



## Constitution of the 365 Strong World Powerlifting Federation

1.	Definition	2
2.	Objectives	2
3.	Organization Membership Fees	2
4.	365 SWPF Brand Authorization	3
5.	Official Language	3
6.	General Provisions	3
7.	General Assembly, Governing Committee's & Responsibilities	3-4
8.	365 SWPF Powerlifting Unity without Discrimination	4
9.	Gear Approval	4
10.	Disciplinary Cases	4
11.	Event Sanctions	4-5
12.	Powers of General Assembly	5
13.	Non-Committee Designees	5
14.	Affiliate and Associate Member Code of Conduct	5-6
15.	Referee Code of Conduct	6
16.	Associate Member Procedures	6
17.	365 SWPF Main Office	6
18.	Subscription and Fees	7
19.	Recognition of World Records	8
20.	U.S. Regional & State Leadership	8
21.	Associate Nation Leadership	8



## I. Definition

The 365 STRONG WORLD POWERLIFTING FEDERATION hereinafter called “365 SWPF” is an organization founded in 2016 in Fort Mill, South Carolina, United States. 365 SWPF is an LLC Corporation. 365 SWPF provides sanctioned powerlifting events under their brand name as well as serving as the sanctioning governing body for other partnering National Federation associates.

## 2. Objectives

- The union of all eligible athletic clubs, organizations, associate federations or other groups active in powerlifting throughout the world.
- To develop standardized competitive rules.
- Maintain a system for recognizing athletes and approving records.
- Establish administrative and technical committees when it is considered appropriate.
- Establish, define and enforce rules for the government of powerlifting internationally.
- Promote, support and encourage all athletes, both tested and untested.
- Provide it's lifting members and associate federations with monthly news bulletins.
- Secure partnering national associate federations, from any nation.
- Promote, sanction and supervise powerlifting development programs and competitions, including world championships for full power and single lift competitions.
- Maintain a 365 SWPF General Assembly of bona fide partnering representatives.
- To work toward uniting all powerlifting athletes around the globe, with no tolerance for agendas that include any type of prejudice or discrimination
- To safeguard the integrity of powerlifting, respecting good governance and observing human rights principles as well as operating sustainable development standards and risk management processes.

## 3. Organization Membership Fees

- The membership of the 365 SWPF consists of athletes directly affiliated with the 365 SWPF brand and 365 SWPF national associates (from any nation) actively participating in 365 SWPF governed events. To reemphasize 365 SWPF does recognize annually paid member (organizations) as associate National Federations from any country, whereby it's mutually agreed that as an associate federation they are bound by 365 SWPF operational standards, though countries may retain the "exclusive rights" for maintaining ownership of paid athlete memberships
- The federation associates of 365 SWPF shall not be affiliated (or associated) to any other organization with similar objects to those of the 365 SWPF and, in particular, to any organization in the process of becoming, or seeking to become, a worldwide governing body for powerlifting.
- Categories for individual 365 SWPF Affiliated Athlete Membership:
  - **Annual Member:** A one-year membership, renewable one year from the sign-up date.
  - **VIP Lifetime Member:** VIP Lifetime members pay one time with no additional membership payment needed during the lifetime of the lifter.
- Categories for partnering National Associate Membership:
  - **National Associate Member:** 1-year national associate membership, offered to any federation, organization, club, etc. inside any nation. Partnering national member pays an annual membership so their athletes may participate in 365 SWPF events
  - Athletes of the partnering nation pay no additional 365 SWPF individual membership fee
  - Associate partners may hold a place on the 365 SWPF Executive Committee as well as nominate or select one or more representatives to the 365 SWPF General Assembly
  - Annually renewable associate membership dues (or fees) are to be paid each year by their anniversary date. Newly approved associate members must pay their fee within 15 days of their approval date and that date becomes their anniversary date to renew membership



#### **4. 365 SWPF Brand Authorization**

- All banners, posters, advertising materials, etc. using the 365 SWPF brand must be preapproved by the 365 SWPF President or Executive Committee

#### **5. Official spoken language of the 365 SWPF**

- The official language of the 365 SWPF is English.
- All the publications and reports of the 365 SWPF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

#### **6. General Provisions**

- The 365 SWPF is recognized by our national associate partners as the organizing, sanctioning, governing and promoting body that provides the foundation for unifying the sport of powerlifting.
- In its activities, the 365 SWPF follows the sports ideals and principles and supports and maintains the ideals and objectives of athletes equality, without discrimination based on national origin or culture, race, religion, gender, skin color, political views, tested or untested, gear preference, etc.
- The 365 SWPF establishes athlete drug testing protocol for the “tested” competitors. A minimum of 10% of all tested division athletes at each event is randomly lab tested for all performance enhancing drugs, listed in the 365 SWPF rule book.
- All disputes involving the 365 SWPF including, without limitation, disputes relating to the Constitution, By-Laws or other rules and regulations of the 365 SWPF or arising out of the 365 SWPF’s actions (or omissions) decisions or relationships with its Members, national associates or persons that are subject to its rules and regulations shall be submitted exclusively a matter to the 365 SWPF Advisory Committee.
- All athletes are encouraged to display good sportsmanship and support their fellow athletes.
- The 365 SWPF supports all initiatives by powerlifters for peace and understanding.

#### **7. 365 SWPF General Assembly, Governing Committee’s & Responsibilities**

- GENERAL ASSEMBLY
- EXECUTIVE COMMITTEE
- ADVISORY COMMITTEE
- TECHNICAL COMMITTEE

##### **I. General Assembly**

The 365 SWPF General Assembly meets once or twice per year (based on need) and is overseen by the 365 SWPF President. Each elected or President selected General Assembly member has voting privileges on any number of topics, decisions, standards, policies, etc. To also include new committee member elections. At least one representative from each committee, national associate organizations and general membership pool of athletes. Committee’s include, Executive Committee, Advisory Committee and Technical Committee as well as representation from 365 SWPF marketing, accounting, international relations and legal personnel.

##### **II. Executive Committee**

The 365 SWPF Executive Committee includes the 365 SWPF President, national associate chairpersons, committee leaders, accounting, marketing and others as needed. The Executive Committee has the responsibility of planning and organizing day-to-day operations. They meet as often as needed. The Executive Committee members, when applicable, must be cleared of owing any past due fees, etc. prior to becoming an Executive Committee member. Executive Members must maintain a clean record, may it be financial, ethical, legal or actions detrimental to 365 SWPF.



### III. **Advisory Committee**

The 365 SWPF Advisory Committee is available to all 365 SWPF members, referees, meet staff and national associates. Those individuals interested in sharing their insight, vision, experience, etc. must request and be granted approval by the 365 SWPF President to be involved. Requests may be made at any time. The 365 SWPF President will respond to all requests within 10 business days. Advisory Committee members that request discussion on specific topics, ideas, policies, etc. must submit their request for approval before being added to the next meeting agenda. Meetings will be scheduled each quarter.

### IV. **Technical Committee**

The 365 SWPF Technical Committee is duly selected based several critical factors: Namely...equipment and gear trends and approval considerations, rule revisions, unique marketing concepts, meet personnel evaluations, legal considerations, international relations, etc. Members must be highly involved in their areas of expertise for consideration.

### 8. **365 SWPF Powerlifting Unity without Discrimination**

- The 365 SWPF provide athletes with a common platform in which to compete for all nationally or internationally hosted events, without being subjected to limited thinking or lifter discrimination beliefs.
- Common platform, by definition, means 365 SWPF welcomes of any athlete that chooses to either be drug tested or not drug tested or prefers to compete as raw, raw classic, single-ply or multi-ply athlete.
- The 365 SWPF culture is to promote all athletes, organizers, hosts, sponsors, vendors, etc., no matter their national origin, religion, gender, skin color, political beliefs, etc.
- To ensure this policy is maintained all meet detail is submitted for approval 60-90 days prior to the event.

### 9. **Gear Approval**

- Detailed is provided in the 365 SWPF Rule Book.
- The detail mentioned in the Rule Book, is periodically revised or updated as new gear or products are created.
- Gear checks are conducted at all meets at weigh-ins.

### 10. **Disciplinary cases**

The Executive Committee rules on all disciplinary infractions of the members of 365 SWPF, oversees the disciplinary proceedings and imposes penalties. Examples that require a complete assessment on the severity of the infraction are, a drug testing violation, gear violation, heated athlete and referee dialogue, etc. Rulings on all infractions and appeals will be fairly evaluated by conducting a complete review of each cases facts. Athletes wishing to appeal any infraction may submit their arguments in writing to the Executive Committee and/or through a virtual meeting at the next Executive Committee meeting.

### 11. **Event Sanctions**

Meet sanctions of 365 SWPF events are awarded following Executive Committee approval. Event approval must satisfy all 365 SWPF meet protocol. Refer to Rule Book.

- 365 SWPF may award sanctions to meet hosts that are either affiliated or associate members. As defined, affiliate members are active 365 SWPF members and associate members are governed by the 365 SWPF but are operating exclusively either nationally or internationally
- Delegates with voting rights:
  - a) The Executive members
  - b) Clubs with 15 members – 1 delegate  
Clubs with 16-30 members – 2 delegates



- Clubs with more than 30 members – 3 delegates
- c) Regions – 2 delegates
- Delegates from clubs must be approved by their respective organization.

## 12. The powers of the General Assembly

General Assembly duties are:

1. The delegates elect one person to preside at the meeting, one secretary to record the meeting and two persons to sign the secretary protocol.
2. Roll call of delegates.
3. To accept the meeting business Agenda.
4. To review the Presidents report.
5. To examine proposals and amendments.
6. Decide about associate membership fees and any other additional fees under consideration
7. To examine all event planning financial and marketing potential
8. Receive committee updates
9. Review bids of future sites, etc. for 365 SWPF governed events
10. Vote to elect new General Assembly representatives

Election Criteria:

>Candidates of both sexes shall be represented in the Executive Board and Committees.

>If not otherwise decided, a proposal is accepted by a majority vote. However, Constitutional changes require 2/3 majority.

>If there are more than one candidate but no one gain majority, a new election between the two candidates with most votes shall take place. In case two candidates gain equal number of votes, a draw shall be made to decide which one shall be elected.

>If more candidates shall be voted, all must gain more than 50 % of the total votes to be elected. If necessary, additional rounds of votes must be made to achieve more than 50 %.

>Only votes of the representatives that attend the current meeting will be counted. The only exception is when a direct communication to the President is approved on that person's behalf

## 13. Non-Committee Designees

*Titles*

The titles of the non-committee designees of the 365 SWPF are: Auditor, Newsletter Editor, Public Relations Officer, Social Media Officer, Paraspport-delegate, Website Coordinator, Records Registrar, Spotter & Loader Coordinator, Referee Coordinator.

*Appointment and Rights*

The President shall appoint non-committee designees. By invitation of the President they may attend meetings of the Executive Committee but without vote and with voice only on matters relating to their respective expertise.

## 14. Affiliate and Associate Members Code of Conduct

- All 365 SWPF affiliate and associate members are subject to 365 SWPF Rules (Re: Rule Book).
- Any deviation from 365 SWPF rules and regulations, involving any sanctioned 365 SWPF event (examples: meet equipment, organizational format, gear, etc.) must be preapproved by the President directly or by an Executive Committee ruling of exception
- All meet officials, hosts, athletes, etc. must conduct themselves in an ethical, professional and respectful manner
- Meet organizers and personnel agree to maintain the high standards recognized by the 365 SWPF
- Meet organizers must provide a transparent identity and immediately communicate to the 365 SWPF President or Executive Committee any challenges, barriers, shared costs, personnel concerns, athlete conduct issues, referee evaluations, etc.
- Report drug testing results when testing is conducted by someone other than a 365 SWPF official
- Forward all meet results within 24 hours to 365 SWPF



- Associate members agree to honor their commitment and support of 365 SWPF events by the action of promoting, supporting and urging their athlete participate
- Athletes are to conduct themselves in a sportsmanlike manner. All episodes of questionable conduct will be evaluated on a per issue basis
- Requests to obtain a meet sanction and direct, organize, host future meets may be forwarded to the 365 SWPF office

#### **15. Referee Code of Conduct**

- Must be well versed on the 365 SWPF Rule Book
- Referees commit to conducting themselves in a fair, ethical, professional manner and controlled manner.
- Referees are to be approachable and respectful of both the athletes and coaches at all times.
- Respect and communicate with their fellow referees
- Refer to the loading chart when ensuring the bar is loaded correctly.

#### **16. Associate Member Leadership Procedures**

- All listings of the 365 SWPF associate nations shall include the name of their national federation.
- National federations can become associate members of the 365 SWPF no matter their country or present federation brand name.
  - Admittance to other federations located in the United States...associate memberships are available for various national and international events governed by 365 SWPF. 365 SWPF will allow their athletes participate once the associate membership is approved.
  - All nations outside of the U.S. are able to apply for an associate membership either as a branch organization within 365 SWPF or as an independent federation. Once approved the associate member agrees to abide by the 365 SWPF governed leadership. Branch organizations must have their area events sanctioned by 365 SWPF.
- No national associate federation shall remain a member of the 365 SWPF if the General Assembly by at least two-thirds majority of votes cast decides that it is not in the best interest of the 365 SWPF for that national federation to remain a member.
- Associate members bidding for a 365 SWPF sanctioned international event must do so within 5 months of the event date. All bids, accompanied by a detailed report on the extent of preparations made, shall be sent to the 365 SWPF main office for approval. The final promoter's contract must be signed and approved by 4 months before the event otherwise the request is voided.
- The executive committee will examine the bids and makes the decision to approve or not approve the event within seven days after receipt.

#### **17. 365 Strong World Powerlifting Federation LLC Main Office**

365 Strong World Powerlifting Federation  
PO Box 253  
Fort Mill, South Carolina  
Phone: 1-(704) 236-1899  
Email: [info@365strong.org](mailto:info@365strong.org)



## 18. Subscription and Fees

The annual membership subscription shall include all championship and international sanction fees with the exception of world championships. For these, sanction fees shall be paid in accordance with the following scale of subscriptions and fees:

Sanction for national associate meets:	USD	50
Sanction for international events:	USD	200
Athlete World Record Certificates	USD	free
Athlete Elite Ranked Certificates	USD	free
Request an Appeal	USD	50
Referee Card & Polo Shirt:	USD	50
National Associates Annual Dues	USD	250



## 19. Recognition of World Records

Divisional Category: Drug Tested and Untested (or non-drug tested)

Record Recognition: Tested and Overall

Divisions: Open, Masters, M/P/F, Teenage, Youth, Para lifter, Novice

When sanctioned by the 365 SWPF results will count and be recorded. Any meet result from a 365 SWPF national associate but not sanctioned by the 365 SWPF will not be recorded.

World Record certificates will be produced and mailed at no charge to the athlete.

## 20. U.S. Regional & State Leadership

**Position Background Requirements:** 365 SWPF is considering strong leaders that can represent the federation in a variety of regions or states. Preferred candidates have significant powerlifting experience as an athlete and/or promoter. They should be well connected with gyms and athletes within the geographical area they're being considered for. Additional assets, social media and basic marketing skills, good communication skills, ethical, loyal, detail oriented, organized and open to taking direction.

- **Southeast Region - States include:** North Carolina, South Carolina, Georgia, Tennessee, Virginia, Florida
- **Northeast Region - States include:** New York, New Jersey, Massachusetts, Connecticut, Rhode Island, Vermont, Maryland, New Hampshire, Delaware, Maine, District of Columbia
- **Midwest Region - States include:** Missouri, Arkansas, Kansas, Indiana, Kentucky, Ohio, Illinois, West Virginia, Pennsylvania
- **South Central Region - States include:** Texas, Oklahoma, Mississippi, Alabama, Louisiana
- **North Central Region - States include:** North Dakota, South Dakota, Minnesota, Nebraska, Iowa, Wyoming, Colorado
- **North West Region - States including:** Washington, Oregon, Northern California, Idaho, Montana
- **South West Region - States including:** Southern California, Arizona, New Mexico, Utah, Nevada

## 21. Associate Nation Leadership

**Position Background Requirements:** 365 SWPF is considering strong leaders that can represent the federation for any worldwide nation. Preferred candidate has significant powerlifting experience as an athlete and/or promoter. They should be well connected with gyms and athletes within the geographical area they're being considered for. Additional assets, social media and basic marketing skills, good communication skills, ethical, loyal, detail oriented, organized and open to taking direction.