**24 July 2023**

1. Article I - Name, Purpose, and Non-Discrimination Policy of the Organization
   1. Section 1 - Name:
      1. The name of the organization will be Ohio State Women’s Powerlifting Club, also referred to as OSUWPL.
   2. Section 2 - Purpose:
      1. The purpose of Ohio State Powerlifting Club is to promote strength training and competitive powerlifting by

holding weekly practices

hosting meets and clinics

persistent participation in external meets, including the Collegiate National Championship, held annually by USA Powerlifting.

community outreach by volunteering at high school and USAPL powerlifting meets

training any interested members regardless of experience level

holding seminars to educate members on lifting technique, nutrition, and overall health and wellness

fostering amateur athlete development and training to prepare members for the annual Collegiate National Championships hosted by USA Powerlifting, or another national competition held by another federation

* + 1. To promote high standards of character, scholarship, leadership, fellowship, and sportsmanship among the members.
    2. To cooperate and compete in meets hosted by external organizations, including but not limited to, USA Powerlifting or any IPF Affiliate Federation.
  1. Section 3 - Non-Discrimination Policy
     1. The Powerlifting Club and its members shall not discriminate against any individual for reasons of age, color, disability, gender identity or express, national origin, race, religion, sex, sexual orientation, or veteran status. The Powerlifting Cub complies with the university’s Non-Discrimination Policy.

1. Article II - Membership: Qualifications of membership
   1. The follow criteria must be followed to become a member with the benefits also listed below:

General membership is open to all students who are currently enrolled at the Ohio State University, provided that they express interest in the activities of the Powerlifting Club. General members are required to pay yearly dues and can participate in any club activity.

Dues $60 a semester, $100 for entire school year

All members will receive training programming through Reformance Training and coaching through Supreme Strength.

Fundraising and Social events will be announced well in advance through email and GroupMe. Members are required to participate in at least 2 fundraisers per semester.

1. Article III – Methods for Removing Members:

Violations and Removal Procedures: Any members, including executives, who knowingly behave in a way that hinders the goals of the group will be put on probation, at the discretion of the majority of the executive committee, or may be expelled immediately. A second violation will result in immediate expulsion with no appeal. Executives on probation will become a part of the general body.

1. Article IV - Organization Leadership: Titles, terms of office
   * + 1. The governing body of The Powerlifting Club will consist of the following positions:
          1. President:

Act as a primary representative and contact for the group

Assist or lead (as appropriate) in the organization of all activities and events.

Attend and ensure the smooth running of practices.

* + - * 1. Vice President:

Assist the president in their duties.

Cover any and all responsibilities of the president if the president is absent from a meeting or activity.

* + - * 1. Secretary:

Send out reminder emails for regular meetings, as well as weekly email newsletters.

Prepare meeting agendas and reserve a meeting room.

Handle any paperwork involved in planning events, activities, or meetings.

* + - * 1. Treasurer:

Handle all budgeting, fundraising, auditing, and assisting in all financial transactions/fundraising associated with OSU Powerlifting.

Will take charge in all projects related to raising money for the club.

* + - * 1. Social Media Chair and Recruiting

Run and monitor all the club’s social media accounts and website.

Assist in all activities that involve the recruiting of members, along with all activities related to member participation and any club events.

* + - * 1. Coach

Attend every official club competition to coach necessary club members

At meets, find replacements if he/she cannot attend or additional help if the roster is too large.

Attend at least two practices per semester to provide additional help with training.

* + 1. Current Elected Officers:
       1. President: Helen Murphy
       2. Vice President: Angie Gugliotta
       3. Secretary: Rylee Slisher
       4. Treasurer: Dani Latif
       5. Social Media and Recruiting: Christina Tran

**Helen Murphy Angela Gugliotta**

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President Vice President

1. Article V - Elections
   1. Elections will be held by the officers at the end of the academic year, where the general body will vote for the clubs’ executive officers for the next academic year. Officers are chosen by election in the spring term of every year.

Newly elected officers begin their roles in the autumn term of the same year.

Elected positions are for one year, but there is no term limit.

In order to vote in the officer elections, one must be a current member of the club and be present at the election.

If there is a tie in the voting, the first tie breaker is whoever has participated in the most powerlifting competitions with OSUWPL. The second tie breaker is executive decision by the current executive committee, which cannot include anyone involved in the actual tie.

The new Exec board will then take a majority vote on how many (depending on current Rec Sport Guidelines) and who will be the OSUWPL club coach/coaches for the next year.

* 1. Members of OSUWPL can be removed through personal decision to leave the group or through a vote. The annual club dues are non-refundable even if the member leaves in the middle of the term. Any member may be suspended or expelled and subjected to such disciplinary action that the Executive Committee deems fit, for any violation of the provisions of the constitution, or for any conduct that is considered by the Executive Committee to be detrimental to the interest of the members and purpose of OSU Women’s Powerlifting. The Executive Committee shall handle removal procedures of members based upon the facts and allegations of each individual case.

1. Article VI - Executive Committee
   1. The executive committee consists of the President, Vice President, Secretary, Treasurer, and Social Media Chair. All members have an election period of 1 academic year.
2. Article VII - Standing Committee
   1. The executive committee may appoint a temporary committee of members to help in the smooth operation of any events or competitions.
3. Article VIII - Advisors and Advisory Board: Qualification Criteria
   1. The OSUWPL advisor shall be a faculty/staff member of the Ohio State University.
   2. The advisor is under no obligation to attend club events but should strive to assist the club in its goals to the best of his/her professional capacity.
4. Article IX – Meetings and Events
   1. Attendance at all general meetings and 50% of fundraising events may be required.
5. Article X – Attendees of Events
   1. OSUWPL reserves the right to address member or event attendee behavior where the member or event attendee’s behavior is disruptive or otherwise not in alignment with the organization’s constitution.
6. Article XI - Method of Amending Constitution: Proposals, notice, and voting requirements
   1. Any member of OSUPL may suggest an amendment to this Constitution. The amendment must be in writing and delivered to a club officer. The member will propose and defend their amendment at a meeting. At the following meeting, the amendment will be read again and the implications discussed. At the close of the meeting all officers will vote. There must 50% + 1 of voting members present and a 3/5 majority vote is needed to accept the proposed amendment to the constitution.
   2. New coaches can only be appointed by a majority officer vote.
7. Article XII - Method of Dissolution of Organization
   1. This constitution, and therein The Powerlifting Club, can be dissolved through the same procedure which is outlined above for an amendment to the constitution. The proposal must pass with a majority vote for the dissolution to occur.
8. Article XIII – Code of Student Conduct
   1. The Ohio State University Code of Student Conduct applies to the team and its individual members.
9. Article XIV – Continuity in Case of Suspension
   1. If the team is suspended for violating the Code of Student Conduct, Competitive Sports will appoint an Interim President and an Interim Treasurer. The Interim President and Interim Treasurer may (1) transfer signatures and check writing authority for the organization’s bank account to themselves within thirty days of the suspension, (2) pay existing financial obligations out of the organization’s current funds, and (3) when the period of suspension ends, take appropriate steps with Student Activities to re-register as a student organization. Further, the Interim President and Interim Treasurer shall inventory the organization’s equipment and write a plan for its storage and safekeeping during the suspension period. This plan must be submitted to Competitive Sports within the first thirty days of the suspension. During this suspension no new coaches or staff should be hired during this time. All club assets are frozen during this suspension period meaning nothing should be bought or sold during this time. Should the Interim President or Interim Treasurer wish to take any additional actions, they must seek advance approval from Competitive Sports.
10. Article XV – Return to Competitive Sports
    1. In order to return as a recognized Sport Club team, The Interim President must provide Competitive Sports with documentation that team is a recognized student organization. The Interim President must also provide a roster of at least 15 students to Competitive Sports along with a written plan to hold elections. This plan should, to the extent possible due to the terms, length, and timing of the suspension, resemble the provisions contained in Article XII
11. Article XVI- Dissolution
    1. Upon dissolution of Ohio State Women’s Powerlifting Club, all assets shall return to The Ohio State University, an exempt organization under section 501c3. No member, from the executive committee or general body, shall benefit in any way from the profit and finances of the club. These profits are for the sole purpose of supporting the club, events, and resources to uphold the goals of the club and members.

**The Point System:**

This is the official points system to gain funding for club dues and Collegiate Nationals, as well as other meets throughout the year. Points are to accumulate over a calendar school year. Summers in which the club hosts fundraising events or meet will count toward the upcoming school year. For example, Summer 2023 will count towards the 2023-2024 school year.

**Volunteering:**

Every event volunteered at will be 1 point. To gain this point, you must stay and participate in all parts of the event. If the club is setting up, tearing down, and spotting and loading a meet, you must be present for all aspects of the event to get the point. Spotting and loading a 2 session meet will be worth two points. If we are just spotting, then you will still get one point as long as that is all we are doing. Volunteering includes, but is not limited to, spotting and loading, refereeing, running tables, and organizing fundraisers. Simply participating in a club fundraiser is not a point, but taking initiative and creating a fundraiser is. The treasurer does not accumulate points from organizing and initiating fundraisers- that is part of their duty. Handling will work the same way as spotting. If you handle a meet and help set up and tear down, that counts as a point. If you handle but show up late, or leave early, that does not count.

**Competitiveness:**

Points apply to lifters who are going to be one of the 9 designated scorers at Collegiate Nationals or any other meet where scorers are being used. Scorers will receive one point for designation. The top 5 scorers for the women’s team will receive an additional two points.

**How It Works:**

To be reimbursed, you must have 6 points. Points will be tracked through a Google document. Reimbursement will vary, but should be no less than $120 and no more than $200 for the school year. This number should cover yearly club dues and extra money to be used towards a meet, such as registration, equipment, or travel. That number is subject to change based on the projected costs of participation.

If 8 points are accumulated, another $100 will be given. This $100 can be used at the determination of the individual. It can be used to cover Collegiate Nationals, or powerlifting equipment. It can be used to cover meet hotel costs, or saved for a later meet.

If 12 points are accumulated, another 100 dollars will be given. Presumably, this achievement will only be reached by our most active members. The usage of the money is the same idea as the 8 point mark.

**How the money will be given:**

All money will be given through reimbursement, through Paypal. The reason it will be through reimbursement is we do not want the club to pay for a meet fee, or pay for a hotel room, and then have the club member back out or drop out. Immediately after the money is used, reimbursement will take place.

**Important reminders:**

Events you volunteer at will count for exactly a calendar year. While we value volunteering, it is important for us to remember we are a competitive club as well. Being a competitive lifter makes it easier to access the funding, however, it is entirely possible to receive the same funding without ever becoming a scorer for the team. Happy lifting!