



**By-laws of Olympic Weightlifting New Zealand Inc.  
(revised as at 17th July 2018)**

**1.0 APPLICATION OF BY-LAWS**

- 1.1 These by-laws apply to the following:
- a) All of those persons who are members of OWNZ;
  - b) All employees or contractors of OWNZ;
  - c) All Athlete support personnel, including Coaches and Officials;
  - d) Any other persons who are bound by the Constitution, By-laws, Supplementary Rules, Guidelines, or Policies of OWNZ.

**2.0 STATUS OF BY-LAWS**

- 2.1. The Executive Group may issue Supplementary Rules, Guidelines, or Policies that cover the matters referred to in these By-laws.
- 2.2. In the event of a conflict between any Supplementary Rule, Guideline or Policy and these By-laws, the provisions of these By-laws shall prevail.
- 2.3. In the event of a conflict between any of these By-laws and the OWNZ Constitution, then the OWNZ Constitution shall prevail.

**3.0 COMMENCEMENT DATE OF BY-LAWS**

- 3.1. The by-laws have been reviewed by the Executive Group and each by-law shall take effect and come into force on the commencement date.
- 3.2. On the commencement date of the OWNZ by-laws, it will supersede and replace previous relevant by-laws issued by OWNZ.
- 3.3. The commencement date of the OWNZ by-laws is 12<sup>th</sup> April 2017.

**4.0 EXECUTIVE GROUP BY-LAWS**

- 4.1. In accordance with the Constitution, the Executive Group is responsible for governing OWNZ.
- 4.2. The Executive Group is to maintain Governance Policies that detail:
- i. Executive Group Charter & Governance Process Policy;
  - ii. Executive Group & Administrator Interrelationship Policy;
- 4.3 The Executive Group is to review annually the Governance Policies.
- 4.4 The Executive Group is to maintain a two to four year Strategic Plan that:
- i. The Executive Group reviews and updates annually; and

- ii. The Executive Group reports annually on progress to Clubs at an appropriate forum.

**4.5** The Executive Group is to maintain an annual Governance plan that:

- i. Identifies the Key Performance Outputs of OWNZ; and
- ii. Details the annual Executive Group Work Plan.

**4.6** The Executive Group may from time to time appoint committees of the Executive Group to undertake any one or more of its duties and functions in accordance with the Governance Policies.

## **5.0 MEMBERSHIP BY-LAWS**

### **5.1. Purpose**

**5.1.1.** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- a) Member Protection Policy;
- b) Athlete/Club Affiliation & Transfer;
- c) Retiring Athletes;
- d) Overseas Travel for Weightlifting Activities;
- e) Eligibility for New Zealanders living overseas; and
- f) Eligibility for Foreigners to compete in New Zealand.

### **5.2 Member Protection Policy**

**5.2.1** The purpose of the OWNZ Membership Protection Policy is to provide guidance to Clubs around the best practice procedures in relation to the protection of Members with particular reference to Minors and Vulnerable Adults.

**5.2.2** This Policy includes the additional details on the following:

- a) Responsibilities
- b) Definitions of Abuse & Harassment
- c) Child Protection
- d) Taking images/videos
- e) Bullying (Including Cyber-Bullying)
- f) Anti-discrimination & Harassment
- g) Sexual Relationships
- h) Gender Identity
- i) Alcohol & Smoke Free Environment
- j) Complaints Procedures
- k) Screen & Vetting Processes
- l) Record of Complaint Form

**5.2.3** The Policy may be amended by OWNZ at any time. Amendments will be issued in accordance with the Constitution and will be available on the OWNZ website.

### **5.3 Retiring Athletes**

**5.3.1** After a period of two years of non-membership, or after official notification of retirement, an Athlete may seek re-instatement of their membership by applying in writing to the Administrator.

**5.3.2** Consideration of the Athlete for International Team Selection must comply with the rules of Drug Free Sport NZ.

**5.3.3** Consideration of the Athlete for International Team Selection must comply with the rules of the IWF.

Note: In accordance with the IWF Anti-doping regulations, eligibility to resume participation in International Events will begin six months after acknowledgment by Drug Free Sport NZ that the Athlete's name has been added to the Anti-Doping Testing Register.

### **5.4 Overseas Travel for Weightlifting Activities**

**5.4.1** All OWNZ registered Athletes, Coaches or Officials who travel to or reside in another country and participate in Weightlifting activities in that country, must inform the Administrator prior to their departure.

**5.4.2** Athletes are expected to adhere to the following guidelines:

- i. Provide notification to the Administrator;
- ii. Enter travel details into the ADAMS or SIMONS Athlete whereabouts systems (if a registered user of those systems);
- iii. Provide the Administrator with a signed Athlete Agreement.

**5.4.3** Coaches and Officials are expected to adhere to the following guidelines:

- i. Provide notification to the Administrator;
- ii. Provide the Administrator with a signed Support Staff Agreement.

**5.4.4** The Administrator, through the direction of the Executive Group, shall be required to inform the Weightlifting Federation of the destination country and request permission from that Federation for the member to undertake Weightlifting activities in that country.

### **5.5 Eligibility for New Zealanders living overseas**

**5.5.1** Athletes wishing to be members of OWNZ who live overseas must request for approval from the Executive Group each year they wish to be a member of OWNZ.

**5.5.2** To request approval from the Executive Group of OWNZ, the following documents must be provided to the Administrator:

- a) NZ Passport Scan
- b) Confirmation letter stating that the athlete involved is in good standing, has not been convicted of a doping offence and has not

been a member of another Weightlifting Federation.

**5.5.3** If the Executive Group approves the athlete membership, the Administrator will notify the athlete and inform the Weightlifting Federation of the athlete living and competing in their country.

**5.5.4** Athlete competition results must be sent to the Administrator and the National Statistician along with the names of the qualified Technical Officials who refereed their attempts to be included in the OWNZ National Rankings and Qualification lists.

## **5.6 Eligibility for Foreigners to compete in New Zealand**

**5.6.1** Athletes that are members of another Weightlifting Federation, wishing to participate in OWNZ Sanctioned Competitions & Events, must provide a letter giving permission from their Weightlifting Federation to be considered an eligible participant in OWNZ events and competitions.

**5.6.2** A letter giving permission for an Athlete to compete in all OWNZ Sanctioned Events within a given calendar year will be accepted. This letter must also state that the athlete is in good standing and has not been convicted of a doping offence.

## **6.0 INTERNATIONAL TEAM BY-LAWS**

### **6.1 Purpose**

**6.1.1** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- a) High Performance Manager;
- b) Eligibility for International Team Selection;
- c) International Team Selection Policy;
- d) National Selection Panel; and
- e) Non-selection Grievance.

### **6.2 High Performance Manager**

**6.2.1** Essentially the duties of the High Performance Manager shall be embodied in the job description and will cover aspects of the following:

- a) The High Performance Manager will be responsible for leading and implementing strategies to ensure the sustained success of our sport and teams at the elite level.
- b) Will plan, lead and organise our national network of elite coaches, ensuring that the input of all stakeholders is maximised and aligned to the agreed national direction.

### **6.3 Eligibility for International Team Selection**

**6.3.1** To be eligible to be considered for selection to a New Zealand Team by OWNZ, an athlete must:

- i. Be a NZ Citizen with a NZ passport;
- ii. Be a current financial member of OWNZ;
- iii. Not be under investigation for any breach of, nor to have breached and serving a period of ineligibility under, any rule under the OWNZ Constitution, or any rules or regulations of the IWF, the IOC or the NZOC;
- iv. Not be under investigation for any breach of, or anti-doping rule violation under, any part of the OWNZ Anti-Doping Regulation (which includes the Sports Anti-Doping Rules), the IWF Anti Doping Regulations, or the WADA Code and serving a period of ineligibility for such breach or violation;
- v. Not have used or administered any substance which, if it had been detected as being present in the Athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in the Sports Anti-Doping Rules, the IWF Anti-Doping Regulations, or the WADA Code;
- vi. Not be under investigation for, charged with, or convicted of any criminal offence, unless any sentence imposed has been served by the Athlete; and
- vii. Have provided OWNZ with key contact details for communication purposes (including current physical address, email address and telephone number).

**6.3.2** The provisions of the IWF Constitution and Bylaws will apply to Athletes who are seeking selection to International Teams but do not hold New Zealand Residency and/or Citizenship.

**6.3.3** The IOC Eligibility Rule will apply to Athletes seeking selection to the Olympic Games.

## **6.4 International Team Selection Policy**

**6.4.1** The High Performance Manager, Administrator and the National Selection Panel will set and periodically revise rules & implement a Selection Policy for the Selection of NZ Team members to compete at International events.

**6.4.2** The rules and International Selection Policies must be approved by the Executive Group of OWNZ before being implemented & published.

**6.4.3** The Administrator will maintain and publish a document on the OWNZ website that contains all of the Selection Rules and Policies for International events.

## **6.5 National Selection Panel**

**6.5.1** The Executive Group will appoint an independent National Selection panel which will consist of three members.

**6.5.2** The Executive Group will appoint a Convener to lead the National Selection panel.

**6.5.3** Appointments to the National Selection panel will last for two years, unless vacated or withdrawn by the Executive Group.

**6.5.4** The National Selection panel, with the assistance of the High Performance Manager and Administrator will set qualifying criteria, including (when possible) the qualifying or guideline totals that will need to be achieved by prospective Team members.

**6.5.5** The convener of the National Selection panel will, following agreement with the other members of the panel, make their Team Selection recommendations to the Executive Group.

**6.5.6** The Executive Group must ratify all Team selections.

Note: This includes Athletes, Team Officials, and Team Support Personnel.

**6.5.7** The National Selection panel will, when necessary, require prospective team members to undertake pre-selection or fitness trials.

**6.5.8** Team Selections for the following events must comply with the overriding requirements of the New Zealand Olympic Committee (NZOC):

- i. Olympic Games,
- ii. Youth Olympic Games
- iii. Commonwealth Games
- iv. World University Games

**6.5.9** Team Selections for all International events must comply with the overriding requirements of the IWF.

## **6.6 Non-selection Grievance**

**6.6.1** Members of OWNZ who have a grievance relating to non-selection for an International Team shall have recourse to the Sports Disputes Tribunal of New Zealand.

## **7.0 CLUB AFFILIATION BY-LAWS**

### **7.1 Purpose**

**7.1.1** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- f) Club Affiliation Requirements
- g) Club Affiliation Fee; and
- h) New Club Affiliation Application.

### **7.2 Club Affiliation Requirements**

**7.2.1** All Clubs affiliated to OWNZ are required to meet the following standards in order to maintain an active affiliation.

### **7.2.3 Membership requirements:**

- i. A Club must have a minimum of 5 active members affiliated to OWNZ.
- ii. Active members are those who participate in OWNZ competitions.
- iii. A Club must have a training facility with adequate barbells and equipment maintained to a good standard.

### **7.2.4 Volunteer requirements**

- i. All OWNZ affiliated Clubs are encouraged to activate 3 new referees over an annual period.  
Note: Dates and venues for Referees Courses are released each year. Please check the OWNZ Calendar or a Club can host their own exam, more details about this are on our website.
- ii. All clubs must put forward the names of referees and volunteers (loaders, scorekeepers, timekeepers etc) of the relevant level to local, regional and national competitions when possible.

## **7.3 Affiliation Fee**

**7.3.1** Clubs are required to pay OWNZ the annual affiliation fee, which is due by 1<sup>st</sup> January of that year.

## **7.4 New Club Affiliation**

**7.4.1** Clubs looking to affiliate with OWNZ for the first time must submit a New Club Affiliation Form to the Administrator. This can be found on the OWNZ website.

**7.4.2** Once received the Administrator will request approval for this club from the Executive Group. If approved, the Club must complete their Club registration form and pay their affiliation fee to finalize their membership with OWNZ.

## **8.0 TECHNICAL OFFICIALS BY-LAWS**

### **8.1 Purpose**

**8.1.1** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- a) National Referee Examiner; and
- b) Technical Officials Pathway.

### **8.2 National Referee Examiner**

**8.2.1** Essentially the duties of the National Referee Examiner shall be embodied in the job description and will cover aspects of the following:

- a) Determine the pathway required for Provincial/Club Referees (previously known as Level 2 Referee's) and National Technical Officials (previously known as Level 1 Referee's);
- b) Maintain the register of OWNZ Technical Officials;
- c) Mark exam scripts and notify participants of their success or failure;
- d) Assist hosting clubs of OWNZ National Events in finalizing Technical Officials Rosters.

### **8.3 Technical Officials Pathway**

**8.3.1** All technical officials must be financial members of OWNZ.

**8.3.2** To qualify as a Technical Official of OWNZ, the participant must follow the respective pathway to graduate to either a Provincial/Club Level or a National Level Technical Official. This pathway is determined by the National Referee Examiner and is published on the OWNZ website.

## **9.0 NATIONAL EVENTS & RECORDS BY-LAWS**

### **9.1 Purpose**

**9.1.1** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- a) OWNZ Sanctioned Event Requirements;
- b) National Senior & Junior Championships;
- c) Annual Prize Giving;
- d) National Weightlifting Records;
- e) National Statistician;
- f) National Secondary School Championships;
- g) Guest Competitors;

### **9.2 OWNZ Sanctioned Events**

**9.2.1** The Administrator must approve all Sanctioned Events.

**9.2.2** The Administrator will maintain and publish a list of Sanctioned Events in the form of an annual OWNZ Competition Calendar.

**9.2.3** Affiliated Clubs are required to provide the Administrator with details of their events.

**9.2.4** Sanctioned Events must be refereed by three OWNZ Registered Referees.

**9.2.5** At least two of the Referees adjudicating the same session at a Sanctioned Event must hold OWNZ National Level 1 status or higher.

**9.2.6** All competitors at Sanctioned Events must be OWNZ Members in good standing, or approved Guest Competitors.

**9.2.7** All Sanctioned Events must comply with the following technical requirements:

- i. The Competition Platform must be level, square, and clearly marked.
- ii. The Competition Platform must measure at least three hundred (300) cm on each side, and no more than four hundred (400) cm on each side.
- iii. Event organisers for Championships events must provide a competition platform that meets the IWF technical requirements.



- The IWF requires competition platforms to be square and level, with each side measuring four hundred (400) cm.
- iv. The Athlete Weigh-in must be conducted on Certified Scales. Event organisers should ensure that the competition scales have a current certificate of calibration.
  - v. All Sanctioned Events should look to meet the Minimum Hosting Requirements for Club Competitions stated on the OWNZ Website.

### **9.3 National Senior & Junior Championships**

**9.3.1** A National Senior & Junior Weightlifting Championships will be held annually, and where possible will be held to coincide with the OWNZ Annual General Meeting.

**9.3.2** OWNZ Clubs must apply to the Administrator with a proposal to host this National Championships.

**9.3.3** Once the Club has been given hosting rights, both OWNZ and the Hosting Club will sign a Memorandum of Understanding which states roles and responsibilities of both parties involved.

**9.3.4** Entry to the National Championships will be based on Qualifying Totals and other Requirements set by the Executive Group.

**9.3.5** Dispensation from the official entry requirements may be granted at the discretion of the Executive Group.

**9.3.6** Applications for dispensation from the official qualifying requirements must be made in writing to the Administrator.

**9.3.7** Athletes who have qualified to compete at the OWNZ Championships are permitted to compete in a different weight class – higher or lower. However, the athlete must notify the competition organizers of their intended weight class at the final Verification of Entries meeting that precedes the start of the competition.

#### **9.3.8 Team Competition**

- a) The Executive Group will make decisions each year relating to the type of Team Competition at the National Weightlifting Championships.
- b) The Executive Group will take into consideration the various numbers of competitors in the following groups when making their decisions:
  - i. Men
  - ii. Women
  - iii. Junior
  - iv. Senior
- c) The Executive Group will convey their decisions to the hosting organization for

the National Weightlifting Championships, having regard to the timing of the Championships.

Each team may have:

- i. A maximum of eight male Athletes, with no more than two Athletes in each bodyweight class.
- ii. A maximum number of eight female Athletes, with no more than two Athletes in each bodyweight class.

d) The names of the Team Members must be lodged with the Competition Secretary at the conclusion of the Verification of Final Entries (VFE) Meeting.

#### **9.4 Annual Prize Giving**

**9.4.1** Medals will be awarded to the competitors who finish in the top three places for each bodyweight division at the National Senior & Junior Championships.

**9.4.2** Certificates of participation will be awarded to all competitors at the National Senior & Junior Championships.

**9.4.3** The following special awards will be presented at the Annual Prize Giving based of Sinclair Formula Ranking:

- i. Best male
- ii. Best female
- iii. Best male Junior
- iv. Best female Junior
- v. Best male Youth
- vi. Best female Youth

**9.4.4** The host organization will be responsible for providing all trophies and awards, but may negotiate with OWNZ for the supply of medals.

#### **9.5 National Weightlifting Records**

**9.5.1** The Executive Group will establish an official register of National Weightlifting Records.

**9.5.2** The Executive Group will appoint a Statistician to maintain and safeguard the register of National Weightlifting Records.

**9.5.3** Records will be established for all IWF bodyweight divisions, and all IWF age groups.

**9.5.4** Records in the Youth and Under-15 age groups will use the IWF Youth bodyweight divisions.

**9.5.5** National Weightlifting Records can only be set at OWNZ Sanctioned Events and be adjudicated by three Level One Referees. It is the athlete's responsibility to notify the Club hosting the sanctioned event that they

have intentions of breaking a national record.

**9.5.6** Applications for National Weightlifting Records must be made in writing to the National Statistician, using the approved National Record Application Form which can be found on the OWNZ website.

**9.5.7** If a National Weightlifting Record is established at the National Weightlifting Championships, the Competition Secretary will ensure that the National Record Application Form is completed and sent to the National Record Keeper & Statistician.

**9.5.8** Any National Weightlifting Records established at the following events will be accepted without the need for record applications to be submitted:

- i. Olympic Games
- ii. World Championships
- iii. Commonwealth Games
- iv. Commonwealth Championships
- v. Oceania Championships

**9.5.9** National Weightlifting Records established at any other event, including Masters events, must be applied for in accordance with By-law 9.5.6.

## **9.6 National Statistician**

**9.6.1** Essentially the duties of the National Statistician shall be embodied in the job description and will cover aspects of the following:

- a) Maintain and safeguard the register of National Weightlifting Records; and
- b) Maintain the national results and rankings of OWNZ Members.

## **9.7 National Secondary School Championships**

**9.7.1** Eligibility to compete at this event is set by the National Secondary School Sports Council (NSSSC). All Athletes at this event must meet the following three NSSSC requirements:

- i. Be enrolled as a bona fide (Year 9 or above) student at the school of representation and studying at least 80% of a programme that is part of the timetable provided by the school for at least four weeks immediately prior to the event;
- ii. Have a satisfactory attendance record at the school (the final decision will be at the Principal's discretion); and
- iii. Have reached a maximum of 18 years of age at 1 January in the year of the competition.

**9.7.2** All competitors must have reached a minimum of 12 years of age at 1 January in the year of the competition.

**9.7.3** The Bodyweight Divisions at this event will follow the IWF Youth bodyweight divisions, regardless of the Athlete's age.

- a) The bodyweight divisions for the male Athletes are:  
50 kg, 56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, 94+ kg
- b) The bodyweight divisions for the female Athletes are:  
44 kg, 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 75 kg, 75+ kg

**9.7.4** The competitors will be divided into two age groups. The age groups are:

- a) Competitors aged 15 years and under (U15); and
- b) Competitors aged over 15 years.

**9.7.5** The age groups will be decided using the Athlete's age at 31 December in the year of the event.

**9.7.6** A National Secondary School Teams Competition will be held at this event. Each team may have:

- i. A maximum of eight male Athletes, with no more than two Athletes in each bodyweight class.
- ii. A maximum number of eight female Athletes, with no more than two Athletes in each bodyweight class.

**9.7.7** Schools may enter as many Athletes as they like into this event, but only the named team members will be eligible to earn team points for their school.

**9.7.8** Team points will be awarded based on the best performances in each bodyweight class, regardless of the Athlete's age group.

**9.7.9** The team points will be awarded using the following system:

- i. Five points for first place
- ii. Three points for second place
- iii. One point for third place.

## **9.8 Guest Competitors**

**9.8.1** Any competitor who is not a New Zealand Citizen or who is a registered member of another Weightlifting Federation must obtain a clearance from their National Federation before they compete in an OWNZ Sanctioned Event. It is not necessary for an Athlete to obtain a clearance for each individual event. A letter giving permission for an Athlete to compete in all OWNZ Sanctioned Events within a given calendar year will be accepted.

**9.8.2** Any competitor who is not a New Zealand Citizen or who is a registered member of another Weightlifting Federation must compete as a Guest Competitor.

**9.8.3** Guest Competitors are not eligible for Championship Titles, Medals or Team Championship points at the following events:

- i. National Senior & Junior Championships

- ii. National Secondary School Championships
- iii. National Masters Championships

**9.8.4** Guest competitors are not be eligible for titles, medals, or team championship points at OWNZ sanctioned events, including the North & South Island Championships.

## **10.0 SECONDARY SCHOOL WEIGHTLIFTING BY-LAWS**

**10.1** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- a) National Secondary School Coordinator; and
- b) Safe Sport Children.

### **10.2 Secondary School Coordinator**

Essentially the duties of the Secondary School Coordinator shall be embodied in the job description and will cover aspects of the following:

- a) Develop a Secondary School Program for OWNZ Clubs to implement in local schools;
- b) Develop & Implement a School Coaching Course for OWNZ club coaches; and
- c) Work with the Administrator to secure funding to run programs and courses.

### **10.3 Safe Sport Children**

**10.3.1** OWNZ is fully committed to safeguarding the welfare of all children in its care. In accordance with the Member Protection Policy, OWNZ has adopted the Safe Sport Children Policy developed by Sport NZ.

**10.3.2** This policy, which can be found on the OWNZ website, recognizes the responsibility to promote safe practice and to protect children from harm, abuse, and exploitation while participating in OWNZ activities delivered by OWNZ members, coaches and/or managers.

## **11.0 ANTI-DOPING BY-LAWS**

### **11.1 Purpose**

**11.1.1** In accordance with the OWNZ Constitution, the purpose of this by-law is to set out additional detail on:

- a) National Anti-Doping Liaison Officer; and
- b) Anti-Doping Rules & Regulations.

### **11.2 National Anti-Doping Liaison Officer**

**11.2.1** Essentially the duties of the National Anti-Doping Liaison Officer shall be embodied in the job description and will cover aspects of the following:

- a) Work closely with DFSNZ to ensure they have access to OWNZ sanctioned events & members for drug testing;
- b) In partnership with DFSNZ, educate our members, officials, coaches and clubs on all things anti-doping; and

- c) Work closely with WADA to ensure all NZ athletes and potential NZ athletes are registered & up to date with their whereabouts on the ADAMS system.

### **11.3 Anti-Doping Rules & Regulations**

**11.3.1** The Sports Anti-Doping Rules made by Drug Free Sport New Zealand (DFSNZ) under the provisions of the Sports Doping Act 2006, and as amended from time to time by DFSNZ, are the OWNZ Anti-Doping Rules.

Note: For the current version of the Sports Anti-Doping Regulations adopted under this Rule and the WADA List of Prohibited Substances and Methods, please go to [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz) or contact Drug Free Sport NZ on 0800 DRUG FREE.

**11.3.2** OWNZ expressly prohibits the participation, in any events conducted under its jurisdiction, of any competitor who is currently banned from any other sport in any country of the world, because of a doping offence.