


**INDIAN WEIGHTLIFTING FEDERATION
ESTD.1935**

**REGISTERED UNDER ACT XXI OF
1860 Registration no. S-4286/21.11.1960**



**AFFILIATED WITH:
INTERNATIONAL WEIGHTLIFTING FEDERATION
ASIAN WEIGHTLIFTING FEDERATION
COMMONWEALTH WEIGHTLIFTING FEDERATION
INDIAN OLYMPIC ASSOCIATION
RECOGNIZED BY: MINISTRY OF YOUTH AFFAIRS &
SPORTS, GOVERNMENT OF INDIA**

**INDIAN WEIGHTLIFTING
FEDERATION**

AMENDMENT UPTO 12TH OCTOBER 2024

**Constitution
of
INDIAN WEIGHTLIFTING FEDERATION**

ARTICLE-I

Title:

The name of the organisation is “Indian Weightlifting Federation”. Hereinafter it is referred to as the Federation.

ARTICLE-II

Organisation:

The Federation is a member of the Indian Olympic Association, the International Weightlifting Federation, Commonwealth Weightlifting Federation, Asian Weightlifting Federation and South Asian Weightlifting Federation and shall affiliate with such other National and International bodies as will be approved by the Executive Committee of the Federation, it shall be composed of affiliated members, Patrons and Associates.

ARTICLE-III

Jurisdiction:

The territory under the jurisdiction of the Federation shall be the Republic of India.

ARTICLE-IV

Headquarters:

The Headquarters of the Federation shall be at Delhi NCR. In case the Secretary General is based outside Delhi he may operate from that station.

ARTICLE-V

Official Year:

The Official Year of the Federation shall be from 1st April to 31st March.

ARTICLE-VI

Objects:

1. To control; and regulate; encourage and popularize weightlifting and other allied games as sports and items of physical education and culture in India;
2. To hold, to arrange and to register local, regional, State or All-India and International competitions and exhibitions in Weightlifting, and other allied games at such places and times as may be determined and whenever possible and practicable, to grant diplomas for All-India and such other records.
3. To secure adequate participation in Olympic Games, World Championships and such International contests as may be approved;
4. To control and regulate weightlifting, and other allied games in India on an amateur basis;
5. To take any action at any time calculated to further the objects of the Federation;
6. To promote and assist in the formation of State organizations at such places where no organization controlling Weightlifting, and other allied games is in existence;
7. To promote co-operation and compose, differences amongst affiliated Members;
8. To co-ordinate the activities of affiliated Members by holding All-India Competitions or Exhibitions at different centres by rotation as far as possible.

9. To raise funds by means of sponsorships, royalty fees, license fees and other means for the Federation.

ARTICLE-VII

Membership:

1. The Membership of the Federation shall be limited to:
 - (a) State Associations.
 - (b) All-India bodies promoting Weightlifting, and other allied games (Without voting rights).
 - (c) Centrally administered Union Territories.
2. A Member State Association shall not be eligible to get itself affiliated with any other National Sports Federation/Association (Olympic Discipline) in such matter which are clearly defined in Article VI Objects.
3. Only one State/UT Association from each State/UT shall be admitted as a member of the Federation, provided it has a minimum of 50% of the District level Associations affiliated to it.

ARTICLE-VIII

Admission fees, Subscription and Registrar on Fees:

1. The Executive Committee shall fix the amount of Admission fees, annual subscriptions, and all other fees payable by the Members and Associates. The admission fee and the first annual subscription shall be payable along with application and thereafter the subscription is to be paid annually within the month of June of each year for which it is due. Failure on the part of any Member to meet the annual financial obligation, all dues including fines within the specified time shall deprive the said Member of the right to vote at all meetings of the Federation, from participating in competitions either run

by the Federation or registered with it, and from all other rights and privileges. Those States / Departmental Boards who will pay the Annual Renewal fee after 30th June are liable to pay additional surcharge of Rs. 500/- per month to Indian Weightlifting Federation.

2. The Executive Committee of the Federation shall have power to fix the registration fees for exhibitions, competitions and Championship meetings to be registered with the Federation and such fees shall be payable along with applications therefor.

ARTICLE-IX
Management:

1. There shall be a General Council of the Federation composed of:-

(a) Two representatives from each of the affiliated Member as mentioned in Article VII – 1 (a), (b) and (c). The representatives should be the Executive Committee Members of the affiliated Member State / Unit.

(b) The Office-bearers of the Federation holding office at the time.

2. The duties of the General Council shall be to formulate the policy of the Federation and the principles on which it shall be carried out.

3. The direct management and control of the Federation shall be vested in the Executive Committee composed of the office bearers of the Federation. In emergency situations, an Advisory board consisting of 5 Members constituted by the President, inclusive of President and Secretary General will take the necessary decisions subject to the approval of the Executive Committee.

4. The 'office bearers' of the Federation shall be President, Secretary General, Honorary Treasurer. Along with the office bearers, the following will be the elected member; not more than 10 Vice Presidents, 5 Honorary Joint Secretaries from 5 zones – East, West, North, South and North-East and 8 Executive Members. The office bearers of the Federation shall be elected every 4 years from amongst the Members mentioned in rule 1 (a) above and in accordance with the Article XI tenure of Office Bearers.

5. No Office-bearer of the Federation / State Association shall be eligible to be an Office bearer, simultaneously, of any other discipline (sporting) National Sports Federation / State Association, as the case may be, excepting the State and Indian Olympic Association.

6. The Executive Committee will comprise of the 1 President, 1 Secretary General, 1 Honorary Treasurer, not more than 10 Vice Presidents, 5 Honorary Joint Secretaries from 5 zones – East, West, North, South and North-East, 8 Executive Members, 25% quota of eminent sportspersons in Managing Committee from the Athletes Commission and Chairman of the International Relations Committee with voting rights.

The merit of the sportsperson in the Athlete Commission will be participation in;

- (i) Olympics
- (ii) International Competitions; and
- (iii) National Level Games / Championships.

7. The Executive Committee will select Chairpersons of Technical Committee, Finance Committee, Legal & Dispute Committee, Publicity & Statistics Committee and Research & Development Committee from among Office Bearers.

8. The Executive Committee will ratify the members of the Athletes Commission, Ethics Commission, Arbitration Commission and the International Relations Committee nominated by the President.

ARTICLE-X

Election and Tenure of Office- Bearers:

1. The election will be held by an electorate consisting of accredited two representatives from each affiliated State / UT unit who will propose and second the candidature of persons considered suitable for such office. The accreditation of unit nominees will duly be certified for both the President and Secretary at respective units. Such accreditations will be delivered to the Secretary General as per scheduled date of electoral meeting. The accredited representation should not be an office bearer of any other state / unit. Refer Article-IX 1(a) for details.

2. Election shall be held once in four years.

3. All office bearers may hold offices as long as they are elected by majority vote. The term will be for four (4) years on following terms and conditions:-

(i) The President can hold the office for a maximum period of three (3) terms or twelve (12) years with or without a break between the terms.

(ii) No Member shall hold any or both the posts of the Secretary General or the Treasurer for more than two consecutive terms or 8 years, whichever is less. S/He will be eligible for re-election to any of these posts after one cooling off period.

(iii) In the event of second term, an office bearer who has completed one terms shall only be deemed to have been

elected if he/she secures a majority of not less than two third of the members of the Federation. In the event of failure to obtain such majority the concerned office bearer shall be deemed to have lost the election. The office would thereafter be filled by election under the normal procedure from amongst candidates other than the office bearer seeking re-election.

(iv) The Office Bearers i.e President / Secretary General / Treasurer will cease to hold the office on attaining the age of 70 years.

(v) Cooling off period shall mean a period of 4 years.

(vi) Government servant may be allowed to hold elective office for period of two terms or for a period of 5 years, whichever is earlier, for which prior sanction would be required from the Government.

(vii) Office Bearers and other members of the Federation shall be elected by secret ballot.

(viii) No Proxy Voting shall be allowed in any circumstances.

4. Elections will be held as per Election guidelines of the Federation as per Annexure-I.

ARTICLE-XI

Powers and Duties of the Executive Committee:

1. The Executive Committee shall in addition to the powers and duties prescribed elsewhere:

a) Admit as Members and Associates any organization or persons eligible under the rules for admission on proper

application or reject any such application with or without assigning any reason;

b) Determine the area to be under the control of any affiliated association and for the purpose thereof the area assigned to any particular organization should correspond with the administrative units of the Government of India;

c) Arrange for the examination of Associates as Referees and certify them as such on the results thereof;

d) Frame, add to, alter or repeal rules and byelaws consistent with the object of the Federation for carrying out all its purposes;

e) Control the dues, funds and properties of the Federation and spend the same;

f) Extend time for payment, remit partially the subscription of any Member or Associate, if considered desirable;

g) Caution, warn, suspend, expel and take disciplinary action against Members, Associates, competitors, other person or persons and organizer or organizers of competitions, exhibitions etc. registered with or recognized by this Federation or with any affiliated Member-Association or run under the jurisdiction of any Member- Association, for any violation of the constitution rules or, bye-laws or for any other reason whatsoever which may be deemed to be sufficient, after giving such person or persons an opportunity to submit in writing an explanation or a personal hearing. However, if a prima facie case is established, the President is empowered to take immediate action in his discretion and report the same at the next Executive Committee meeting;

h) Withdraw any such suspension, penalties etc. referred to in the previous clause or minimize them, if considered advisable;

i) Appoint Sub-Committees or Ad-hoc Committees, if and when necessary, for any matter brought before it; j) Fill up any vacancy arising among either the office bearers or members of the Executive Committee;

k) Accept local, regional, State or All-India records on weightlifting, and other allied games and ratify the same when applied for;

l) Secure by purchase, lease, gift or otherwise property (movable or immovable), whether subject to any trust or not, for any or more of the objects of the Federation.

m) Draw up, publish and enforce uniform rules for the control and guidance of competitions, exhibitions etc. in weightlifting, and other allied games in India in accordance with the rules of International Weightlifting Federation and deal with any infringement thereof;

n) Hear appeals made in writing by any of its members or any person or organization interested in Weightlifting and other allied game against any decision of any Member of the Federation and / or against any decision over which the Federation has jurisdiction and give its decision; after going through the report of Legal & Dispute Committee;

o) Take any such steps as may be necessary for the exercise of any of its powers or for the discharge of any of its duties;

p) Register, recognize or refuse to do so any competition or exhibition etc.

q) Be the sole interpreter of the constitution, rules and byelaws of the Federation and decide matters not include therein;

r) Delegate any of its powers to any of its Members or any organization, or any person or persons;

s) To ratify the members of the Athletes Commission, Ethics Commission, Arbitration Commission and the International Relations Committee nominated by the President.

t) The decision of the Executive Committee in all cases shall be final.

ARTICLE-XII

Powers and Duties of Office-bearers:

1. President and Vice-Presidents:

a) The President shall preside over all the meetings of the Executive Committee and General Council of the Federation. In the absence of the President one of the Vice-Presidents present shall preside over such meetings. In the absence of both, the meeting shall elect its own Chairman;

b) The President is to ensure that the various business meetings, as required under the Constitution, have been duly held;

c) The Chairman of any meeting shall have a casting vote besides his own in case of equality of votes;

d) The President shall attend National Weightlifting Championships and National Junior Weightlifting

Championships and his traveling and accommodation expenses shall be paid by the organizing association.

e) The President by consulting the Secretary General can call for the meeting of the General Council and of the Executive Committee virtually. However, elections cannot be held virtually.

f) The President shall nominate the members of the Athletes Commission, Ethics Commission, Arbitration Commission and the International Relations Committee to be ratified by the Executive Committee.

2. Secretary General:

In addition to the powers and duties of the Secretary General specified elsewhere he shall:

- a) Carry on all correspondence;
- b) Give effect to all resolutions of the Executive Committee and General Council;
- c) Issue and circulate notices of all meetings of the Executive Committee and the General Council;
- d) Record and maintain the minutes of all such meetings;
- e) Maintain all the papers, records, registers and properties of the Federation;
- f) Carry out all other duties that may be entrusted to him by the Executive Committee from time to time;
- g) Make all payments provided for in the budget or as directed by the Executive Committee. and such other payments as may be necessary for the due discharge of his

duties and get the same approved at the next meeting of the Executive Committee;

h) Receive from the Honorary Treasurer an imprest cash of Rs. 50,000/-.

i) Have the power to extend the time for payment of subscription by the Associates who are Referees;

j) Submit regularly to the Treasurer his accounts of all moneys received and payments made by him with proper vouchers;

k) Attended National Weightlifting Championships, National Junior Weightlifting Championships, and regional competitions and before these competitions shall check that these are being conducted according to the Indian Weightlifting Federation rules. His traveling and Board and Lodging expenses at all these competitions must be paid by the organizing association. In case he is not available, he shall be replaced by one of the Joint Secretaries and in case of later's absence, by a delegate nominated by the Secretary;

l) Represent the Federation along with the President at the Meetings of the Indian Olympic Association and International / Asian / Commonwealth Weightlifting Federation.

m) The Secretary General shall ensure that the accounts of the organization have been properly maintained by the Honorary Treasurer and regularly audited and that the business meetings, as required by the Constitution, have been duly held.

n) Keep a note of the dues and fines to be recovered by the Members / Associates and follow it accordingly.

3. Joint Secretaries:

a) The Honorary Joint Secretaries shall assist the Secretary General in organizing zonal Competitions and in discharge of other duties in the area and carry out his instructions.

Monitor the State Championships in their Zone including the arrangements of Dope Test during the Championships and report the same to the Secretary General.

b) Perform all such duties as may be delegated to them by the Secretary or the Executive Committee from time to time;

4. Treasurer:

The Treasurer shall:

a) Collect subscriptions and all other money payable to the Federation from the Members, Associates and all others and issue receipts there for;

b) Deposit within ten (10) days all such collection in an approved Bank;

c) Pay to the Secretary General the money asked for by him from time to time and submit to him monthly accounts of receipts and payments by the first week of every month;

d) The Honorary Treasurer shall ensure that the annual accounts of the organization have been properly maintained and regularly audited. He will submit the audited annual statement of Accounts, duly checked by

the Secretary General, for inspection, by the Executive Committee and approval of the General Council;

e) Submit a statement on the financial position of the Federation before any meeting of the Executive Committee whenever called upon to do so.

ARTICLE-XIII **Meetings:**

1. General Council

a) The ordinary meeting of the General Council shall be held during Senior Nationals or Sub-Junior (Youth) & Junior Nationals unless otherwise directed by the Executive Committee to consider the following:

i. Confirmation of the minutes of the last General Council Meeting;

ii. Adoption of the Annual Report;

iii. Audited Statement of accounts; iv. Budget for the next year;

v. Election of office-bearers (whenever it is an Election year);

vi. Appointing of Auditors;

vii. Amendments to the Constitution, if any, provided 21 days written notice is given stating the reasons why the particular amendment is considered necessary and the advantage of the proposed amendment,

viii. Formation of Committees / Commissions, if any required.

ix. Any other business for which 21 days notice is given.

b) An emergent or Special Meeting of the General Council may be called;

i. by the Secretary General, on advice from the President, by giving 21 days notice specifying the date, time and place along with the agenda for the meeting;

ii. by the Secretary General, upon requisition, in writing from 10 members specifying the nature of the business to be transacted. For this meeting also 21 days notice would be given specifying the date, time place and the agenda for the meeting.

iii. In case of non-compliance by the Secretary General as per above the requisitionists may call meeting of Secretary General after 45 days notice on termination of 21 days after specifying date and venue. This will constitute as regular General Council meeting and all its decisions will be binding.

2. Executive Committee:

a) At least 2 (two) Executive Committee meetings will be held every year preferably with Junior and Senior National Championships.

b) Notice of meeting of the Executive Committee with the agenda shall be sent by the Honorary Gen. Secretary at least 15 days before the date of meeting specifying the date, time and place thereof.

c) In case of an emergency, the Executive Committee or the President shall have the powers to authorize the Secretary General to call a Special meeting of the General

Council at a shorter notice of seven days to consider any matter. Likewise, in an emergency, a special meeting of the Executive Committee may be called by the Secretary General at a shorter notice of 7 days.

3. The quorum at all the General Council meetings shall consist of 15 persons including the office-bearers. The quorum at all the Executive Committee meetings shall consist of 10 persons.

4. Votes at all meetings may be recorded in person by the office bearers of the Federation and the accredited representatives of the Members of the Federation.

5. The meetings of Executive Committee and General Council (Emergency, Special, Annual, Extraordinary or Ordinary) will be called by the Secretary General in consultation with the President in electronic / hybrid mode, whenever required.

ARTICLE-XIV

Rights, Privileges and Duties of Members:

In addition to the rights, privileges and duties of members stated elsewhere they shall:

a) Nominate Two representatives to the General Council of the Federation and forward their names with addresses to the Secretary General, as per Article – X (1)(a).

b) Submit to the Secretary General of Indian Weightlifting Federation their annual report and audited accounts within 21 days of their Annual General Meeting. The date, and venue of their Annual General Meeting will be intimated to the Secretary General, Indian Weightlifting Federation sufficiently in advance for an observer from the Federation.

c) Intimate changes in the address of their office, Secretary and representatives to the Secretary General of the Federation at the earliest possible opportunity;

d) Abide by the Constitution, rules and bye-laws of the Federation as may be framed from time to time and accept all decisions of the Federation;

e) Intimate all changes in their Constitution, rules and byelaws within seven days of such change;

f) Inform the Federation of the colours selected by them and send samples of their crest, if any in use;

g) Affiliate all organizations in Weightlifting or other allied games within their area;

h) Organize District Associations, Clubs and institutions in Weightlifting or in other allied games;

i) Organize, control and conduct State or other competitions or exhibitions in Weightlifting or other allied games confined to the athletes of their respective area in accordance with the rules and Bye-laws of the Federation and send results of these competitions to the Federation;

j) Recommend to the Federation for examination of Referees and for issue of Certificates to them according to prescribed rules;

k) Appoint referees, certified by the Federation, for competitions and exhibitions in Weightlifting, and other allied games within their area, Seniority of referees is to be respected;

l) Bring forward any resolution at a Meeting of the Executive Committee or of the General Council of which due notice has been given to the Secretary General of the Federation;

m) Submit to the Secretary General of the Federation their annual report and audited accounts in time, every year;

n) Try to have at least fifteen Referees within their respective area duly certified by the Federation;

o) Report to the Federation all cases of penalties; disqualifications and bans imposed on any athlete, person club or association within their area; (Such report shall be circulated by the Secretary General of the Federation, to other members for enforcement within their jurisdiction and shall be in operation unless and until the penalty is withdrawn by the Member imposing the same);

p) Obtain previous permission from the Federation to promote, control, finance or select any athlete or team to tour or participate in any competition or exhibition outside their own jurisdiction;

q) Organize competitions or exhibitions open to athletes of other areas and register such competitions or exhibitions with the Federation on proper application and payment of the requisite fee in accordance with the rules and Bye-laws of the Federation.

r) A member State Association shall not be eligible to get itself affiliated with any other National Sports Federation / Association.

s) Any State / Unit not participating in National (Senior and Junior) Championships during a calendar year will be duly warned of this lapse. A second year default will result

in disqualification unless duly exempted on ground of satisfaction of the Executive Committee.

t) To submit to the Federation, the names of the elected Office Bearers and the names of affiliated Clubs / District Associations etc.

u) To submit to the Federation the names of the Registered Athletes of the State / Unit.

v) To seek observer from the Federation for conducting their elections and produce any such document which the observer may require.

w) Any State / UT member unit cannot make changes to its members or to its Executive Body without approval from the Executive Committee of the Federation. Such change, if done without the approval of the Executive Committee of the Federation shall be deemed invalid.

x) No vacancy can be filled by the State / UT in its Executive Council without prior approval of the Executive Committee of the Federation.

y) Members shall be bound by all orders / directions / decisions of the General Council and the Executive Committee of the Federation.

ARTICLE-XV

Rights, Privileges and Duties of Associates:

In addition to the rights, privileges and duties stated elsewhere the Associates shall:

a) Abide by the Constitution, rules and byelaws of the Federation and its decisions;

b) Be eligible to be certified Referees of the Federation under its rules and bye-laws; c) Intimate immediately to the Secretary General of the Federation all changes in their address.

ARTICLE-XVI

Amendments to the Constitution:

Amendments to the Constitution can be suggested by any Patron, Member and Life Associate as follows:

1. By giving 21 days notice to the Secretary General of the proposed amendment specifying why the amendment is considered necessary and what would be the advantage of the proposed amendment.
2. The amendment can be considered in the Annual General Council Meeting.
3. An amendment would be considered to have been accepted if it secures three fourths (3/4th) majority of votes of the members and office bearers present in person at the annual general council Meeting.
4. All proposed amendments shall be circulated by the Secretary General to all concerned at least 12 days before the date of the Meeting of the General Council before which the said matter would come up for consideration.

ARTICLE-XVII

Disciplinary Regulations and Settlement of Disputes:

1. No state Associations and Sports Boards affiliated with Indian Weightlifting Federation shall seek any redress in the Court of Law without prior permission of the Federation. All disputes shall be referred to the Federation which shall settle the difference between the parties and / or of the complainants by a Disciplinary Committee

appointed by the Federation from time to time. The aggrieved party or parties shall have the right to prefer an appeal before a Board composed by the President Chairman of the Disciplinary Committee and a person nominated by the aggrieved person from his State.

2. All unresolved disputes arising within a State, Association or Sports Board shall be referred to the Federation for settlement. The Federation shall form a body of 3 members with one representative each from disputing parties and shall be settled within a period specified by the Federation. This period may be extended on the circumstances of the case.

3. All disputes between State Associations and the Federation or within the Federation itself will be dealt within the same manner as laid down in paragraph 1 above.

4. It shall be binding on all State Association and sports Board to forward their annual report and audited statement of accounts within 6 months of the closing of the financial year. The affiliated units are to conduct their election as and when due or in special circumstances as and when directed by the Federation. The noncompliance of these requirements disciplinary action will be taken by the Federation General Council on recommendation of the Executive Committee for Disaffiliation / De-recognition on one or more of the under mentioned grounds after ensuring that normal law of justice has been observed, namely a charge sheet has been served, explanation has been obtained.

a) Non-observance of the directives issued by the Federation.

b) Not holding election when due without prior approval of the Federation.

c) Not submitting annual audited statement of accounts, annual report, the list of current office bearers within the specified time period.

(4) 1. Whatever the decision of Federation General Council it must be supported by two third majority votes of the members present.

(4) 2. If Federation General Council take a decision to disaffiliate a member, dissolve a State Association it will constitute an ad-hoc body consisting of 3-5 members at the discretion of President, Indian Weightlifting Federation to look after the work done by the disaffiliated / dissolved body till such time the ad-hoc body arrange for fresh election or in case of serious defect / manipulations for not complying with the guidelines, letters and circulars of the Federation from time to time, the Executive Committee may also recommend granting affiliation to a new Association in that State. The nomination of members of Ad-hoc Committee will be ratified by the Executive Committee.

(5) Appointment of Legal Counsel on remuneration will be made by Federation from time to time.

(6) The President is empowered to suspend / terminate any individual AND suspend / terminate / disaffiliate / dissolve any State Association, if prime facie case is found and established in violation of the Constitution or on the compliance of various circulars, directives, letters, guidelines issued by the Federation from time to time, decision will be ratified by the Executive Committee.

ARTICLE – XVIII
International Relations Committee

1. A Committee shall be appointed to deal with the international affairs of Indian Weightlifting Federation under the guidance and advice of President, Indian Weightlifting Federation.

2. The duties of the Committee shall be to coordinate the activities of Indian Weightlifting Federation and collaborate with its international counterparts, namely International Weightlifting Federation (IWF), Asian Weightlifting Federation (AWF), Commonwealth Weightlifting Federation (CWF) and any other international organisations relating to weightlifting under the guidance and advice of President, Indian Weightlifting Federation.

3. The committee shall ensure to maintain good relations with IWF, AWF, CWF and any other international organisations relating to weightlifting and ensure participation in its meetings, seminars, conferences, workshops etc.

4. The Committee shall comprise of three members which may be extended upto five members with the approval of the Executive Council.

5. The members of the committee will be nominated by the President, Indian Weightlifting Federation to be ratified in Executive Committee Meetings.

6. The Chairman of the Committee shall be an ex-officio member of the Executive Council of the Indian Weightlifting Federation.

ARTICLE-XIX
Miscellaneous:

1. (a) The Federation would appoint a National Coach who possesses a valid coaching diploma. Prior approval of the Sports Authority of India would be necessary if a person already appointed or proposed to be appointed as a National Coach does not possess requisite coaching qualification.

(b) The Federation would hold, where feasible, not less than two competitions annually for specified age groups at the junior and sub-junior levels. The competitions should be organized through inter-district and inter-block levels in each state leading to the National competition at the National level.

2. The Federation shall be guided by the Directives and instructions issued from time to time by the Indian Olympic Association and International Weightlifting Federation.

3. State Units must get itself affiliated with Indian Weightlifting Federation and then apply for affiliation with State Olympic Association which is affiliated with Indian Olympic Association. Existing affiliated State units election will be recognized subject to the fulfillment of Article – XVI (b) and XIX (4) (b).

4. The Federation shall have following commissions:

- a) Athletes Commission**
- b) Ethics Commission**
- c) Arbitration Commission**

The members of these commissions will be nominated by the President, Indian Weightlifting Federation to be ratified in Executive Committee Meetings.

5. The Federation may sue or be sued in the name of the Secretary General, Indian Weightlifting Federation. A Law suit can only be filed at the town of the headquarters of Indian Weightlifting Federation.

6. In the matter relating to the interpretation and application of the Constitution, as well as, in matters not specifically provided for herein, the decision of the Executive Committee of the Federation shall be final and binding on all concerned.

7. State Associations shall forward to the Federation a copy of their current and valid Constitution along with the amendments whenever done. Important and significant information and statistics shall also be likewise supplied by them to the Federation from time to time.

8. An appeal by a member or group of members of a State Association complaining against the procedure adopted by the concerned State Association for holding election or any other issues connected with the subject, must be made in writing to the Federation within 30 days of the occurrence of the incidence. No complaint will be considered valid or will be entertained by the Federation if it is made after the expiry of 30 days period. The complaint must be specific and contain documentary evidence to prove the issue that is disputed.
