



St. Lucia Amateur Bodybuilding
& Body Fitness Association

Constitution

2014

ARTICLE 1: NAME

- 1.1 The name of the organization shall be the St. Lucia Amateur Bodybuilding and Body Fitness Association hereafter referred to as SLBBFA.
- 1.2 The headquarters of the SLABBFA shall be based in Castries or wherever determined by the General Assembly.

ARTICLE 2 INTERPRETATION

In the interpretation of the Constitution of the St. Lucia Bodybuilding and Body Fitness Association, unless the context otherwise requires:

- 2.1 **SLABBFA** shall mean the St. Lucia Bodybuilding and Body Fitness Association.
- 2.2 **Constitution** shall mean the by-laws of the SLABBFA, as set out in the Letters Patent and Supplementary Letters Patent and as prescribed and amended from time to time by the General Assembly.
- 2.3 **Rules** shall mean those rules, regulations, policies, guidelines, directives and decisions which the Executive Council may, from time to time, prescribe and amend for the purpose of carrying out the objects of the SLABBFA.
- 2.4 **National Executive** shall mean the board of directors of the SLABBFA as described hereinafter in Article 10 of this Constitution.
- 2.5 **Biennial** shall mean the Executive Council
- 2.6. **Member** shall mean a member in good standing of the SLABBFA, namely a member who is in conformity with the Constitution and Rules.
- 2.7 **The sport of bodybuilding and body fitness** shall mean the amateur competitions, meetings, events, promotions, seminars and other related activities.
- 2.8. **CACBBFF** shall mean Central America and the Caribbean Body Building Federation, which is the parent body of the SLABBFA.
- 2.9 **IFBB** shall mean International Federation of Body Builders, which is the parent body of the CACBBFF.

ARTICLE 3: LOGO

- 3.1. The logo of this organization, an impression of which is printed upon the front cover of this Constitution, shall be the official logo of the SLABBFA. The logo is a registered trademark and shall not be used without the expressed written consent of the SLABBFA. Where consent for use is granted, the logo **shall not** be modified in any way, shape or form.

ARTICLE 4: MISSION STATEMENT

To promote the growth and development of the sport of bodybuilding by serving, educating, and empowering athletes and coaches, abiding by the rules and governance of the sport.

ARTICLE 5: OBJECTIVES

The Objectives of the SLABBFA are:

- 5.1 To develop, promote, and control the sport of bodybuilding and body fitness on a national scale and within the diaspora.
- 5.2 To promote an interest in, and a dedication to, better health and fitness through physical culture, proper nutrition and weight training.
- 5.3 To develop and strengthen friendship and cooperation among the members of the SLABBFA, locally, regional and internationally.
- 5.4 To supervise the activities of members practicing bodybuilding and physical culture.
- 5.5 To legislate rules for the sport of bodybuilding and/or physique championships.
- 5.6 To implement doping control programs in accordance with the IFBB rules at designated SLABBFA-sanctioned competitions and to ensure that such programs are carried out in compliance of such.
- 5.7 To conduct research into the benefits of bodybuilding and fitness as it relates to physical conditioning, both as a basis towards reaching peak athletic performance in sport and improve the general health of the population at large.
- 5.8 To conduct training programs for athletes, coaches, judges, and other officials.
- 5.9 To distribute research information on physical culture, nutrition and weight training to its Members and other interested individuals and organizations.
- 5.10 To qualify international amateur judges.

- 5.11 To discipline Members whose acts are judged to be contrary to the Constitution and Rules.
- 5.12 To honor outstanding contributions to the sport of bodybuilding and body fitness, by Members or other individuals or organizations, with special plaques, medals or certificates.

ARTICLE 6: General Provisions

General Provisions: The general provisions of the SLABBFA are:

- 6.1 The SLABBFA is an organisation without share capital (non-profit). Members of the Executive Council are democratically elected or appointed and serve on a voluntary basis. As such, they may neither derive a salary by virtue of their membership nor derive any personal financial gain by carrying out any duty that may ensue as a result of such membership.
- 6.2 The SLABBFA forbids its membership from engaging in any racial, political, religious discussion, demonstration or act that may result, whether directly or indirectly, in the fostering of bias or prejudice between any Members.
- 6.3 The SLABBFA does not distinguish or discriminate between individuals or countries for reasons of race, color, religion, politics, or sexual orientation.
- 6.4 The authority of interpreting any dispute that may arise out of the Constitution and Rules rests with the Disciplinary Committee, whose decision shall be final and binding.

ARTICLE 7: Official Languages and Correspondence

- 7.1 The official language of the SLABBFA shall be English. All communications, publications, documents and correspondence between and among the SLABBFA and its membership shall be conducted and printed in English. The proceedings and reports of the Executive Council and General Assembly shall be conducted and printed in English.

ARTICLE 8: Membership

- 8.1 Membership in the SLABBFA shall be non-transferable and shall be limited to those individuals and organizations interested in furthering the objects of the SLBBFA and who agree, upon becoming Members, to be bound by the Constitution and Rules and the decision and rulings of the Executive Council. Membership shall be offered in the following categories:

8.1 (a) **General Membership:** This membership shall be comprised of those organizations that have been duly

recognized by the SLABBFA, pursuant to the terms of the Constitution.

8.1 (b) The SLABBFA may offer direct membership to individuals, only and exclusively by members of the Executive Council, for Executive Council positions. Members, by virtue of their acceptance into the SLABBFA family, agree to be bound by the Constitution and Rules.

8.2 **Executive Council:** This membership shall be comprised of those individuals who have been duly elected or appointed to the Executive Council pursuant to the terms of the Constitution.

8.3 **Associate Membership:** Judges, administrators and other officials may become members of the SLABBFA by virtue of their association with their National Federation, or by direct membership, pursuant to the terms and conditions as set out in the constitution and rules.

8.4 **Rights:** Every Member shall have the right to participate in, and to benefit from, any activity of the SLABBFA, so long as that Member meets the qualifications of that activity.

8.5 **Resignation:** Any Member may resign from the SLABBFA by submitting a written letter of resignation to the Secretary.

8.6 **Revocation:** Any Member may have their membership revoked by majority vote of the Executive Council or its delegated authority.

ARTICLE 9: Membership Fees

9.1 Every member shall pay a yearly membership (affiliation) fees to the SLABBFA in such amounts as determined (from time to time) by the General membership. Notwithstanding the fact that a member may be delinquent in the payment of its affiliation fees, a member may, upon the approval of the SLABBFA remain a Member and, therefore, subject to the Constitution and Rules; but shall otherwise be prevented from enjoying any privileges that would normally accrue by virtue of being a Member in good standing.

9.2 Members shall pay to the Treasurer such fees as was determined by the General Membership by February 28th in each year.

9.2 (a) Failure to pay such fee as due from 1st January of each year by February 28th will subject a member not to be in good standing and will forfeit all rights (including voting) and privileges of being a members but not being deemed a non-member. Fees paid after 28th February will incur a 5% penalty fee for each month of with the fee is remained unpaid. Fees if unpaid after three (3) months will subject the members to be not in good standing and all rights and privileges

of being a members shall be revoked.

- 9.2 (b) Members expelled under this clause may be reinstated but with a one year advance payment or any other fees as may be determined by the Executive Committee.

ARTICLE 10: Executive Council

10.1 **Composition:** The Executive Council is composed of the following officers:

1. President
2. First Vice President (Recruitment/Training)
3. Second Vice President (Technical)
4. Secretary
5. Assistant Secretary
6. Treasurer
7. Public Relations Officer

10.2 **Powers:** The Members of the Executive Council shall be the directors of the SLABBFA and, as such, the Executive Council shall have power to:

- 10.2(a) Direct the affairs of the SLABBFA in all matters. Between meetings of the Executive Council, the Administrative Secretariat shall be responsible for the day-to day management and operation of the SLABBFA.
- 10.2(b) Form such committees and delegate such authority as it deems necessary, in order to carry out the objects of the SLABBFA.
- 10.2 (c) Supervise and control all of the activities of the SLABBFA.
- 10.2 (d) Make or cause to be made for the SLABBFA, in its name, any kind of contract that the SLABBFA may lawfully enter into.
- 10.2 (e) Authorize expenditures on behalf of the SLABBFA.
- 10.2(f) Delegate, by resolution to a Member of the Executive Council, the right to employ and pay salaries to employees.
- 10.2(g) Ensure that the Constitution and Rules are followed by all of its Members, and, in the event that the Constitution or Rules is breached, administer such disciplinary measures as are set out in the Constitution and Rules.

10.2(h) Convene the meetings of the Executive Council and General Assembly.

10.2(i) Ensure that the decisions of the Executive Council and General Assembly are carried into effect.

ARTICLE 10: Meetings:

11.1 The Executive Council shall meet monthly on the occasion of the SLABBFA or whenever convened by agreement of the President, and Secretary, or at the request of the majority of the Members of the Executive Council.

11.2 If any Member of the Executive Council consents, generally or in respect of a particular meeting, the Executive Council (or a Member thereof) that resolution at a meeting of the Executive Council by means of such telephone, teleconference, e-mail chat, video-conference or any other communications facilities as it may permit all persons participating in the meeting to hear or see each other. A member of the Executive Council participating in the meeting by such means is deemed to be present at the meeting.

11.3 The Notice of any meeting of the Executive Council shall be given to each Member of the Executive Council in writing (by mail, fax, or e-mail) at least fourteen (14) days before the date fixed for the meeting. The notice shall contain sufficient information concerning the business to be conducted so as to permit the Members of the Executive Council to form a reasoned judgment on any decision to be taken.

11.4 No error or omission in giving notice of any meeting or any adjourned meeting of the Executive Council shall invalidate such meeting or make void any proceedings taken thereafter and any Member of the Executive Council may at any time waive notice of any such meeting and may ratify, approve and confirm any or all proceedings taken or has thereafter.

11.5 **Quorum:** The quorum at any meeting of the Executive Council shall consist of at least four (4) Members of the Executive Council.

11.6 **Conduct of Meeting and Voting:** The President shall be chair at all meetings of the Executive Council. Each Member of the Executive Council who is present, except ex-officio members shall have one vote.

10.6 (b) Every issue before the Executive Council shall be decided by majority vote. In the event of a tie, the President shall have a second and deciding vote.

11.7 **Resolutions:** Between meetings of the Executive Council, a resolution in writing, approved by a majority of the Members of the Executive Council entitled to vote on that resolution at a meeting of the Executive Council, is as valid as if it had been passed at the meeting of the Executive Council.

- 11.8 **Minutes:** The minutes of all meetings of the Executive Council shall be taken by the Secretary, or a duly appointed representative, and shall be forwarded to the Members before the next meeting duly scheduled meeting.
- 11.9 **Vacancy of office:** The office of a Member of the Executive Council shall be deemed vacant:
- 11.9(a) If the Member resigns from office by delivering a written letter of resignation to the President;
 - 11.9(b) If a Member is deemed to be declared of unsound mind by a legitimate authority;
 - 11.9(c) If the Member bankrupts or suspends payment or compounds with its creditors;
 - 11.9(d) If, at a meeting of the Executive Council or General Assembly, a resolution is passed by a majority of the members entitled to vote at the meeting that the Member be removed from office for just cause.
 - 11.9(e) Upon death.
- 11.10 **Retirement:** A retiring Member of the Executive Council shall remain in office until a successor is elected or appointed.
- 11.11 **Agents and Employees:** The Executive Council may:
- 11.11(a) By resolution of the Executive Council may appoint agents and engage such employees as it may deem necessary from time to time and such person shall have such authority and shall perform such duties as shall be prescribed by the Executive Council at the time of such appointment. Employees or agents of the SLABBFA may, but not need to be, Members of the SLABBFA.
- 11.12 **Decisions and Rulings:** The decisions and rulings of the Executive Council shall be final, except where a decision or ruling subsequently fails to be ratified by the General Assembly.
- 11.13 **Absence:** Any Member of the Executive Council who is absent without just cause from any three (3) consecutive meetings of the Executive Council, who neglects his duties, unless for a valid reason, may be replaced by a majority vote of the Executive Council.
- 11.14 **Sittings:** The sittings of the Executive Council shall be conducted in private.

ARTICLE 12: General Assembly

- 12.1. **Composition:** The General Assembly shall be composed of the Members of the Executive Council together with Members or their duly appointed representatives.

- 12.2 **Powers:** The powers of the General Assembly are as follows:
- 12.2(a) To confirm or withhold confirmation of the Constitution and Rules, or any amendment to the Constitution and Rules.
 - 12.2(b) To elect or appoint, at the relevant special electoral meeting of the General Assembly, the Members of the Executive Council who shall be the directors of the SLABBFA and who shall serve for a four (4) year term, or until such time as they are replaced in accordance with the terms of the Constitution.
 - 12.2(c) To receive, at each General Assembly, the annual reports of the Members of the Executive Council, the annual financial statements and the Treasurer's report.
 - 12.2(d) To consider and transact any general or special business properly brought before the General Assembly.
- 12.3 **Meetings:** The annual meeting of the General Assembly shall be held in November of every year.
- 12.4 **Agenda:** The agenda of the annual meeting of the General Assembly shall consist of, but shall not be limited to, the following items:
- 12.4(a) The examination and approval of the annual reports of the:
 - Executive
 - Treasurer
 - The affiliation of new members.
 - The approval of the annual programme
- 12.5 **Notice:** The notice of the Annual General Meeting shall be given in writing and shall be forwarded (by mail, fax or e-mail) to the Members no later than thirty days prior to the date fixed for the meeting. The notice shall contain sufficient information concerning the business to be conducted so as to permit the Members of the General Assembly to form a reasoned judgment on any decision to be taken.
- 12.6 **Errors or Omissions in Notice:** No error or omission in giving notice of any Annual General Meeting shall invalidate such meeting or make void any proceedings taken thereafter. For the purpose of sending notice, the postal address (or e-mail address) of members shall be the last address recorded on the books of the SLABBFA.
- 12.7 **Quorum:** The quorum at the annual meeting of the General Assembly shall consist of fifty (50%) percent + one of all members in good standing. The President and/or, the Secretary, and/or the Treasurer must be present.
- 12.8 **Conduct of the Meeting and Voting:** The President shall be

the chair at the Annual General Meeting. Each member in good standing present, provided they otherwise qualify, is entitled to vote as per the regulations set out in Article 8.

12.8(a) Every issue before the Annual General Meeting shall be decided by majority vote unless specifically deviated therefrom in this Constitution.

12.8 (b) The Chair of the meeting shall have a casting vote in the case of a tie.

12.9 **Minutes:** The minutes of the Annual General Meeting shall be taken by the Secretary, or a duly appointed representative, and shall be forwarded to the Members of the Executive Council, Members of the General Body as part of the SLABBFA General Meeting Report.

12.10 **General Rules:** The following general rules shall apply for the Annual General Meeting:

12.10 (a) Provided they otherwise qualify, each member shall be entitled to one vote.

12.10 (b) Before the opening of the Annual General Meeting, the Secretary, or a duly appointed representative, shall verify the credentials of the Members of the General Meeting and shall issue to each bona fide Member an SLABBFA voting card.

12.10 (c) Propositions from the members must reach the office of the President no later than sixty (60) days before the date fixed for the Annual General Meeting.

12.10 (d) Only those items that are listed on the agenda may be discussed at the Annual General Meeting. Time permitting, the President may allow other business to be tabled and discussed.

12.10 (e) Standing Orders as prescribed by "**Robert's Rule of Order**" shall be enforced.

12.10 (f) The Annual General Meeting shall be conducted in private.

ARTICLE 13: Elections

13.1 The election and appointment of officers to the Executive Council shall proceed as follows:

13.1(a) Every **four (4)** years, at the Annual General Meeting;

13.1(b) Nominations for the various positions on the Executive Council must be seconded;

13.1 (c) Only members in good standing will be allowed to nominate and/or second a nomination;

13.1 (d) Only a member in good standing can be nominated

for an Executive position.

- 13.1 (e) Candidates for election or appointment to the Executive Council must be present {except for valid cause} at the Annual General meeting in order to be elected or appointed.
- 13.1 (f) Any Member of the Executive Council, once elected or appointed, shall have an obligation to attend all of the regularly convened meetings of the Executive Council and General Meeting of the SLABBFA.
- 13.1 (g) Elected or appointed officers shall normally hold office for a period of **four (4)** years, or until such time as their successors are elected or appointed in accordance with the terms of the Constitution.
- 13.1 (h) Election shall be by secret ballot.
- 13.1 (i) Scrutinizers shall be appointed by the General Meeting to collect and count the votes.
- 13.1 (j) The results will be announced by the presiding Officer pre-selected for that purpose.
- 13.1 (k) If two or more candidates obtain an equal vote, there shall be a second ballot. If a tie still exists, **Robert's Rule of Order** will be used to break the tie.

13.2 **Order of Election:** The election or appointment of officers to positions on the Executive Council shall proceed in the following order:

- President
- First Vice President
- Second Vice President
- Secretary
- Treasurer
- Assistant Secretary
- Public Relations Officer

ARTICLE 14: Duties of the Members of the Executive Council

- 14.1 **The President:** The President is the Chief Executive Officer of the SLABBFA and, as such, shall have the following duties:
 - 14.1 (a) To actively manage the affairs of the SLABBFA.
 - 14.1 (b) To chair, direct the debate, to preside over and keep order at all meetings of the Executive Council and Annual General Meeting in accordance with parliamentary procedure as outlined in **Robert's Rule of Order**.
 - 14.1 (c) To ensure that all orders and resolutions of the Executive Council of the General Assembly are carried into effect.

- 14.1 (d) To have the sole authority to interpret any matter arising out of the Constitution and Rules, such determination to be final and binding. The President may, at his discretion seek the advice of other Members of the Executive Council or General Assembly before arriving at a final decision.
- 14.1 (e) To be the official spokesperson and representative of the SLABBFA in all matters of public relations.
- 14.1 (f) To represent the SLABBFA at all meetings of PASO, CACSO and CASO and other regional and international bodies.
- 14.1 (g) To play a principal role in the opening and closing ceremonies at the SLABBFA Bodybuilding and Fitness Championships and the Sub-Regional competitions, or at any other SLABBFA competition that he/she may attend.
- 14.1 (h) To be an ex-officio Member of all Standing or "ad-hoc" Committees.

14.2 The First Vice President shall:

- 14.2(a) Assist the President in the performance of its duties;
- 14.2 (b) Assist the President in the resolution of any problems that may arise as a result of a violation of the Constitution and Rules by any Member or National Federation. If necessary, the President may direct that he conduct an investigation into the matter.
- 14.2 (c) Make, when mandated an inspection tour of facilities being used by members.
- 14.2 (d) Recruit new members and assist in training techniques
- 14.2 (e) Be an ex-officio Member of all Standing or 'ad hoc' Committees where necessary.
- 14.2 (f) To fulfill any other duty, or duties, that may be assigned by the President or Executive Council

14.3 The Second Vice President:

- 14.3 (a) To assist the President in the performance of its duties.
- 14.3 (b) To correspond and liaise with the Members as directed by the President.
- 14.3 (c) To be the consultant for all members requiring information or advice on the Constitution and Rules, or about actions of their Members which are in violation of the Constitution or Rules.
- 14.3 (d) Make, when mandated an inspection tour of facilities being used by members.

- 14.3 (e) Be a member of the Technical Committee
- 14.3 (f) Be an ex-officio Member of all Standing or 'ad hoc' Committees where necessary.
- 14.3 (g) To fulfill any other duty, or duties, that may be assigned by the President or Executive Council

14.4 **Secretary:** The Secretary shall have the following duties:

- 14.4 (a) To record, or have recorded, in the books to be kept for that purpose, all votes and minutes of the meetings of the Executive Council and General Assembly.
- 14.4 (b) To give, or cause to be given, notice of all meetings of the Executive Council and General Assembly.
- 14.4 (c) To carry out any correspondence that may be directed by the President or the Executive Council.
- 14.4 (d) To keep and maintain all files and documents in writing of the SLABBFA.
- 14.4 (e) To have custody of the minute book and seal of the SLABBFA, which he/she shall deliver only when authorized by the President to do so and to such person or persons as may be named by the President.
- 14.4 (f) To provide information, concerning bodybuilding and fitness, to interested parties.
- 14.4 (g) To assist the President in drawing up the agenda of the Annual General Meeting to include the propositions from members, and to send this agenda to the Members of the Executive Council and the general membership no later than thirty (30) days prior to the date fixed for the Annual General Meeting.
- 14.4 (h) To distribute the Annual Report to members.
- 14.4 (i) To ensure the publication of all championship results at the national, regional and international levels.
- 14.4 (j) To assist the President in the resolution of any problems that may arise as a result of a violation of the Constitution and Rules by any Member (s).
- 14.4 (k) To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

14.5 **Treasurer:** The Treasurer shall have the following duties:

- 14.5 (a) To have the custody of the funds and securities of the SLABBFA and to keep full and accurate accounts of all assets, liabilities, receipts and disbursements in the books belonging to the SLABBFA and to deposit all monies, securities and other valuable effects in the name and to the credit of the SLABBFA in such

chartered banks or trust companies, or, in the case of securities, in such registered dealer in securities as may be designated by the General body.

14.5 (b) To disburse the funds of the SLABBFA as may be directed by the President or any other body duly authorized to do so, taking proper vouchers for such disbursements, and to render to the President, whenever he/she may require it, an accounting of any and all transactions and a statement of the financial position of the SLABBFA.

14.5 (c) To arrange for audit financial statements to be submitted to the Executive Council and General Assembly at the annual meetings.

14.5 (d) To fulfill any other duty, or duties, that may be assigned by the President or the Executive Council.

14.6 **Assistant Secretary:** The Assistant Secretary shall have the following duties:

14.6 (a) To assist the Secretary in the performance of his/her duties.

14.6 (b) To carry out the duties of the Secretary should the appointed officers, for whatever reason or reasons, be unable to do so.

14.6 (c) To have the same power as the Secretary when called upon to act in his/her stead.

14.6 (d) To fulfill any other duty, or duties, that may be assigned by the President or the Executive Council.

14.7 **The Public Relations Officer** The PRO is responsible for the promotion and advertising of all activities of the SLABBFA throughout the island via the print media, radio, television, social media, gyms, etc. and/or as directed by the Executive

14.8 **Legal Counsel:** The Legal Counsel shall have the following duties:

14.8 (a) To advise the SLABBFA on all matters of a legal nature.

14.8 (b) To represent the SLABBFA in all matters wherein such legal representation is needed.

14.9 **Associate Members/Patrons**

14.9 (a) Associated Members and Patrons may be appointed from time to time as a reward of merit for longtime dedication, commitment and effort towards the development of the SLABBFA and the sport of bodybuilding and body fitness.

14.9 (b) These persons shall be nominated by the Executive Committee.

- 14.9 (c) Patrons may attend the Annual General Meeting by invitation.

ARTICLE 15: Standing and/or 'Ad Hoc' Commissions and/or Committees

The Executive Council may, from time to time, form such standing and/or 'ad hoc' committees and/or commissions, as it may deem necessary, in order to carry out the objects of the SLABBFA. The standing committees and/or commissions shall perform such tasks and provide such reports to the President, Executive Council and General Meeting as may be determined by way of rules enacted for that purpose. Subject to the approval of the President, Members of any standing and/or 'ad hoc' committee and/or commission may be removed by majority vote of the Executive Council.

- 15.1 **Special Advisors:** The Executive Committee may appoint, at his discretion, a number of Special Advisors who shall have those duties and responsibilities as assigned by the President, generally to act as an advisor to a Standing Committee or to the Executive Council.

ARTICLE 16: Honorary Titles:

- 16.1 **Honorary Titles:** The Executive Committee may confer honorary titles to any deserving individual for meritorious service to the SLABBFA and the sport of bodybuilding and fitness. All such individuals shall have the right to attend the annual meeting of the General Assembly and may join in all discussions, but shall not have the right to vote.

Honorary Members shall not be eligible to attend any meetings of the Executive Council or the Standing Committees, except by written invitation of the President.

ARTICLE 17: Discipline

- 17.1 **General:** Amateur bodybuilders and officials, join the SLABBFA of their own free will and agree to respect and abide by the Constitution and Rules. Should the contravene the Constitution and Rules, they automatically suspend themselves from the SLABBFA, thus negating all participation at any event sanctioned by the IFBB and CACBBFF, from giving exhibitions or seminars for any IFBB-recognized organization in the world.
- 17.2 **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 Executive Council and/or Members of the General Meeting, in order to assist in the resolution of any disciplinary matter.

- 17.3 **Sanctions:** If a Member is found guilty of contravening the Constitution and Rules, or of conduct prejudicial to the SLABBFA (e.g. participation in pornographic practices, use of and/or trafficking in banned substances, indecent exposure in person or in photographs, attacking the CACBBFF verbally, in writing or in publications, behavior bringing dishonor to SLABBFA or to the sport of bodybuilding and body fitness), said Member or National Federation may be reprimanded, fined, suspended or expelled from the SLABBFA.

ARTICLE 18: General Provisions: The General Provisions shall apply:

- 18.1 If a member does not pay its annual affiliation fee, does not follow the Constitution and Rules, or does not implement an effective Anti-Doping Program to ensure that its athletes are competing drug-free at SLABBFA - sanctioned local, regional and international amateur events; it shall first receive a written letter of warning. If the member continues to act contrary to the Constitution and rules, it may be fined, suspended or expelled.
- 18.2 If a member does not respect his/her engagement, financial or otherwise, it may be fined, suspended or expelled.
- 18.3 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 an IFBB and/or CACBBFF and/or SLABBFA recognized competition.
- 18.4 The issuance of false amateur certificates (cards) shall be deemed a serious offence; punishable by fine, suspension or expulsion.
- 18.5 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.
- 18.6 Any athlete or official who participates in an event not approved or sanctioned by the SLABBFA; may be fined, suspended, or expelled.
- 18.7 Disciplinary action may be taken against any athlete or official who contravenes the IFBB Code of Ethics, which shall form an integral part of the Constitution and Rules of the SLABBFA.
- 18.8 Disciplinary action may be taken against any Member for prejudicial conduct, where such conduct is defined as being demonstrably harmful to the SLABBFA , IFBB and/or to the sports of bodybuilding and body fitness, whether through gross malfeasance or - moral behavior.

ARTICLE 19: Appeals

- 19.1 **Appeals:** Any Member, believing that they have been wronged

in any way, shape or form, shall have a right to file a complaint or appeal to the President who shall investigate, or cause to be investigated by an 'ad hoc' appeal committee appointed by the President.

After said investigation of complaint or appeal, the President shall then make a determination upon the complaint or appeal, and shall report such determination to the complaint or appellant. There shall be no right of appeal from the interpretation given to the Constitution and Rules by the President.

ARTICLE 20: Property Rights

- 20.1. All SLABBFA amateur competitions, events and activities are the sole exclusive property of the SLABBFA. The granting of a sanction to organize a SLABBFA competition, event or activity shall, in no way, shape or form; signify that the SLABBFA has relinquished its property rights, in whole or in part, to the competition, event or activity.
- 20.2 **Liability:** The SLABBFA shall not be liable for any financial or other loss to an organizer, and/or associate, should the SLABBFA exercise its right, with just cause, to claim or reclaim its property, whether that property is a competition, event or other activity.

ARTICLE 21: Amendments

The Constitution may be replaced or amended by majority decision of the General Assembly.

- 21.1 The voting of this matter must be of a two-thirds (2/3) majority of members in good standing, that is those who are eligible to vote.

APPENDIX
TERMS OF REFERENCE (TOR) OF COMMITTEES

JUDGES COMMITTEE:

The Judges Committee shall be comprised of a Chairperson, Secretary and other Members and shall have the following duties pertaining to IFBB Caribbean international amateur events:

1. To be responsible for the training, appointment and promotion of judges at the international level.
2. To appoint statisticians, who shall be sworn to secrecy and who shall, from the judge's score sheets, calculate the results of all IFBB Caribbean international amateur events.
3. To determine the timetable for the registration and weighing-in of competitors.
4. To supervise the registration and weighing-in of competitors.
5. To supervise and determine the order in which the competitors shall appear before the judges.
6. To select judges for IFBB Caribbean international amateur events from the nominations of the National Federations. The selection meeting shall be conducted in private.
7. To supervise and determine the selection of competitors for the semi-finals (prejudging) and finals.
8. To have the power to temporarily co-opt Members to assist in carrying out the duties of the committee.
9. To arrange the practical testing of test and probationary judges.
10. To maintain a list of accuracy marks for all judges who adjudicate IFBB Caribbean international amateur events.
11. To deliberate on any matter affecting the judging rules and procedures and to recommend improvements in this area to the President and Executive Council.
12. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

TECHNICAL COMMITTEE:

The Technical Committee shall be comprised of a Chairperson, Secretary, and other Members and shall have the following duties:

1. To ensure that all amendments to the Constitution and Rules are carried out in accordance with the directives of the President or Executive Council.
2. To receive the propositions from the National Federations and to ensure that such propositions are presented in a format suitable for review by the President and Executive Council.

3. To liaise with the organizers of the CAC Bodybuilding & Body Fitness Championships and General Assembly, or any other events as directed by the president, for purpose of assisting and handling of any technical matter.
4. To assist the Judges Committee in insuring the smooth running of the CAC Bodybuilding & Body Fitness Championships, or any other event as directed by the President.
5. To assist the President or Executive Council in resolving issues of a technical nature.
6. To deliberate on any matter affecting the Technical aspects of bodybuilding and body fitness and to recommend improvements in this area to the President and Executive Council.
7. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

WOMEN'S COMMITTEE:

The Women's Committee shall be comprised of a Chairperson, Secretary and other Members and shall have the following duties:

1. To promote, develop and control all activities of women in the sport of bodybuilding and fitness, including competitions and championships.
2. To encourage the formation of similar organizations within National Federations and to liaise directly with them in matters pertaining to women's bodybuilding and body fitness.
3. To prepare material for wider popularization of women's bodybuilding and body fitness.
4. To be responsible, in conjunction with the Judges Committee, for the training of women judges.
5. To formulate the rules and regulations for judging women's competitions and championships.
6. To publish the guidelines and standards for awarding points and placings.
7. To nominate one member from the committee to serve as technical supervisor or chief judge at IFBB Caribbean-sanctioned international women's competitions. The organizer of such competition shall incur the cost of her travel, accommodations and all meal expenses.
8. To meet at least once per year on the occasion of the CAC Bodybuilding & Body Fitness Championships.
9. To deliberate on any matter affecting women's bodybuilding and fitness and recommend improvements in this area to the President and Executive Council.
10. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

MEDICAL COMMISSION

The Medical Commission shall be comprised of a Chairperson, Secretary and Special Advisor and shall have the following duties:

1. To be responsible for the collection of medical material on the effects of years of bodybuilding and fitness on the human organism.
2. To prepare material for the wider popularization of bodybuilding and fitness as a method for improving physical conditioning.
3. To exchange information on specific sports injuries, their cure and prevention.
4. To collect documentation on sports medicine in the sphere of bodybuilding and fitness.
5. To coordinate the planning and carrying out research for the solution of scientific problems for bodybuilders and fitness athletes.
6. To become a member of the International Federation of Sports Medicine (FIMS), to become members WADA, PASO, CACSO, & CASO Medical Commission and to maintain ongoing communications with these organizations.
7. To organize medical symposia in conjunction with the CAC Bodybuilding and Fitness Championships.
8. To have the power to temporarily co-opt Members to assist in carrying out the duties of the Commission.
9. To actively oppose the use and abuse of prohibited substances and methods for the purpose of attempting to gain pharmacological advantage in sport competition.
10. To supervise the doping control at designated IFBB Caribbean events.
11. To deliberate on any matter affecting medical and doping issues and to recommend improvements in this area to the President and Executive Council.
12. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

RESEARCH, EXERCISE AND EDUCATION COMMITTEE:

The Research, Exercise and Education Committee shall be comprised of a Special Advisor who shall have the following duties:

1. To conduct research into sports physiology as it pertains to bodybuilders and body fitness athletes.
2. To conduct research into exercise kinesiology as it applies to bodybuilders and body fitness athletes.
3. To educate the bodybuilding and body fitness community on matters pertaining to sport related issues.
4. To deliberate on matter affecting sport-related issues and to recommend improvements in this area to the President and Executive Council.

5. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

RULES AND GUILDINES FOR HOSTING CHAMPIONSHIPS

(For Gyms and other entities)

- ⇒ The organisers of this event must apply to the association for permission (which will not be unduly withheld), prior to the hosting of such event along with an inspection report, and pay sanction fee of EC\$1,000.00
- ⇒ As long as there are more than two countries competing in an invitational the organisers must also pay the CAC sanction fee of US\$200.00, upon the approval of the local federation
- ⇒ All judges **MUST** be CAC confederation judges card holders
- ⇒ It is suggested that invited countries federation athletes walk with or send prior to the event a permission letter/email to you copied to the General Secretary (office of the CAC President) indicating that they have permission to compete at the event
- ⇒ It is encouraged that participating countries walk with a judge.

Adopted and ratified
November 01, 2014

