# **Constitution of the Ohio State University Internal Martial Arts and Sports Performance Organization**

**Article l - Name, Purpose, and Non-Discrimination Policy of the Organization**

This organization will be known as the Internal Martial Arts and Sports Performance club. We will abbreviate when necessary to “Internal Martial Arts club”.

Our purpose is assisting students seeking improvement in generating force applicable to various sporting activities. We offer a 'how-to' method via Internal Martial Arts instruction. This doubles as a true martial arts instruction for those seeking to improve self-esteem and confidence in defending themselves.

We differ from other martial arts clubs in that we are not solely teaching any one particular martial art. We are cross-disciplined martial art that borrows from varied cultures and can relate the actions within these arts to improving sports performance.

With insights gained over 20+ years of study and instruction, our focus on controlling stability and balance will teach students the ability to defend themselves using least-escalation-necessary, non-violent methods of self-defense; and at the same time, teach principles of motion that can be applied to any field of physical activity, most commonly, the analysis and application toward sports activity.

This organization does not discriminate based on age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, protected veteran status, or any other bases under the law, in its activities, programs, admission, and employment.

**Article II - Membership: Qualifications and categories of membership**

Voting membership should be defined as limited to the organization’s three student leaders and two head instructors for organizational structure and financial decisions. For safety reasons, and the evolution of education, all curriculum and practice methods decisions are reserved for the head instructors. (An active student is the only member that may fulfill both a leadership and lead instructor role). Others such as faculty, alumni, professionals, etc. are encouraged to become members but as non-voting associate or honorary members.

**Article III – Methods for Removing Members and Executive Officers**

III.a. If a member conducts themselves in such a manner deemed detrimental to advancing the purpose of this organization or is in violation of the Ohio State University Student Code of Conduct, they can be removed through a majority vote of the Executive Board.

III.b. Any elected officer of the chapter may be removed for sufficient cause. Sufficient cause for removal includes but is not limited to: violation of the constitution or by-laws or any conduct deemed prejudicial to the best interests of the chapter. Prior to a vote on the matter of removal of an Executive Board member, the other chapter Executive Board members shall solicit the assistance of a three-person Advisory Committee, recruited from OSU faculty, staff, or other OSU organizational advisory members. Each member of the Advisory Committee must be accepted by at least three of the four remaining Executive Board members. A formal hearing must be held. The officer shall have the opportunity to personally appear at the formal hearing or to be represented by counsel. The officer may present any defense to the charges before any action is taken. This Executive Committee shall adopt rules to ensure due process to the officer. The Executive Committee may act for removal upon a two thirds affirmative vote.

**Article IV - Organization Leadership:**

The organization shall have an Executive Board composed of elected officers, including a President, Vice President, Treasurer, two head instructors. Additional positions may be asserted when deemed necessary by the Executive Board for the organization's functioning. Additional roles will not be considered as voting members of the Executive Board.

The Executive Board shall be responsible for the day-to-day operations, planning, and decision-making of the organization. Non-instructor roles will have no influence on the training curriculum except when granted by the head instructors.

Elections for the President, Vice President, Treasurer shall be held annually. New head instructor roles will be chosen by the head instructor that is parting, or if challenged, by the remaining Executive Board members. A two-thirds vote of the active members will act as a final deciding vote if a decision cannot be reached amongst the Executive Board.

All members in good standing are eligible to run for office. Officers are elected by the President, Vice President, Treasurer, two head instructors, or again, by a two-thirds vote of the active members if a decision cannot be reached amongst the Executive Board

Head instructor positions are appointed by a Conference of the two head instructors and up to three appointed lead instructors. (Lead instructors are appointed as “Conference voting members” by the two head instructors) There is no term limit, nor cyclic election for instructors.

Primary Leader (President): Elizabeth Dockery – In charge all scheduling, roster updates, approving addition or removal of members, sending out announcements.

Secondary Leader (Vice President): Jacob Bonacci – Second in command to the primary leader. In charge pf helping the president with all duties including answering emails and keeping up to date with all communication with the university.

Treasurer: Kathryn Dockery – In charge of all funds and budgeting for the organization. Will make sure invoices are paid and members pay their dues as well as keep track of where the money goes.

Advisor: Grace Dockery – Helps to oversee the club and keep it in good standings. As the former president she will help guide the current president and assist when help is needed.

**Article V – Meetings of the Organization:**

The Executive Board is expected to have two general meetings. One at the beginning of each semester, and again four to six weeks afterward, to align on organizational goals and track progress toward these initiatives.

**Article VI: Amendments**

Section 1: Proposal

Amendments to this Constitution may be proposed by any member in good standing at the start of the academic cycle (semester) or at the discretion of the Executive Board (three-fifths majority vote of the Executive Board required to bring to a proposal to vote)

Proposed amendments must be submitted in writing to the Executive Board.

Final decision on the amendment is due within six weeks of the submission.

Section 2: Approval

Proposed amendments shall be approved by a three-fifths majority vote of the Executive Board members present at a general meeting.

Amendments shall take effect immediately upon approval, unless otherwise specified in the amendment itself.

**Article VII: Ratification**

This Constitution shall be considered ratified upon approval by a two-thirds majority vote of the Executive Board.

Article VIII – In the event of the dissolution of the organization, any remaining assets shall be transferred to a nonprofit organization or charity with a similar mission, as determined by the Executive Board.

By-Laws

**Article VIII- Membership**

Section 1: Eligibility

Membership in this organization shall be open to all currently enrolled students, faculty, and staff of Ohio State University. Membership in this organization may be extended to persons outside the aforementioned will be at the discretion of the Executive Board

Section 2: Membership Dues

The organization may collect membership dues. Dues may be asserted for special events (e.g., guest instructors) or for rank promotion above the non-black belt levels. The amount of which shall be determined by the event costs and expected attendance. Promotion dues will be at $100 per black belt level. (e.g., 1st degree = $100, 2nd degree = $200, etc.). All funds go the treasury and will be applied to organization initiatives.

**Section 3: Rights of Members**

Members shall have the following rights in meetings:

* The right to participate in organization meetings, events, and activities.
* The right to vote in organized elections and on important matters.
* The right to run for and hold organization leadership positions.
* The right to propose and discuss ideas and initiatives.
* The right to equal treatment and respect from fellow members.

Members shall have the following rights in training:

Members shall have the right to reasonable safety. Members have the right to assess their safety and abstain from activity at their discretion without fear of reprisal. This extends to group and competition scenarios. A 60% majority vote of the participants is required to confirm contestants in any form of competition.

Head instructors or any lead instructor actively giving oversight to an event reserves the right to restrict any club member’s activity based on their judgement of the inherent safety of the activity.

**Section 4: Responsibilities of Members**

Members shall have the following responsibilities:

* Attend organizational meetings, events, and activities regularly.
* Act in accordance with the organization's purpose and values.
* Contribute positively to the organization's goals and objectives.
* Abide by all university policies and organization bylaws.
* When engaged in club activities, wear common gymnasium attire and maintain a level of hygiene appropriate for close contact with others. A non-encompassing list of standards includes:
  + Clothing that will not easily tear and expose the wearer.
  + Shoes are optional. When worn, must be wrestling or padded/soft ‘martial-arts shoes’.
  + No open wounds/sores.
  + Hair at shoulder length or longer should be bound.
  + Experiencing general health. E.g., no fevers, colds, or runny noses.
  + Absolutely no influence of drugs or alcohol.
  + Nails should be kept to a length that will not gouge or readily scratch other participants.
* Alert instructors to any physical limitations or apprehensions PRIOR TO engaging in any activity. (e.g., pacemakers, concussions, sprains, previous injury, heart conditions, etc.)

Article IX: Finances

The Treasurer shall maintain a budget and financial records for the organization.

All financial transactions shall be conducted in accordance with university policies and guidelines.

The organization's budget and financial records shall be made available for inspection by members upon request.

Article X: Effectivity

This Constitution shall take effect upon ratification and shall supersede any previous constitution or governing documents of the organization.

Signature of Ratification:

[Signatures of the members present at the ratification meeting]

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_