightlifting Federation, including providing advice to the Executive Board on matters affecting the EWF from the Athletes' perspective. Proposals from the Athletes' Commission will be tabled at the next Executive Board meeting for approval.

9.1.1 The Athletes Commission ensures respect is given to the rights of the athletes within the EWF, and the Athletes Commission draws up recommendations to that effect.

9.1.2 The Athletes Commission will have representatives sit on the Executive Board of the EWF.

9.1.3 The Athletes Commission is to forwards its recommendations and proposals to the Executive Board subject to the approval, after discussion within the Athletes Commission, of the majority of the Athletes Commission members present.

9.1.4 The Athletes Commission shall be, and shall operate as an effective platform where the views of athletes within the Sport are represented, and the voice of those athletes can be heard by advising the Executive Board on matters concerning athletes involved in the Sport.

9.1.5 The Athletes Commission shall liaise as necessary with the IWF Athletes' Commission.

9.1.6 The Athletes Commission members shall be accessible and visible at major events and youth events to other members and athletes of the Federation. Details of all Athletes Commission members will be published on the EWF Website.

9.1.7 Athletes' Declaration: The Athletes Commission will work with the Federation and the Executive Board, to adopt the Athletes' Rights and Responsibilities Declaration.

9.1.8 Term of office - The term of office of Athletes Commission members is a maximum of four (4) years, or less in the case of filling a casual vacancy. The chairperson of the Athletes Commission and each of the Athletes Commission members may be re-elected if they meet the conditions listed in Article 12.11.

9.1.9 The election process for the subsequent Athletes Commissions will be determined by the Executive Board of the EWF.

9.1.10 The Athletes Commission shall be made up of no more than Six (6) members and will have a balance of male and female members and representation from different continents who are eligible according to the criteria outlined in Article 12.11. The Athletes Commission must at all times have at least Three (3) members who are female, and Three (3) members who are male.

9.1.10.1 The Athletes Commission will not have Two (2) athletes from the same country.

9.1.11 Athletes Commission members shall be elected based on the following **eligibility criteria**:

(a) Athlete must be at least eighteen (18) years of age at time of application.

(b) The Commission should be composed of a majority of athletes who, at the time of their election/nomination, are participating at international level or have done so within the previous four years.

(c) A person is ineligible for appointment if the person has at any time been found to have committed an Anti-Doping Rule Violation.

(d) The person must have represented their National Federation in at least one (1) of the following:

(i) At least one (1) of the two (2) most-recent Olympic Games.

(ii) At least one (1) of the two (2) most-recent Youth Olympic Games.

(iii) At least one (1) of the two (2) most-recent Youth, Junior, or Senior World Championships.

(iv) At least one (1) of the two (2) most-recent European Championships.

(e) The working language of the Federation is English and the candidates must have a minimum of a conversational capability.

9.1.12 Chair of the Commission - the Athletes Commission members shall elect their chairperson from among those members who have been elected to the Athletes Commission by their peers, and the chairperson may serve in this role for up to four (4) years, after which the term of office may be renewed.

9.1.13 The Commission will have One (1) voting seat on the EWF Executive Board. This seat will be made up of the chairperson of the Athletes Commission.

9.1.14 The Commission will hold a minimum of one (1) meeting a year.

9.1.15 In the absence of the chairperson the remaining members present shall elect one of themselves to chair the meeting.

9.1.16 The quorum for meetings of the Athletes Commission meetings shall be considered a Simple Majority (more than half plus one) of the Athletes Commission members present in person or through the use of Technology.

9.1.17 Other individuals and external advisers may be invited to attend for all or part of any meeting as and when appropriate.

The Athletes Commission may invite the President and General Secretary of the EWF to any meeting, or a portion of it, but they are not members and have no right to attend the meetings without invitation.

9.1.18 The meetings of the Athletes Commission are convened by the Chair of the Commission with admin help from the EWF Secretariat.

9.1.19 All meetings will be recorded and transcribed.

9.2 THE DISCIPLINARY COMMISSION

9.2.1 The EWF Disciplinary Commission, may take measures and sanctions in the case of any violation of the EWF Constitution and associated IWF Constitution and By-laws, IWF Technical and Competition Rules & Regulations, IWF Anti-Doping Policy and IWF Code of Ethics, but not limited.

9.2.2 The Disciplinary Commission shall consist of three members which shall be appointed by the EWF Executive Board.

The Chairman/Chairwoman shall be an attorney with experience in sports law.

9.2.3 Where misconduct occurs the Commission shall examine and resolve any written complaint addressed to the Commission against a Member of misconduct. The Commission shall hold a hearing and determine any specified allegation of misconduct on the part of a Member. The hearing may be held also by videoconference.

9.2.4 If the Commission, in its discretion, considers the charge against the Member whom the complaint has been made ("the Respondent") to be sufficiently serious it will have the power to impose one or more of the following:

a) a verbal or written apology.

b) a fine.

c) referral of counselling.

d) suspend the membership of the Respondent for a stated period of time.

e) revoke the membership of the Respondent.

9.2.5 The Respondent which is subject to one or more of the above mentioned sanctions by the Disciplinary Commission may appeal the said decision within 21 days from the announcement of the decision in front of the Court of Arbitration for Sport in Lausanne.

9.2.6 The Disciplinary Commission shall submit an annual report of its activities to the EWF Executive Board and the EWF Congress.

9.3 FAIR PLAY COMMISSION

9.3.1 The Fair Play Commission shall consist of three members which shall be elected by the EWF Executive Board.

9.3.2 The Commission shall preserve and promote the spirit of fair play in all aspects of sport. This may include the observance of EWF Constitution and associated IWF Constitution and By-laws, IWF Technical and Competition Rules & Regulations, IWF Anti-Doping Policy and IWF Code of Ethics, but not limited.

The Commission shall consider proposals to reflect the necessary changes in modern sport (for example, Equality, Bribery and Betting, Safeguarding Children and Vulnerable Adults).

9.3.3 The activities that the Commission may carry out include the organization of events of any kind, the distribution of publications, the recommendation to the Executive Board of awards in recognition of sporting conduct demonstrating a spirit of fair play and activities promoting fair play in weightlifting sport.

9.3.4 The Fair Play Commission shall submit an annual report of its activities to the EWF Executive Board and may make such other reports to the EWF Executive Board as it considers appropriate.

9.4 ANTI DOPING COMMISSION

9.4.1 The President of the European Weightlifting Federation will appoint one of the Vice Presidents to serve as the Chairman of the Anti-Doping Commission.

9.4.2 The Anti-Doping commission will be responsible for develop educational materials and seminars associated with the Anti-Doping policy.

9.4.3 The Anti-Doping Commission will cooperate with external organisations for the purpose of achieving better education of the athletes and personal regarding anti-doping.

9.4.4 The Anti-Doping Commission will organize at least one anti-doping seminar in every event and/or competition organized by the European Weightlifting Federation.

9.5 DUTIES OF THE COMMITTEE and COMMISSION CHAIRPERSON

9.5.1 The Chairperson of the Technical Committee shall:

9.5.1.1 Be responsible for resolving any technical problems.

9.5.1.2 Prepare the 4 Year Working Plan for the Technical Committee.

9.5.1.3 Co-ordinate and conduct the activities and meetings of the Technical Committee.

9.5.1.4 Attend and assist the EWF conferences for coaches and Technical Officials.

9.5.1.5 Submit proposals to the Executive Board on behalf of the Technical Committee.

9.5.1.6 Co-operate with the other Committees of the EWF and IWF Technical Committee.

9.5.1.7 Preside over Jury 'A' during the European Championships.

9.5.1.8 With support from the General Secretary, prepare the selection of Technical Officials for European Championships.

9.5.1.9 Organize a Technical Officials conference before and during the European Championships for all Technical Officials officiating at the Championships.

9.5.2 The Chairperson of the Coaching Research & Scientific Committee shall:

9.5.2.1 Be responsible for resolving any scientific problems.

9.5.2.2 Prepare the 4 Year Working Plan for the Coaching Research & Scientific Committee.

9.5.2.3 Co-ordinate and conduct the activities and meetings of the Coaching Research & Scientific Committee.

9.5.2.4 Attend and assist the EWF conferences for coaches.

9.5.2.5 Submit proposals to the Executive Board on behalf of the Coaching Research & Scientific Committee.

9.5.2.6 Co-operate with the other Committees of the EWF and IWF Coaching and Research Committee.

9.5.2.7 Be responsible for development of EWF Scientific Journal.

9.5.3 The Chairperson of the Medical Committee shall:

9.5.3.1 Be responsible for resolving any medical problems.

9.5.3.2 Prepare a 4 Year Working Plan for the Medical Committee.

9.5.3.3 Co-ordinate and conduct the activities and meetings of the Medical Committee.

9.5.3.4 Co-operate with the other Committees of the EWF and IWF Medical Committee.

9.5.3.5 Submit proposals to the Executive Board on behalf of the Medical Committee together with a list of doctors who will be on duty during the respective European Championships.

9.5.4 The Chairperson of the Disciplinary Commission shall:

9.5.4.1 Be responsible for resolving any disciplinary issue arising within the EWF in a timely manner.

9.5.4.2 Co-ordinate and conduct all investigation necessary to resolve any complaint.

9.5.5 The Chairperson of the Fair Play Commission shall:

9.5.5.1 Submit to the Executive Board any nomination for fair play awards.

9.5.5.2 Make proposals to the EWF Executive Board on behalf of the Commission on any measure necessary to promote sportsmanship through the establishment of and in adherence to the highest standards of conduct in all EWF Competitions.

Part 10 - FINANCIAL YEAR AND AUDIT

10.1 Unless Congress decides otherwise, the financial year of the EWF starts on 1 January and ends on 31 December.

10.2 The treasurer will prepare a total report of all financial transactions made by the EWF in that financial year ending on 31 December.

10.3 The EWF's audited annual financial statements will be submitted to Congress for approval in accordance with Article 4.1.7.

Part 11 – EUROPEAN CHAMPIONSHIPS

11.1 EUROPEAN CHAMPIONSHIPS - The EWF shall stage annually (but not limited to) the following Championships:

- European Senior Championships for Men and Women
- European Junior Championships for Men and Women
- European U17 Youth Championships for Men and Women

All European Championships will be included in the IWF Calendar and are considered IWF Events. The IWF Constitution and By-laws, IWF Technical and Competition Rules &

Regulations (TCRR) and IWF Anti-Doping Policy must be followed, unless otherwise specified.

11.2 In conjunction with the European Junior Championships, the EWF shall stage the Under 23 Championships.

The IWF Constitution and By-laws, IWF Technical and Competition Rules & Regulations (TCRR) and IWF Anti-Doping Policy must be followed, unless otherwise specified.

11.3 In conjunction with the European Youth Championships, the EWF shall stage the U15 Championships.

The IWF Constitution and By-laws, IWF Technical and Competition Rules & Regulations (TCRR) and IWF Anti-Doping Policy must be followed, unless otherwise specified.

11.4 European weightlifting Federation may organize European promotional championships in Zoom format or in any other technological platforms for male and female of all ages. Special Rules will be established

Part 12 – *DISSOLUTION*

12. Dissolution by Congress

12.1 The EWF may be voluntarily dissolved only by a motion passed by a Special Majority at an Extraordinary Congress meeting convened for that purpose.

12.2 In the event of dissolution, Congress will appoint one or more liquidators, who will gather the EWF's assets and apply them to discharge all of the EWF's debts and liabilities.

12.3 Use of remaining assets - Any remaining assets following discharge of the EWF's debts and liabilities will only be used for non-profit or charitable purposes as defined by the Swiss law. Where possible and permitted, such remaining assets will be donated to institutions pursuing the same or similar purposes as the EWF.

12.4 Completion of liquidation of assets - At the completion of the liquidation, the liquidator(s) will submit a final report to the relevant registration authority, which will declare the liquidation closed.

Part 13 – *MISCELLANEOUS*

13.1 Effective date - This Constitution will come into effect on 30 May 2023 and supersedes all prior EWF constitutions as from that date. Members of the Executive Board, the Committees, and the Commissions in office as of 1st April 2021 shall remain in office for the rest of their original terms, in accordance with the terms of this Constitution. In each case in accordance with the terms of this Constitution. However, the auditors committee elected under the previous EWF constitution shall cease to hold office with effect from 31 December 2023.

13.2 Official languages - The official language of the EWF will be English.

13.2.1 All documents or communications to the EWF will be in English.

13.2.2 The official Congress language is English.

13.2.3 The Constitution and Rules will be published in English. Minutes, reports and other communications from the EWF will be published in English and in any other language specified by the Executive Board.

13.2.4 In the event of any difference in interpretation of any text, the English version will prevail.

13.3 Legal representation - The EWF will be legally represented by the President jointly with any elected member of the Executive Board. The Executive Board may decide from time to time as a matter of internal policy that only specified elected members of the Executive Board will exercise this power.

13.3.1 The legal representatives must not have a conflict of interest in respect of the issue at hand. If the President is incapacitated or conflicted for any reason, one of the Vice-Presidents will replace the President for these purposes. If any elected member of the Executive Board is conflicted for any reason, another (non-conflicted) elected member of the Executive Board will replace that conflicted member for these purposes.

13.3.2 The legal representatives may grant powers of attorney to other designated persons, which may be restricted or qualified as set out in the power of attorney in question.

13.3.3 Any contract in the name of the EWF that is signed by the legal representatives or by persons holding a relevant power of attorney will bind the EWF.

13.4 Amendments to the Constitution and Rules

13.4.1 Subject to Article 13.4.3, This Constitution may only be amended, added to or repealed by a motion passed by a Special Majority at a meeting of Congress.

13.4.1.1 The Rules of This Constitution may only be amended, added to or repealed by a motion passed by a simple Majority at a meeting of Congress.

13.4.2 Notice of a proposal to amend this Constitution must be given by a NF Member or the Executive Board to the General Secretary no later than:

13.4.2.1 ninety (90) days prior to an Ordinary Congress meeting, or

13.4.2.2 the date on which a request is made to call an Extraordinary Congress meeting to consider the proposal.

13.4.3 Amendments to this Constitution may be made by the Executive Board to correct typographical or clerical errors or for reasons of grammar.

13.5 Notifications and time-limits.

13.5.1 Any notification to be given under this Constitution by a person (Notifying Party) will be sufficiently given to the party to whom the notice is required to be sent (Receiving Party) if it is given in writing and signed or authorized by an authorized person of the Notifying Party and delivered by one of the following means to the Receiving Party:

13.5.1.1 by post to the last known address of the Receiving Party;

13.5.1.2 by personal delivery, including by courier, to the published physical address of the Receiving Party.

13.5.1.3 by electronic mail or other electronic means of communication, to the published email or other electronic address of the Receiving Party;

13.5.1.4 by facsimile to the published facsimile number of the Receiving Party.

13.5.2 Any time-limits stated in this Constitution will begin on the day on which the notification by the Notifying Party is sent. Official holidays and non-working days are included in the calculation of time-limits, save that if the last day of the time-limit falls on an official holiday or non-working day in the Country where the party who is subject to the time-limit resides, then the last day of the time-limit will be deemed to be the next working day. A time-limit will be deemed to have been met if the notification is received before midnight Central European Standard Time on the last day of the specified time limit.

13.6 TELEVISION - The EWF is the exclusive owner of the TV broadcasting, marketing, internet broadcasting (web casting), post event production of video recordings and advertising rights and all other multimedia coverage of the European Championships and other events organized and controlled by the EWF.

13.6.1 To obtain these rights or part of these rights, a fee must be paid to the EWF. The president will choose a delegation from among the executive board members, who will conduct negotiations on the broadcasting fees.

13.6.2 Member Federations wishing to host the European Senior Championships must guarantee and be able to demonstrate in writing within their bid submission that they have secured the host broadcast coverage and origination of the international television signal according to the standards of the EWF as detailed.

13.6.3 The European Championships may not be held in conjunction with other competitions.

13.6.4 Should any action of a Member Federation, Association or Union of the European Weightlifting Federation (EWF) for whatsoever reason, including doping violations according to the codes, Rules and Regulations of the International Weightlifting Federation (IWF) and/or the World Anti-Doping Agency (WADA), be a result either directly or indirectly of a financial loss to the EWF including but not limited to its television and/or sponsorship revenues, such Member Federation, Association or Union shall reimburse the EWF for all and any such financial loss and associated costs including legal costs.

Until the costs equating to the EWF's financial loss have not been paid in full to the EWF by the chargeable Member Federation, Association or Union, the EWF shall have the right to suspend such Member Federation, Association or Union including its athletes, coaches and officials from participating in and/or attending any European Weightlifting Championship and competition organized and/or approved by the EWF.

13.7 RECOGNITION - For special merits sporting awards may be awarded to persons for services to the sport of weightlifting within the EWF.

See **APPENDIX 3**.

13.7.1 HONORARY MEMBERS - The Executive Board may honour former Vice Presidents, General Secretaries or Executive Board Members and Committee Members for their work within the EWF by bestowing the following titles upon them: **“Honorary Life Vice President”, “Honorary General Secretary” or “Honorary Member” of the E.W.F.**

13.7.2.1 Honorary Vice Presidents, General Secretaries and/or Members may participate in the EWF Congress by invitation of the EWF Executive Board and may attend Executive Board meetings in a consultative capacity with no voting rights.

13.7.2.2 The outgoing President of the EWF shall automatically become Honorary Life President and may attend the Executive Board meetings with no voting right.

13.8 Savings clause

13.8.1 Where a matter arises for which provision has not been made in the Constitution or the Rules, the Executive Board may provide for the matter as it deems appropriate.

13.8.2 If any provision of this Constitution is determined to be unlawful or unenforceable for any reason, the remainder of this Constitution will remain intact and enforceable.

APPENDIX 1 - LIST OF NF MEMBERS OF THE EWF

MEMBER FEDERATIONS of EUROPEAN WEIGHTLIFTING FEDERATION

Member Code *Status

FULL MEMBERS

ALBANIA	ALB	FM
ARMENIA	ARM	FM
AUSTRIA	AUT	FM
AZERBAIJAN	AZE	FM
BELARUS	BLR	FM
BELGIUM	BEL	FM
BOSNIA AND HERZEGOVINA	BIH	FM
BULGARIA	BUL	FM
CROATIA	CRO	FM
CYPRUS	CYP	FM
CZECH REPUBLIC	CZE	FM
DENMARK	DEN	FM
ESTONIA	EST	FM
FINLAND	FIN	FM
FRANCE	FRA	FM
GEORGIA	GEO	FM
GERMANY	GER	FM
GREAT BRITAIN	GBR	FM
GREECE	GRE	FM
HUNGARY	HUN	FM
ICELAND	ISL	FM
IRELAND	IRL	FM
ISRAEL	ISR	FM
ITALY	ITA	FM
KOSOVO	KOS	FM
LATVIA	LAT	FM
LITHUANIA	LTU	FM
LUXEMBOURG	LUX	FM
MALTA	MLT	FM
MONACO	MON	FM
NETHERLANDS	NED	FM
NORWAY	NOR	FM
POLAND	POL	FM
PORTUGAL	POR	FM
MOLDOVA	MDA	FM
ROMANIA	ROU	FM
RUSSIA	RUS	FM
SAN MARINO	SMR	FM
SERBIA	SRB	FM
SLOVAKIA	SVK	FM

SLOVENIA	SLO	FM
SPAIN	ESP	FM
SWEDEN	SWE	FM
SWITZERLAND	SUI	FM
TURKEY	TUR	FM
UKRAINE	UKR	FM

Affiliated	MEMBERS
NORTHERN IRELAND	NIR AM
SCOTLAND	SCO AM
WALES	WAL AM

Temporarily Suspended (*TS): IWF membership can be temporarily suspended in case a Member Federation fails to fulfil the obligations defined in IWF Constitution and By-laws.

APPENDIX 2
EMBLEM OF THE EUROPEAN WEIGHTLIFTING FEDERATION



**EUROPEAN WEIGHTLIFTING
FEDERATION**

APPENDIX 3

EUROPEAN WEIGHTLIFTING FEDERATION SPORTING COLLARS

TITLE I

General Provisions

Article. 1 These regulations govern the granting of the European Weightlifting Federation (EWF) sporting honours in favour of National Federations, Officials, Coaches, Athletes and Technical Officials affiliated to the EWF.

For special merits acquired, sporting awards may also be granted to persons not affiliated to the EWF.

Article. 2 The honours granted by the EWF to the person and organizations as per article. 1 of the present Regulations are:

- *Gold Collar for sporting merit*
- *Gold Star for sporting merit*
- *Silver Star for sporting merit*
- *Bronze Star for sporting merit*

Article. 3

a) Procedures for the granting of honours and awards are governed on a case-by-case basis by the EWF executive at the suggestion of the President.

b) The recipients of the “Gold Collar for sporting merit” may not receive other honours equal to or below that already awarded.

TITLE II

Article 4 The *‘Gold Collars for sporting merit’* may be awarded to

a) Athletes that have won an Olympic title.

b) Sporting Officials and Coaches that have honoured the sport of weightlifting for over forty years.

c) National Federations that have been established for at least one hundred years and that are still active when the honour is proposed.

Article 5 In addition to the possibilities of article 4, the President may propose to the EWF Executive Board the awarding of the “Gold Collar for sporting merit” to a person or organization, European or otherwise, that has particularly distinguished himself/itself in the promotion and spread of sporting and Olympic ideals.

Article 6 The “Gold Collar for sporting merit” honour may be awarded only once during one’s sporting career. Should the recipients repeat a performance as per Article 4 (a) above in future years, they shall receive a special “Honorary Diploma”.

Article 7 In addition to the “Gold collar for sporting merit” Award, the EWF gives the award winner a Diploma with the name, date of issue and Diploma order number.

Article 8 The “Gold Star” Award may be awarded to:

- EWF Honorary President.
- Members of the EWF Executive Board.
- National Sports Officials and Coaches who have honoured the sport of weightlifting for thirty years.
- Sport federations that have been in existence for at least fifty years and are still active when the Award is proposed.

- Technical Official Category One that have officiated in more than one Olympic Games.

Article 9 In addition to the “Gold Star” Award, the award winner is given a Diploma with the name, date of issue and Diploma order number.

Article 10 The “Gold Star” Award may be awarded only once during one’s sporting career. Should the recipients repeat a condition in future years, they shall receive a special “Honorary Diploma”.

Article 11 The “Silver Star” Award may be awarded to:

- President of National Federations with at least eight consecutive years in office.
- Coaches of athletes that have won an Olympic Games Title.
- Technical Official Category One who has officiated at an Olympics Games.

Article 12 In addition to the “Silver Star” Award, the award winner is given a Diploma with the name, date of issue and Diploma order number.

Article 13 The “Bronze Star” honours may be awarded to:

- The newly elected President of National Federations.
- Technical Official Category One.
- Researchers who distinguish themselves with specific studies of the subject of weightlifting.
- Journalist or media that popularize the sport of weightlifting in a continuous and knowledgeable manner.

Article 14 In addition to the “Bronze Star” Award, the award winner is given a Diploma with the name, date of issue and Diploma order number.

TITLE III

Article 15 EWF sporting awards may awarded exclusively during the EWF Congress or European Championships.

Article 16 The granting of sporting award may be revoked by EWF Executive Board upon the recommendation of the President if facts emerge that demonstrate and incompatibility between the conduct of the recipient and sporting and common moral principles.

EUROPEAN WEIGHTLIFTING FEDERATION



EUROPEAN WEIGHTLIFTING
FEDERATION

Candidate Eligibility Rules

Candidate Eligibility Rules

1. A Full Member authorised by the Constitution to nominate a candidate for election to any of the positions on the Executive Board and the committees described in **article 5.1 and part 8** to the constitution, may only nominate a person as a candidate in each instance, where the candidate meets and satisfies each of the following criteria:

1.1 That, in the reasonable opinion and belief of the nominating Full Member (such reasonable opinion and belief which is formed by the Full Member only after the Full Member has conducted all reasonable due diligence and inquiry in relation to the candidate):

(a) None of the Disqualifying Circumstances apply to the person.

(b) The person is not bankrupt, whether under the laws of the Country or Sport Country that the person is a Citizen of, or anywhere else.

(c) The person is not a Mentally Incapacitated Person.

(d) The person is not an employee of the European Weightlifting Federation.

(e) The person has not, at any time whatsoever, been or is convicted of an offence which is punishable by a period of imprisonment of four (4) years or greater, whether or not that person was convicted of that offence by a court or tribunal of competent jurisdiction in the Country or Sport Country of which the person is a Citizen, or by a court or tribunal of any other Country or Sport Country.

(f) The person has not, at any time whatsoever, been charged with, or convicted of any offence whatsoever relating to or concerning a child or a minor.

(g) The person is not and has not at any time within the last five (5) years been disqualified or banned from being a director of a corporation, or being involved with the management of a corporation, as a result of any decision made by any court, tribunal or authority with competent jurisdiction, whether of the Country or Sport Country of which the person is a Citizen, or otherwise.

(h) If the person is serving any period of ineligibility (including any provisional suspension) for any breach of any rules of the Sport, including any rules relating to ethics and conduct; where the decision has been made by a competent body; and where the person has exhausted their available appeal rights to CAS or any other court, tribunal or other independent body with jurisdiction.

(i) The person is not, and has not at any time in the last five (5) years, served any period of ineligibility (including any provisional suspension) longer than twelve (12) months,

imposed for any for any breach of any rules of the Sport, including any rules relating to ethics and conduct.

(j) If the person is serving any period of ineligibility (including any provisional suspension) for any breach of any rules of any other sport besides the Sport, including any rules relating to ethics and conduct; where the decision has been made by a competent body; and where the person has exhausted their available appeal rights to CAS or any other court, tribunal or other independent body with jurisdiction.

(k) The person has not, over the past 10 years, been determined by the CAS, or any court, tribunal or other body with jurisdiction, as being guilty of any Anti-Doping Rule Violation, regardless as to whether that Anti-Doping Rule Violation relates to the Sport, and regardless as to whether or not the person has already served the whole of the sanction imposed on the person as a consequence of being found to have committed that Anti-Doping Rule Violation.

(l) The person has not been deprived of their civil rights by a proper application of any applicable law.

(m) The person is a fit and proper person to be an Executive Board Member or an EWF committee member.

EUROPEAN WEIGHTLIFTING FEDERATION



EUROPEAN WEIGHTLIFTING
FEDERATION

Candidate Nomination Rules

Candidate Nomination Rules

The rules which are set out in these Candidate Nomination Rules apply in relation to any nomination made, of any candidate in any election or process which the Constitution states that these rules apply in respect of. The Executive Board may make additional rules and by-laws in relation to such nominations, provided always that those rules and by-laws are not inconsistent with the provisions of the Constitution and these Candidate Nomination Rules.

1. Nominations must be made in writing in a form approved by the Executive Board subject to the requirements of the Constitution and these Candidate Nomination Rules.

2. The deadline for the lodgement, of any and all nominations made in accordance to, any provision of the Constitution and these Candidate Nomination Rules, is 5:00 pm in Lausanne, Switzerland on the date which is ninety (90) days before the date on which the subject Electoral Congress will commence.

3. Nominations may be delivered to the European Weightlifting Federation by any of the same means that **article 13.5 to the constitution** permits the Federation to give a notice to a National Federation Member.

The deemed dates and times at which notice is considered to be given, which are set out in **article 13.5 to the constitution**, shall apply as if set out herein this rule (with the necessary modifications having been made) for the purpose of calculating whether or not a nomination has been made within the stated deadline provided for in **section 2 of these Candidate Nomination Rules**.

4. A nomination made in accordance with **rule 1 of these Candidate Nomination Rules** must be signed and dated by:

(Where the nomination is made by a Full Member):

(a) The President of the nominating Full Member if the nomination is made by a Full Member.

(b) Countersigned by the General Secretary or equivalent of the Full Member if made by a Full Member.

(c) The nominated candidate, if the nomination is made by a Full Member; and

(d) A Full Member that is entitled and eligible under the Constitution to make that nomination.

5. Where the nomination is made in accordance with **rules 4(a) to 4(c) of these Candidate Nomination Rules**, the President, and the General Secretary of the nominating Full

Member each must make a signed declaration on the nomination form that the nominating Full Member is:

- (a) A Member in Good Standing.
- (b) Eligible under the Constitution, to make the nomination.
- (c) Not, to the best of the knowledge and understanding of each signatory, in breach of any provision of this Constitution, where a breach of that provision would have the consequence of the nominating Full Member being ineligible to make the nomination.

6. Where the nomination is made in accordance with **rules 4(a) to 4(c) of these Candidate Nomination Rules**, the President, and the General Secretary of the nominating Full Member each must make a signed declaration on the nomination form, that the nominated candidate:

- (a) Satisfies the Candidate Eligibility Rules and each of the Candidate Eligibility Rules.
- (b) Is a fit and proper person to be an Executive Board Member, in the event that the person becomes an Executive Board Member.
- (c) Is a fit and proper person to become an EWF Committee Member, in the event that the person becomes an EWF Committee Member.
- (d) Is eligible for election by this constitution.
- (e) Is not disqualified for any reason that disqualifies him from holding a position in the EWF Federation.
- (f) Is affiliated to the nominating Full Member.
- (g) Is a Citizen of the same Country, that the Full Member is the National Federation of the Sport for.

7. The subject candidate must make a signed declaration on the nomination form, that in respect of their nomination, the subject candidate declares they:

- (a) Do satisfy the Candidate Eligibility Rules and each of the Candidate Eligibility Rules.
- (b) Are a fit and proper person to be an Executive Board Member, in the event that the person becomes an Executive Board Member, and that to the best of the candidate's knowledge, there is no fact, matter or circumstance that exists, which would reasonably cause the Vetting Panel or any other person to conclude that the candidate is not such a fit and proper person.
- (c) Are a fit and proper person to be an EWF Committee Member, in the event that the person becomes an EWF Committee Member, and that to the best of the candidate's knowledge, there is no fact, matter or circumstance that exists, which would reasonably cause the Eligibility Determination Panel or any other person to conclude that the candidate is not such a fit and proper person.
- (d) Are eligible for election by the EWF constitution.
- (e) Are not disqualified for any reason that disqualifies him from holding a position in the EWF Federation.
- (f) Are affiliated to the nominating Full Member.
- (g) Are a Citizen of the same Country, that the Full Member is the National Federation of the Sport for.

8. A nomination made in accordance with these Candidate Nomination Rules must:

(a) Include all details of the full name, full residential address, date and place of birth, Citizenship, telephone number, mobile telephone number and email address of the candidate.

(b) Certified copies of any documents relied on by a nominating Full Member to prove the truth and the accuracy of the matters declared by any nominating Full Member (through its President and the General Secretary) in accordance with **rule 4 of these Candidate Nomination Rules**.

(c) Certified copies of any documents relied on by a nominated candidate to prove the truth and the accuracy of the matters declared about a nominated person in accordance with these Candidate Nomination Rules.

(d) A written consent and waiver signed by the nominated candidate, whereby the nominated candidate:

(1) Consents to the jurisdiction of the Vetting Panel and any decision, determination and adjudication of the Vetting Panel.

(2) Consents to the use of their personal data and information, and the waiver of their privacy and data protection rights, for the purpose of their nomination, the assessment and determination of their candidature by the Vetting Panel, any election conducted by the European Weightlifting Federation and any Electoral Congress, and for any related purpose.

(3) Acknowledges and agrees that they are bound by the Constitution for the purposes of their candidature, any election conducted by the European Weightlifting Federation and any Electoral Congress, and for any related purpose.

(4) Shall comply fully and in a timely manner with any request for further information or documents called for by the Vetting Panel in relation to the nomination of the nominated candidate.

9. A person may withdraw from a nomination for their candidacy at any time prior to a determination of eligibility being made by the Vetting Panel.

10. A Candidate may withdraw their candidacy at any time before the holding of the election in which that person is a Candidate.

EUROPEAN WEIGHTLIFTING FEDERATION



Election and Candidate Conduct Rules

Election and Candidate Conduct Rules

A. General

- 1.** These Election and Candidate Conduct Rules apply to all Candidates from the time that the person becomes a candidate, until the day after the conclusion of the Electoral Congress at which the person might be elected to the position or office that the person is a Candidate in an election in respect of.
- 2.** To the fullest extent possible, these Election and Candidate Conduct Rules also apply to any third party in respect of any dealings with a Candidate in the context of that person being a Candidate.
- 3.** These Election and Candidate Conduct Rules establish general and specific obligations which apply in relation to Electoral Congresses, elections conducted at Electoral Congresses, and the conduct of Candidates and other people in relation to the foregoing.
- 4.** The candidacy of each Candidate is always subject to that person being determined under the Constitution as being eligible to be a Candidate.

B. Overarching Obligations of Candidates

- 5.** Candidates must always and in all circumstances conduct themselves in accordance with the Federation's Governance Principles of:
 - (a) Democracy.
 - (b) Transparency.
 - (c) Accountability.
 - (d) Fair play.
 - (e) Sportspersonship; and
 - (f) Clean sport.
- 6.** Candidates must at all times comply with, and conduct themselves in accordance with the IWF Ethics and Disciplinary Code.
- 7.** A person must not accept any nomination to become a Candidate if the person knows that they will not be able to satisfy each of the requirements of the Candidate Eligibility Rules.
- 8.** A Candidate must not under any circumstances, or in any way, collaborate or collude with any other person, including any other Candidate, in connection with the defrauding or manipulation, or any conspiracy to defraud or manipulate the outcome of an election.

C. General Obligations of Candidates

- 9.** A Candidate may promote their candidacy provided that the Candidate does at all times do so in such a way which does not cause the Candidate to contravene the requirements of **Part B of these Election and Candidate Conduct Rules**.

10. A Candidate is entitled to promote their candidacy provided that the candidate does at all times act with the upmost honesty and dignity.

11. Under no circumstances may a Candidate conduct themselves, in relation to their candidacy, in a manner which is or could reasonably be construed to be:

(a) Disparaging, insulting or defamatory of any other Candidate, any National Federation Member from the International Weightlifting Federation or the Sport.

(b) Likely to cause harm to, or harm to the reputation and image of any other Candidate.

12. Under no circumstances may a Candidate publish any material or matter of any kind, in any place and through any medium, which:

(a) Unfair, dishonest, disrespectful, defamatory, insulting or disparaging of any person, any National Federation Member from the International Weightlifting Federation or the Sport.

(b) Contains information, statements or any other material of any kind which is knowingly false, misleading, deceptive, or intended to be misleading or deceptive.

D. Public Statements and Debates

13. A Candidate may speak publicly, give interviews and issue written statements and responses to questions provided that the candidate does at all times comply with these Election and Candidate Conduct Rules including in particular **Part B** and **Part C** hereof.

14. A Candidate may participate and engage in public forums, question and answer sessions, interview panels and debates provided that the Candidate does at all times comply with these Election and Candidate Conduct Rules including in particular **Part B** and **Part C** hereof.

E. Gifts and Related Matters

15. Subject to **Section 15 of this Part E**, a Candidate must not under any circumstances, regardless as to the circumstances or context, give or offer either directly or indirectly (either through any company, organisation or interposed entity associated with the Candidate, or otherwise), any gift or gratuity or payment or donation or incentive or advantage (or any promise of any of the foregoing, such promise which will be fulfilled at any future time) to any National Federation Member, Representative of any National Federation Member, any Executive Board Member, any EWF Commission Member or EWF Committee Member.

16. The prohibitions set out in **Section 15 of this Part E** do not apply in relation to gifts which are token in nature and which have no or negligible actual commercial value.

17. Any person may report to the EWF Secretariat and/or Vetting Panel any allegation that a Candidate or other person has breached their obligations specified in these Election and Candidate Conduct Rules.

18. The Vetting Panel shall have complete jurisdiction to consider the question of whether these Election and Candidate Conduct Rules have been breached by any person.

19. If any event where the Vetting Panel determines that it is comfortably satisfied that the Candidate or other person has breached their obligations under the Election and Candidate Conduct Rules the Vetting Panel may, depending on the seriousness of the breach:

- (a) Declare, in the case of a Candidate, that the Candidate is ineligible to stand for election in at the election(s) for which the Candidate has been nominated.
- (b) Issue a public reprimand to the Candidate or person.
- (c) Issue a caution to the Candidate or person; or
- (d) Take no action in the circumstances.

EUROPEAN WEIGHTLIFTING FEDERATION



EUROPEAN WEIGHTLIFTING
FEDERATION

EXECUTIVE BOARD RULES

EXECUTIVE BOARD RULES

TABLE OF CONTENTS

1. INTRODUCTION

2. MEETINGS OF THE EXECUTIVE BOARD

3. CONDUCTING EXECUTIVE BOARD BUSINESS OUTSIDE OF MEETINGS

4. VACANCIES

5. SUSPENSION OR REMOVAL OF AN EXECUTIVE BOARD MEMBER

6. APPEAL

1. INTRODUCTION

1.1 These Executive Board Rules, they supplement Part V of the Constitution, which establishes the composition and powers of the Executive Board and the duties of Executive Board members, and also includes certain basic provisions about Executive Board meetings.

1.2 These Executive Board Rules come into effect on 30/05/2023. From that date, they supersede any previous EWF rules covering the same subject-matter. They may be amended from time to time by the Executive Board in accordance with EWF constitution, subject to the ultimate authority of Congress.

1.3 These Executive Board Rules are governed by and will be interpreted in accordance with the Swiss law and the interpretation set out in the Constitution.

1.4 Unless otherwise stated, defined words and terms used in these Executive Board Rules have the meaning given to them in the Constitution.

1.5 In the case of any conflict between these Executive Board Rules and the Constitution, the Constitution will prevail.

2. MEETINGS OF THE EXECUTIVE BOARD

2.1 The Executive Board will meet at least three times each calendar year, on such dates and at such times and places as the President decides.

2.1.1 In addition, the President must call a meeting of the Executive Board within no more than 30 days if at least three elected Executive Board members submit a written request to do so.

2.1.2 Members will attend such meetings in person or (exceptionally) by teleconference or such similar communications equipment as allows all persons participating in the meeting to hear each other at the same time (Virtual Attendance).

2.1.3 Members may not send alternates to attend meetings in their place.

2.2 The agenda for a meeting of the Executive Board shall be set by the General Secretary in consultation with the President.

2.2.1 Any Executive Board member and any Committee chairperson may request the inclusion of items on the agenda at an Executive Board meeting. The Executive Board may by Special Majority amend the agenda for a meeting at any time, including during the meeting.

2.3 Notice of Executive Board meetings and an agenda should ordinarily be provided at least 30 days before they are held. However, where more urgent action is required, the President (or at least three elected Executive Board members) may call an emergency meeting at shorter notice (of not less than 12 hours, unless unanimously agreed by the Executive Board members then in office).

Such short notice will be delivered by the Secretary General as soon as practicable orally (in person or by telephone) and in writing (by email, facsimile or other available form of electronic communication). A meeting called on short notice may be attended by members by Virtual Attendance.

2.4 No business may be validly conducted at an Executive Board meeting unless a quorum is present (either in person or, if permitted, by Virtual Attendance).

For these purposes, a quorum is at least seven of the members of the Executive Board then in office and entitled to vote (including the President/Vice-President or General Secretary).

If there are less than seven members of the Executive Board who are entitled to vote in office at the relevant time, then the quorum is 50% plus one of the members of the Executive Board then in office who are entitled to vote.

2.5 The President will chair meetings of the Executive Board. If the President is unavailable for an Executive Board meeting, the General Secretary will chair the meeting. If the General Secretary is not available, the members of the Executive Board in attendance at the meeting will appoint a chairperson for the meeting from among its members.

2.6 Meetings of the Executive Board are not public, but the President may invite third parties to attend all or part of such meetings, subject to such confidentiality protections as the President may deem appropriate.

2.7 Voting:

(a) Each Executive Board member present (in person or by Virtual Attendance) at an Executive Board meeting will have one vote on each motion, Executive Board members may not cast a vote on any matter in respect of which they have a conflict of interest. Voting by proxy or by letter is not permitted.

(b) In the event of a dispute as to whether an Executive Board member has a conflict of interest, if the dispute arises before an Executive Board meeting it will be resolved as set out in the IWF EDC (Ethics and Disciplinary Commission).

If the dispute arises at the Executive Board meeting, it will be resolved by decision of the Executive Board.

(c) Voting will be conducted by voice, or (if requested by any Executive Board member) by a show of hands, or (if so resolved by Special Majority) by ballot or by secret ballot.

(d) Unless otherwise specified in the Constitution or these Rules, motions of the Executive Board require a Simple Majority in order to be passed.

In such cases, in the event of a tie in votes, the chairperson will have a deciding vote.

2.8 The General Secretary or their delegate will take minutes of each meeting of the Executive Board, noting the names of the persons present and all motions considered and all motions passed at the meeting. The minutes will be finalised by the chairperson and sent to Executive Board members within a month of the meeting. Any amendments to the minutes proposed by an Executive Board member who was present at the meeting in question will be discussed at the next meeting of the Executive Board and any agreed amendments will be noted accordingly. Once agreed, minutes of Executive Board meetings (or a summary thereof) will be published and distributed, including to National Federation Members, in the manner required by the Constitution.

3. CONDUCTING EXECUTIVE BOARD BUSINESS OUTSIDE OF MEETINGS

3.1 If all members of the Executive Board then in office and entitled to vote agree unanimously, any business that could have been conducted at an Executive Board meeting may be considered and voted upon by email, facsimile or other available form of electronic communication, without a meeting of the Executive Board having to be convened.

3.2 A motion in writing that is signed or consented to by email, facsimile or other forms of electronic communication by all of the members of the Executive Board then in office and entitled to vote will be valid as if it had been passed at a meeting of the Executive Board. Any such motion may consist of several documents in the same form, each signed or consented to by one or more of the Executive Board members.

4. VACANCIES

4.1 The office of an Executive Board member will automatically become vacant if that member:

- (a) dies.
- (b) becomes incapacitated such that they cannot fulfil their duties as member.
- (c) resigns from office (to be effective, such resignation must be in writing).
- (d) ceases to be Eligible.
- (e) is removed from office in accordance with Rule 5.
- (f) fails to attend three consecutive meetings of the Executive Board in circumstances that the Executive Board decides by Simple Majority are not justified.

4.2 If a vacancy arises on the Executive Board, it will be filled as follows:

- (a) If the vacant position is the position of President, the Vice-President will become the interim President, and will exercise all of the powers and fulfil all of the responsibilities of the President under the Constitution and the Rules until Congress appoints a person to fill the vacancy. The Executive Board must call an Extraordinary Congress meeting for that purpose, unless the next Congress meeting is less than six months away.
- (b) If the vacant position is the position of Vice-President, then the remaining members of the Executive Board will appoint one of their number (other than the Secretary General) to serve as Vice-President until a replacement Vice-President is elected at the next Congress meeting.
- (c) If the vacant position is any other position (including as a result of application of the foregoing provisions of this Rule 4.2), the Executive Board may invite NF Members to nominate candidates and choose one such candidate to fill the vacancy until a replacement is elected at the next Congress meeting, or else the position may be left remain vacant until a replacement is elected at the next Congress meeting.

5. SUSPENSION OR REMOVAL OF AN EXECUTIVE BOARD MEMBER

5.1 By motion passed by Special Majority, the Executive Board may suspend an Executive Board member from office where that member:

(a) is under investigation for or is charged with commission of a criminal or a disciplinary offence, such as violation of the IWF Integrity Code or breach of the rules of an National Federation Member; or

(b) is, in the Executive Board's opinion, in breach of one or more of their duties under the Constitution.

5.2 The Executive Board may make a suspension imposed pursuant to Rule 5.1 subject to such terms and conditions as it considers appropriate.

Where such suspension is triggered by an investigation or charges, it will remain in place pending resolution of the investigation or charges.

Otherwise, however, it will remain in place for no longer than 12 months, unless the Executive Board extends it (by motion passed by a Special Majority) until the next Ordinary Congress meeting.

5.3 By motion passed by Special Majority, the Executive Board may remove an Executive Board member from office before the end of their term:

(a) for serious or repeated or persistent breach of their duties under the Constitution, and/or

(b) for failure to meet the conditions that the Executive Board has imposed for lifting of a suspension under Rule 5.2 by the deadline specified by the Executive Board.

5.4 Before suspending or removing an Executive Board member under this Rule 5, the Executive Board will provide that member with:

(a) written notice of the proposed suspension or removal, including the grounds for such proposal; and

(b) the opportunity to make submissions to the Executive Board within a reasonable period (not less than 48 hours) as to why the proposed suspension or removal should not be carried out.

5.5 If an Executive Board member who is removed or suspended from the Executive Board of the IWF is also a member of the EWF Board, they will automatically be removed or suspended (as applicable) from that position as well.

5.6 Nothing in this Rule 5 limits or prejudices any other powers that exist under the Constitution or the Rules to suspend or remove Executive Board members from office.

6. APPEAL

An Executive Board member who is removed or suspended from office before the end of their term may appeal that removal or suspension to the **Ethics and Disciplinary Commission of the International Weightlifting Federation**.

EUROPEAN WEIGHTLIFTING FEDERATION



RULES OF CONGRESS and ELECTION

RULES OF CONGRESS and ELECTION

TABLE OF CONTENTS

PART I GENERAL PROVISIONS

- 1. Introduction**
- 2. Attendees and Observers**
- 3. Publicity**
- 4. Notice of Ordinary Congress meeting**
- 5. Agenda and handbook for Ordinary Congress meeting**
- 6. Call and notice of an Extraordinary Congress meeting**
- 7. Quorum for Congress meetings**
- 8. Chairperson**
- 9. Running order**
- 10. Voting on motions**
- 11. Errors**
- 12. Minutes**

PART 2 ELECTIONS

- 13. Nominations for election**
- 14. Conduct of elections**
- 15. Elections**

PART I GENERAL PROVISIONS

1. Introduction

1.1 These Rules of Congress have been adopted at the Congress meeting taking place in Armenia and may be amended from time to time by the Executive Board, subject to the ultimate authority of Congress.

They supplement Part IV of the Constitution, which establishes the composition and powers of Congress and also includes certain basic provisions about Congress meetings, delegates at Congress meetings, and voting at Congress meetings.

In case of any conflict between these Rules of Congress and the Constitution, the Constitution will prevail.

1.2 These Rules of Congress will be effective from 30/05/2023. From that date, they supersede any previous EWF rules covering the same subject-matter.

1.3 These Rules of Congress are governed by and will be interpreted in accordance with the Swiss law and the rules of interpretation set out in Appendix 1 of the Constitution.

1.4 Unless otherwise stated, defined words and terms used in these Rules bear the meaning given to them in the Constitution.

2. Attendees and Observers

2.1 Executive Board members will have the right to attend and speak at meetings of Congress.

2.2 The chairpersons of each of the EWF Committees will have the right to attend and speak at meetings of Congress.

2.3 The following persons may attend Congress meetings as Observers:

(a) Honorary Presidents and Honorary Members.

(b) chairpersons and other members of the Committees.

(c) up to two representatives of each provisional NF Member and each Extraordinary Member.

(d) other EWF Staff, if requested by the General Secretary.

(e) the Auditor.

(f) persons who are candidates for election to the Executive Board who are not otherwise entitled to attend an Election Congress in another capacity, and

(g) other persons invited by the Executive Board or the President, which may include advisors to the EWF.

2.4 Observers

(a) may speak at meetings of Congress only with the permission of the chairperson of Congress meeting (but during an Election Congress meeting no candidate for election may speak about themselves as a candidate, or request or permit any other person to speak in support of or against a person who is a candidate, other than as provided below); and

(b) will have no right to vote.

3. Publicity

3.1 Meetings of Congress are generally open to the public. Congress may however decide at any time by Simple Majority to close all or part of the meeting to the public, and whether and in what form to report the results of the closed session.

3.2 If the Congress meeting is open to the public, the Secretary General may permit any person to attend, provided they meet any registration requirements. Such persons may not speak or vote at the meeting.

4. Notice of Ordinary Congress meeting

4.1 The General Secretary will give written notice of not less than 120 days of each Ordinary Congress meeting to all NF Members and others entitled to attend. Such notice will include:

(a) the date, time and venue of the meeting.

(b) registration forms and the date by which the registration forms must be returned (completed and signed by an authorised representative) to the General Secretary, registering the NF Member's delegates or the Observers (as applicable) for the meeting (being at least 90 days prior to the Ordinary Congress meeting).

(c) motion forms and the date by which any proposed motions and other items of business of Congress must be submitted by full NF Members to the Secretary General (being at least ninety (90) days prior to the Ordinary Congress meeting); and

(d) if an Election Congress meeting, the positions to be elected, and the date by which nominations for such positions by full NF Members must be received by the General Secretary (being at least 90 days prior to the Election Congress meeting),

and may also include a provisional agenda fixed by the Executive Board.

5. Agenda for Ordinary Congress meeting

5.1 The Executive Board will fix the final agenda for the Ordinary Congress meeting, stating the nature of business to be transacted there.

5.2 The agenda will be sent by the General Secretary to the NF Members and registered Observers no less than thirty (30) days before the meeting.

5.2.1 The agenda will include the following:

(a) the annual Executive Board report, including the audited financial statements and Auditor's report for the preceding financial year.

(b) the annual reports from each of the EWF comities and commissions.

- (c) any motion(s) proposing to amend the Constitution or to approve Reserved Rules or to amend or annul other Rules.
- (d) a list of persons who have been nominated to stand in any election(s) to be conducted at the meeting.
- (e) The affiliation of new members.
- (f) Awards, honours, distinctions.
- (g) details of the voting rights of each full NF Member at the meeting; and
- (h) any other items of business that have been properly submitted in accordance with the Constitution for consideration at the meeting.

5.3 Subject to Rule 5.4, any matter that is not included in the agenda sent to the NF Members in accordance with Rule 5.2 may only be considered and voted upon at the meeting if agreed by motion passed by Special Majority of the congress.

5.4 Motions to amend the Constitution, to approve, amend or annul Rules, to set membership fees, or to dissolve the EWF or merge it with another association, may only be discussed and voted on at a meeting of Congress (whether in their original form or in the form of an amendment that has been agreed by motion passed by the requisite majority at the Congress meeting) if they have been submitted before the set deadline and included in the final agenda distributed in accordance with Rule 5.2. Otherwise, such motions will be included in the agenda of the next Congress meeting.

6. Call and notice of an Extraordinary Congress meeting

6.1 A written request to call an Extraordinary Congress meeting is to be sent to the General Secretary and must state:

- (a) the specific purpose for which the Extraordinary Congress meeting is being called; and
- (b) the specific motion(s) on which the NF Members will be asked to vote.

6.2 On receipt of a request to call an Extraordinary Congress meeting, the Executive Board will fix without delay the date and venue for such meeting. The date fixed must be no less than Sixty (60) days and no more than ninety (90) days after receipt of the request.

6.3 The General Secretary will give notice of not less than 60 days to all NF Members and others entitled to attend the Extraordinary Congress meeting of:

- (a) the date, time and venue of the Extraordinary Congress meeting.
- (b) the specific purpose for which the meeting is being called and any proposed motion(s) that have been properly submitted for consideration; and
- (c) the date by which the registration forms enclosed with the notice for the registration of delegates or Observers (as applicable) must be received by the General Secretary, completed and signed by an authorised representative (which date will be no less than thirty (30) days prior to the date of the meeting).

6.4 The General Secretary will send an agenda for the Extraordinary Congress meeting to NF Members and registered Observers no less than fourteen (14) days before the date of the meeting. The agenda will be limited to the business for which the Extraordinary Congress meeting has been called.

7. Quorum for Congress meetings

7.1 No business will be transacted at any meeting of Congress unless a quorum is present at the time specified in the notice of the meeting for the start of the meeting and at all times during the meeting.

7.2 The quorum for a meeting of Congress will be voting delegates representing no less than one half of the total number of full NF Members in Good Standing and therefore holding a right to vote in accordance with the Constitution.

However, no decision may be taken on the amendment of the Constitution or on the dissolution or merger of the EWF unless voting delegates representing at least two-thirds of all such full NF Members are present at the time of the call for this item on the agenda.

7.3 If a quorum is not obtained within 30 minutes of the scheduled commencement time of the meeting of Congress, then the meeting will be adjourned to a later time on that day, or the next day, at a time and place determined by the Executive Board. If still no quorum is obtained at the adjourned Congress meeting, the members present at such adjourned Congress meeting are deemed to constitute a valid quorum.

8. Chairperson

8.1 Subject to Rule 8.2, the President will chair meetings of Congress. If the President is unavailable, the General Secretary will chair the meeting.

If the General Secretary is not available, the members of the Executive Board attending the meeting will elect a chairperson from among its members.

8.2 In an Election Congress, the chairperson of the Congress meeting will vacate the chair for the period of any election of a position for which they are seeking election.

For the period of such vacancy, the Vice-President will assume the chair, unless they are also seeking election for the same position, in which case the members of the Executive Board attending the meeting will elect a chairperson from among its members for that period.

8.3 The chairperson has control of the Congress meeting and will:

(a) preserve the order of the meeting, which may include removing any person from the meeting who is in breach of these Rules or the Constitution. If the person removed is the voting delegate of an NF Member, that NF Member will lose the right to vote at that meeting, even if it has another delegate present at the meeting.

(b) ensure the Constitution and these Rules are adhered to;

- (c) decide on any points of order or any other procedural matters in accordance with the Constitution and these Rules, including deciding on whether a motion has been properly made, who may speak in respect of a motion, and any time-limits on interventions; and
- (d) decide on any matter of procedure during a Congress meeting where the Constitution or these Rules make no provision or insufficient provision.

8.4 The decision of the chairperson on procedural matters at a Congress meeting is final and is not open to debate at the Congress meeting. Nor is it subject to any right of appeal or other challenge.

9. Running order

9.1 The order in which items on the agenda proceed at an Ordinary Congress meeting will be decided by the chairperson, but will usually be as follows:

- (a) Opening and welcome by the chairperson.
- (b) Roll call and announcement of voting delegates of the NF Members.
- (c) Approval of the minutes of the previous Ordinary Congress meeting and of any Extraordinary Congress meetings held in the intervening period.
- (d) If notified, motions relating to the admission, suspension, expulsion, or reinstatement of NF Members.
- (e) Second announcement of voting delegates (which will include any changes in membership resulting from Rule 9.1(d)).
- (f) Receipt and approval of the annual report of the Executive Board, which includes the audited financial statements and the Auditors' report for the preceding financial year.
- (g) Appointment of a three-person committee (the Election Committee) by Congress on the proposal of the chairperson, to ensure the correct conduct of elections.
- (h) Appointment of tellers by Congress on the proposal of the Executive Board, to assist in the distribution of ballots and counting of election votes (see Part II of these Rules of Congress).
- (i) Elections (if an Election Congress):
 - (1) President.
 - (2) General Secretary.
 - (3) The Treasurer
 - (4) Other Executive Board members.
 - (5) Committee members.
- (l) If an Ordinary Congress, motions addressing any vacancies.
- (m) Motions for the host of the next European Championships and for the host of the next Ordinary Congress.
- (n) If notified, motions proposing amendments to the Constitution.
- (o) If notified, motions seeking approval of Reserved Rules.
- (p) If notified, motions seeking amendment or annulment of any other Rules.
- (q) If notified, any other motions.

(r) Grants of Honorary Membership and/or Extraordinary Membership.

(s) Closing.

10. Voting on motions

10.1 Motions must be submitted as stipulated in the Constitution.

10.2 The correct conduct of voting on motions is the responsibility of the chairperson of the Congress meeting. The chairperson may conduct voting on motions by a show of hands or by a poll. If a vote is conducted by show of hands and the outcome is unclear, the vote will be conducted again but by poll. If five or more NF Members so request, voting on a motion will be conducted by poll. If NF Members so decide by Simple Majority, voting on a motion will be conducted by secret ballot.

10.3 To be valid and counted, a vote (a) must be cast by the voting delegate representing the NF Member in question, who must be present at the Congress meeting at the time of the vote; (b) may not be cast by proxy or by letter; (c) may not be an abstention, or left blank, or spoiled, or unintelligible.

10.4 Any objection to voting – e.g., that a person does not have right to vote, or that votes have been counted that should not have counted, or that votes that should have counted have not been counted – must be made at the meeting at which the vote was taken in order to be valid. The objection will be resolved by the chairperson, whose decision will be final and not subject to challenge.

11. Errors

11.1 Any irregularity, error or omission in notices, agendas, and/or relevant papers for a meeting of Congress or otherwise in the organisation of a meeting of Congress will not invalidate the meeting nor prevent Congress from considering the business of the meeting provided that:

(a) the chairperson of the meeting decides in his/her discretion that it is appropriate for the meeting to proceed despite the irregularity, error or omission; and

(b) a motion to proceed is carried by Special Majority.

12. Minutes

12.1 Video and/or audio recordings will be made of Congress meetings and retained by the EWF.

12.2 Minutes will be kept of each meeting of Congress and made available to all NF Members, attendees and Observers at the meeting within one month of the meeting.

12.3 Objections to the minutes must be raised in writing within one month of their publication. If no written objection is received by the General Secretary by that deadline, the minutes will be deemed approved. If any written objections are received by the General Secretary to the minutes by that deadline, they will be discussed at the next Congress.

PART II ELECTIONS

13. Nominations for election

13.1 Nominations for election must be submitted in accordance with Part 5 (Executive Board) and Part 8 (the committees) of the Constitution and Rule 4.1(d), above. They must be signed by the president or general secretary of the nominating NF Member, and must be accompanied by the written consent of the nominee.

13.2 The personal presence of a nominated candidate at the Election Congress meeting is desirable but is not mandatory.

13.3 If there is no nominated candidate for a particular position, the full NF Members present at the Election Congress meeting may nominate a candidate who is present at the Congress by a Special Majority and proceed with the election. If the candidate is elected, the Vetting Panel will vet the candidate as soon as possible after the Election Congress meeting to confirm his/her Eligibility.

13.4 If there is only one (1) candidate nominated for a position where there is only one (1) such position (such as the President, and the First Vice President), then that person polls at least a Simple Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum shall be declared elected.

13.5 If there is more than one (1) candidate nominated for a position where there is only one (1) such position, then:

(a) **President, General Secretary, Treasurer.** A candidate will be elected to these positions of President, General Secretary and Treasurer if the candidate polls at least a Simple Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum.

(b) **Any elected position other than President, General Secretary and Treasurer.** A candidate will be elected to any elected position other than President, General Secretary and Treasurer if the candidate polls a Relative Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum.

14. Conduct of elections

14.1 The correct conduct of elections is the responsibility of the Election Committee appointed by Congress upon the proposal of the chairperson of the Congress, with one member nominated as chairperson of the Election Committee.

14.2 Prior to the elections, (a) each candidate for election to the Executive Board who is present at the Congress meeting will be given an equal opportunity to make a presentation to Congress on their credentials and their vision and objectives for their term if elected; and

(b) thereafter the chairperson of the Election Committee will explain the voting procedures, including the criteria for a vote to be valid.

14.3 The elections will be conducted in the order stated in the agenda and in compliance with the Constitution and these Rules.

14.4 Elections will be conducted by secret ballot using ballot papers or electronic voting devices that have been certified for this purpose, save that if the number of candidates equals the number of positions to be filled, Congress may decide by Simple Majority to vote by a show of hands or by acclamation.

14.5 The voting system and the conduct of voting are to be checked and monitored by the tellers of the votes. If more ballot papers or electronic votes are returned than were distributed, the vote is invalid and a new vote will be held.

14.6 Votes by ballot will be counted confidentially by the Election Committee and the tellers of the votes.

14.7 The results of the election will be announced by the chairperson of the Election Committee, who will also sign the results sheets. No succeeding vote should take place until the result of the previous vote is known and announced. The number of votes polled for each candidate will be published on the EWF's website after the Election Congress meeting.

14.8 The signed result sheets will be preserved along with any ballot papers for 100 calendar days after the Election Congress meeting and then destroyed.

15. Elections

15.1 Executive Board:

- (a) The President is to be elected first.
- (b) The General Secretary is to be elected next.
- (c) The Treasurer is to be elected third.
- (d) The first Vice President.
- (e) The three vice Presidents.
- (f) Six Executive Board members.

EUROPEAN WEIGHTLIFTING FEDERATION



VOTING PROCEDURES AND RULES

VOTING PROCEDURES AND RULES

These Voting Procedures and Rules govern the conduct of elections conducted under the Constitution, at Electoral Congresses or otherwise, for all elections of Executive Board Members, EWF Commission Members and EWF Committee Members:

1. General and order of elections

1.1 The elections for positions on the Executive Board shall be conducted separately to the elections for the positions on EWF Committee. Further, the elections for positions on each EWF Committee shall also be conducted on a Committee-by-Committee basis.

1.2 Elections for positions on the Executive Board shall be conducted before the elections for positions on the EWF Committees.

1.3 As to the elections for positions on the various EWF Committees, those elections shall be conducted in the order appearing at **Part 8** of the Constitution.

1.4 As to the election of elected Executive Board Members, those elections will be conducted in the order of those positions appearing at **rule Article 5.1** of the Constitution.

2. Election Management

2.1 The Federation shall appoint an election management consultant (the **Election Manager**) that is approved by the Vetting committee, to conduct and manage all voting in all elections conducted by the Federation under the Constitution and these Voting Procedures and Rules.

2.2 The responsibility for the correct conduct of all elections shall lie with three (3) nominees of the Executive Board, the chairperson and two (2) other members. Among the three, the Executive Board must appoint at least one person with a legal education. **These three nominees will be the Electoral Commission.**

The Electoral Commission shall be the sole point of contact between the Federation and the Election Manager.

2.3 The Election Manager, under the supervision and scrutiny of the Electoral Commission, shall have the sole and exclusive responsibility for:

(a) the conduct of elections, including the confidential tallying of votes.

(b) the determination of valid and invalid votes.

(c) the announcement of results of each election; and

(d) any related matters.

2.4 The Election Manager shall be responsible for securely keeping and maintaining all records relating to the conduct of an election. The Election Manager shall be required to keep those records confidential and locked for a period of 180 days from the date that the results of the election were declared.

2.5 By this Constitution, the IWF Ethics and Disciplinary Commission is the exclusive and final dispute resolution chamber in respect of any dispute as to the results of any election and any related matters. Any dispute in respect of any such matter must be made within fourteen (14) days commencing from the day that the results of the subject election are announced.

3. Election Method

3.1 Elections shall be conducted by secret ballot.

3.2 An election may be conducted using ballot papers or any technological or electronic means certified by the Election Manager and approved by a Special Resolution of the Electoral Commission.

3.3 If There is only one (1) candidate nominated for a position where there is only one (1) such position (such as the President, General Secretary, Treasurer and the First Vice President), then that person polls at least a Simple Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum shall be declared elected.

3.4 If There is more than one (1) candidate nominated for a position where there is only one (1) such position, then:

3.4.1 President, General Secretary, Treasurer - a candidate will be elected to these positions of President and General Secretary Treasurer if the candidate polls at least a Simple Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum.

3.4.2 Any elected position other than President, General Secretary, Treasurer a candidate will be elected to any elected position other than President, General Secretary, Treasurer if the candidate polls a Relative Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum.

3.4.3 A ballot is taken in accordance with **article 3.4.2 of these Voting Procedures and Rules** and there is no candidate who polls a Simple Majority, then a second ballot will be conducted involving the two highest-polling candidates (including ties). The candidate who receives the highest number of votes eligible to be cast at that Congress by the Members who comprise the quorum shall be declared elected. In the event of a tie, a third ballot will be conducted in the same way, and if a tie is again the result then the person to be declared elected shall be decided by the candidates drawing lots.

3.4.4 There is an equal number of candidates nominated for positions in the same class, to the number of positions in that class which are the subject of the election (for example, where there are six (6) candidates nominated for six (6) Ordinary Executive Board Member positions), then a person that polls at least a Simple Majority of the votes eligible to be cast at that Congress by the Members who comprise the quorum shall be declared elected to one of those positions.

3.4.5 There is a greater number of candidates nominated for positions in the same class, compared to the number of positions in that class which are the subject of the election (for example, where there are fifteen (15) candidates nominated for six (6) Ordinary Executive Board Member positions), then the candidates equal to the number of available positions who poll the highest number of votes shall be declared elected. In the case of a tie for the last position in that class of positions (for example, a tie for the tenth (10th) and last Ordinary Executive Director Position) between two (2) or more candidates, then a second election shall be held, and the candidate polling the highest number of votes shall be declared elected to that position. In the event of another tie, a third ballot will be conducted in the same way, and if a tie is again the result then the person to be declared elected shall be decided by the candidates drawing lots.

EUROPEAN WEIGHTLIFTING FEDERATION



TECHNICAL AND COMPETITION RULES & REGULATIONS

TECHNICAL AND COMPETITION RULES & REGULATIONS

Supplement to the IWF TCRR

1 PARTICIPANTS

1.1 AGE GROUPS:

The EWF recognises the additional age groups:

- U23; 21 – 23
- U15; 13 – 15

EUROPEAN U23 WEIGHTLIFTING CHAMPIONSHIPS

The European U23 Weightlifting Championships are held annually in conjunction with the European Junior Championships.

Only those competitors who will be aged during the year of the Championships are held may compete.

- twenty-three (23) years old
- twenty-two (22) years old
- twenty-one (21) years old

EUROPEAN YOUTH U15 CHAMPIONSHIPS

The European Youth U15 Championships are held annually in conjunction with the European Youth U17 Championships.

Only those competitors who will be aged during the year of the Championships are held may compete.

- Fifteen (15) years old
- Fourteen (14) years old
- Thirteen (13) years old

Athletes aged 13-15 have the possibility to compete at the Youth or at the U15 European championships. It is mandatory to indicate in the Preliminary entry for what event is applying - Youth or U15.

2 VENUE, EQUIPMENT AND DOCUMENTS

2.1 Warm-up Area

2.1.1 Numbered warm-up platforms are allocated by the Competition Secretary (or appointed Referee) at the end of the weigh-in in accordance with the athlete start number. See section entitled "Guidelines".

2.2 Barbell (and Discs)

2.3 Competition Discs: In addition to the specifications in 3.3.3.6, the following shall also be provided for the equipment provided for the competition platform:

- Full size, 5 kg (white) discs.
- Full size, 2.5 kg (red) discs.

2.4 Athlete Bibs / Warm-up Pass - Athletes Bibs are worn for athlete identification during competition. Athletes bibs are supplied to athletes in each group indicating the athletes allocated start numbers.

At EWF Championships where the organizers using Technology with Information System that contains athletes' photos, Bibs are not required since the identification is achieved by a photograph of the lifter on the attempt board and protocol screen.

2.5 Technology and Information System (TIS) The TIS is a complex and integrated competition management application.

2.5.1 It is mandatory for the Host Federation to provide the following:

- A suitable screen for the projection of the competition protocol.
- High performance internet facility.

2.5.2 The Host Federation will provide Jury Monitoring video player and scoreboard.

2.5.3 After the introduction of the Athletes, Technical Officials and the Jury, the three referees shall check the Referee Light System to ensure its correct functioning of the "down signal" and the "decision lights".

2.6 Final Results Package - The Final Results Package produced either in hardcopy or electronic/ digital format is distributed to the delegations and all concerned parties at the end of the event and must contain:

- Timetable.
- Officials of the Championships.
- Results of Snatch, Clean and Jerk and Total.
- Team Classification
- Medallists
- Roly ranking
- New Records

3 PROCEEDING OF A EWF CHAMPIONSHIPS

3.1 EWF Entries / Step 1 (Day 45 from VFE Meeting).

3.1.1 Within these five days, the Member Federation is required to enter into the EWF Electronic Entry system a list of the athletes, coaches and associated team officials of the Member Federation who will be participating in the European Championships.

This includes all personnel who will definitely participate in the European Championships along with any personnel whose participation at this time is still uncertain/unconfirmed.

3.1.1.2 At the same time and within these same five days you are required to enter by way of the EWF Electronic Entry system the accommodation you require: specifically, the number and type of rooms you require together with the 'check in' and 'check out' dates for all members of your group including who will be sharing rooms.

3.1.1.3 At the same time you are required to provide passport photographs of all team personnel for the accreditation passes. In addition, in order to meet the criteria of the IWF TCRR, (6.2.2) you are required to provide a copy of the photograph page of your passport.

3.1.2 EWF Entries / Step 2 (Days 31 – 30 from VFE.)

3.1.2.1 During this 48-hour period your Federation must confirm the complete list of your participating athletes and team personnel. This is your opportunity (without any penalty) to change, correct, add or cancel any of the participating athletes you entered in Step 1 and also to correct and confirm the accommodation you require. Any missing photographs must also be provided at this time.

3.1.2.2 Based upon your corrected and confirmed submission on Day 30 – 31, the Organizers will calculate the accommodation, local transportation and accreditation costs for your Federation based upon the costs in the Championship Information Schedule.

3.1.3 Payment Regulations

3.1.3.1 EWF Executive Board Members do not pay for their transportation, accommodation (total of three days including one day prior to and one day after the Executive Board meeting) and accreditation, for European Championships, if the EWF Executive Board chooses to hold a meeting during the days of the competition.

If an Executive Board Member wishes to attend the competition after the Congress, they are required to pay for their accommodation unless they have also been appointed as a Technical Official for the Championships.

3.1.3.2 Technical Officials selected by the EWF (including Jury Members, Referees, Technical Controllers, Chief Marshall, Timekeeper and Doctors do not pay for their accommodation and do not pay for their Accreditation.

3.1.3.3 Members of the EWF Technical and Medical Committees who are not an appointed Technical Official pay for their accommodation but do not pay for their accreditation passes.

3.1.3.4 Delegates only attending the EWF Congress on must pay for their accommodation: Should they also wish to attend the Championships on and/or for any competitions following the Congress, they must also pay for the Accreditation Fee.

3.1.3.5 All participants with the exception of the EWF Competition Officials including Doctors and the Anti-Doping Officials and bona fide members of the media including journalists, photographers along with Radio and Television reporters and technicians do not pay the Accreditation Fee.

3.1.4 EWF Entries / Step 3 (Days 29 – 28 from VFE.)

3.1.4.1 In these three days the Member Federation will receive by email from the Host Federation Organization Committee, an official, stamped invoice back listing all of the costs for which the Member federation is responsible for payment.

3.1.4.2 If you disagree with any of the costs or calculations you must immediately inform the Organizers by email.

3.1.5 EWF Entries / Step 4 (Days 24 – 23 from VFE.)

3.1.5.1 During this 48-hour period your Member Federation is required to pay 100% of costs as detailed in the Invoice emailed to the Member Federation in the previous week.

3.1.5.2 This payment must be by bank transfer (in euros) directly to the Host Federation Organization Committee, the account details are shown in the Championships Information Schedule (Guidelines).

3.1.5.3 At the same time as you make the payment you are required to email to the Host Federation Organization Committee a copy of the bank transfer documentation confirming that the transfer has been made.

3.1.5.4 Please note that compliance with the procedures described above is obligatory for all Member Federations of the European Weightlifting Federation. Any failure to provide the required information and/or payment may result in the cancellation of your Federation's requested accommodation.

3.1.6 Cancellations, Additional Bookings & Changes.

3.1.6.1 Should you wish to cancel any room reservations after Day 23 from the VFE you must immediately contact the Organizers in writing (by email).

When the Organizers receive your cancellation request they will ask your hotel to re-sell the cancelled rooms: if they are successful in re-selling the room(s) the Organizers will refund your federation by bank transfer less the bank charges incurred in making the refund.

3.1.6.2 Accreditation Fees will also be refunded by the Organizers by bank transfer for any cancelled participants less the bank charges incurred in making the refund.

3.1.6.3 After Day 23 from the VFE, should you require any additional hotel rooms the Organizers will use their 'best efforts' to accommodate your additional team members in the same hotel as the other members of your team. However, this cannot be guaranteed. Between Day 22 and 9 from the VFE, all payments for additional accommodation must be paid by your Federation by bank transfer upon receipt of a supplementary Invoice from the Organizers which will also include the additional costs for local transportation and accreditation.

3.1.6.4 For any additional requests made after Day 9 from VFE, the accommodation, accreditation and local transportation costs must be paid upon arrival in cash as detailed on the supplementary invoice from the Organizers.

3.1.7 Important Notes

3.1.7.1 No accommodation is guaranteed until the full payment is received.

3.1.7.2 When your team arrives at the local Airport you will be transferred to your hotel via the Accreditation Centre where your Team Manager will be dropped off to verify that all payments have been made and to collect your team's accreditation cards.

Once your Team Manager has verified the accommodation list and collected the accreditation cards, he will be taken by minibus to your hotel with the room authorization to present to the hotel reception:

our intention is to achieve the process with your Team Manager within 30 minutes.

3.1.7.3 Any member of your team abusing or behaving improperly towards the Organizer's Accommodation & Accreditation team may have their personal accreditation card withheld.

4 COURSES of the COMPETITION

4.1 Combined Groups: At European Championships, when the B group of lifters are small, they may be combined together to make a larger group within different body weight categories.

4.1.1 This may happen whether the group are men or women and maybe combined.

4.1.2 In the case of a combined group of men and women, the women will compete in the snatch first followed by the men, then the women will compete in the clean and jerk followed by the men.

4.1.3 There will be no need for breaks between the two lifts, women and men.

4.2 Entering the platform:

4.2.1 During the course of the competition the Technical Controller checks the information of the scoreboard (correct lifter, attempt, weight, time, records) and allows the lifters to go on stage once the announcements are complete.

4.2.2 Break:

When there is six or less lifters in a group, then the break between the snatch and the clean and jerk shall be fifteen (15) minutes.

5 VICTORY CEREMONY

Upon the conclusion of the competition of each category, a Victory Ceremony is held according to the following procedure.

5.1 There will be a five minutes break from the completion of the last lift until the commencement of the Victory Ceremony. A podium with places for the three (3) medal winners is placed on the competition platform.

5.2 All the medal winners, the medal bearers and the officials presenting the medals march in and take their place on the stage. The medal winners line up behind the podium. The Medal Presenters will be selected by the EWF General Secretary or his delegate.

5.3 The Speaker introduces the official(s) presenting the medals. Medals are presented for the Total, Snatch, and the Clean & Jerk, in this order.

5.4 Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Total. The athletes mount the podium to receive their medal when they are called. After the Total medals have been presented, while the medallists are standing on the podium, the champion's national anthem is played and the national flags of the three winners are raised. On completion of the National Anthem, the athletes step back in their original position behind the platform.

5.5 Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Snatch. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).

5.6 Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners for the Clean & Jerk. The athletes mount the podium to receive their medal.

5.7 The medal bearers, the athletes and the officials march out.

5.8 The Victory Ceremony is carried out in due solemnity, the marching in and out done with musical accompaniment.

5.9 During the Victory Ceremony, medal winners cannot carry or use electronic devices onto the podium and cannot be accompanied by any other persons.

5.10 Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

6 TECHNICAL OFFICIALS

6.1 Selection of EWF Technical Official For European Championships, in addition to the criteria in the IWF TCRR, the following guidelines will be used:

- Senior Championships: 100 % Category 1 referees
- Junior/U 23 Championships: 25 % Category 2 referees
- U 15/U 17 Championships: 50 % Category 2 referees

6.1.1 Organizing Federations must have an extra advantage considering the number of Technical Officials.

6.1.2 Experienced Technical Officials will first be selected for roles such as Jury, TC and CM, especially for European Senior Championships. Special invitations may be provided as an opportunity to invite good and experienced Technical Officials even if they have not been nominated by their own Federation.

6.1.3 A wide representation including large and small Federations is desirable.

6.1.4 Women Technical Officials must have a special priority (at least 30 % women Technical Officials).

6.2 JURY

6.2.1 Withdraw from Competition:

At European U15 Championships; the jury has the power, after recommendation from the doctor on duty to stop an athlete from further attempts in the competition (because of, for instance, injury, black out).

6.3 Small competition discs:

6.3.1 There is no standard pattern for the small competition discs of 2.0, 1.5, 1.0 and 0.5 k made by the IWF approved Equipment manufacturers. For example, Eleiko Sport AB make two sets which can be named standard and friction discs.

The Jury shall take a decision on whether the small discs are placed inside or outside the collars.

6.3.2 Standards discs should be fitted inside the collars since there is a possibility of the disc sliding off the bar, if it is not secured by the collars. Friction discs are fitted with a clamp which secures the discs to the bar, and therefore can be placed outside the collar.

7 EWF RECORDS

7.1 The official website for Weightlifting Records of the European Weightlifting Federation is <https://ewf.sport/>.

7.2 It is the responsibility of the EWF General Secretary to update the EWF Records, this update is verified by EWF Technical Committee and EWF Legal Counsel.

7.3 European Records are rectified from successful records established at IWF Events and EWF Championships.

7.4 The Record Holder must be registered with the IWF ADAMS.

7.5 U15 athletes may set youth, junior, U23 and senior European records.

U15, Youth and Junior may set U23 and senior European records.

7.6 IWF TCRR 8.3, 8.4 and 8.5 shall prevail.

8. Minimum activity requirement - As stated in Article 3.3.5 of the Constitution, the EWF Executive Board must determine Minimum activity requirement for its members.

8.1 Full Member - Full member is required to participate in at least one of the five competitions organized by the EWF per year.

8.1.1 This rule will not apply to a Member Federation whose participation was prevented due to any penalty, sanction, or suspension.

8.2 Affiliated Member – Affiliate member must participate in at least one contest every 24 months.

8.2.1 This rule will not apply to a Member Federation whose participation was prevented due to any penalty, sanction, or suspension.

8.3 Provisional Member – Provisional Member is required to participate in at least one of the five competitions organized by the EWF per year.

8.4 Member Federations – Full Member, Affiliated Member and Provisional Member, must send to the EWF General Secretary copies of the results on completion of their domestic competitions and national championships at least once a year.

8.5 Member Federations – Full Member, Affiliated Member and Provisional Member, every year, no later than December 31, each member of federation must send the national activity schedule (The Calendar) for the following season.

EUROPEAN WEIGHTLIFTING FEDERATION



EUROPEAN WEIGHTLIFTING
FEDERATION

**Financial Schedule, financial expenses for
administrative and general expenses Rules**

Financial Schedule, financial expenses for administrative and general expenses Rules

1. Membership

National/Members Federation shall pay an annual membership fee of 500 Euros by 31st January of each year, as determined by the EWF Executive Board.

2. Championships

2.1 Tender Bid Fees for Championships:

Member Federation organising the EWF's European Championships shall pay the following fees determined by EWF Executive Board.

European Senior Championships € 12,500

European Junior and Under 23 years old Championships € 10,000

European Youth and under 15 years old Championships € 10,000

The fee should be transferred/payed to the EWF with in 60 days from the design of the Executive Board and the confirmation of the congress of the Hosting Nation.

The nations that will organize the championships, if for any reasons are no longer able, to organize the championships, the EWF will not return the Championship Fee.

If the host country informs the EWF Executive Board that will not be able to organize the championships 9 months prior to the starting date of the event no fine will be paid.

If for any reason, the host nation announces that it will not be able to organize the event during the 9 months prior to the starting date of the event, it shall pay the fine in the amount of 10,000 Euros, unless the host country will provide a justification which might be considered reasonable by the EWF Executive Board.

(b) Entry Fees for Championships:

The Member Federations of the participating athletes, coaches, officials and delegates shall pay an 'Entry Fee of 200 Euros per person to the organising federation. The 200 Euros Entry Fee per delegate is divided evenly (100

Euros each) between the host Federation / Organising Committee and the European Weightlifting Federation.

3. The office of The President - As stated in Article 6.1.2 to the constitution, upon election of a new president, the new president must open the president's office in his country of origin.

The expenses of setting up the office will not exceed 10,000 euros.

3.1 Expenses of the president office - the EWF will grant the sum of up to 18,000 euros per year for rent and office management expenses.

Wherever the expenses are higher than the amount given, the president will personally take care of the difference.

3.2 The President assistant - In accordance with **Article 6.1.3** to the Constitution, the President can appoint an assistant to himself.

3.2.1 The European Weightlifting Federation will pay an amount of up to 7,200 euros (Seven thousand two hundred) per year for this purpose.

3.3 The president may order the treasurer to pay expenses up to 3,000 euros (three thousand) without the approval of the Executive Board.

This authority of the president will be limited to an amount of 10,000 euros (Ten thousand) per year.

3.3.1 Every time the president makes use of his authority, given to him according to article 3.3, he will report it to the Executive Board post factum.

4. General Secretary - Expenses for setting up the European Weightlifting Federation secretariat.

4.1 As stated in **Article 6.2.2.1** to the constitution, upon election of a new general secretary, the new general secretary must open the new EWF secretariat in his country of origin.

4.1.1 The expenses of setting up the new secretariat will not exceed 15,000 euros.

4.1.2 Expenses of the Secretariat - the EWF will grant the sum of up to 24,000 euros per year for rent and office management expenses.

4.2 General Secretary assistant - In accordance with **Article 6.2.23** to the Constitution, the General Secretary can appoint an assistant to himself.

4.2.1 The European Weightlifting Federation will pay an amount of up to 7,200 euros (Seven thousand two hundred) per year for this purpose.

4.3 Treasurer assistant – in accordance with Article 6.3.8 to the Constitution, the Treasurer can appoint an assistant to himself.

4.3.1 The European Weightlifting Federation will pay an amount of up to 2,400 euros (two thousand four hundred) per year for this purpose.

5. The President, The General Secretary and The Treasurer are entitled to compensation for their work time and investment in the European Weightlifting Federation.

The president of the European Weightlifting Federation will receive a compensation of up to 36,000 euros per year.

The Secretary General will receive a compensation of up to 30,000 euros per year.

The treasurer will receive a compensation of up to 18,000 euros per year.

5.1 Every two years, the EWF Executive Board will hold a discussion regarding the compensation adjustment of the president, general secretary, and treasurer.

As part of the discussion, the executive board will acknowledge the financial situation of the EWF as well as the erosion of the wage amounts to which they are entitled in accordance with this section.

The Executive Board will make sure that their compensation is a proper compensation and respects their position and status.

5.2 Each elected board member will receive an amount of 400 euros for participating in a board meeting held in accordance with the constitution. (Up to 3 meetings per year)

5.3 Technical officials and Doctors on Duty will be paid for their work and efforts during competitions under the responsibility of the European Weightlifting Federation.

5.3.1 The EWF Executive Board will determine once every two years the amount of the compensation that will be paid to each technical official and Doctor on Duty for his work during the days of the competition.

The EWF Executive Board will determine the amount of the compensation in accordance with the financial situation of the EWF and in accordance with the general annual budget of the federation.

6. What is stated in this chapter of Rules, does not prevent the Executive Board from determining, updating, adding, deciding on additional expenses of the European Weightlifting Federation.

EUROPEAN WEIGHTLIFTING FEDERATION



EUROPEAN WEIGHTLIFTING
FEDERATION

TRAVEL EXPENSES RULES

TRAVEL EXPENSES RULES

1. GENERAL REGULATIONS

Travel expenses will be reimbursed by the EWF to persons who are traveling on behalf of the EWF if their travel was requested or approved by the EWF Executive Board beforehand and was necessary to fulfill a task according to the EWF rules or serving EWF interests.

2. PROCEDURE

In general, all travel activities must be approved by the EWF Executive Board in advance.

3. REIMBURSEMENT PRINCIPLES

Air fares:

For all flights: Economy Class ticket.

Train ticket:

Regular: First Class.

Overnight: sleeping carriage.

Allowances when using a private car:

€ 0.50 per km — however the total refund must not exceed the costs of an economy flight ticket.

4. ACCOMMODATION

Accommodation shall be arranged or recommended by the EWF secretariat.

5. OTHER EXPENDITURES

Any other costs exceeding the aforementioned categories will only be reimbursed if they have been incurred in connection with the travel purpose and if all relevant documentation is provided.

6. EFFECTIVE DATE

These rules come into effect as of 30 May 2023.