ARTICLE I - Name

The Ontario Powerlifting Association (O.P.A.) is the name given to this governing body for Powerlifting in Ontario. The O.P.A. is affiliated with the Canadian Powerlifting Union (C.P.U.)

ARTICLE II - Official Emblem

The official emblem is that of the letters O.P.A. inset in the centre of a barbell with the words "Ontario Powerlifting Association" beneath or to the side. It will be displayed on the cover of the constitution and on all official correspondence as well as at all championship contests in Ontario. The official O.P.A. colours shall be red, black and white.

ARTICLE III - Duration

1. The O.P.A. duration is indefinite.
2. A unanimous executive vote is needed to dissolve it.

ARTICLE IV - Objective

1. To work in accord with the Canadian Powerlifting Union.
2. To promote, control and develop powerlifting on a provincial scale.
3. To promote an interest in and a dedication to better health and fitness through weight training.
4. To help in the development of new training techniques involving weight training for other sports.
5. To develop Powerlifting as a competitive sport in a high school and university level.
6. To set up and enforce rules for competition in accordance with I.P.F. rules.
7. To appoint qualified referees.
8. To regulate and control provincial championships.
9. To set up a committee to discipline clubs and individuals that do not follow the constitution.
10. To honour individuals in the form of special awards for exceptional work and achievement.

ARTICLE V - General Provisions

1. In compliance with the Ontario Human Rights Code, the O.P.A. forbids discrimination and harassment based on, but not limited to, disability, gender (described as “sex” in the Ontario Human Rights Code and including pregnancy and gender identity), sexual orientation, race, colour, ancestry, place of origin, ethnic origin, citizenship, creed (faith), age, marital status, family status, receipt of public assistance, and same sex status.
2. The O.P.A. forbids distinctions between individuals, for reasons of race, colour, religion or politics.
3. The O.P.A. headquarters is situated in the town where the President lives.

4. The official journal of the O.P.A. is the "Ontario Powerlifting News", which will be published throughout the year. The official form of communication is the website www.ontariopowerlifting.org with a periodical publication of the newsletter.
5. The O.P.A. forbids sexual harassment whether it be of a verbal or physical nature to any individual.

ARTICLE VI - Official Language

The official language of the O.P.A. is English. All publications, meetings and correspondence of the O.P.A. will be in English.

ARTICLE VII - General Provincial Meetings

1. An O.P.A. general meeting will take place every year on the evening of the first day of lifting of the Provincial Championships. Sufficient time will be given from the conclusion of lifting to allow members to attend.
2. The general meeting is open to any member registered with the O.P.A. All present will be allowed to vote. Voting by proxy is not allowed.
3. Proposals for the meeting must reach the office of the Secretary at least one month before the date fixed for the meeting. The agenda must be prepared two weeks before the meeting and must be published on the website. The meeting will only discuss items on the agenda. Proposed changes to the Constitution and By-Laws will be considered every second year in the odd numbered years. However, a change that is deemed necessary by the executive in the operation of the Association can be made any year.
4. Candidatures to open posts of the executive council and committee must reach the office of the Chairperson one month before the fixed date of the meeting.
5. The election of members of the executive council will be carried out by secret ballot.
6. All items passed at the AGM will become effective the 1st day of the following month with the exception of yearly fees (which will come in effect the following January 1st).
7. A tentative date of the following years AGM is to be set with the hosting club, location and actual date to follow.
8. The OPA will hold a minimum of two executive meetings throughout the remainder of the year.

ARTICLE VIII - Special Executive Meetings

1. If requested by one half or better of the executive, the executive must meet within one month of the request being received.
2. The OPA executive and officers has the right and/or ability to make special exemptions should they feel it benefits the OPA and/or CPU. These exemptions and/or decisions will be final with no appeals and must have 2/3 approval of the executive and officials.

ARTICLE IX

1. **O.P.A. Executive Council**
   a. President
   b. Past-President
   c. Vice- President
   d. Secretary
   e. Treasurer
2. **O.P.A. Officers**
   a. Officiating Chairperson
   b. Records Chairperson
   c. Newsletter Editor
   d. Registration Chairperson
   e. Regional Chairpersons
   f. Website Editor
3. During the period between general meetings, the O.P.A. is administered by the Executive Council. Executive Council, including O.P.A. Officers, and Board of Directors are one and the same, hereinafter referred to as Executive Council and or Board of Directors.
4. Any registered member of the O.P.A. is eligible for election on a position of the executive.
5. The Executive Council is elected for a term of two years. Retiring members are eligible for re-election.
6. Any members regularly absent from the meetings unless on account of valid reasons, may be suspended by a decision of absolute majority of the Executive Council and replaced at the next general meetings.

ARTICLE X - Duties of the President

1. The President directs the debate and keeps order at the general meetings according to the traditions and rules of parliamentary debate.
2. In case of equal voting on a motion, the President will have the deciding vote.
3. The President will set up a committee that will be responsible for taking disciplinary action against any member whose conduct is considered prejudicial to the O.P.A. or has violated the O.P.A. constitution and rules.
4. The President shall present all awards at Provincial meets. The President may delegate this duty to other officials.
5. The President will issue all official notices of all meetings.
6. The President will provide an annual report at the AGM.

ARTICLE X (i) - Duties of the Past-President

The Past President will be an Officer without Portfolio and will carry out duties assigned from time to time as deemed necessary by the Board of Director.

ARTICLE XI - Duties of the Vice-President

1. The Vice-President shall perform all the duties of the President, whenever the President ceases to hold office for any reason or is prevented from attending to his/her duties.
2. The Vice-President will preside at all meetings of the Association in the absence of the President.
3. The Vice President will be responsible for fundraising.
4. The Vice President will provide a report at the AGM.

ARTICLE XII - Duties of the Secretary

1. To make proper arrangements for keeping the records of O.P.A.
2. To conduct all official correspondence of the O.P.A.
3. To keep a complete record of athletic events held under the auspices of the O.P.A. These records will include the results of the Provincial Championships, newsletters and magazines
4. Delegating the aforementioned duties to such assistants as may be provided by the O.P.A. to perform same
5. To serve as Secretary of the O.P.A. Congress and any special meetings or hearings of the O.P.A.

ARTICLE XIII - Duties of the Treasurer

1. The Treasurer will be responsible for all provincial matters, expenses and receipts. He or she must keep accounts which will be verified by the creditors once a year.
2. Fiscal year end will be January 1st to December 31. Any other organization requiring a different period, such as April 1 to March 31 period, will be provided with such financial statements reflecting that period.
3. To be completed by an auditor as appointed from time to time by the Board of Directors.
4. Financial statements will be completed on a quarterly basis and these quarterly financial statements will be distributed to the Board of Directors within the following month end.
5. The quarterly financial statements will include a copy of the current bank balance and will include prior period comparatives.
6. The Treasurer will inform the Registration Chairperson of all NSF cheques as soon as possible.
7. The Treasurer will provide a report at the AGM which will include the complete set of financial statements.

ARTICLE XIV - Duties of the Officiating Chairperson

1. The Officiating Chairperson will be responsible for all testing of provincial referees.
2. The Officiating Chairperson will keep in constant communication with the national officiating Chairperson on rules and referees.
3. The Officiating Chairperson will provide written notification to referees, Referee Newsletter or update, structured Level 1 and Level 2 Referee Training Program, distribution of ties, badges and cards.
4. The unofficial position of Assistant Referee Chairperson is created to share and learn the duties of the Officiating Chairperson.
5. The Officiating Chairperson will be responsible for a yearly report to be given at the provincial general meeting.

ARTICLE XV - Duties of the Records Chairperson

1. The Records Chairperson will keep the Provincial Records up to date and will mail updated record lists to the National Records Chairperson as well as the National Secretary every three months, plus a list for the provincial and national general meetings.
2. The Records Chairperson will keep in constant communications with the National Records Chairperson as to the development or records.
3. The Records Chairperson will be responsible for a yearly report to be given at the Provincial General Meeting.
4. The Records Chairperson will prepare a top ten Ontario Men's and Women's list for publication once per year.
5. The Records Chairperson will issue Merit Badges.
6. Upon obtaining the applicable Merit Badge total, the lifter will complete the Merit Badge Application and submit to the Records Chairperson. Merit Badges are free to the lifter
7. A lifter may apply for all Merit Badges below an attained Class at no charge.
8. The Records Chairperson will also be responsible for the upkeep of the OPA Web Site.
9. The Records Chairperson will also distribute other non-lifting certificates such as the OPA Recognition award.

ARTICLE XVI - Duties of Registration Chairperson

1. The duties of the Registration Chairperson are to handle all registration and waivers of powerlifters and clubs in Ontario.
2. The Registration Chairperson is responsible for all registration cards issued.
3. The Registration Chairperson will issue all contest sanctions, and club affiliations.
4. The Registration Chairperson is to ensure that there is a reasonable time between meets as laid out in ARTICLE XXX - Sanctions.
5. The Registrar Chairperson will identify each incoming cheque with the members C.P.U. card number and/or name, if not already clearly marked on cheque.
6. The Registration Chairperson will collect all fees payable to the OPA from the memberships, club affiliations, contest sanctions, record fees for Ontario Records only, drug testing and NSF fees and deposit said fees to the OPA bank account.
7. Once notified by the treasurer of an NSF cheque, the registrar will contact the member in question. The application and/or registration will be immediately suspended until all fees including $10.00 administrative fee and any bank charges have been paid in full.
8. The Registration Chairperson is responsible to give a report to the treasurer quarterly, indicating the breakdown of all deposits. This will be done in February, May, August and November.
9. The Registration Chairperson is to verify with the records chairperson that all drug testing fees have been paid by each lifter claiming a record.
10. The Registration Chairperson will issue a replacement letter if a lifter joins or changes clubs once notified in writing.
11. The Registration Chairperson will coordinate meetings assembling tentative dates for upcoming competitions. Once finalized, this information is to be forwarded to the Newsletter Editor/Web Master on a regular basis.

ARTICLE XVII - Duties of the Regional Chairperson

1. The duty of the Regional Chairperson is to run two contests in their region per annum.
2. To hold one Category I referees' clinic per annum and at least one coaching clinic per annum.
3. Hold a coaching clinic when deemed necessary by the O.P.A. executive.
4. When referees are being selected Regional Chairpersons will contact referees in their particular area and submit the names of referees who have committed to work the competition to the Referee Chairperson for approval, at least four (4) weeks prior to competition date.

ARTICLE XVIII - Provincial Championships

O.P.A. will determine qualifying standards and dates for all Provincial Championships.

1. Open/Masters/Juniors/Sub-Juniors (Men and Women Equipped) will be held over a 2 day period (Saturday/Sunday) to be held no earlier than the 2nd weekend of January and no later than the 1st weekend in February. The AGM will be held in association with this meet.
2. The OPA Classic Championships and Mens/Womens Benchpress will be held between the 1st weekend in November and the 4th weekend in November.

3. Cut off date for all Provincial Championship applications is (3) THREE weeks prior to competition.
4. Meet Director to send List of lifters to President, Referee Chairperson, and Registration Chairperson so that the Registration Chairperson can check for valid CPU cards.(This is required to determine if lifters meet qualifications, determine amount of medals, the lifting order can be created, and to ensure a proper number of referees are made available)

ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted for Provincial Records no later than 30 Calendar days from the date of the supposed record.
2. If a lifter plans to break a record, they need to send formal information in writing to the meet directory providing such time as to try and ensure the proper referee's can be available. If a formal request is not submitted records may not be available at that competition. There is no guarantee the proper referees will be available when requested.
3. The cost of the record application is now $75.00 regardless if you are or are not drug tested. If applying for an Ontario record or both Ontario and Canadian Record the cost is the same. As far as Canadian records are concerned they are adhering to the 7-day time limit. If they have not received your application and payment within 7 days you lose your chance to claim the accomplishment.
4. Ontario Lifters need to send payment with the record application to the Registration Chairperson.
5. When breaking a National record, a fee of $75.00 must be sent to the CPU Records Chairperson.
6. The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.
7. I.P.F. rules must be followed.
8. The lifter is responsible for completion and submission of the application form.
9. Any lifter who registers a positive doping test shall have all previous O.P.A. records that he/she may have held removed. Records will revert back to the previous record holder.
10. An Official Records Certificate will be distributed to all record holders by the Records Chairperson for a fee of $5.00.

INTERNATIONAL RECORDS

All provincial records set at an international competition must follow the same procedure as set out in Article #19.

ARTICLE XX - Provincial Referees

1. O.P.A. OFFICIALS CAN ONLY OFFICIATE AT I.P.F./C.P.U MEMBER SANCTIONED CONTESTS.
2. Category I Provincial Referee (eligibility)
    a. must attend a referee's clinic
    b. must pass a written test

DeLuca Roofing Inc. 7/2/12 2:47 PM
Formatted: Tabs: 1.25 cm, Left + Not at 0.79 cm

   c. must pass a practical test with two Category I Provincial Referees or higher
3. Duties of O.P.A. referees - must be active and willing to participate in O.P.A. activities.
4. Referee Uniform - the uniform shall consist of grey dress pants, light coloured shirt with collar, dark coloured shoes with socks and dark blue blazer or suit jacket.
5. Referees are required to join the Ontario Powerlifting Association annually, as an associate member or higher.
6. Provincial referees who do not attend mandatory referee Rule Change clinics within 6 months of the I.P.F. Rule changes, be dropped one Class in their Provincial Category standing until such time as a test is passed on the new rule changes with a score of 90%.
7. A goal of the O.P.A. is to increase our National Referees by two and our International Referees by one. To assist, the O.P.A. will fund Provincial Referees, the same amount as lifters when they travel to competitions to obtain their National or International Referee's badge.
8. Ontario will use a two level referee system. Level 1 referee's remain the same. Level II referee's are only permitted to referee as side judges. Those referee's who have passed the written exam but not the practical will be classified as Level II referees. Once the practical portion has been passed the referee becomes a Level I referee.
9. Referees are eligible for expense reimbursement as per the schedules listed in Article XXVI, 1, 3.
10. A provincial referee must officiate at least two meets per calendar year to maintain active status subject to the availability of meets within their region. No referee will be required to leave their region to complete this quota provided the referee has made every attempt to officiate two meets within the region. Failure to comply will result in the referee being dropped to inactive status. An inactive referee shall maintain all qualifications but may not be considered for the purposes of a club sanction.
11. Qualifications for a Category 2 Referee are as follows:
    a. Must take the Category 2 written examination.
    b. Must attend Referee Seminar.
    c. Must achieve a passing score of 90 percent or more on both written and practical examinations.
12. Qualifications for a Category 1 Referee are as follows:
    a. Must be a Category 2 Referee in good standing for a period of at least 2 years.
    b. Must have adjudicated at least 4 competitions
    c. Must take Category 1 practical examination at 3 lift competition with at least 20 lifters.
    d. Must adjudicate at least 75 attempts, 35 of which must be squats, while serving as Chief Referee. First round attempts by lifter will not be counted.
    e. The candidate will be credited with 25 points / marks, and observed competence by the examiner/s during gear check, weigh in and while seated at the platform. A deduction of 0.5 (half a point/mark) will be made for any error that may contravene the technical rules. The examiner will be a Provincial Category 1 Referee or higher.
    f. The candidate must score at least 90 percent on their total examination. This includes the 75 points on his decisions made at the platform as compared with those of the Jury members and not those of his fellow platform referees. The other 25 points come from decisions and performance of the necessary duties (i.e. gear check, weigh in and platform control).

ARTICLE XXI - Definition of a Team or Club

1. The Club must be registered under a Provincial Organization.
2. In order to represent a club, the lifter must train with that club on a regular basis (at least once a week).
3. If, for any reason, the lifter wishes to change clubs or is unable to follow the above recommendations, he must send written explanation to the provincial registration chairperson and approval by the O.P.A. executive.

ARTICLE XXII - Levels of Competition

1. In Ontario there are five levels of competition. All age divisions are determined as per the IPF rules:
   a. NOVICE - is a lifter who has never made Class III in a sanctioned competition.
   b. SUB-JUNIOR – a sub-junior lifter is from 14 to and including 17 years of age.
   c. JUNIOR - a junior lifter is from 18 to and including 23 years of age.
   d. INTERMEDIATE - is a male lifter who has never totalled a Class I rating in a sanctioned contest.
   e. SENIOR - is a male lifter who has made a Class I rating or higher or a female lifter that has made a Class III ranking or higher in a sanctioned contest.
   f. MASTER - a master is 40 years and over. There are several classifications of Master which are determined by the IPF classifications.
   g. High School Competitions – limited to Belt and Wrist Wraps. Must wear proper T-Shirt and Shorts, or Wrestling Singlet.
2. The Ontario Powerlifting Association sanctions the following Championship Contests:

Men's Intermediate	Women's Sub-Juniors
Men's Sub-Juniors	Women's Juniors
Men's Juniors	Women's Open
Men's Open	Women's Masters I, II, III
Men's Masters I, II, III, IV	Women's Bench Press
Men's Bench Press	

3. The words "Ontario" and "Championship" can only be used in the competitions listed in Article XXII 1b.
4. In all sanctioned contests, lifters who compete wearing only a belt, wrestling singlet and T-shirt will have their results recognized as unique from lifters wearing supportive equipment. For Example, Italicized R. This will apply to lifters in a bench contest who do not wear a bench press shirt.
5. High School lifters who qualify as an OPA Sub-Junior at the Ontario High School Championships are eligible to compete at the Ontario Sub-Junior Championships in that competition year.
6. A lifter may remain in a particular category throughout the calendar year in which he reaches the stated upper limit of that category.
7. QUALIFYING COMPETITIONS: A lifter must lift at the Ontario Provincial Championships or Ontario Provincial Bench Press Championships in order to qualify for the National Championships or National Bench Press Championships respectively.

This means the lifter must actually lift in the competition. The Meet Director for the Provincial Open/Masters/Juniors/Sub-Juniors Championships will be exempted

7. **QUALIFYING COMPETITIONS:**

a. To compete in an Ontario Championship, the lifter must hold a valid Ontario issued C.P.U. card and be an Ontario resident. Proof of residency must be provided to the Registration Chair if required.
b. If a lifter is qualified to lift at the Ontario Seniors and the Ontario Masters/Juniors, then he/she can chose which Ontario Championship to attend and then be given the choice whether to lift Open or Masters/Junior at the Nationals.
c. In the event where a lifter cannot attend the Provincial Championships, the OPA Executive and Officials has the ability to make an exemption due to extreme circumstances. A lifter may apply for exemption to the executive and officials. The lifter will abide by the decision and an appeal will not be an option.

8. **QUALIFYING TOTALS:**

i. Qualifying totals must be made at a sanctioned meet in front of two provincial level one or higher referees.
ii. Any lifter having competed at the World's or National's within the past 60 days or who will be competing within 60 days shall be exempt from the Ontario Championships and receive a "bye" to the next Nationals.

iv.

MEN'S NATIONAL COMPETITION STANDARDS

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	515.0	570.0	630.0	687.5	740.0	787.5	827.5	860.0	875.0
Master	472.5	525.0	577.5	632.5	680.0	722.5	760.0	790.0	802.5
Class I	407.5	457.5	510.0	565.0	615.0	657.5	695.0	720.0	730.0
Class II	360.0	402.5	447.5	495.0	542.5	580.0	610.0	635.0	642.5
Class III	312.5	350.0	392.5	432.5	472.5	505.0	535.0	555.0	560.0
Class IV	272.5	307.5	342.5	375.0	412.5	440.0	465.0	485.0	490.0
Class V	237.5	270.0	297.5	325.0	360.0	382.5	402.5	422.5	427.5

Required Totals	Equipped	Unequipped
Open	Class I	Class III
Sub-Junior	Class IV	none
Junior	Class III	Class V
Master 40-49	Class II	Class IV
Master 50-59	Class III	Class V
Master 60-69	Class IV	none
Master 70+	none	none

WOMEN'S NATIONAL COMPETITION STANDARDS

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	297.5	315.0	340.0	365.0	395.0	435.0	475.0	497.5
Master	270.0	285.0	307.5	332.5	357.5	395.0	432.5	452.5
Class I	230.0	250.0	272.5	295.0	320.0	355.0	397.5	422.5
Class II	207.5	220.0	242.5	262.5	285.0	315.0	352.5	370.0
Class III	180.0	195.0	212.5	227.5	250.0	277.5	307.5	322.5
Class IV	155.0	167.5	182.5	195.0	215.0	237.5	265.0	275.0
Class V	132.5	142.5	155.0	165.0	182.5	202.5	227.5	232.5

Required Totals	Equipped	Unequipped
Open	Class III	Class V
Sub-Junior	Class IV	none
Junior	Class III	Class V
Master 40-49	Class III	Class V
Master 50-59	Class IV	none
Master 60+	none	none

v. **Bench Press Qualifying Totals**

NATIONAL BENCH PRESS CHAMPIONSHIP - QUALIFYING LIFTS									
MEN (all, except Sub-Junior)									
Wt. Class	**53 kg**	**59 kg**	**66 kg**	**74 kg**	**83 kg**	**93 kg**	**105 kg**	**120 kg**	**120+ kg**
Equipped	95.0	112.5	125.0	137.5	150.0	157.5	167.5	172.5	180.0
Unequipped	80.0	95.0	105.0	115.0	125.0	132.5	140.0	145.0	150.0
WOMEN (all, except Sub-Junior)									
Wt. Class	**43 kg**	**47 kg**	**52 kg**	**57 kg**	**63 kg**	**72 kg**	**84 kg**	**84+ kg**	
Equipped	47.5	50.0	55.0	60.0	65.0	70.0	77.5	82.5	
Unequipped	40.0	42.5	47.5	50.0	55.0	60.0	65.0	70.0	
Sub-Junior lifters have the following scales:									
SUB-JUNIOR MEN									
Wt. Class	**53 kg**	**59 kg**	**66 kg**	**74 kg**	**83 kg**	**93 kg**	**105 kg**	**120 kg**	**120+ kg**
Equipped	67.5	75.0	82.5	92.5	97.5	105.0	110.0	112.5	115.0
Unequipped	57.5	62.5	70.0	77.5	82.5	87.5	92.5	95.0	97.5
SUB-JUNIOR WOMEN									
Wt. Class	**43 kg**	**47 kg**	**52 kg**	**57 kg**	**63 kg**	**72 kg**	**84 kg**	**84+ kg**	
Equipped	35.0	37.5	40.0	45.0	52.5	62.5	70.0	77.5	
Unequipped	30.0	32.5	35.0	37.5	45.0	52.5	60.0	65.0	

vi. **Additional Points to Remember:**

a. You must have qualified in the class in which you will compete with in the previous 24 months from the date of the intended Provincials.
b. Following CPU Standards for OPA Championships, you can move up or down in weight class as long as the lifters total meets the requirements for the weight category they lift in.
c. A Master lifter is considered to be in the new age category for the full calendar year in which they meet the age requirement. For instance, a lifter who turns 40 in October would be eligible to lift as a Master lifter in January while still 39. The lifter must have previously qualified either as a MASTER, or within the 12 month period before meeting the minimum age requirement for the class they will compete in.
d. A Junior lifter remains a Junior until December 31 of the year they turn 23 years.
e. Anyone lifting must obtain at least one level below qualifier in order to get a medal.
    a. If Class I is required the lifter must total at least Class II
    b. If Class IV is the requirement, the lifter must total at least 85% of Class IV
    c. Bench Press must lift the qualifying total to get a medal

9. **AWARDS:**

a. Meet Directors of Provincial Championships, namely: Intermediates, Senior and Masters/Junior/Bench Press, must award medals purchased from the O.P.A..
b. The Ontario Bench Press Championship will have a separate medal from the 3 lift Championships.
c. At all O.P.A. competitions there must be a team award. All teams include men and women with the exception of Ontario Men's and Ontario Women's.
d. Men and Women competing will be awarded 1st, 2nd, and 3rd in their respective weight classes. Wilks formula will only be used when determining best lifter.
e. All championship medals should be engraved (either on the medal or a disc) including the following information: Division, e.g. Master I, Weight Class and Year.

6. **TEAM SCORING:**

Team scoring for all O.P.A. competitions shall be 12, 9, 8, 7, 6, 5, 4, 3 for the first eight places in any body weight category. Only the point scorers of the 5 best placed lifters of each club will count for the team competition at all O.P.A. contests.

ARTICLE XXIII - Drug Testing

1. The OPA reserves the right to perform drug testing for banned IPF substances at any contest under its jurisdiction.
2. Any person that is under a current suspension from any sport federation for the use of banned substances will not be permitted to join the OPA.
3. A list of banned OPA members to be kept current and published on a regular basis.
4. The OPA may schedule out of competition testing.

ARTICLE XXIV - Fees

FEE SCHEDULE:

Effective January 1, 2008

a. Individual registration - $65. 00 (No late fee)
b. Sub-Junior, Mentally Challenged Para-Olympics, SDO and Blind - $45.00
c. Club affiliation - $40.00
d. Sanction fee - $25.00
e. Associate member - $30.00
f. High School Students - $2.00

ARTICLE XXV - Equipment

1. Equipment
   a. If conditions for proper equipment and venue are not met, infractions will be noted and future sanctions will not be granted. Meet Directors will have to inform competitors about incorrect equipment, and that no records will be recognized.
   b. A projector can be rented from the O.P.A. if practical for $25.00. It would be the meet director's responsibility to get the projector to the contest location.

2. Advertising
   a. Advertising may appear on T-shirts and other equipment providing there is no profanity and is not deemed inappropriate by the executive.
   b. I.P.F. rules regarding size and placement of sponsor logos to be upheld.
   c. No fee will be required by the O.P.A.
   d. Sponsors and all logos are to be registered with the Registration Chair prior to use.
   e. The Registration Chair is to be given a copy of the proposed logo as is currently required for registered team logos.
   f. Registration is for one calendar year.
   g. Registration only applies to that one individual or club.
   h. The lifter will be responsible for presenting proof of registration to the equipment check official at every competition.
   i. Sponsor logos only apply to the Provincial level contests and below in Ontario.

ARTICLE XXVI - Travel / Accommodations / Expense Reimbursement

1. **Lifters:**

   a. Within 30 days of the competition and upon submission of receipts to the Treasurer on the proper fully completed O.P.A. expense form, competing lifters will be reimbursed TWO-WAY TRAVEL and ACCOMMODATION to CHAMPIONSHIP MEETS ONLY effective January 1st, 2002 as follows : Provincials, Nationals 1001 km + = $100.00 Internationals 1001 km + = $200.00
   b. Any lifter who travels to a National or International Competition that is selected to drug test and tests positive will not be eligible to receive travel reimbursement from the O.P.A.
   c. If any lifter does not achieve a total at a National or International competition, they will not be eligible for travel expenses.
2. **Referees:**
   a. Within 30 days of the Competition and upon submission of receipts to the treasurer on the appropriately completed O.P.A. expense form, referees will be eligible for reimbursement of expenses according to the following schedule:
      i. Travel up to 100 km = $35.00
      ii. Travel from 101 km. To 1,000 km. - 30¢ per km one-way, and the cost of a hotel room up to $100.00 maximum per day refereed.
      iii. Travel over 1,001 km: Provincial or Nationals $100.00; Internationals: $200.00
3. Provincial Referees will receive one-way travel reimbursements when travelling to competitions to obtain their National or International Referees Badge, as per the above schedule 2a, provided they pass the test.
4. When traveling outside of Ontario, referees should be eligible for the same travelling considerations as lifters. Reason: Referees are compelled to referee internationally every four years or lose their ticket. There are never enough referees at the national championships. This would encourage national and international referees to travel.
5. All reasonable expenses incurred in the operation of the O.P.A. by its Board of Directors shall be reimbursed by the Association excluding travel and accommodation covered above.
6. Any Club which hosts a Provincial Championship Meet, i.e., Women's, Men's, Seniors and or Intermediates, finds that their costs have not been covered, may within 30 days of the competition date, submit a complete statement of revenue and expense to the Board of Directors. Upon review of the statement of revenue and expense, the Board of Directors, at its discretion, may or may not fund the Club an amount that may or may not equal the Championship Meet deficit.

ARTICLE XXVII - Complaints

1. Committee to deal with complaints shall consist of:
    a. One Executive Member and one lifter of choice;
    b. Complainant and one lifter of choice;
    c. Recipient of complaints and one lifter of choice;
    d. The Executive member will chair meeting.

2. Procedures to deal with complaints:
    a. All complaints will be submitted to the President in writing;
    b. Executive will determine if matter needs to be dealt with and how;
    c. Executive will appoint a member to sit on this committee;
    d. All decisions made by appointed Committee will be final.
    e. All complaints to be directed to the Executive and not to the Newsletter Editor. Names and details will be kept out of publication.

ARTICLE XXIX - Results

All sanctioned official score sheet results, signed by three referees, held in Ontario, including World meet results, be distributed by the Meet Director within one week of the contest to:

O.P.A. President
O.P.A. Newsletter Editor
O.P.A. Records Chairperson
O.P.A. Web Manager
C.P.U. President
C.P.U. Web Manager
C.P.U. Records

ARTICLE XXX - Contest Sanctions

1. A sanction application must be received by the Registration Chair three months prior to the proposed date or the sanction will be denied. A sanction application will include a completed application form and payment for all fees.
2. A competition cannot be advertised in the O.P.A. Magazine/website prior to the O.P.A. granting a sanction and approving the application form.
3. Any club proposing a sanction for a meet shall provide one referee. This official must be an active referee, Level II Provincial or higher. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson. The host club must provide one meal per day for each referee officiating.
4. Competitions within Ontario will not be sanctioned within 21 days of each other unless the majority of the executive votes to allow an. Sanctions will be allowed on a first come first serve basis.
5. Confirmation of the Meet with Details of Date, Time, Location and Referee provided by club to be sent to Referee Chairperson, and Drug Testing Committee once all conditions are met.
6. The O.P.A. Executive at its discretion may organize special contests for the purpose of introducing new lifters to the sport of Powerlifting (i.e. Students, Police and Fire

personnel). Lifters must be Ontario residents but do not have to have a C.P.U. card. These contests must be approved by applying to the O.P.A. Executive, (attention O.P.A. Secretary).

7. Anyone in the warm-up area must be lifters, coaches and contest personnel. The aforesaid persons must be registered with the O.P.A., C.P.U. or I.P.F. The only exceptions are media and emergency personnel.
8. All contest fees will include a $5 per lifter fee that will go directly to the OPA for drug testing.

ONTARIO POWERLIFTING ASSOCIATION BY- LAW NUMBER ONE

A. MEMBERSHIP

The O.P.A. recognizes the following memberships:
Full Member competing athlete
Associate Member - non-competing Athlete (receives newsletter)

1. Members - The members of the clubs consist of the subscribers to the constitution and by-law, and every other person, firm, club or corporation admitted as a member by the Executive Council.
2. Applications - To become a member, all applications for membership shall be submitted to the Registration Chairperson along with the appropriate waiver form.
3. Resignations - A member may resign by notification in writing and the resignation shall become effective upon acceptance thereof by the Executive Council. A member remains liable for payment of any assessment or other sum levied or which became payable by him/her to the association before acceptance of his/her resignation.
4. Expulsion - The Executive Council may by a vote of three-fourths of those voting members present and voting at a meeting of the members duly called for that purpose, expel or suspend any member whose conduct has been determined by the Executive Council to be improper, unbecoming, or likely to endanger the interests or reputation of the association of who willfully commits a breach of the constitution of by-law of the association. No member shall be expelled or suspended without being notified of the charge or complaint against him/her without having first been given an opportunity to be heard by the Executive Council at a meeting called for that purpose.
5. Any member of the O.P.A. who is found guilty of bringing the sport into disrepute by means of his/her comments, published article, TV or radio broadcasts or for conduct of language judged improper, unbecoming or likely to adversely affect the interests and reputation of the O.P.A. may be requested to appear before the Board of Directors. Should the Directors decide that a bon aphid case of violation exists, the Directors will decide what punishment to be imposed upon the member.

B. DUES

1. Entrance Fee - There may be a membership entrance fee in such amount as is determined from time to time at a general meeting of the association.
2. Dues - The annual membership dues shall be determined by the members at the annual general meeting. All dues are payable in advance of the first day of January of each year. This is to include the default of a contest entry fee. All terminated memberships which do not appear to qualify for re-admittance will be published in the O.P.A. magazine to ensure meet directors and officials are aware of the terminations. The Executive Council and meet directors reserve the right to request payment for charges incurred by the defaulting member before re-admittance is granted.
3. Default - If any member fails to pay their dues, fee or assessments, within thirty (30) days of the demand by the Registrar Chairperson, he/she thereupon automatically ceases to be a member of the association, but such a member may be readmitted to membership by the Executive Council upon such evidence as it considers satisfactory, upon payment of all arrears of fees, dues and assessments. A member will be suspended for failure to pay fees at sanctioned events held by Regional clubs, including any charges incurred for NSF cheques (within 30 days).
4. The OPA charge $5.00 replacement fee for lost cards/letters

C. GENERAL AND SPECIAL MEETINGS

1. Annual Meeting (AGM) - An AGM called for the purpose of electing directors and transacting such other business shall be held on or before the first weekend of December each year. Notice of the time and place of such meeting shall be published in the O.P.A. Newsletter, last published and mailed to each member at least one month prior to the date of the AGM, or in such other manner as may be prescribed from time to time by the Executive Council.
2. Agenda - At every AGM, in addition to any other business that may be transacted, the report of the Executive Council, the financial statements and the report of the auditors shall be presented, a board of directors elected and auditors appointed for the ensuing year, and their remuneration fixed. In addition to any other business that may be transacted, the following business will also be transacted:
   a. Roll call
   b. Introduction of guests and tributes
   c. Reading of the minutes of the previous AGM
   d. Executives Reports
   e. Auditor's report
   f. Election of new Executive Council (Every other Year Even Years)
   g. Appointment of Committees
   h. Unfinished business
   i. New business/Proposals
   j. Amendments to Constitution (Every other Year Odd Years)
   k. Championship Bids for following year
   l. OPA Awards
3. Quorum - A quorum for the transaction of business at any meeting consists of a majority of the voting members of record in attendance, of the association.

4. Voting - With respect to the bi-annual election of Executive, voting privileges will be limited to one vote for each individual member. No proxies will be accepted.
5. Voting Procedure - At all other meetings of the association every question shall be decided by a majority of the votes cast by the members entitled to vote, including one vote from each member of the executive. Every question will be decided in the first instance by a show of hands unless a poll is demanded by any member. Unless a poll is demanded, declaration by the chairperson that a resolution has been carried or not carried and an entry to that effect in the minutes shall be sufficient evidence of the vote without proof of the number or proportion of the votes recorded in favour of or against such resolutions. In case of an equality of votes at any annual general meeting, the chairperson will cast the deciding vote. Otherwise, the chairperson, who will be a member of the Executive, does not vote. This power of the chairperson is not exercised in the annual election of the Executive/Board of Directors. In the case of an equality of votes, with respect to the election of any member of the board, a runoff vote will be held as determined in such manner by the Executive/Board of Directors.
6. Vacancies - If any member of the Executive/Board of Directors resigns his/her office, or without reasonable excuse absents him/herself from three or more executive meetings, or is suspended or expelled from the association, the Executive shall declare his/her office vacated and may appoint a successor in his/her place to hold office until the next annual general meeting.
7. Indemnification - Every director of the association is deemed to have assumed office on the express agreement and condition that he/her and his/her heirs, executors, administrators, estate, and effects respectively shall from time to time and at all times be indemnified and saved harmless out of the funds of the association from and against all costs, charges and expenses which such executive sustains or incurs in or about any action, suit or proceeding which is brought, commenced, or prosecuted against him for or in respect of any act, deed, matter or thing made, done or permitted by him or any other executive member in or about the execution of the duties of his/her or their office, and also from and against all other costs, charges and expense which he/she sustains or incurs in or about or in relation to the affairs thereof except such cost, charges or expenses as are occasioned by his/her own willful neglect or default.

D. O.P.A. Web Site

1. The O.P.A. will assume the costs of the web site.
2. The O.P.A. will receive any profits from advertising.
3. The web site will be run according to executive approved guidelines.

COMMUNICATIONS GUIDELINES

I. General Guidelines for the O.P.A. Newsletter and O.P.A. Web Page

1. No profanity.
2. No discriminatory or discriminating statements.
3. No derogatory statements.
4. All content must be able to be viewed by an unrestricted audience.

II. Specific Guidelines

1. Only official information, i.e. meet results, records and upcoming events are to be controlled by the O.P.A. executive. All other information is at the discretion of the Newsletter editor and Webmaster.
2. Advertisement will be at the discretion of the Newsletter editor and Webmaster.
3. The Web Site will be the O.P.A.'s primary form of communication. The Newsletter will be the secondary form of communication provided as an added service.
4. Prior to publication of the Newsletter, selected members of the executive will review all text information in an attempt to ensure accuracy.
5. Periodically selected members of the executive will review the Web page to ensure accuracy.

III. Information Collection

1. Upcoming Events - The Web Master and Newsletter Editor will receive information on upcoming events from the registration chair.
2. Tentative Events - One executive member will be appointed as meet coordinator. This person will assemble tentative dates for upcoming events and forward the information to the Newsletter editor and Webmaster on a regular basis. This is for information purposes only and is not to be confused with our sanctioned events. These events will be listed as tentative and pending sanction.
3. Meet Results - The meet director must send all meet results to the Newsletter editor and Webmaster. See the Meet Director's Hand Book for a complete listing.
4. Records - The records chair will provide the Newsletter editor and Webmaster with a full list of all provincial records once per year for publication. Amendments will be provided prior to the publication of each Newsletter to the Newsletter editor and Webmaster. No other mention of records shall be included in the Newsletter or Web page except as provided by the records chair.
5. Drug Testing - The drug testing contact will provide the Newsletter editor, prior to each issue, a list of all lifters tested and their results. Results not yet received and results under appeal will both be listed as pending. Positive results will also list the suspension received.