



CONSTITUTION
AMERICAN SAMOA POWERLIFTING FEDERATION

GENERAL PROVISIONS

1. Name & Composition

The American Samoa Powerlifting Federation, hereinafter referred to as ASPF, is an organization incorporated by the laws of American Samoa.

ASPF is composed of the Executive and affiliated Associations from the International Powerlifting Federation (IPF) and the Oceania Regional Powerlifting Federation (ORPF), and is an entity that governs the sport of powerlifting in American Samoa.

2. Headquarters

The ASPF was established in American Samoa.

The Headquarters of the Association is based in American Samoa.

Affiliations

The ASPF will maintain affiliations with the American Samoa National Olympic Committee (ASNOC), the International Powerlifting Federation (IPF), and the Oceania Regional Powerlifting Federation (ORPF). Whatever its affiliations, the ASPF's Constitution, By Law, Policies & Rules shall stand; should there be any conflict of Constitution, By Laws, Policies or Rules, the ASPF's Constitution, By Laws, Policies and Rules shall prevail.

Objectives

The Union of all National Powerlifting Clubs in American Samoa.

The fostering of new American Samoa Powerlifting Clubs in American Samoa.

To apply standardized Technival Rulers for the Sport of Powerlifting in American Samoa.

The creation & maintenance of a system for approving & recognizing Powerlifting

Records.

To establish, define & enforce the rules for the governance of powerlifting in American Samoa.

The eradication of the use of illicit drugs in the sport of Powerlifting, which is mandated by the anti-doping agency of the World Anti-Doping Agency (WADA).

To promote & supervise competitions and registration of athletes for International & National competitions, including the World Powerlifting Competitions, the Pacific Games, Oceania Regional Powerlifting Championships, and any new Championships from time to time.

To instigate & conduct programs for the development of powerlifting in American Samoa.
Conduct of an ASPF Annual General Meeting of affiliated Clubs or Personal Memberships.

NON-DISCRIMINATION

Any political or religious discussions or demonstrations within the ASPF are prohibited.
In the operations of the ASPF, no distinction is to be made on individuals based on race, color, gender, religion, or political belief or affiliation.

OFFICIAL LANGUAGE OF THE ASPF

The official languages of the ASPF are Samoan and English.
All publications, minutes, and reports of the ASPF will be in English. The meeting of the ASPF can be held in Samoan or English.

MEMBERS

All clubs or teams practicing powerlifting or weight training, recognized by the community or local sport authorities, have the right to become members of the ASPF and must comply with The membership of the ASPF shall include the following categories, governing the sport of powerlifting in American Samoa.

Full member: A club/individuals that has been admitted as a full member of the ASPF and whose application for full membership has been subsequently approved by the ASPF, following the provisions of this Constitution.

A full member is entitled to exercise all of the rights and privileges available to a Full Member as follows:

To participate in all ASPF General and Annual Meetings, exercising their right to speak and vote.

To propose agenda items for inclusion in the agendas of all ASPF General and Annual Meetings.

To nominate candidates for election to the Executive.

To participate in the competitions organized by ASPF.

To take part in organized competitions.

To exercise all other rights arising from this Constitution.

Provisional Member: A club/individual Membership, not having been a member of the ASPF in the current or prior calendar year, may be admitted as a Provisional Member of the ASPF until all fees have been paid in full.

To compete in all international & regional competitions is at the discretion of the ASPF Executive.

Application for Memberships

All clubs, teams, or Individuals practising powerlifting and weight training, and recognised by the community or local sport authorities, have the right to become members of the ASPF. They must comply with the ASPF and the IPF rules.

Membership shall not extend to public figures, such as the American Samoa Legislative Assembly or the Chief Executive Officers of any government corporation.

Any person previously suspended or removed from the sports code in American Samoa shall not be eligible for membership in the sports code.

Obligations of Full & Provisional Members

Every Member of the ASPF has the following obligations:

To comply fully with the Constitution, regulations, code of Ethics, directives & decisions of the ASPF (as they are in place from time to time) at all times.

A Provisional Member may apply for provisional or full membership by submitting a written application to the ASPF Executive. The application may be accepted or rejected by the decision of the ASPF Executive.

To take part in competitions organized by the ASPF.

To pay their membership as required by the ASPF:

To ensure that their members comply with the Constitution, regulations, Bylaws, and Code of Ethics, as well as the directives & decisions of the ASPF (as they may exist from time to time), at all times.

To comply fully with all other duties arising from these Statutes and other regulations.

To abide by the objectives of the ASPF as stated herein.

Violation of the obligations mentioned above by any Member may result in sanctions provided for in this Constitution.

Suspension of Membership

The Executive Committee may suspend or expel a Member that violates its obligations as a Member with immediate effect and on such terms and conditions as it sees fit. The suspension shall remain in effect until the next Annual General Meeting, unless the Executive Committee has lifted the suspension in the interim or the suspension has otherwise been lifted by the provisions contained herein.

A suspension shall be confirmed at the next Annual General Meeting by a two-thirds majority of the votes taken. If it is not confirmed, the suspension shall be automatically lifted.

A suspended Member shall lose its Membership rights.

Other Members may not entertain sporting contact with a suspended member.

The Executive Committee may impose further sanctions.

Expulsion from Membership

The ASPF may, at the General Meeting, expel a member.

- If it fails to fulfil its financial obligations towards ASPF, whether a club or individual membership, or;
- If it seriously or repeatedly violates the Constitution, regulations, code of ethics, or decisions of the ASPF (as they exist from time to time), or
- If it loses the status of the Association representing Powerlifting in American Samoa.

The presence of an absolute majority of Full Members at the General Meeting is necessary for an expulsion to be valid, and a two-thirds majority of the votes taken must adopt the motion or expulsion.

Resignation from Membership

A member may resign from ASPF, effective at the end of the calendar year. Notice of resignation must be received by the secretary of the ASPF no later than six months before the end of the calendar year and must be submitted in a signed letter. The resignation is not valid until the Member wishing to resign has fulfilled their outstanding financial obligations.

GOVERNANCE

The ASPF is governed, in the first instance, by its members meeting in Annual General Meetings and General Assembly meetings. Between such meetings and regarding matters not specifically delegated by the Constitution to General Meetings, the Executive of the ASPF shall govern the ASPF. The ASPF Executive has the power to:

- Admit Provisional and Full Members of the ASPF.
- Control the income, expenditure & property of the ASPF.
- Conduct the day-to-day affairs & business of the ASPF.
- Determine disciplinary matters.

THE EXECUTIVE COMMITTEE

The ASPF Executive Committee consists of the following:

- President
- Vice President
- Secretary General
- Treasurer
- Committee Members (maximum of three (3))

Meetings

The Executive shall meet as & when necessary, based on a call for a meeting by the President or a written request by $\frac{2}{3}$ of the serving members of the Executive.

Meetings of the Executive may be held in person only. The President shall chair all meetings of the Executive. In the President's absence, the Vice President shall chair any such meeting of the Executive, and in the absence of both the President and Vice President, those attending the meeting shall elect a Chair.

All matters at an Executive meeting shall be decided by a simple majority vote of those present.

A quorum for the conduct of an Executive meeting of ASPF shall be four (4) persons in attendance.

Vacancies

In the event of death, resignation, ineligibility, or removal of an Executive member, a vacancy on the Executive shall be filled by a majority vote of the remaining members of the Executive. Members of the Executive appointed in that manner shall remain until the next election of office-bearers at an Annual General Meeting of the ASPF.

Duties

The duties of the members of the Executive include the following:

President

- To provide leadership in the long-term and day-to-day activities of the ASPF, including delegating responsibilities for task completion and making necessary contact with outside agencies to conduct ASPF business.
- To represent the ASPF in its international and regional affiliations.
- To maintain order and chair meetings of the Executive of the ASPF
- To chair all annual & special general meetings of the ASPF.
- To serve as an ex officio member of all committees of the ASPF.

Vice President

Such duties as are assigned by the President, and in the absence of the President, shall be carried out by the President.

Secretary General

- (a) is the main administrator of ASPF
- (b) Make proper arrangements for keeping the records of the ASPF and the AGM.

- (c) Keep a complete record of competitions held under the auspices of the ASPF. The records shall include the results of national championships, as well as articles from newsletters and magazines.
- (d) Serve as Secretary of the meetings and at any special meetings or hearings of ASPF.
- (e) Delegate any of the duties above to an assistant secretary.

Treasurer

- (a) Receive all monies due to the ASPF and deposit them into accounts in the name of the ASPF.
- (b) Pay all bills approved by $\frac{2}{3}$ of the Committee, provided it is within the authorized current budget of the ASPF..
- © When requested, hand over to the Financial Auditor, for other purposes, all monies, accounts, books, papers, vouchers, and records of his office.
- (d) Present financial statements to the General and Annual General Meeting.
- (e) Present the Audit of ASPF accounts to the ASPF executive committee upon request.
- (f) be responsible for issuing invoices.
- (g) Arrange for an audit of the ASPF accounts as per relevant American Samoa laws.
- (h) be responsible for collecting fees due to the ASPF.

Committee Members

- (a) Take an active part in the ASPF Executive work and carry out such duties assigned to them by the President.
- (b) Represent the ASPF in member club meetings.
- © Supervise and lead the clubs in organizing yearly meetings.
- (d) Contact and inform potential new members
- (e) Plan and control development programs with Clubs or individuals.
- (f) Assist any of the Executive members with their duties in their absence.

Elections

The names of candidates from any Club may be submitted and shall reach the Secretary no later than fourteen (14) calendar days before the date of the General Assembly. The meeting at which the election is to take place.

The Secretary shall notify the members of the proposed candidates' names before the date of the relevant General Assembly Meeting.

Election to a position on the Executive Committee shall be determined by a majority vote of full members at the General Assembly meeting of the ASPF deemed to be the final General Meeting held in each fourth year.

If, during the four-year term of an Executive Committee member, they resign or no longer hold office, a vacancy exists. The Executive Committee shall appoint a replacement for the

remainder of the term from the existing Committee Members (3) until the next General Assembly meeting.

Non-Executive Officers

The Executive may appoint non-executive officers to perform specific tasks on behalf of the ASPF. By invitation of the President, they may attend meetings of the Executive, but without a vote & with voice only on matters relating to their respective office.

MEETINGS

The General Assembly Meeting (GAM) of the ASPF shall be held every four(4) years and shall be determined by $\frac{2}{3}$ of the Executive Committee.

The Annual General Meeting (AGM) shall be held annually.

The Special Meeting is held at any time upon the request of two-thirds of the Executive Committee.

Notice

Not less than ninety (90) days' notice must be given of any General Assembly meeting of ASPF, and not less than thirty (30) days' notice must be given of any Extraordinary General Assembly of the ASPF, including the official agenda and nomination forms of candidates for the election of ASPF.

- At least fourteen (14) days' notice is required for all nominations to be submitted to an independent official appointed by the Executive Committee by noon for the election of ASPF.
- Not less than seven (7) days' notice must be given of any Special meeting of ASPF.
- All members must receive the official agenda for the General Assembly at least 30 days before the AGM.
- All members must receive the official agenda for the Annual General Meeting at least 14 days before the AGM.
- All members must receive the official agenda for the Special Meeting at least 7 days before the meeting.
- Any items not on the agenda cannot be considered.

The Secretary General is responsible for sending out all meeting notices, including date, place, and time, and for complying with all Notice requirements.

Agenda

At all General Assembly meetings and all annual meetings of the ASPF, the following will be the order of business:

- Roll Call
- Minutes of the last AGM
- President's Report and approval
- Treasurer's Report and approval
- Secretary's Report and approval
- Action of proposed amendments
- Elections
- New Member Application
- General Business
- Adjourned

The Executive Committee can amend and endorse the Agenda to suit its meeting.

Annual General Meeting

The Annual Meeting of the Executive to;

01. Receive the ASPF annual report
02. Receive the ASPF financial yearly report
03. Receive the ASPF Executive reports
04. Proposed amendments to the Constitution
05. Annual Plan and Calendar of Events for the following year

The General Assembly meeting of the ASPF to

- Receive the Reports of the President and Secretary General of ASPF.
- Receive the audited financial report of ASPF
- Endorse new affiliate member applications
- Endorse the ASPF Constitution Amendments
- Endorse the ASPF 4-year Strategic Development Plan
- Elect the ASPF Executive Committee for the next 4 years.

Quorum

At all meetings and decision-making of the ASPF, a quorum will consist of $\frac{2}{3}$ of the members in attendance. Two-thirds is 4 out of the 7 Executive members.

Nominations of Candidates and a clear majority in the vote

Any position that has only one candidate contesting for an Executive Committee position shall have the said candidate automatically declared duly elected.

In cases where only two candidates contest a position in the Executive Committee and the vote results in a tie, a second round of voting must be conducted.

If a tie is also returned after the second round of voting, a draw out of the hat shall decide the outcome.

If three candidates are nominated and the election process does not yield a clear majority, the candidate with the fewest votes shall stand down in the second round of voting. The two candidates with the highest number of votes shall proceed to the second round of voting.

The candidate who received the highest vote after the second round shall be declared duly elected.

AFFILIATION FEE

Club consisting of 5 to 10 members - \$125 annually

Club consisting of 10 to 20 members - \$150 annually

Individuals - \$50 annually.

An annual affiliation fee must be paid by February 1st of every year.

Any affiliation fee outstanding for a month shall incur an additional penalty of \$10 for every month until the affiliation is paid in full.

DOPING CONTROL

The ASPF endorses, subscribes to, and follows the Doping Rules of the World Anti-Doping Agency. This includes recognition of suspensions and other penalties for doping offenses and all other Doping Rules, which apply in the ASPF equally as they do under WADA's rules.

All ASPF Championships attended shall be drug-tested by an independent agency & laboratory in accordance with WADA rules & procedures. ASPF shall meet all costs associated with the provision of such drug-testing arrangements in respect of that drug testing.

COMMITTEES

Disciplinary Committee

The Executive committee of the ASPF and two (2) members, of whom the Chairman is selected by the members of the ASPF, for a renewable term of four (4) years.

The function of this body shall be governed by the ASPF Disciplinary Code (as is issued by the Executive Board from time to time)

The committee may impose the sanctions described here and in the ASPF Disciplinary Code on Members, Officials, powerlifting participants, and other persons whose conduct impacts the operations of the ASPF and the sport of Powerlifting in the region.

GOVERNING LAW AND ARBITRATION

Any dispute that may arise about the Interpretation of this Constitution shall be resolved from within ASP, the legal body in American Samoa, in the first instance. Should there be no resolution to the dispute, the Court of Law is the last resort.

All disciplinary actions or decisions exercised by the ASPF Executive Committee shall be in accordance with this Constitution.

Any disciplinary action taken by the ASPF Executive Committee shall be referred to the High Court of American Samoa for review if it is initiated within 21 days after a decision is notified.

The American Samoa Powerlifting Association shall be registered as a non-profit sporting body pursuant to and under the Incorporated Societies Act 1908.

INDEMNITY

ASPF, the legal Governing body of Powerlifting in American Samoa, shall indemnify and keep indemnified all Executive Committee members, including those appointed by it for specific purposes, against any personal liability, claims, actions, or proceedings that may arise out of the exercise of powers, rights, and duties authorized by this Constitution.

REVIEW & AMENDMENT OF THE ASSOCIATION CONSTITUTION

This document shall be deemed the Constitution of ASPF, the legal Governing body of Powerlifting in American Samoa, reflecting its association with the International Powerlifting Federation (IPF), the Oceania Association, and the American Samoa Olympic Committee.

ADOPTED AUGUST 10, 2025
