

## CANADIAN POWERLIFTING UNION

### Official Minutes

Annual General Meeting of the Canadian Powerlifting Union  
Monday March 18, 2013, 1 pm – Richmond BC

- 1) Roll Call
  - Brock Haywood – MB
  - Ryan fowler – SK
  - Chris Robb – DC
  - Louis Levesque – QU
  - Joel Boulianne – QU
  - Larry Leblanc – PE
  - Mike Knott – ON
  - Barry Antoniow – Treasurer
  - Ryan Stinn – President
  - Mike Armstrong – Secretary & AB
  - Bill Jamison – Ref
  - Paul Gidney – NS
  - Joe Oliveira - BC
  
- 2) President's Message, read by Ryan Stinn - MB – ON - passed
  
- 3) Minutes of the last Annual General Meeting++
  - Accepted as previously distributed
  
- 4) Treasurer's Report - Read by Barry Antoniow – raised questions about whether we should post our financial report. Decided to post only the budget, but full report would be available on request by members only.
  - Reviewed insurance policy and who is covered. SK – QU - passed
  
- 5) Secretary's Report – read by Mike Armstrong – ON – QU - passed
  
- 6) Report from CPU Officers\*\*
  - a) Referee Chairman – read by Bill Jamison – raised concerns about new IPF rule that requires International refs to judge 2 international meets in the 4 year period, possibly some funding should be allocated. ON - SK
  - b) Registration Chairman – read as part of Secretary's report
  - c) Public Relations Chairman – read as part of Secretary's report
  
- 7) Reports of Standing and Special Committees\*\*
  - a) Selections Committee - no selections were required no report
  - b) Disabilities Integration Committee - Treasurer spoke on SO.
  - c) Funding Committee - no report
  - d) Coaching Committee – Louis Levesque
  - e) Disciplinary – no report
  - f) Doping Control Committee – Chris Robb – Sec. - MB
  
- 8) Reports from Affiliated Provinces\*\*
  - All reports accepted as distributed – Sec – ON
  
- 9) Old business –

**Article 5** – re voting structure – tabled proposal from Bill to remove vote from Exec VP – Secretary - Treasurer. ON – PE – failed.

**Bench Qualifiers:**

Spreadsheet of qualifiers was distributed recently, based on Class one as a base, with the current single bench qualifier as the new Class one for bench. Uneven numbers will be rounded down to the nearest 2.5 kg.

- 10) New Business - Proposed Amendments and Discussion Items Below.
- 11) Affiliation of new Member Provinces  
none
- 12) Delinquent Provinces  
What happened to New Brunswick? No one knows.
- 13) Future Championships Bids  
Nationals 2014 tentatively granted to Ontario/Glyn Moore  
- ratified  
Nationals 2015 tentatively granted to Newfoundland/Jeff Butt  
- Tabled until next AGM
- 14) Any other business
- 15) Adjournment

++The 2012 Minutes are available on the CPU website. Please print a copy if you need one. Only a few additional copies will be available at the 2013 AGM. A formal reading will not take place in Richmond.

\*\*Committee chairs and Provincial Presidents must present a brief written report. Please be sure that all reports are clearly written, and that you have enough copies (20 would be sufficient) for all to have one. Provincial report are not normally read out during the meeting, to save time.

## **Proposals**

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### **Proposals and Discussion items from CPU Secretary/Record Chairman**

**1) Online membership purchase**

The current system of membership purchase revolves around membership cards being sold in bulk to each province, and resold individually to the members.

Some problems exist with this system:

- Provinces wait too long to purchase, then panic to get them in time for a contest, need express shipping, need cards sent before payment is received.
- Card bottoms are needed to verify contact info for OMT, yet many don't come in until multiple reminders are sent, many send them all at the end of the year.
- A large percentage of cards are illegible or incomplete, most are hand written.
- Members show up at contests and say "I sent my application and money in a month ago but the card has not come"

- The member process of “print and fill out and send in with a cheque” does not reflect modern methods of credit/debit and online payments for instant return. Cheques are rarely used anymore.

The proposed system would include:

- Instant online purchase with a receipt and membership number returned
- Each province will have access to their own membership list in the system to verify membership
- Separate pricing per province
- All provinces would still receive the same dollar portion of the purchase as currently, forwarded to them monthly from the CPU.
- Payment by credit card or Paypal (which can include bank withdrawal)
- Email reminders to rejoin when memberships expire.
- Optional automated renewal.
- Memberships would expire at one year from purchase, not Dec 31
- No more 3 part cards to fill out, some year after year the same.

Each year the CPU loses a lot of members when a member from last year sees no reason to rejoin if they have no immediate plans to compete. Automated renewal or email reminders would greatly reduce this and result in significant increases in membership.

Much criticism has been shown to an online membership system, presumably from a perceived loss of money or loss of control. Neither would occur. Our primary intention is to make things easier and more modern for the members, and minimize errors in process and information.

2<sup>nd</sup>, PE

Change of proposal – Mike Armstrong will investigate options for online membership purchase system, with option for manual purchase, and report to the VC. - passed

**2) Discussion item: Payment for drug testing**

The constitution has no clear guidelines regarding the payment for drug tests, and as a result, many provinces do no testing as they do not know who will who pays, the CPU, the province or the meet director.

Clearer guidelines need to be set.

NS – Discussion, current practices reviewed by Chris Robb.

Proposal, the CPU DC in concert with CCES, will decide throughout the year which events do testing at. If a province wishes to do testing at an event at their expense, they must request the testing at least 2 months in advance.

Prop – President – ON - Passed

**3) Re: ARTICLE XIX: NATIONAL RECORDS**

**Add new item, #8:**

As per Bylaw 8:09, when a record is removed from a lifter, the record shall revert to the previous record holder.

Should the previous record have since been exceeded by a lift done at a CPU Nationals or IPF international championships, that lifter may apply to claim the record. The normal record application and fee must be forwarded within 7 days of the day that the previous record is removed. Notification of the record removal shall be done via the CPU Website forum.

MB - passed

4) **Re: Bylaw 9:06 (b) National Team Selection**

9:06 B requires payment of \$100 to pay the IPF World championship fees. Propose to increase this to \$150, as the IPF fees have increased to 100 Euro (\$135C)

SK – Passed – effective immediately

5) **Re: Article XXI, 9.0, Penalties**

**Current wording:**

A lifter cannot participate in competitions organized under C.P.U. rules for a period to be determined by the C.P.U. Executive Council if:

b) He/she competes against lifters who are themselves suspended or expelled,

Proposed to change to:

b) He/she participates in a powerlifting or single lift competition of any kind, if there is any athlete or official participating in any division, section or bodyweight class of that competition who has been expelled or suspended from their international or national federation or who is serving the period of Ineligibility for a doping related offence.

SK - Passed

Additional related proposal

Bylaw b above will be in force for a period of 18 months after the expiration of their CPU membership.

NS - Failed

**Reasoning:**

The current wording is often interpreted as applicable only if the suspended lifter is in the same weight class as a direct competitor. The revised wording is taken from the IPF bylaw, and is more all-encompassing of the spirit of the rule.

6) **Re: Bylaw 10, Coaching**

**Current Wording**

10:02 Head Coaches of C.P.U. National Teams at international competitions shall be eligible for reimbursement in amounts as per the CPU Budget.

**Proposed change is to add:**

Teams must have a minimum of 3 members, not including the coach, for reimbursement to be applicable.

SK - passed

**Proposals from CPU President,**

**1. Re: Finance, Sponsors, Bylaw 2:07**

**Current Wording:**

Sponsors logos may be placed on the front or back, and/or both sleeves of a T-shirt for wearing on the platform. Logos must not be considered offensive, as decided on by the chief referee for the contest.

Sponsors must be registered with provincial association, copied to national office. No fee will be charged for logo placement

**Proposal to change to:**

Sponsors logos may be placed on the front or back, and/or both sleeves of a T-shirt or the front or back of a singlet for wearing on the platform. Logos must not be considered offensive as decided by the CPU executive.

Sponsors must be registered with the CPU. Logo approval fee will be \$250 annually or may also be negotiated in a separate sponsorship deal with the CPU. CPU approved sponsors logos will be permitted at all lower levels of competition.

Amendment to add – Sponsors for individuals are exempt from the above requirement.

2<sup>nd</sup>, Tres – passed

**Alberta Proposals and Discussion items:**

**1. Re: Qualifying totals appendix**

Discuss aligning the female national qualifying totals with the Male qualifying totals as was proposed by Ontario last year. This would merge the requirements into two charts, one for national qualifying:

<b>Required Totals</b>	<b>Equipped</b>	<b>Unequipped</b>
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	none	None

And one for regional qualifying:

<b>Required Totals</b>	<b>Equipped</b>	<b>Unequipped</b>
Open	Class II	Class III
Sub-Junior	Class V	None
Junior	Class IV	Class V
Master 40-49	Class III	Class IV
Master 50-59	Class IV	Class V
Master 60-69 (female 60+)	Class V	None
Master 70+	none	None

The bench qualifiers would also need to be altered, however I would like to leave the construction of that to others.

2<sup>nd</sup>, SK - passed

## **2. By-law 9.06 (E)**

Team uniforms MUST be of the most up to date incarnation and older uniforms cannot be worn in an official capacity.

Reasoning:

I think with the adoption of the new logo, we may consider redesigning the tracksuit again, but with that in mind, that would give us many iterations of our CPU tracksuit, I propose that we standardize them. This would look better on an international stage. While cost may be an issue to some, most upcoming worlds are overseas anyway and those attending should be able to purchase a \$100-200 tracksuit.

2<sup>nd</sup> – PE - failed

## **3. Add By-law 3.06**

A lifter who places, but does not attend the medal presentation ceremony for his age and weight class, shall forfeit his award.

Reasoning:

It seemed like last year a lot of people were not staying for the awards ceremony. It should not be up to the CPU or meet director to track down people or ship medals to people/

2<sup>nd</sup> – SK - failed

## **4. Add By-law 3.03**

National records shall only be eligible to be set at Provincial Championships contests, Westerns/Eastern Canadians or any higher level of competition.

Reasoning:

- This falls in line/takes precedence from the IPF's "World records at international competitions only rule"
- This would allow a focusing of our drug testing program to areas where National records can be set
- This would eliminate national records being set at meets with a possible lower standard(ideally all province's provincial championships should be relatively high quality meets).
- This would increase attendance for all province's provincial championships
- This would also(hopefully) eliminate Westerns/Eastern Canadian championships with a low attendance rate
- This would eliminate the annoyance of having national class referee's "sub in" at local level meets
- For provinces with qualifying totals for provincials, this would ensure any new lifters could not do only one meet, set a ton of NRs and never be seen again
- This would allow provincial level referee to easily gain more experience as the demand for national level referees at local level meets would be nil.

(Note from Records chair: in 2012, 490 records were set, 90 were at lower than provincial level)

2<sup>nd</sup> – SK - passed

### **Discussion item from BC**

#### 1) **Re: Apparel contract.**

Modify existing contract to include:

CPU/World Team logo may be used by:

- CPU executive members
- CPU affiliate province executive members
- Members holding a valid CPU card for that year under approval of their governing provincial body

For clothing/accessory design and resale providing:

- It is not a direct infringement on current Inner Strength Products designs
- Net proceeds (if any) are given to the members provincial body, or in the case of World Team attire, to the CPU for creation of an athletes fund for World Team members.

Proposal: Sanctioned CPU logo apparel contracts will be tendered every third year, coincidental with elections years for CPU officers.

2<sup>nd</sup> – MB - passed

#### 2) **Proposal Item re Article V, Executive Council and Officers**

Addition of items/clauses 14) & 15) to Article V: as stated below:

14) CPU Executive Council and Officers are not permitted to serve as Executive Council and/or Officers for a Powerlifting Society/Organization that is not recognized by the IPF

15) CPU Executive Council and Officers are not permitted to direct and/or promote events sanctioned by a Powerlifting Society/Organization that is not recognized by the IPF

2nd – SK - passed

Rationale:

A CPU Executive Council or Officer that actively serves on the board of a competing Powerlifting Society/Organization is in conflict with the ‘Objects of the Corporation’ as listed on page 2 of the Constitution. The specific items are III a) & b). The conflict with respect to item b) is with respect to a CPU Executive Council or Officer that serves on the board of a Powerlifting Society/Organization that allows doping in sport.

A CPU Executive Council or Officer actively promoting a competing Society/Organizations mandate does not constitute good business practices.

In the case of a CPU Executive Council or Officer that actively serves on the board and/or promotes events for a competing Powerlifting Society/Organization that allows for a ‘Pro Division’ where doping is permitted the offending Executive Council or Officer is in a conflict of interest position with respect to the CPU anti-doping stance and policies as stated on the CPU anti-doping control web page.

#### **Submitted by C. Robb - CPU Anti-Doping Committee**

##### Original Clause

**8:01** The CPU shall follow the IPF Anti-doping rules and the WADA code as outlined on this website: <http://www.wada-ama.org/>

*Revision:*

*-Update link to the 2013 Banned Substance List*

Change proposal to link just to the WADA home page rather than a document that changes each year - SK - passed

##### Original Clause

**8:02** The CPU shall utilize the services of the Canadian Centre for Ethics in Sport (CCES) as its WADA affiliated doping control collection and testing facility. Only the CCES supplied personnel may perform the sample collection and control.

*Revision:*

*-Delete “and control” at end of clause*

NS - passed

##### Original Clause

**8:03** The CPU shall inform CCES of the dates and locations of all CPU and affiliate sanctioned competitions. Meet directors at all levels of competition shall be required to produce the date and location of their proposed events a minimum of 6 weeks in advance to ensure adequate time for CCES involvement. Any changes to the date and location within the 6 weeks must be provided immediately by the meet director. CCES will determine which competitions they will be present at to perform sample collections, however, CCES must be present to collect samples at any National or International competition, with sufficient sample kits to test up to 50% of the lifters present.

*Revision:*



*-After "provided immediately by the meet director" the revised clause to read.... "the CPU Anti-Doping Committee in conjunction with CCES coordinators will determine which competitions will be attended by CCES to perform sample collections, however; CCES must be present to collect samples at all National competitions.*

**NS - Passed**

Original Clause

**8:04** The number and names of lifters tested at any competition where CCES is present will be determined by mutual consent of the CPU or provincial affiliate representatives on site, and the CCES Doping Control Officers present.

*Revision:*

*-After "consent of the CPU" modify to ..... "CPU Anti-Doping Committee"*

Amendment to remove "and the CCES DC Officers"

**ON - Passed**

Original Clause

**8:10** All laboratory results from drug testing are to be sent to the C.P.U. President

*Revision:*

*-Add..... "and copied to the CPU Anti-Doping Committee Chairman"*

**MB - Passed**

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Original Clause

**8:11** All signed doping control forms are to be forwarded to the C.P.U. President to be kept on file.

*Revision:*

*-Add..... "and copied to CPU Anti-Doping Committee Chairman"*

**ON - Passed**

Original Clause

**8:15** Out-of-Competition doping control is defined as unscheduled tests which are administered at any time outside of competitions, on either a "short notice" or "no notice" basis.

*Revision:*

*-Delete... "either a 'short notice' or"*

**SK - Passed**

Original Clause

**8:16** All Out-of-Competition doping controls shall be conducted on behalf of the C.P.U. by WADA or it's successor, in accordance with WADA's Procedures and with Sport Canada's Anti-Doping policy.

Out-of-Competition doping controls will not be subject to full the I.O.C. list of "Banned and Restricted Doping Classes and Methods". Tests will only be reported as positive for:

- a) Anabolic Steroids,
- b) Peptide hormones and their analogues;
- c) Diuretics and other modifiers of renal functions, such as probenecid.

*Revision:*

*Clause to read...” 8.16 All Out-of-Competition doping controls shall be conducted on behalf of the C.P.U. by CCEs or it’s successor in accordance with WADA Procedures, IPF Anti-Doping Rules and also will reference the recommendations and guidelines of the Canadian Anti-Doping Program.”*

**ON - Passed**

New Clause

**In - 8. DOPING CONTROLS: IN COMPETITION**

*“All CPU members are subject to In-Competition testing as a condition of membership.”*

**Withdrawn, covered under General Provisions**

New Clause

**In - 8. DOPING CONTROLS: OUT OF COMPETITION**

*“All CPU members are subject to Out of Competition testing as a condition of membership and will remain eligible for testing up to 18 months beyond the expiration of their latest CPU membership”*

**ON – Passed**

**New Business**

**Barry Antoniow – bylaw 4: 04 proposal**

CPU nationals sanction shall include two rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the chief referee.

**2<sup>nd</sup> MB – passed.**

**Barry Antoniow – budget proposal**

All referee funding specified in the budget shall be evenly split between National and International event participation.

**ON – Passed**

**SK**

Current reserves are around 20K, can we spend \$6,000 or so on doing 1 drug test per province this year?

**Discussion, but no proposals were made.**

**MB - new Bylaw 6:06**

All CPU national and provincial referees must be full CPU members.

**ON - passed.**

**QU**

Can club logo’s be worn at national championships?

Proposal from SK – Club logos will not be allowed at national championships, only provincial level organizations.

Decided to make it provincial level for this event but will be decided at a later date.

**Bill Jamison - new bylaw 6:07**

National Referees must referee one nationals and attend the accompanying rules clinic with a 3 year period.

**Quebec**

To accept the known Coaching manual produced by Bill Jamison as the official CPU Coaching manual with the goal of achieving NCCP certification using it.

**Barry Antoniow**

The CPU take over provinces that do not have a website.

QU – passed.

**Bids:**

Easterns: Confusion exists in the region, eastern province heads will be contacted.

Westerns: Manitoba – fall time frame

**Athlete of the year awards**

Male Powerlifter: Ron Strong

Female Powerlifter: Rhaea Stinn

Male Bencher: John Giffen

Female Bencher: Rebecca Chapman

Bill Jamison: Chris Robb.