

BY-LAWS OF OXFORD UNIVERSITY POWERLIFTING CLUB

From Trinity Term 2026

INTRODUCTION

1. As per the club's constitution: -
 - (a) The Committee shall have power to make regulations and bylaws in order to implement the paragraphs of the Constitution, and to settle any disputed points not otherwise provided for in this Constitution.
 - (b) This Constitution shall be binding on all members of the Club. No regulation, bye-law or policy of the Club shall be inconsistent with, or shall affect or repeal anything contained in, the Club's Constitution.
2. This document represents the by-laws made by the club to carry out its functions.

THE COMMITTEE

The committee shall function as per the club's constitution. The following committee members roles, in addition to the officers named in the constitution, shall be included on the clubs committee: -

3. The President shall:
 - (a) Ensure Office holders carry out their duties;
 - (b) Ensure the Varsity match takes place and Ensure Office holders carry out their duties;
 - (c) Arrange a date, a venue, and equipment for Cuppers and any other event the organisation wishes to organise;
 - (d) Decide, in conjunction with the Men's and Women's Captains, the teams for the Varsity match against Cambridge University and any other event the organisation enters;
 - (e) Decide, in conjunction with the Committee, the events OUPLC will attend;
 - (f) Control the appointment and support the actions of the Session Leaders in conjunction with the Men's and Women's Captains;
 - (g) Co-ordinate OUPLC's publicity at the start of Michaelmas Term, ensuring in particular that the organisation is represented at the Fresher's Fair;
 - (h) Compile an annual review of the Club;
 - (i) Represent the respective organisation at the Blue's Committee Meetings, University meetings, and governing body meetings;
 - (j) Maintain contact with the OUPLC Club Veteran.

4. The Secretary shall:
 - (a) Provide assistance to the OUPCL President wherever possible;
 - (b) Organise transport and accommodation (where relevant) to events; and complete trip registration forms for all trips outside the Oxford city boundary;
 - (c) Monitor and respond to email, or other forms of contact, from members, or otherwise, alongside the Social Media Secretary.
5. The Treasurer shall:
 - (a) Provide assistance to the OUPCL President wherever possible;
 - (b) To register the Senior Member with free membership to the club for the duration of their role as Senior Member.
6. The Men's Captain shall:
 - (a) Provide assistance to the OUPCL President wherever possible;
 - (b) Decide, in conjunction with the OUPCL President and the Women's Captain, the teams for the Varsity match against Cambridge University and any other event the organisation enters;
 - (c) Have the authority, with the Women's captain, to remove a member from the "development squad" at their discretion if they see fit for reasons including but not necessarily limited to the following: i) lack of engagement with coaching, ii) injury. The captains are required to discuss this, in person, with the particular club member, unless this is not possible in a reasonable timeframe, then other forms of contact should be used;
 - (d) Compile an annual review of the Men's team;
 - (e) Represent OUPCL at the Men's Blues Committee meetings, University meetings, and governing body meetings;
 - (f) Set, in conjunction with the OUPCL Committee, the Men's Blues standards (in accordance with any Blues Committee requirements);
 - (g) Award Blues or Half-Blues to members of the Men's team;
 - (h) Select male members of the club for Oxford University 'British University Powerlifting Championships' (BUCs) team, alongside the President, however the decision to not select an eligible competitor can be overturned by the competitor within a reasonable timeframe.
 - (i) Develop and conduct a means of gathering data and feedback regarding the following, such as through a survey or focus group, at least once per academic year: club coaching, captain-squad relationship, squad culture and wellbeing.
7. The Women's Captain shall:
 - (a) Provide assistance to the OUPCL President wherever possible;

- (b) Decide, in conjunction with the OUPLC President and the Men's Captain, the teams for the Varsity match against Cambridge University and any other event the organisation enters;
- (c) Have the authority, with the Men's captain, to remove a member from the "development squad" at their discretion if they see fit for reasons including but not necessarily limited to the following: i) lack of engagement with coaching, ii) injury. The captains are required to discuss this, in person, with the particular club member, unless this is not possible in a reasonable timeframe, then other forms of contact should be used;
- (d) Compile an annual review of the Women's team;
- (e) Represent OUPLC at the Women's Blues Committee meetings, University meetings, and governing body meetings;
- (f) Set, in conjunction with the OUPLC Committee, the Women's Blues standards (in accordance with any Blues Committee requirements);
- (g) Award Blues or Half-Blues to members of the Women's team;
- (h) Select female members of the club for Oxford University 'British University Powerlifting Championships' (BUCs) team, alongside the President, however the decision to not select an eligible competitor can be overturned by the competitor within a reasonable timeframe.
- (i) Develop and conduct a means of gathering data and feedback regarding the following, such as through a survey or focus group, at least once per academic year: club coaching, captain-squad relationship, squad culture and wellbeing.

8. The Novice Captain shall:

- (a) Provide assistance to the OUPLC President wherever possible;
- (b) Act as a mentor and first point of contact for all novice lifters within the OUPLC;
- (c) Compile an annual review of the OUPLC novices;
- (d) Be responsible for organising handlers and any reasonable assistance for novice lifters at OUPLC attended meets;
- (e) Seek to provide novice-friendly events, and if the budget allows, a subsidised novice course.

9. The Social Media Secretary shall:

- (a) Provide assistance to the OUPLC President wherever possible;
- (b) Create a simple content strategy and calendar for social media;
- (c) Sufficiently advertise the club including but not limited to its events and its members' and teams' achievements, on whatever social media platforms the Committee decides to be present on;

- (d) Create and advertise 'term cards' (a termly agenda of events), termly or when the Committee deems appropriate;
- (e) Monitor and respond to contact from members, or otherwise, through relevant social media platforms, alongside the Secretary.
- (f) Ensure a first-aid trained person is present at designated events of higher risk, such as events involving movement between different venues.

10. The Social Secretary shall:

- (a) Provide assistance to the OUPLC President wherever possible;
- (b) Organise social events including, but not limited to, meals, drinks, and excursions for the OUPLC Members.

11. The Equality and Diversity Officer shall:

- (a) Provide assistance to the OUPLC President wherever possible;
- (b) Work to ensure all members are included and represented within the club;
- (c) Make themselves known as a point of contact for issues relating to equality and diversity within the club. And bring to the attention of the Committee (and where appropriate the entire Club) issues relating to these;
- (d) Ensure they are familiar with the university system for Health and Welfare and direct members accordingly;
- (e) Develop an annual plan to promote EDI culture within the club;
- (f) Where possible, organise external EDI training for committee members and any interested club members.
- (g) Develop and conduct a means of gathering data and feedback regarding club welfare and EDI culture, such as through a survey or focus group, at least once per academic year.

12. The Kit Officer shall:

- (a) Provide assistance to the OUPLC President wherever possible;
- (b) Provide information to OUPLC members regarding where to purchase University Kit;
- (c) Organise the ordering and distribution of large club orders including but not limited to; Varsity T-shirts, Committee T-shirts, team kit and SBD orders.
- (d) Organise alternative stash orders;

(e) Liaise with the Treasurer to ensure payment is completed.

13. The Club Veteran / Alumni Officer shall:

(a) Provide assistance to the OUPLC President wherever possible;

(b) Assist, where possible, in the organisation of club activities, such as BUCS and the Varsity Match;

(c) Meet termly with the OUPLC President;

(d) Attend the Annual General Meeting;

(e) Be a point of contact to OUPLC for alumnus of the University who were former members of OUPLC.

ADDITIONAL SECTION

N/A as of (07/04/2025)

CHANGES TO THESE BY-LAWS

14. Changes to these By-Laws must be approved at a General Meeting with the approval of two-thirds of present, eligible and voting members.

INTERPRETATION

15. Any question about the interpretation of these By-Laws shall be settled by the Senior Member of the club.
16. Guidance relating to by-laws and their relationship to the club constitution can be sought from the Sports Federation.