

CONSTITUTION
OF THE
100% RAW Powerlifting
Federation, Inc.



POWERLIFTING FEDERATION, INC.

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Terminology

Unless specifically stated otherwise, the terms, "President" "Technical Committee" and such like shall mean the, "(100% RAW) ", "(100% RAW) Committee" etc. Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

1 DEFINITION

1.1 Name

1.1.1 The 100% RAW POWERLIFTING FEDERATION, Inc. hereinafter called (100% RAW) is an organization founded in 1999 in United States. The Federation is composed of the affiliated National Federations governing the sport of Powerlifting on the basis of one national federation per country.

1.2 Objectives

1.2.1 The union of all eligible athletic clubs, organizations or other groups active in Powerlifting throughout the World.

1.2.2 To develop standardized competitive rules.

1.2.3 Maintain a system for recognizing and approving records.

1.2.4 Establish administrative and technical committees from its own number.

1.2.5 Promote, support and encourage drug free Powerlifting

1.2.5 Promote, sanction and supervise international development programs and competitions, including world championships and single lift competitions.

1.2.6 To further the cause of Powerlifting and strive for acceptance by the International Olympic Committee.

1.2.7 With the Federation's primary goal being to promote RAW Powerlifting and seek acceptance by the International Olympic Committee; Article 1. Section 2. Par. 7 of the 100% RAW Constitution has been written and is described as follows: In the event of a situation, whether premeditated or accidental, that the said situation will; slow, hurt or in any way adversely affect the positive image and or credibility of 100% RAW, the President of 100% RAW has the right to take whatever steps he or she deems necessary to restore, correct or improve the negative situation caused by an individual lifter, Judge, Promoter, State Chair or Corporate Officer. This does include all situations of Character, Judgment and Representation whether, on or off the lifting platform, as long as the individual (s) in question are active members of 100% RAW. Actions that the President may chose to take in order to restore a positive image and credibility to 100% RAW are as follows, but not limited to: Suspension of a member from 100% RAW, Removal of an existing record (s), Removal of A Judge or Corp. Officer, *Overturning a Judge (s) decision regarding a lift made in competition.

NOTE: * In order for this action to take place (Overturning a Judge or Judges' Decision), The President must be an eye witness to the lift or be able to view a clear video of the lift.

All actions/decisions rendered by the President of 100% RAW, are final and are not open to appeal.



1.3 Funds for the reaching of the statutory tasks

To the fulfillment of the federation tasks, necessary money is raised by:

- a) Membership fees of the member federations, lifters and referees
- b) Income of competitions
- c) Sanction fees
- d) Donations
- e) Fees
- f) Income from advertisements

2 EMBLEM

The emblem of the 100% RAW Powerlifting Federation, INC. is an Earth shepherd within world map. On world map there is a 100% RAW Inc, trade mark logo.

3 GENERAL PROVISIONS

3.1 The (100% RAW) accept and recognize the Statutes and aims of the World Anti-Doping Agency (WADA).

3.2 The RPF supports all initiatives by Powerlifters for peace and understanding.

3.3 No distinction is made between continents, countries or individuals for reasons of race, color, gender, religion or politics.

4 OFFICIAL LANGUAGE OF THE RPF

4.1 The official language of the RPF is English.

4.2 All the publications and reports of the RPF are in English. The proceedings of the Meetings of the Executive and the Committees are held in English.

5 MEMBERS

5.1 The membership of the RPF consists of national affiliates active in Powerlifting. The RPF can recognize only one member (organization) from each nation in world. The National Federations affiliated to the RPF must be independent inside their own Country. Only those lifters who are members of their respective national federation, Association or organization can be considered eligible for membership. Membership is valid for 12 months from the date membership number is issued.



6 (100% RAW) BODISE

The RPF is composed of the following bodies

President
Vice President
General Secretary
Treasurer
Record register
Referee Chairman
Technical committee
Medical committee
International relations chairman
Women's Committee
Chairman of Asian 100% RAW Powerlifting Federation,
Chairman of European 100% RAW Powerlifting Federation,
Chairman of South American 100% RAW Powerlifting Federation,

7 (100% RAW) ANTI DOPING POLICY

The 100% RAW Powerlifting Federation was established in 1999 with the goal to showcase Powerlifters safely competing with no special "support" equipment and 100% Drug-Free! In order to meet this objective, the 100% RAW Powerlifting Federation prohibits the use of anabolic agents, masking agents, and other substances with a similar chemical structure or similar biological effect(s). 100% RAW does not provide advice on medical matters or treatments and nothing contained in this document should be interpreted as such. The athlete is responsible for managing his/her medical care and for using Medications in a manner consistent with the World Anti-Doping Agency Code. These rules merely regulate the conditions under which competition will take place.

The following will constitute anti-doping violations.

1.1 The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen.

1.1.1 It is each athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance or its metabolites or markers found to be present in their bodily specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the athlete's part be demonstrated in order to establish an anti-doping violation.

1.2 The use or attempted use of a prohibited substance or prohibited method.

1.2.1 The success or failure of the use of a prohibited substance or prohibited method is not material. It is sufficient that the prohibited substance or prohibited method was used or attempted to be used for an anti-doping violation to be committed.

1.3 Refusing or failing without compelling justification, to submit to sample collection after notification of drug testing or otherwise evading sample collection. This is to include leaving the venue after competing without notifying the meet director.

1.4 Tampering, or attempting to tamper, with any part of the Doping Control process.

1.5 Conviction in a court of law of the use, possession, sale or distribution of a prohibited substance. The first violation of sections 1.1 or 1.2 above will result in a two (2) year suspension from lifting in 100% RAW sanctioned meets. It will also result in the removal of any 100% RAW lifting records held by the athlete. The athlete's membership in 100% RAW will be extended to the end of his or her suspension date and the athlete will be subject to random testing during his or her suspension. Failure to comply with this provision will result in a lifetime ban from 100% RAW. Lifetime is to be considered to be the athlete's natural life. Attempting to compete in a 100% RAW meet while on probation or a second violation of sections 1.1 or 1.2 will result in a lifetime ban from 100% RAW. Any violation of sections 1.3, 1.4 or 1.5 above will result in a lifetime ban from 100% RAW.



8 Drug Testing

Drug testing will be conducted by means of urinalysis and/or any other means at the discretion of the meet director, the drug testing officer, or the federation president. A minimum of ten (10) percent of all lifters will be tested. All lifters who set Open class world records will be tested. This criterion can be used to meet the ten (10) percent requirement. All samples collected at National or World meets will be tested before submission to the lab to ensure that they are valid, unadulterated samples. Any sample that tests as diluted or adulterated will be discarded and a second sample will be collected. A second sample that tests as adulterated will be forwarded to the lab and tested for evidence of tampering. Confirmed tampering will result in a lifetime ban. A second – and subsequent – sample that tests as diluted will be rejected and discarded unless the athlete has a documented medical condition that would result in a diluted sample. The athlete must provide an undiluted sample to meet the requirements of drug testing. A negative result on a drug test is required to claim an Open World record. A diluted sample result is not a negative result.

100% RAW recognizes the following lifts which must be taken in the same sequence in all competitions conducted under 100% RAW rules:

- A. Squat**
- B. Bench Press**
- C. Deadlift**
- D. Strict Curl**
- E. Repetition Division**
- F. Repetition Challenge**

100% RAW records and recognizes State, National, Asia and World records for the following Divisions:

- a. Open: 25-34 (note; anyone over the age 14 may cross over to lift in the Open Division)**
- b. Youth: lifters, age 11 and under**
- c. Teen: lifters in the following age groups; 12-13, 14-15, 16-17, 18-19**
- d. Junior: lifters age 20-24**
- e. Sub-Masters: lifters age 35-39**
- f. Masters: lifters in the following age groups; 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89**

Note; Age to lift in any particular category is determined by date of birth. Identification is required to Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting.

Body weight categories (kilos)

- a. Men; 30, 35, 40, 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+ SHW**
- b. Women; 30, 35, 40, 44.5, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+**

Team awards shall be given for the first three places. In the case of a tie, the team having the most first place finishes will be ranked first. In the event that both teams has the same number of first place finishes, the team with the most second place finishes will be ranked first.



Chairman Rules

All chairman appointments are approved by the President of the Federation as recommended by the Director of Chairman (DOC).

All chairman appointments are reviewed annually and subject to renewal every year in January.

Requirements for maintaining a chairman/state in “good standing”:

- Minimum of two sanctioned meets must be held in a calendar year
- Minimum of 20, 100% RAW card holders must be maintained
- The schedule of pre-meet checkpoints must have been adhered to for all sanctioned meets held by the chairman
- Timely communication updates are needed
- Acceptable attendance on monthly update calls and quarterly chairman group calls
- Results from meets and participation fees must be submitted according to the approved standards within 1 week after completion of the meet.

Requirements for chairman to hold sanctioned 100% RAW meets:

- Sanction form must be completed, approved and fee received before the meet can be advertised and placed on the RAW website calendar
- Schedule of pre-meet checkpoints must be met according to the checkpoint list
- All shirts and awards must be ordered through the 100% RAW Federation unless otherwise approved
- All National and World meet titles must be approved by the President of the Federation and requires Corporate Federation Officer attendance and onsite management. All advertising, promotion, and/or use of the 100% RAW Powerlifting Federation, Inc. name or logo's must be submitted by form and approved in advance by the Advertising Department. All questions on meet rules, divisions, judging, conduct and testing should be referred to the Competition Committee in writing.