

Name

1. This Federation shall be known as the “Singapore Weightlifting Federation”, hereinafter referred to as the “Federation”.

PLACE OF BUSINESS

2. Its place of business shall be at “8A Clifton Vale Singapore 359678” or such other address as may subsequently be decided upon by the Committee and approved by the Registrar of Societies. The Federation shall carry out its activities only in places and premises which have the prior written approval from the relevant authorities, where necessary.

OBJECTS

3.1 Its objects are:

- a. To organize, control and develop the spirit of weightlifting on a national scale in accordance with the objective of the International Weightlifting Federation (hereinafter referred to as “IWF”).
- b. To promote an interest in the sport of weightlifting as a way of fitness and healthy living.
- c. To develop and intensify friendship and co-operation among members of the weightlifting fraternity.
- d. To groom, train and develop potential competitive weightlifters for international contest.
- e. To assist national athletes in pursuit of excellence in the sport of weightlifting.
- f. To resolve disputes, if any, that may arise within the Federation or the athletes.
- g. To set up the rules and regulations of weightlifting in accordance with IWF.

MEMBERSHIP QUALIFICATION AND RIGHTS

4.1 The categories of membership are as follows:

- a Ordinary Membership
Ordinary membership is open to any person who is above the age of 18 years old. An Ordinary Member, who is above 21 years old, shall have the right to vote and to hold office in the Federation.
- b Affiliated Membership
Affiliated Membership is open to any weightlifting clubs or associations. An Affiliated Member shall nominate one person who is above 21 years and above to represent itself in the Federation. An Affiliated Member shall have one vote each and shall be eligible to hold office in the Federation.

APPLICATION FOR MEMBERSHIP

5.1 A person wishing to join the Federation should submit his particulars to the Secretary on a prescribed form.

5.2 A new member must be proposed and seconded by existing members. His name will then be posted on the notice board in the Federation premises for one week at the end of which time the Committee will decide on membership, taking into consideration any objection raised.

5.3 A copy of the Constitution shall be furnished to every approved member upon payment of the entrance fee.

ENTRANCE FEES, SUBSCRIPTIONS AND OTHER DUES

6.1 An entrance fee is payable within two weeks of election to membership, in default of which membership may be cancelled by order of the Committee.

6.2 The entrance fees and annual subscriptions shall be determined by the General Meeting on the recommendation from the Committee from time to time.

- 6.3 Annual subscriptions are payable in advance within the first month of the year. If a member falls into arrears with his subscription or other dues, he shall be informed immediately by the Treasurer. If he fails to settle his arrears within 4 weeks of their becoming due, the President may order that his name be posted on the Federation's notice board and that he be denied the privileges of membership until he settles his account. If he falls into arrears for more than 3 months' dues, he will automatically cease to be a member and the Committee may take legal action against him provided that they are satisfied that he has received due notice of his debts.
- 6.4 Any additional fund required for special purposes may only be raised from members with the consent of the General Meeting of the members.

SUPREME AUTHORITY AND GENERAL MEETINGS

- 7.1 The supreme authority of the Federation is vested in a General Meeting of the members presided over by the President.
- 7.2 An Annual General Meeting shall be held in March.
- 7.3 At other times, an Extraordinary General Meeting must be called by the President on the request in writing of not less than 25% of the total voting membership or 30 voting members, whichever is the lesser, and may be called at anytime by the order of the Committee. The notice in writing shall be given to the Secretary setting forth the business that is to be transacted. The Extraordinary General Meeting shall be convened within 2 months from receiving this request to convene the Extraordinary General Meeting.
- 7.4 If the Committee does not within 2 months after the date of the receipt of the written request proceed to convene an Extraordinary General Meeting, the members who requested for the Extraordinary General Meeting shall convene the Extraordinary General Meeting by giving 10 days' notice to voting members setting forth the business to be transacted and simultaneously posting the agenda on the Federation's notice board.
- 7.5 At least 2 weeks' notice shall be given of an Annual General meeting and at least 10 days' notice of an Extraordinary General Meeting. Notice of meeting stating the date, time and place of meeting shall be sent by the Secretary to all voting members. The particulars of the agenda shall be posted on the Federation's notice board 4 days in advance of the meeting.
- 7.6 Unless otherwise stated in this Constitution, voting by proxy is allowed at all General Meetings.
- 7.7 The following points will be considered at the Annual General Meeting:
- a) The previous financial year's accounts and annual report of the Committee.
 - b) Where applicable, the election of the office-bearers and Honorary Auditors for the following term.

- 7.8 Any member who wished to place an item on the agenda of a General Meeting may do so provided he gives notice to the Secretary one week before the meeting is due to be held.
- 7.9 At least 25% of the total voting membership or 30 voting members, whichever is the lesser, present at a General Meeting shall form a quorum. Proxies shall not be constituted as part of the quorum.
- 7.10 In the event of there being no quorum at the commencement of a General Meeting, the meeting shall adjourned for half an hour and should the number then present be insufficient to form a quorum, those present shall be considered a quorum, but they shall have no power to amend any of the existing Constitution.

MANAGEMENT AND COMMITTEE

- 8.1 The administration of the Federation shall be entrusted to a Committee consisting of the following to be elected at alternate Annual General Meeting:

A President
A Vice-President
A Secretary
An Assistant Secretary
A Treasurer
8 Ordinary Committee Members

- 8.2 Names for the above offices shall be proposed and seconded at the Annual General Meeting and election will follow on a simple majority vote of the members. All office-bearers, except the Treasurer may be re-elected to the same or related post for a consecutive term of office. The term of office of the Committee is 2 years.
- 8.3 Election will be either by show of hands or, subject to the agreement of the majority of the voting members present, by a secret ballot. In the event of a tie, the Chairman of the meeting shall have a casting vote.
- 8.4 A Committee Meeting shall be held at least once every three months after giving seven days' notice to Committee Members. The President may call a Committee Meeting at any time by giving five days' notice. At least ½ of the Committee Members must be present for its proceedings to be valid.
- 8.5 Any member of the Committee absents himself from three meetings consecutively without satisfactory explanations shall be deemed to have withdrawn from the Committee and a successor may be co-opted by the Committee to serve until the next Annual General Meeting. Any changes in the Committee shall be notified to the registrar of societies within two weeks of change.

- 8.6 The duty of the Committee is to organize and supervise the daily activities of the Federation. The Committee may not act contrary to the expressed wished of the General Meeting without prior reference to it and always remains subordinate to the General Meetings.
- 8.7 The Committee has the power to authorize the expenditure of a sum not exceeding the budget as approved by the General Meeting of members from the Federation's funds for the Federation's purposes.

DUTIES OF OFFICE-BREARERS

- 9.1 The President shall chair all General and Committee meetings. He shall also represent the Federation in its dealings with outside persons.
- 9.2 The Vice-President shall assist the President and deputise for him in his absence
- 9.3 The Secretary shall keep all records, except financial, of the Federation and shall be responsible for their correctness. He will keep minutes of all General and Committee meetings. He shall maintain an up-to-date Register of Members at all times.
- 9.4 The Assistant Secretary shall assist the Secretary and deputise for him in his absence.
- 9.5 The Treasurer shall keep all funds and collect and disburse all moneys on behalf of the Federation and shall keep an account of all monetary transactions and shall be responsible for their correctness. He is authorized to expend up to \$500/- per month for petty expenses on behalf of the Federation. He will not keep more than \$300/- in the form of cash and money in excess of this will be deposited in a bank to be named by the Committee. Cheques, etc. for withdrawals from bank will be signed by the Treasurer and either the President or the Vice-President or the Secretary.
- 9.6 Ordinary Committee Members shall assist in the general administration of the Federation and perform duties assigned by the Committee from time to time.

AUDIT AND FINANCIAL YEAR

10.1 Two voting members, not being members of the Committee, shall be elected as Honorary Auditors at alternate Annual General Meeting and will hold office for a term of 2 years only and shall not be re-elected for a consecutive term.

10.2 They:

- a) Will be required to audit each year's accounts and present a report upon them to the Annual General Meeting,
- b) May be required by the President to audit the Federation's accounts for any period within their tenure of the office at any date and make a report to the Committee.

10.3 The financial year shall be from 1st January to 31st December.

TRUSTEES

11.1 If the Federation at any time acquires any immovable property, such property shall be vested in the trustees subject to a declaration of trust.

11.2 The trustees of the Federation shall :

- a) Not be more than 4 and not less than 2 in number.
- b) Be elected by a General Meeting of members.
- c) Not effect any sale or mortgage of property without the prior approval of the General Meeting of members.

11.3 The office of the trustees shall be vacated:

- a) If the trustee dies or become a lunatic or of unsound mind.
- b) If he is absent from the Republic of Singapore for a period of more than a year.
- c) If he is guilty of misconduct of such a kind as to render it undesirable that he continues as a trustee.
- d) If he submit notice of resignation from his trusteeship.

11.4 Notice of any proposal to remove a trustee from his trusteeship or to appoint a new trustee to fill a vacancy must be given by posting it on the notice board in the Federation's premises at least two weeks before the General Meeting at which the proposal is to be discussed. The result of such General Meeting shall then be notified to the Registrar of Societies.

11.5 The address of each immovable properties, name of each trustee and any subsequent change must be notified to the Registrar of Societies.

VISTORS AND GUEST

- 12.1 Visitors and guests may be admitted into the premises of the Federation but they shall not be admitted to the privileges of the Federation nor shall be admitted into the premises more than six times in a calendar year. These visits are to be confined to not more than once in 14 days.
- 12.2 A Visitors' Book shall be kept, in which shall be entered the names of all visitors and guests, together with the names and signatures of the members nominating them and the dates of their visits. No person shall be a visitor or guest till his name has been entered in this book.

PROHIBITIONS

- 13.1 Gambling of any kind, excluding the promotion or conduct of a private lottery which has been permitted under the Private Lotteries Act Cap 250, is forbidden on the Federation's premises. The introduction of materials for gambling or drug taking and of bad characters into the premises is prohibited.
- 13.2 The funds of the Federation shall not be used to pay the fines of members who have been convicted in a court of law.
- 13.3 The Federation shall not engage in any trade union's activity as defined in any written law relating to trade union for the time being in force in Singapore.
- 13.4 The Federation shall not attempt to restrict or interfere with trade or make directly or indirectly any recommendation to, any arrangement with its members which has the purpose or is likely to have the effect of fixing or controlling the price or any discount, allowance or rebate relating to any goods or service which adversely effect consumer interests.
- 13.5 The Federation shall not indulge in any political activity or allow its funds and/or premises to be used for political purposes.
- 13.5 The Federation shall not hold any lottery, whether confined to its member or not, in the name of the Federation or its office-bearers, Committee or members unless with the prior approval of the relevant authorities.
- 13.7 The Federation shall not raise funds from the public for whatever purposes without prior approval in writing of the Head, Licensing Division, Singapore Police Force and other relevant authorities.

AMENDMENTS TO CONSTITUTION

14. No alteration or addition/deletion to this Constitution shall be made except at a general meeting and with the consent of two-thirds of the voting members present at the General Meeting, and they shall not come into force without the prior sanction of the Registrar of Societies.

INTERPRETATION

15. In the event of any question or matter pertaining to day-to-day administration which is not expressly provided for in this Constitution, the Committee shall have the power to use their own discretion. The decision of the Committee shall be final unless it is reversed at a General Meeting of members.

DISPUTES

16. In the event of any dispute arising amongst members, they shall attempt to resolve the matter at an Extraordinary General Meeting in accordance with this Constitution. Should the members fail to resolve the matter, they may bring the matter to a court of law for settlement.

DISSOLUTION

- 17.1 The Federation shall not be dissolved, except with the consent of not less than 3/5 of the total voting membership of the Federation for the time being resident in Singapore expressed, either in person or by proxy, at a General Meeting convened for the purpose.
- 17.2 In the event of the Federation being dissolved as provided above, all debts and liabilities legally incurred on behalf of the Federation shall be fully discharged, and the remaining funds will be disposed of in such manner as the General Meeting of members may determine or donated to an approved charity or charities in Singapore.
- 17.3 A Certificate of Dissolution shall be given within seven days of the dissolution to the Registrar of Societies.