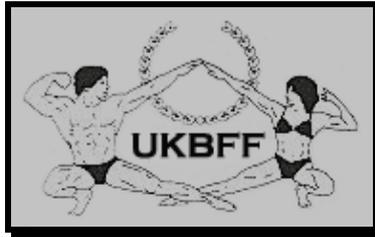


UKBFF



United Kingdom Bodybuilding and Fitness Federation Ltd

Constitution

LATEST 2011 EDITION

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UKBFF CONSTITUTION

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CHAPTER I

ARTICLE 1: NAME

1.1. Name and Territory

The organization shall be known under the name “United Kingdom Bodybuilding and Fitness Federation Ltd”, hereinafter called the “**UKBFF**”. The **UKBFF** operates on the territory of Great Britain and Northern Ireland.

ARTICLE 2: LOGO

2.1. Logo

The logo of this organization, an impression of each is printed upon the front cover of this Constitution, shall be the official logo of the United Kingdom Bodybuilding & Fitness Federation (**UKBFF**).

ARTICLE 3: COMPOSITION

3.1. Composition

The **UKBFF** is the sport governing body of Great Britain and Northern Ireland for the sports of bodybuilding and fitness. **UKBFF** is affiliated with and operates under the guidance of the International Federation of Bodybuilding and Fitness (**UKBFF/IFBB**) of Madrid, Spain, and abides by the **UKBFF/IFBB** Constitution and Rules.

ARTICLE 4: GENERAL PROVISIONS

4.1. General provisions of the UKBFF:

4.1.1. The **UKBFF** is a non-profit organization. Members of its Executive Committee are democratically elected and serve on a voluntary basis.

4.1.2. The **UKBFF** forbids any and all racially, politically or religiously motivated decisions, demonstrations or acts.

4.1.3. The **UKBFF** does not discriminate between individuals on the basis of age, race, colour, sex, religion, politics or other reasons.

4.1.4. The duration of the **UKBFF** shall be unlimited.

ARTICLE 5: OBJECTS

5.1. Objects of the UKBFF:

5.1.1. To develop, promote and control the sports of bodybuilding and fitness in Great Britain and Northern Ireland, under the guidance and supervision of the **UKBFF/IFBB**.

5.1.2. To promote health and fitness through physical culture, weight training, proper nutrition and lifestyle.

5.1.3. To sanction, regulate and control all **UKBFF** championships and other types of bodybuilding and/or fitness competitions and to ensure they are conducted according to the **UKBFF/IFBB** Rules and under the **UKBFF/IFBB** approval.

5.1.4. To promote clean sport, following the **UKBFF/IFBB Anti-Doping Policy & Anti-Doping Program**.

5.1.5. To educate athletes and all people involved in fitness on healthy lifestyle.

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CHAPTER II

ARTICLE 6: MEMBERS

6.1. Individuals

6.1.1. Membership in the **UKBFF** is granted to any individual who agrees to abide by the Federation's Rules and that of the UKBFF/IFBB.

6.1.2. Lifetime membership will be automatically granted to UKBFF Executive Committee Members of good standing.

6.2. Rights

6.2.1. Every individual upon becoming a member of the **UKBFF** shall have the right to participate in, and benefit from, any activity of the **UKBFF** as long as that member meets the qualifications of that activity.

6.3. Resignation

6.3.1. Any member may resign from the **UKBFF** by submitting a written letter of resignation to the **UKBFF** President.

6.4. Revocation of membership

6.4.1. Any membership may be revoked by two third majority vote of the **UKBFF** Executive Committee.

6.5. Fees

6.5.1. Every member with the **UKBFF** shall pay a yearly membership fee in an amount proposed, from time to time, by the Executive Committee.

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CHAPTER III – Administration of the Federation

ARTICLE 7: THE ANNUAL GENERAL MEETING

7.1. Composition

The Annual General Meeting (AGM) should be composed of the members of the Executive Committee and paid up members.

7.2. Powers

The powers of the AGM should be as follows:

7.2.1. To elect or appoint, at special electoral meeting, the members of the Executive Committee, who should serve for a four year term or until such a time as they are replaced in accordance with the terms of the Constitution.

7.2.2. To confirm or withhold confirmation of the Constitution or any amendment to the Constitution.

7.2.3. To remove, by majority vote, any suspension or remit any penalty previously imposed on any person of the **UKBFF**.

7.2.4. To remove from office, by two third majority vote, any member of the **UKBFF** Executive Committee who, by neglect of duties or by misconduct, brings dishonour to the **UKBFF** or to the sport of bodybuilding/fitness.

7.3. Meetings

The AGM shall be held on a date set by the Executive Committee, but no later than April of every year.

7.4. Agenda

The agenda of the annual meeting of the **UKBFF** shall consist of, but shall not be limited to, the following items:

7.4.1. The examination and approval of the previous AGM minutes

7.4.2. The President Report

7.4.3. The Financial Report

7.4.4. The propositions submitted by the members. Propositions must reach the office of the President no later than fifty (50) days before the date for the meeting of the AGM.

7.4.5. Only those items which are listed on the agenda may be discussed at the meeting of the AGM. Time permitting, the President may allow other matters to be discussed.

7.5. Notice

The notice of the annual meeting of the **UKBFF** shall be forwarded to the members of the Executive Committee and to members no later than thirty (30) days prior to the date of the annual meeting. The notice shall contain information concerning the business to be discussed at the meeting.

7.6. Participation

7.6.1. The following persons are entitled to participate in the **UKBFF** AGM:

7.6.1.1. Members of the Executive Committee.

7.6.1.2. Paid up yearly members of good standing.

7.6.1.3. **UKBFF** life members of good standing.

7.6.1.4. Guests invited by the **UKBFF** President. They may participate in the whole AGM or in its part only, according to the invitation.

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7.7. Conduct of Meeting and Voting

7.7.1. The president shall be in the chair of the meeting.

7.7.1.1. The president shall have the authority to determine the number and duration of any speeches.

7.7.2. Each member present is entitled to one vote.

7.7.3. Every issue at the AGM shall be decided by majority vote.

7.7.4. The chair of the meeting shall have a second or casting vote in the event of tie.

7.7.5. The meetings of the AGM shall be conducted in private.

7.8. Minutes

The minutes of the annual meeting of the AGM shall be taken by the General Secretary or appointed representative and shall be forwarded to the members of the Executive Committee.

ARTICLE 8: THE EXECUTIVE COMMITTEE

8.1. Composition

The Executive Committee of the **UKBFF** is composed of the following officers:

8.1.1. The President

8.1.2. The Vice President

8.1.3. The General Secretary

8.1.4. The Treasurer

8.1.5. The London/Southern Area Rep

8.1.6. The Midlands/East of England Area Rep

8.1.7. The North/Northwest Area Rep

8.1.8. The Women's Bodybuilding Rep

8.1.9. The Women's Fitness Rep

8.1.10. The Men's Bodybuilder Rep North

8.1.11. The Men's Bodybuilder Rep South

8.1.12. The Public Relation Officer (appointed, no vote)

8.1.13. The Education Manager (appointed, no vote)

8.2. Powers

The Executive Committee members shall have power to:

8.2.1. Direct the affairs of the **UKBFF** in all matters. Between meetings of the Executive Committee, the President and General Secretary shall be responsible for management and operation of the **UKBFF**.

8.2.2. Supervise and control all **UKBFF** activities.

8.2.3. Negotiate and make any kind of contract which the **UKBFF** may lawfully enter into.

8.2.4. Authorize expenditures on behalf of the **UKBFF**.

8.2.5. Ensure that the **UKBFF** Constitution and the **UKBFF/IFBB** Constitution and Rules are followed by all members.

8.2.6. Convene the meetings of the Executive Committee and the AGM.

8.2.7. Ensure that the decision of the Executive Committee and the AGM are carried into effect.

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8.3. Meetings

- 8.3.1. The Executive Committee shall meet at least once a year, or
- 8.3.2. Whenever convened by the agreement of the President and General Secretary, or
- 8.3.3. At the request of majority of the members of the Executive Committee.
- 8.3.4. The sittings of the Executive Committee shall be conducted in private.

8.4. Conduct of Meetings and Votings

The President shall be the chair at all meetings of the Executive Committee. The following members of the Executive Committee shall have one vote:

- 8.4.1. The President
- 8.4.2. The Vice President
- 8.4.3. The General Secretary
- 8.4.5. The Treasurer
- 8.4.6. The Women's Bodybuilding Rep
- 8.4.7. The Women's Fitness Rep
- 8.4.8. The Membership Secretary
- 8.4.9. The Area Representatives
- 8.4.10. The Men's Bodybuilding Representatives

Every issue before the Executive Committee shall be decided by majority vote. In case of tie, the President has a deciding vote.

8.5. Minutes

The minutes of all meetings of the Executive Committee shall be taken by the General Secretary or an appointed person and shall be forwarded to all members of the Executive Committee after the signature of the President.

8.6. Vacancy

The office of the Executive Committee member shall automatically be vacated:

- 8.6.1. If he resigns from his office in writing.
- 8.6.2. If he is found by court to be of unsound of mind.
- 8.6.3. If he is accused in open legal action, he shall be temporary removed.
- 8.6.4. If he is found guilty by a civil court for the criminal offense, he shall be suspended.
- 8.6.5. If he is absent from two consecutive meetings of the Executive Committee or neglect his duties. He may be replaced by a majority decision of the Executive Committee.

ARTICLE 9: DUTIES OF THE EXECUTIVE COMMITTEE MEMBERS

9.1. The President

The president is the Chief Executive Officer of the **UKBFF** and shall have the following duties:

- 9.1.1. To have general management of the affairs of the **UKBFF**.
- 9.1.2. To chair, direct the debate, preside over and keep order at all meetings of the Executive Committee and the AGM.
- 9.1.3. To interpret any matter arising out of the Constitution. He may, at his own discretion, seek the advice of other members of the Executive Committee and the AGM before arriving at a final decision.
- 9.1.4. To be the official spokesperson and representative of the **UKBFF** in all matters.
- 9.1.5. To attend the **UKBFF** Finals and represent the UK at European and World Championships and all other international contests sanctioned by the **UKBFF/IFBB**.



9.1.6. To have the authority to appoint a representative to attend any meeting or event, he will not be able to participate in person. Said representative shall be entitled to have the same privileges as the President.

9.1.7. To be an ex-officio member of any and all standing committees.

9.1.8 To appoint officers to the Executive Committee as Special Advisors (appointed, no vote)

9.2. The Vice President:

The Vice President shall have the following duties:

9.2.1. To assist the President in the performance of his duties.

9.2.2. To represent the **UKBFF** when mandated by the President.

9.2.4. To fulfil any other duties assigned by the President, Executive Committee or AGM.

9.3. The General Secretary

The General Secretary shall have the following duties:

9.3.1. To assist the President in the performance of his duties.

9.3.2. To record and keep all votes and minutes of the meetings of the Executive Committee and the AGM.

9.3.3. To assure, a notice of all meetings of the Executive Committee and the AGM will be forwarded in time.

9.3.4. To keep and maintain files of all documents in writing of the **UKBFF**.

9.3.5. To keep the minute book and the seal of the **UKBFF**.

9.3.6. To provide information concerning bodybuilding and fitness to interested parties.

9.3.7. To assist the President in drawing up the agenda of the annual meeting and all meetings of the Executive Committee.

9.3.8. To register and keep the results of all competitions sanctioned by the **UKBFF**.

9.3.9. To represent the **UKBFF** when mandated by the President.

9.4. The Treasurer

The Treasurer shall have the following duties:

9.4.1. To assist the President in all matters regarding the finance of the **UKBFF**.

9.4.2. To study and suggest to the Executive Committee and the AGM various methods of raising funds necessary for the operation of the **UKBFF**.

9.4.3. To monitor the expenditure of all monies from the **UKBFF** account.

9.4.4. To negotiate the terms of the contracts between the **UKBFF** and sponsors/advertisers and prepare these contracts for the final assessment by the President and Executive Committee.

9.4.5. To keep full and accurate accounts of all assets, liabilities, receipts, and disbursements of the **UKBFF** in the books belonging to the **UKBFF** and to deposit all monies, securities and other valuable effects in the name and to the credit of the **UKBFF** in such chartered bank or trust company as may be designated by the President.

9.4.6. To distribute the funds of the **UKBFF** as may be directed by the President and to inform the President and/or the Executive Committee, whenever they may require, on accounting of any and all transactions and a statement of the financial position of the **UKBFF**.

9.4.7. To arrange for audited financial statements to be submitted to the Executive Committee and the AGM at their meetings.

9.4.8. To fulfil any other duties, that may be assigned by the President, Vice President, Executive Committee or AGM.

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CHAPTER IV - Finances

ARTICLE 11: FEES

11.1. Membership Fee

The members shall pay a membership fee of which amount will be decided by the Executive Committee members. Any member of good standing will be entitled to compete and participate in **UKBFF/UKBFF/IFBB** sanctioned and approved National and/or International events and benefit from, any activity of the **UKBFF** as long as that member meets the qualifications of that activity.

ARTICLE 12: FINANCIAL MONITORING AND CONTROL

12.1 Fiscal Year

The fiscal year of the **UKBFF** is the calendar year. For each calendar year, the Treasurer shall establish a statement of accounts. These annual statements of accounts shall be audited and will be submitted for the approval of the Executive Committee and the AGM.

ARTICLE 13: AMENDMENTS

13.1. Amendments

The UKBFF Constitution may be amended by resolution, enacted by the Executive Committee.



APPENDIX 1

Appendix with Article 6 – Members

Discipline

6.1 General: National Federations, and their athletes and officials, join the UKBFF/IFBB of their own free will and agree to respect and abide by the Constitution and Rules. Should they contravene the Constitution and Rules, they automatically negate their status as a Member in good standing and, as such, are prohibited from enjoying any privileges that would normally accrue by virtue of being a Member in good standing.

6.2 Disciplinary Committee: The President shall have the authority to appoint an “ad hoc” committee whose purpose shall be to investigate disciplinary matters and to report the results of the investigation to the President. The President may, at his own discretion, call upon the assistance of other Members of the Executive Council and/or Members of the Congress in order to assist in the resolution of any disciplinary matter.

6.3 Sanctions: If a Member, whether athlete or official or a National, Regional or Continental Federation, is found guilty of contravening the Constitution and Rules, or of conduct prejudicial to the UKBFF/IFBB, said Member or National, Regional or Continental Federation may be reprimanded, fined, suspended, or expelled from the UKBFF/IFBB.

6.4 General Provisions: The following general provisions shall apply:

1. Any athlete or official who is suspended may not compete, give an exhibition or seminar, judge or otherwise officiate, organize events, or act in an administrative capacity, whether in his or her own country, or in any other country, for the UKBFF/UKBFF/IFBB or any UKBFF/IFBB-recognized National Federation.
2. The issuance of false certificates (cards) shall be deemed a serious offence punishable by fine, suspension, or expulsion.
3. Any athlete or official who threatens a judge or official by word or gesture, or who uses offensive words to any other athlete or official and who refuses to withdraw same, may be fined, suspended or expelled.
4. Any athlete or official who engages in activity of a pornographic nature, or whose conduct is deemed prejudicial to the UKBFF/IFBB, may be fined, suspended, or expelled.
5. Any athlete or official who participates in a competition or event not approved or sanctioned by the UKBFF/UKBFF/IFBB, may be fined, suspended or expelled. Participation shall include, but shall not be limited to, competing, guest posing, giving a seminar, lecture or similar presentation, judging, officiating, allowing the use of one’s name and/or likeness for promotional purposes, and/or taking part in a non-UKBFF/IFBB sanctioned competition or event in any other way, shape, or form.
6. Once recognized by the UKBFF pursuant to the terms and conditions of the Constitution and Rules, or pursuant to the terms and conditions of the constitution and rules of a National, Regional or Continental affiliate, no athlete, judge, official, administrator or other Member shall hold membership in any other bodybuilding and/or fitness organization; nor shall that Member participate in or promote, in any way, shape or form, their activities, failing which the Member may be fined, suspended or expelled.



9. Disciplinary action may be taken against any athlete or official who contravenes the UKBFF/IFBB Code of Ethics, attached as Appendix 1, which shall form an integral part of the Constitution and Rules.

10. Disciplinary action may be taken against any Member for prejudicial conduct, where such conduct is defined as being demonstrably harmful to the UKBFF/IFBB and/or to the sport of bodybuilding and fitness, whether through gross malfeasance or egregious moral behavior.

APPENDIX 2

UKBFF/UKBFF/IFBB CODE OF ETHICS

Introduction:

The UKBFF/UKBFF/IFBB Code of Ethics exist as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators or others, should strive to conduct themselves as Members of the UKBFF/UKBFF/IFBB family. Members join the UKBFF/UKBFF/IFBB of their own free will and, in so doing, agree to abide by the UKBFF/UKBFF/IFBB Constitution and Rules of which the Code of Ethics forms an integral part. Any Member who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Athletes:

We, *the athletes*, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfil our responsibility to society, to other athletes, judges, officials, and administrators of the UKBFF/IFBB.
2. to honour, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. to respect the UKBFF/IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.
5. to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. to assist the UKBFF/IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the UKBFF/IFBB.
7. to work *for* the UKBFF/IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the UKBFF/IFBB.
8. to continue striving for bodily perfection and correct moral principles.
9. to honour the special trust conferred upon us by our participation in, and by our representation of, the UKBFF/IFBB and our



- country, at international events, and to adhere to the standards of personal conduct expected of us.
10. to recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate.
 11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the UKBFF/IFBB.
 12. to oppose the use of banned substances and methods and to compete drug-free.
 13. to refrain from any conduct that may be considered prejudicial to the UKBFF/IFBB;
 14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the UKBFF/IFBB.

Judges:

We, *the judges*, realizing that our actions and decisions as judges reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all of the rules governing competitions.
2. to safeguard the interests of all competitors on equal terms.
3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.
4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
5. to respect the UKBFF/IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.
6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.
8. to assist the UKBFF/IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the UKBFF/IFBB.
9. to work *for* the UKBFF/IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the UKBFF/IFBB.



10. to honour the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.
11. to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the UKBFF/IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the UKBFF/IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the UKBFF/IFBB.

Officials:

We, *the officials*, realizing that our policies, decisions, and actions reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to serve all members, be they athletes, judges officials, or other administrators, according to their needs.
2. to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. to safeguard the health and physical fitness of the athletes.
4. to provide the athletes with the best possible conditions for achieving bodily perfection.
5. to provide the athletes, judges, officials, and other administrators, with the best possible conditions for the conduct of competitions.
6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.
7. to respect the UKBFF/IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the UKBFF/IFBB.
8. to assist the UKBFF/IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the UKBFF/IFBB.
9. to work *for* the UKBFF/IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the UKBFF/IFBB.
10. to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.

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11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the UKBFF/IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the UKBFF/IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the UKBFF/IFBB.