



# Maynooth University

## MU Powerlifting Club Constitution

Date Passed: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**1. Name of Club: MU Powerlifting**

1. The name of the Club shall be the “  
  
Maynooth Powerlifting Club”, hereafter referred as “MU Powerlifting”.

## **2. Aims and Objectives:**

The aims and objectives of MU Powerlifting shall be as follows:

- 2.1 To create a welcoming and supportive community of powerlifting enthusiasts.
- 2.2 Ensure that the society is open to all members, regardless of their skill level or experience in powerlifting.
- 2.3 To provide all members with programming and training advice.
- 2.4 Hold regular training sessions at designated timeslots to encourage a sense of team spirit within the society.
- 2.5 Organise regular fun and social events outside of training sessions, including social gatherings, theme-nights, and team-building activities.
- 2.6 Collaborate with other weightlifting societies in Ireland and hold meets to compete against other powerlifters across the country.
- 2.7 Keep members informed about club activities, achievements, and upcoming events through regular communication on the club's Instagram page.
- 2.8 Develop a plan for long-term sustainability of the society beyond the current leadership, ensuring its continuity and growth.

## **3. Membership:**

- 3.1 Full membership of MU Powerlifting shall be open to all registered students of the National University of Ireland, Maynooth (MAYNOOTH UNIVERSITY); St.Patrick's College, Maynooth (SPCM); the Pontifical University and National Seminary of Ireland upon payment of a subscription fee as set by the Governing Executive Committee of the MU Powerlifting and in accordance with the guidelines set out by the Capitation Committee.
- 3.2 Full members of MU Powerlifting shall be:

- i) Entitled to attend and speak at all general meetings of the Club/Society
- ii) Eligible for election to MU Powerlifting Governing Executive Committee

- 3.3 MU Powerlifting recognises the importance that staff and graduates of MAYNOOTH UNIVERSITY and SPCM can play in the development and longterm success of MU Powerlifting. It shall therefore endeavour to maintain contact with such former members as wish to retain their connection with the MU Powerlifting.
- 3.4 To this end the Governing Executive Committee of Powerlifting shall be empowered to create a class of “Associate Member” of MU Powerlifting.
- 3.5 Associate Membership shall be open to all staff and alumni of MAYNOOTH UNIVERSITY and SPCM upon payment of a subscription fee as set by the Governing Executive Committee of MU Powerlifting and in accordance with the guidelines set out by the Capitation Committee. The associate membership fee shall not be less than the ordinary membership fee and no more than 10 times the ordinary membership fee.
- 3.6 Associate Members shall be entitled to attend all general meetings of MU Powerlifting. Voting rights of associate members at general meetings shall be determined by the Governing Executive Committee and may be altered by a majority vote at a general meeting of MU Powerlifting.
- 3.7 Associate Members shall be ineligible for election to the MU Powerlifting Governing Executive Committee.
- 3.8 Other rights of Associate Members shall be determined by the Governing Executive Committee but may also be granted or revoked by a majority vote at a general meeting of MU Powerlifting.
- 3.9 The rights of an Associate Member shall not exceed those of an ordinary member of MU Powerlifting
- 3.10 All members shall be bound by this constitution.

#### **4. Governing Executive Committee**

- 4.1** MU Powerlifting shall have a Governing Executive Committee (hereafter referred to as the “the committee”) which shall be elected annually by the membership.
- 4.2** The committee shall run and direct the ongoing activities of MU Powerlifting on behalf of its members and in accordance with the aims and objectives.
- 4.3** Although decisions should be arrived at by the consensus of the committee (where possible), committee decisions shall be decided by majority voting.
- 4.4** A quorum for committee meetings shall be two thirds of committee members.
- 4.5** The Committee shall consist of :
- i) Chairperson
  - ii) Vice Chairperson
  - iii) Secretary
  - iv) Treasurer
  - v) Public Relations Officer
  - vi) Assistant Positions if needed (Assistant Secretary, Assistant Treasurer, Equipment Officer, Ordinary Committee Members, etc.)
- 4.6** Assistant positions shall be filled by co-option by the committee as the need arises.
- 4.7** Sub-committees may be co-opted where the need arises and at the discretion of the committee.
- 4.8** The Term of Office of these elected officers shall be one year running from 1<sup>st</sup> July until the 30<sup>th</sup> June of the following year.
- 4.9** A person shall not hold the same office for more than 2 successive years.

#### **5. Election of the Governing Executive Committee**

- 5.1** The committee members shall be democratically elected at the Annual General Meeting (AGM) or at an Extra-ordinary General Meeting (EGM) of MU Powerlifting.
- 5.2** MU Powerlifting AGM's and committee elections, where possible, should be held before the end of semester 2 of a given academic year in accordance with Capitation Committee rules.
- 5.3** To seek election to the committee, each candidate must have 2 nominations by current members of MU Powerlifting.

## **6. Duties of Governing Executive Committee**

- 6.1.1** The Chairperson shall be the chief officer of MU Powerlifting whose functions include chairing all meetings of the committee and officiating at meetings of MU Powerlifting.
- 6.1.2** The Chair of any meeting shall have an ordinary vote at committee meetings and meetings of MU Powerlifting. In the event of a tied vote on any matter she / he shall have the casting vote.
- 6.2.1** The Vice Chairperson shall assist the Chairperson in all their duties.
- 6.2.2** The Vice Chairperson shall assume the duties of the Chairperson (unless otherwise directed by a general meeting of MU Powerlifting) in the event that the Chairperson is absent or is unable to perform their duties.
- 6.3.1** The Secretary's function shall be to deal with all correspondence and records of MU Powerlifting.
- 6.3.2** The Secretary keep minutes of all committee meetings, of all general meetings, of the Annual General Meeting or any other meetings relating to the business of MU Powerlifting when requested by the committee.
- 6.3.3** The Secretary may keep a record of authorisation of expenditure.
- 6.3.4** The Secretary shall give notice to all members of MU Powerlifting meetings, events and functions.
- 6.3.5** The Secretary shall assist the Public Relations Officer to organise fund raising events and sponsorship where necessary.
- 6.4.1** The Treasurer's function shall be to administer the funds of MU Powerlifting and to maintain accounts and budgets.
- 6.4.2** The Treasurer shall be responsible for the maintenance of accounts subject to the decisions of the committee in compliance with the regulations set down by the Capitation Committee.

- 6.4.3** The Treasurer shall keep full records of income and expenditure of MU Powerlifting. The Treasurer shall also keep a record of who authorised various expenditures and shall issue receipts.
- 6.4.4** The Treasurer shall sign all cheques and withdrawals forms from MU Powerlifting bank account.
- 6.4.5** Where the Treasurer is decreed as unavailable, another designated person may sign cheques and withdrawal forms for MU Powerlifting on consultation with the Capitation Committee
- 6.5.1** The Equipment Officer shall be responsible for the fixed and current assets of MU Powerlifting in compliance with the regulations set down by the Capitation Committee.
- 6.5.2** The Equipment Officer shall maintain a record of all fixed and current assets belonging to MU Powerlifting and will report an inventory list to the committee at the start and end of the academic year.
- 6.6.1** The Public Relations Officer (along with the Secretary) shall be responsible for the advertising of all functions of MU Powerlifting through all means possible.
- 6.6.2** The Public Relations Officer (along with the Secretary) shall deal with external correspondence and maintain records of the contribution outside bodies have had for MU Powerlifting and to give notice to all members of these contributions.

## **7. Dismissal and Resignation of Committee Members**

- 7.1** No member of the committee shall be dismissed from office unless:
- i) Written notice of a resolution to seek such a dismissal, signed by 10% of the members of the MU Powerlifting is received 4 working days prior to a general meeting at which such a resolution shall be debated.
  - ii) Two thirds of the Governing Executive Committee may also call a meeting to debate the dismissal of another committee member.
- 7.2** A resolution to dismiss a committee member shall be passed by a simple majority voting at the relevant and quorate meeting.
- 7.3** A committee member wishing to resign must submit a letter in writing declaring that intention to resign to the Secretary, who will immediately inform the committee as a whole. The responsibilities of that person shall be delegated to other committee members(s) until a by-election can be held to reelect a new person to the position.

## **8. Meetings**

- 8.1** There shall be an Annual General Meeting (AGM) held each year.
- 8.2** The AGM shall be held no later than in the final month of the Academic year where the main committee members will be elected (where possible).
- 8.3** Elections for the offices of the Governing Executive Committee shall take place at this meeting.
- 8.4** A quorum of the meeting shall be 3 Governing Executive Committee members and 10% of the ordinary membership
- 8.5** The business of the AGM shall include elections of relevant Executive Governing Committee as well as annual reports from the outgoing Governing Executive Committee (which should include a Treasurer's report on the finances of MU Powerlifting).
- 8.6** An Extra-ordinary General Meeting (EGM) shall be convened if:
  - i) 10% of the ordinary membership of MU Powerlifting request such a meeting in writing.
  - ii) A quorum of the Governing Executive Committee requests such a meeting in writing.
  - iii) A vacancy on the current committee occurs and there is a need to elect a replacement.
- 8.7** Elections for the offices of the Governing Executive Committee shall take place at the AGM or EGM (where relevant).
- 8.8** Notice of all meetings shall be given to the membership at least 5 working days prior to the date of the meeting.
- 8.9** At a meeting, a member may propose a resolution relating to the business of MU Powerlifting. The resolution shall be voted on by a show of hands and a declaration of the President that the resolution is carried (unless a secret ballot is demanded by any 5 members) shall be conclusive evidence that the resolution has passed or failed.
- 8.10** In the event that the President's resolution (8.9) is challenged, a recount of the votes will be administered in which a number of appropriate people will be appointed by the committee as "tellers" to count the votes. The result will be announced by the President or the Vice-President (where requested by the general meeting).
- 8.11** No resolution may contravene Maynooth University policy or Capitation Committee policy.

## **9. General**

- 9.1** There shall be a Honorary President of who shall be a staff member in compliance with the regulations set down by the Capitation Committee.
- 9.2** The membership fee for MU Powerlifting shall be in compliance with the conditions set down by the Capitation Committee
- 9.3** Each member of MU Powerlifting shall be entitled to receive a copy of this Constitution, on demand, free of charge.
- 9.4** In the event of a clash with the Capitation Committee rule and regulations, the Capitation Committee rules and regulations shall take precedence above this constitution and is subject to Capitation Committee Policy at all times.
- 9.5** In joining MU Powerlifting, members agree to be bound by the rules and regulations of MU Powerlifting as laid down in this constitution and by the Governing Executive Committee. Members violating these rules and regulations shall be answerable to the committee and may have their membership revoked and no monies refunded, for persistent breaches or extremely serious breaches, as deemed by a majority of the committee. In the event that the committee cannot resolve a dispute with a member(s), the Capitation Committee shall rule on the matter and it's decision shall be final.

## **10. Amendments to this Constitution**

- 10.1** Notice of a proposal to seek an amendment to this Constitution shall be given to the members at least 4 working days prior to the meeting at which such a proposal shall be considered
- 10.2** A proposal to amend this Constitution must receive the approval of 2/3s of the members present and entitled to vote at the relevant meeting.