



## **CONSTITUTION & RULES**

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### **SOUTH PACIFIC BODYBUILDING FEDERATION**

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**S.P.B.B.F. CONSTITUTION AND RULES**  
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# CONSTITUTION AND TECHNICAL RULES

## INTERPRETATION

The interpretation of these Rules and all by-laws made thereunder, unless the context otherwise requires.

S.P.B.B.F. means “SOUTH PACIFIC BODYBUILDING FEDERATION”

WBPF means “WORLD BODYBUILDING PHYSIQUE & SPORTS FEDERATION”

PGC means “Pacific Games Council”

“THE EXECUTIVE COMMITTEE” shall mean the Committee of management for the time being elected under these rules.

“AFFILIATE” shall mean any Association, Federation, Institution or other national controlling body within a country which is affiliated to S.P.B.B.F. and WBPF under these rules

## ARTICLE 1 – NAME AND PRINCIPLES

The South Pacific Bodybuilding Federation was established in 1992 and is a permanent organisation. Its official name is “SOUTH PACIFIC BODYBUILDING FEDERATION”, S.P.B.B.F. for short. It is composed of the national amateur federations governing bodybuilding for men and women on the basis of one federation per country/territory.

## ARTICLE 2 – OBJECTIVES

The principle objects of the S.P.B.B.F. are:

To promote, control and develop bodybuilding and physical culture in the South Pacific.

To promote an interest in and a dedication to better fitness and health through physical culture, proper nutrition and weight training.

To develop and intensify friendship and co-operation among the National Association and bodybuilders from all countries.

To conduct drug testing at all regional and continental levels in accordance to the PGC & WBPF Rules.

To honour exceptional officials with special plaques, medals or certificates.

To select and appoint qualified judges for South Pacific and Regional competitions within its jurisdiction.

To co-ordinate and supervise the activities of the S.P.B.B.F. Affiliates practising bodybuilding competitions between Member Countries.

To discipline individual members or national federations that do not follow the S.P.B.B.F. constitution, or whose conduct is prejudicial or brings dishonour to the S.P.B.B.F.

To collaborate with S.P.G.C. (South Pacific Games Council) and G.A.A.S.F. (General Association of the Asian Sports Federation) and with other organisations having as their objective the promotion of sports.

To publish periodically (when possible) a Handbook, and a Bulletin and S.P.B.B.F. News and Calendar of Events for circulation to affiliates, the press and others giving information about the work and activities of S.P.B.B.F. and information of general interests.

### **ARTICLE 3 – GENERAL PROVISIONS**

The S.P.B.B.F. forbids all racial, political or religious discussions or demonstrations.

No distinction is made between countries or persons for reasons of race, colour, religion or politics.

Its headquarters are located in the town where the President/Treasurer of the S.P.B.B.F. lives.

The duration of the S.P.B.B.F. is unlimited.

The authority for interrupting any dispute arising out of these statutes, by-laws and constitution, shall reside in the President and Secretary-General. They shall seek the advice of other members of the Executive Committee before arriving at a final decision.

### **ARTICLE 4 – OFFICIAL LANGUAGES AND CORRESPONDENCE**

1. English shall be the official language for the Minutes, official correspondence, communications and meetings, each Association being responsible for its own translation.
2. Every association shall send to the Secretary-General/Treasurer of the S.P.B.B.F. the names and addresses of the persons responsible for conducting, on its behalf, official correspondence, both with the S.P.B.B.F. and other Associations on all questions including disputes between Associations.
3. Each Association shall send to S.P.B.B.F. and to the WBPF and, on application, to other Affiliates their official handbook and all subsequent modifications of their Constitution and By-laws.

### **ARTICLE 5 – LEGISLATIVE, EXECUTIVE AND ADMINISTRATIVE BODIES**

1. The Legislative, Executive and Administrative Bodies of the S.P.B.B.F. shall respectively be: -
2. The Congress
3. The Executive Committee or the Emergency Committee on its behalf as provided for in Article 15.
4. The Secretariat
5. Standing Committees shall be appointed by the Executive Committee to assist in its work, in accordance with the relevant Articles in the Constitution.

### **ARTICLE 6 – CONGRESS**

1. The Congress, the supreme body of the S.P.B.B.F. is composed of the delegates of the affiliated national associations.
2. An Ordinary Congress shall be held once a year, except every fourth year when a Special Congress shall be held at which the office-bearers and members of the Executive Committee are elected.
3. The venue will be where the South Pacific Amateur Bodybuilding Championships are being held.
4. The date, place, time and agenda shall be notified to the Affiliates by the Secretary-General/Treasurer.
5. Each country shall be represented at the Congress by members of their own Association. In case of conflict between two officials representing the same country, proof must be given of their appointment for validation by the S.P.B.B.F. Executive Committee.
6. The presence of the President or Secretary-General/Treasurer of the S.P.B.B.F. is compulsory at all S.P.B.B.F. Congresses.
7. The country organising the Congress shall undertake the expenses of accommodation, breakfast and dinner of the members of the Executive Committee for a minimum of four days.

8. Propositions for the Congress must reach the Secretary-General/Treasurer three months (90 days) before the date fixed for the Congress. The agenda must reach the affiliated Associations thirty days (30 days) before the date fixed for the Congress. The Congress can only discuss questions on the agenda, except as provided for in Article 11.3 (a).
9. Modifications to articles and rules are applicable as soon as Congress approves them.
10. The sessions of the S.P.B.B.F. Congress are private.

#### **ARTICLE 7 – ELECTION OF OFFICE BEARERS AND EXECUTIVE COMMITTEE MEMBERS.**

1. The Special Congress shall elect the following officer bearers: -
  - The President
  - The Executive Vice-President
  - Three Vice-Presidents
  - The Secretary-General/Treasurer
  - Six members of the Executive Committee
2. Candidates for the above offices must be proposed by the National Association to which they belong, and such nominations must reach the Secretariat by registered mail not later than sixty (60) days before the date on which the Congress is to be held.
3. Names of all eligible candidates shall be circulated by the Secretary-General/Treasurer not later than thirty (30) days before the date of Congress.
4. Candidates who have been properly nominated may be elected even through they are not present at the Congress. Should any candidates be unable to attend the Congress, he or she must give a valid reason for his or her absence, stating his or her explanation prior to the Election.
5. The Executive Committee is elected for a term of four years. Retiring members are eligible for re-election.

#### **ARTICLE 8 – EXTRA-ORDINARY CONGRESS**

1. If requested by one third of the number of affiliated Associations, or by majority of the Executive Committee, an Extra-Ordinary Congress must be convened by the Executive Committee within two months of the request being received. The date, place and agenda of such an Extra-Ordinary Congress shall be notified to all Affiliates at least thirty days before the date of the Extra-Ordinary Congress. Only the items in the agenda shall be discussed.
2. Representation, voting and the conduct of the Extra-Ordinary Congress shall be the same as those for an Ordinary Congress where they apply.

#### **ARTICLE 9 – AGENDA FOR CONGRESS**

1. Address by the President
2. Verification of delegates
3. Admission and expulsion of Members
4. Confirmation of the Minutes of the preceding congress
5. Secretary-General/Treasurer's report covering the period since the preceding Congress, including any action taken by the Emergency Committee
6. The filling of vacancies in the Executive Council and Committees of the S.P.B.B.F.
7. Submission of audited balance sheet and receipts and payments account for the previous calendar year. Approval of the accounts.

8. Reports of the various Standing Committees: -
  - Judges Committee
  - Women's Committee
  - Medical Committee
  - Rules Committee
  - Legal Committee
  - Emergency Committee
  - Any other committee deemed necessary by the S.P.B.B.F.
  - Any committee requested by the WBPF
  - Finance Committee
9. Consideration of proposals for amendments to the Constitution and By-Laws only at the Special Congress
10. Decisions of the Executive Committee
11. Fixing the venue of the next South Pacific Bodybuilding Championships and Congress.

#### **ARTICLE 10 – AMENDMENTS TO THE CONSTITUTION**

1. Special Congress alone shall have the power to amend the Constitution or By-Laws of the S.P.B.B.F. Amendment shall take effect immediately.
2. A proposed amendment to the Constitution or By-Laws, or proposed new By-Laws, may only be put to a vote at a congress attended by at least half of the affiliated Associations, but a vote may be taken even if at any time some of the delegates of these Associations have left the conference hall.

#### **ARTICLE 11 – ELECTION AND VOTING**

1. At a Congress, the Voting Delegates from each Affiliate shall be so designated to the Secretary-General/Treasurer prior to the meeting, and only they shall vote.
2. At meetings of the Executive Committee and any other Committees, every member shall be entitled to one vote at all meetings which he attends.
3. Decisions at all meetings shall be taken by a simple majority of the votes recorded, with the exception of the following matters which require the approval of three fourths of the votes recorded at a Congress: -
  - Additions to the Agenda of the Congress
  - Expulsion of Affiliates
  - Dissolution of the S.P.B.B.F. in the manner laid down in Article 36.4
4. The Chairman in all meetings shall have the casting vote
5. Voting for the elections shall be by secret ballot
6. Unless Congress decided otherwise all other decisions for voting may be taken by show of hands.

#### **ARTICLE 12 – CONSTITUTION OF EXECUTIVE COMMITTEE**

1. The Executive Committee shall consist of: -  
The following offices: -
  - The President
  - The Executive Vice-President
  - Three Vice-Presidents
  - The Secretary-General/Treasurer
  - Six members of the Executive Committee
2. The WBPF Vice-President for Oceania, if not elected to any of the above posts, shall be an ex officio member of the Executive Committee

3. If the President ceases to carry out his duties, the Executive Vice-President shall undertake them until the next Congress.
4. Any member is eligible for election to the Executive Committee.
5. The decisions of the meetings of the Executive Committee are final.
6. Any member of the Executive Committee regularly absent from the meetings, or who neglects his/her duties, unless on account of valid reasons, may be suspended by a decision of the absolute majority of the Executive Committee, and replaced.
7. The sittings of the Executive Committee are private.

### **ARTICLE 13 – MEETINGS, POWERS AND DUTIES OF THE EXECUTIVE COMMITTEE**

1. The Executive Committee shall meet at least once a year in addition to the meeting to be held at the time of the Congress.
2. The Executive Committee shall:
  - a) Carry out the objects and manage the affairs of the S.P.B.B.F.
  - b) Manage the funds of the S.P.B.B.F. in such a manner as is deemed expedient.
  - c) Arbitrate any dispute between Affiliates
  - d) To deal with Disciplinary matters
  - e) Examine all proposals to be placed before Congress for consideration
  - f) Fill any vacancy which may occur in any office
  - g) Appoint the following Standing Committee
    - i. Judges Committee
    - ii. Women’s Committee
    - iii. Medical Committee
    - iv. Rules Committee
    - v. Legal Committee
    - vi. Emergency Committee
    - vii. Patrons and Honorary Life Members
    - viii. Any other committee deemed necessary by the S.P.B.B.F.
    - ix. Any committee requested by the WBPF
    - x. Finance Committee

(The President and Secretary-General/Treasurer shall be the ex-officio members of all Standing Committees)

- h) Consider and provisionally approve if they think fit, any application membership of S.P.B.B.F.
- i) Group national Associations into regions as they think fit.
- j) Vary dates of meetings, or convene an Extra-Ordinary Congress.
- k) Appoint ad hoc Committees for particular purposes, and give them terms of reference.
- l) Enlist the services of any person or persons for the purpose of conducting any business within the objects of the S.P.B.B.F.

### **ARTICLE 14 – QUORUM AND NOTICE OF MEETINGS**

Quorum at meetings shall be as follows: -

- a) Congress: President of Secretary-General/Treasurer and delegates from one third of the total number of member associations.
- b) Executive Committee: Four
- c) Standing Committees: Half of the number that constitutes the Committee

Notice of meetings shall be as follows:

- a) Congress: At least 60 days
- b) Executive Committee: At least 40 days



- c) Emergency Committee: At the discretion of the President
- d) Any other Standing committee: At least 30 days

Committees may conduct their business by correspondence if necessary. A decision taken in this way shall be valid as if a meeting has been held, provided that all members of the Committee were consulted and given reasonable time to reply.

#### **ARTICLE 15 - EMERGENCY COMMITTEE**

The Emergency Committee of three members shall consist of the President as Chairman, a Vice-President, and one Members, shall be elected by the Executive Committee to deal with all matters requiring immediate decision between meetings of the Executive Committee. The Secretary-General shall be ipso-facto a member/convenor of this Committee. They shall have power to deal with any matter which the Secretary-General/Treasurer may deem urgent and report thereon at the next Executive Committee meeting provided other members of the Executive Committee are notified in advance.

The business shall normally be conducted at a specially convened meeting, but in exceptional circumstances by postal or telegraphic communication.

All decisions taken by the Emergency Committee shall be final.

The President shall have authority to appoint a substitute if a member is not available, or if the Association of which he is a member is directly concerned to dispute.

#### **ARTICLE 16- DUTIES OF THE PRESIDENT**

The President directs the debate and keeps order at all Congress and meetings of the Executive Committee and the other Committees, according to the tradition and rules of parliamentary debate.

In the case of equal voting on a motion, the President shall have the deciding vote.

The President shall take a principal part in the opening and closing ceremonies of the South Pacific Championships and any other Regional competition that he may attend in the South Pacific.

He shall make the inspection tour of the prospective national federation organising the South Pacific Amateur Bodybuilding Championships, or any other major regional championships. The organising federation must pay his travelling and accommodation expenses.

#### **ARTICLE 17 – DUTIES OF THE VICE-PRESIDENTS**

If the President is absent or not available, the Executive Vice-President shall perform his duties.

#### **ARTICLE 18 – DUTIES OF THE SECRETARY-GENERAL/TREASURER**

1. The Secretary-General/Treasurer shall be the head of the Secretariat of the S.P.B.B.F. He shall record the minutes of all meetings, conduct all correspondence and act as the link between the S.P.B.B.F., the National Associations, WBPF and other organisations. He shall be responsible to the Executive Committee for the administration and the appointment and work of the Staff of the Secretariat. He shall assist the Executive Committee, the various Standing Committees and the Congress and may take part in their discussions and have the right of voting. He shall be responsible for the publication of the S.P.B.B.F. Bulletin and of a Handbook in which are collected the Constitution, By-Laws, and any other documents important for general reference. He shall reside in the same town as the President in order to assist with the President's duties.
2. To provide information concerning bodybuilding and physical culture.
3. To draw up the agenda of the annual Congress in accordance with the wishes and propositions of the affiliated federations, and send it to the federations one month before the date fixed for the Congress.
4. To distribute to all affiliated federations a report on the Congress.

5. To assist the President and Executive Committee in resolving any problems arising from violation of the Constitution and Rules of the S.P.B.B.F. by a member of the national federation or individual member, either amateur or professional. If circumstances require it, he shall conduct an investigation in the country concerned and the national federation of the country must pay his travelling and accommodation expenses.
6. He shall be the consultant for all national federations requiring information or advice on the interpretations of the S.P.B.B.F. Constitution and Rules, or about actions of their members which are in violation of the Constitution and Rules of the S.P.B.B.F.
7. As Treasurer his duties shall be to receive, keep safely, pay out and account for the money and property of the S.P.B.B.F., in particular: -
  - a) To prepare accounts and budgets of income and expenditure for presentation to the Finance Committee, Executive Committee or Congress, and in addition to present to each meeting of the Finance Committee a statement of Receipts and Payments.
  - b) To collect all subscriptions, fines and other dues from National Associations.
  - c) To examine and approve claims for payment, and to ensure that such payments are made in accordance with approved scales or on the recommendation of the Executive Committee.
  - d) To authorise payments resulting from general administration.
  - e) To issue receipts for all money received and to obtain receipts or vouchers for all money spent.
  - f) To operate bank accounts on behalf of the S.P.B.B.F.

#### **ARTICLE 19 – DUTIES OF THE ASSISTANT SECRETARY**

1. If the Secretary-General/Treasurer is unable to carry out any of his duties for special reasons, the Assistant Secretary shall substitute him.
2. The powers of the Assistant Secretary shall be the same as set out for the Secretary-General/Treasurer in the appropriate articles.

#### **ARTICLE 20 – ANNUAL ACCOUNTS**

1. The financial year shall follow the calendar year, and the accounts shall be presented to the next Congress.
2. The accounts shall be certified by an external qualified accountant before they are presented to the Executive Committee and to the Congress.

#### **ARTICLE 21 – PATRONS AND HONORARY LIFE MEMBERS**

1. Prominent persons connected with bodybuilding in member countries may be elected as Patrons; the Executive Committee shall nominate the candidates for election by the Congress.
2. The S.P.B.B.F. may co-opt by the approval of the Congress persons who have rendered or can render exceptional services to the cause of bodybuilding as Honorary Life Members.
3. The past President shall be appointed as Honorary Life President. He shall be invited to attend all SPBBF Championships and to sit at the Executive and Congress of the S.P.B.B.F. Though he has no voting rights, he is permitted to participate at Executive Committee Meeting and Congress. The Organising Federation shall meet expenses for his meals and accommodation.
4. Patrons and Honorary Life Members have the right to attend and speak at Congress but not to vote. They shall be eligible to attend any standing committees on written invitation of the President or the Secretary-General/Treasurer.

#### **ARTICLE 22 – FINANCE COMMITTEE**

1. The Finance Committee shall consist of the Secretary-General/Treasurer and two other members of the Executive Committee one of whom shall be Chairman.

The duties of the Committee shall be: -

- a) To control the financial administration of the S.P.B.B.F. under the direction of the Executive Committee.
- b) To advise the Executive Committee on the management of property belonging to the S.P.B.B.F.
- c) To prepare the budget of the Executive Committee, and to examine those of the various Standing Committees and submit them for approval of the Executive Committee.
- d) To prepare estimates of Income and Expenditure for specified projects approved by the Executive Committee.
- e) To fix from time staff salary scales, and rates of travel and subsistence allowance and other expenses payable to the Secretary-General/Treasurer and other officials or staff when discharging duties of the S.P.B.B.F.

### **ARTICLE 23 – JUDGES COMMITTEE**

1. The Judges Committee shall consist of a Chairman, Secretary and three other members who need not be members of the Executive Committee. Its duties shall be: -
  - a) In collaboration with WBPF to establish as far as possible uniformity in methods of judging and application of the Law of the Game in South Pacific.
  - b) To propose to the WBPF Judges Committee alterations to the Laws of the Games to be submitted to the WBPF Congress.
  - c) To maintain a list of qualified judges in affiliated countries.
  - d) To organise courses for South Pacific Judges and for those responsible for the education and preparation of judges in their countries, directly or jointly with WBPF
  - e) Select judges for the championships from the nominations of the national federations. Their selection meeting shall be private.
  - f) Determine the timetable for the weighing-in of the competitors.
  - g) Supervise the weighing-in of the competitors.
  - h) To pick bodybuilders at random for drugs during the weighing-in.
  - i) The Judges Committee shall have the power to co-opt temporary members when any elected members are absent, thus enabling them to carry out their duties effectively.
  - j) Arrange the practical testing of probationary judges at championships. The probationary judges at championships must mark test papers for at least two bodyweight categories.

### **ARTICLE 24 – RULES COMMITTEE**

- a) The Rules Committee shall consist of a Chairman and two other Members of the Executive Committee.
- b) It shall be responsible for the drafting of amendments to the Constitution, Competition Rules and other By-Laws, and other matters as directed by the Executive Committee.

### **ARTICLE 25 – MEDICAL COMMITTEE**

1. A Medical Committee composed of a Chairman, Secretary and any other number of members who are able to contribute in an active manner to the responsibilities of the Committee. This Committee shall:
  - a) Be responsible for collecting medical material on the effects of years of bodybuilding on the human organism.
  - b) Prepare material for the wider popularisation of bodybuilding as a method of improving physical condition.
  - c) Exchange information on specific sports injuries, their cure and prevention.
  - d) Collect documentation on sports medicine in the sphere of bodybuilding.
  - e) Co-ordinate medical symposia in conjunction with the South Pacific Championships.
  - f) Have the power to co-opt temporary members when any elected members are absent, thus enabling them to carry out their duties effectively.
  - g) Actively oppose the use of drugs which artificially build muscle size of strength.
  - h) To conduct and control all drug testing at South Pacific and Regional Competitions.

- i) Conduct clinics and research into the best methods of bodybuilding and physical culture.
- j) Organise conference for bodybuilding coaches and instructors.

#### **ARTICLE 26 – WOMEN’S COMMITTEE**

1. A Women’s Committee composed of a Chairperson, Secretary and additional members. This Committee shall:
  - a) Promote, develop and control all activities of women in bodybuilding, including championships and competitions.
  - b) Encourage the formation of similar committees in national federations and liaise directly with them.
  - c) Be responsible, in conjunction with the Judges Committee, for the training of women judges.
  - d) The Chairperson of the Women’s Committee shall be invited to the South Pacific Women’s Bodybuilding Champion ships and host country shall pay her travel fares.

#### **ARTICLE 27 – LEGAL COMMITTEE**

1. Legal Committee shall consist of a Chairman, a Secretary and three other Members who need not be Members of the Executive Committee but Chairman shall be a Member of the Executive Committee and other Members shall be legal experts from the Continental Bureau.
2. It shall be at liberty from time to time to make any proposal or recommendation to the Executive Committee of the S.P.B.B.F. which it considers necessary or desirable.
3. Its duties shall be: -
  - a) To adjudicate any dispute, discrepancies, complaints and so forth that may have arisen between affiliated National Federations/Associations in its area, if called upon to do so. Such decision shall, if desired, be referred to the Executive Committee.
  - b) To respect and assure the respect of all the principals of the Articles and Rules of S.P.B.B.F. and its decision keeping free from any political or commercial influence and from any racial or religion consideration.
  - c) To take care of the legal business about the sport with PGC, ONOC, I.O.C., F.I.M.S., G.A.I.S.F., the World Games Council, the National Federations and other sport organisations, governments, concerning S.P.B.B.F.
  - d) To ensure that no discrimination is allowed against any country or person on grounds of race, religion or political affiliation.

#### **ARTICLE 28- AFFILIATIONS, SUBSCRIPTIONS AND FEES**

1. Any national federation that wishes to affiliate with the S.P.B.B.F. must send to the Secretary-General/Treasurer the following documents: -
  - a) A request for affiliation signed by their President or Secretary.
  - b) A copy of their Constitution
  - c) A list of their Executive Committee.
2. An application for membership implies complete recognition of the Constitution and Rules of the S.P.B.B.F.
3. After deposit of the documents and payment of the subscription, the federation shall be affiliated provisionally until the next Congress, which will confirm the affiliation.
4. The annual subscription for each National Association shall be US\$100/- in the year when it is first admitted as a member and US\$100/- in each subsequent year. This annual subscription shall be payable on the first day of January each year. An Association which has not paid its subscription by the 1<sup>st</sup> day of April of the same year shall cease to be a member of the S.P.B.B.F., unless a reason for non-payment acceptable to the Executive Committee is submitted. The notification of the cancellation of membership shall be sent by the Secretary-General/Treasurer of S.P.B.B.F. by

registered letter. On payment of the subscription in arrears, the Association concerned shall regain all its rights.

5. The National Association organising the South Pacific Amateur Bodybuilding Championships shall pay a fee of US\$1000/- to the S.P.B.B.F.

#### **ARTICLE 29 - S.P.B.B.F. COMPETITIONS**

1. The S.P.B.B.F. shall have the sole right to organise or cause to be organised the South Pacific Amateur Bodybuilding Championships and other competition of a South Pacific character, in accordance with the Competition Rules approved by the Congress and WBPF from time to time.
2. Competitions between groups of Affiliates shall have prior approval of the Executive Committee, and any fees prescribed shall be paid, before they can be held.

#### **ARTICLE 30 – LAWS OF THE GAME**

1. Each Affiliate of the S.P.B.B.F. shall observe, and organise competitions according to the Laws of the Game laid down by the WBPF which alone has authority to alter them.

#### **ARTICLE 31 – RELATIONSHIPS OF ASSOCIATIONS**

1. Associations in membership with S.P.B.B.F. shall recognise one another as the Association controlling bodybuilding in their respective countries, to the exclusion of all others.
2. Affiliated Associations and their Clubs may not organise or take part in competitions with other Associations or Clubs which are not in membership with either S.P.B.B.F. or WBPF. Before they may compete with Associations or Clubs in memberships with WBPF but not with S.P.B.B.F., the consent of the Executive Committee and of the WBPF must first be obtained.
3. National Associations shall not form themselves into groups without the consent of the S.P.B.B.F. and WBPF
4. Affiliated Associations and their Clubs shall not recognise in any way, nor have any dealings with, other Clubs in their territories belonging to an organisation which is a rival to the S.P.B.B.F. or WBPF
5. National Associations in membership with the S.P.B.B.F. shall recognise one another's suspension and expulsion from membership, and also the suspension of individuals, without questioning the reasons for them except at Congress.

#### **ARTICLE 32 – DISPUTES AND COMPLAINTS**

1. National Associations having disputes with each other or with the S.P.B.B.F. itself may if they wish submit them to an Arbitration Tribunal to be appointed by common consent; and they may not take any legal or other action against one another in such matters.
2. Should the parties concerned submit a dispute for arbitration but be unable to agree on the membership of the Tribunal, the Executive Committee itself shall act as Tribunal.
3. The decision of the Tribunal shall be final and binding upon the parties concerned, and they shall take the necessary steps to see that it is observed.
4. Any bodybuilder who thinks he has been wronged by the S.P.B.B.F. has the right to file a complaint in writing to the President, giving his reasons, through the intermediary of his National Association. The complaint will be examined by the President, who will then give his decision which is final and binding, and he will make a report to the Executive Committee.
5. Associations violating any one of the clauses of this Article may be expelled from the S.P.B.B.F., and any individual doing so may be suspended.

## **ARTICLE 33 – PENALTIES AND DISCIPLINE**

1. The disciplinary measures of the S.P.B.B.F. which may be enforced are: -
  - a) To caution by the Executive Committee
  - b) To censure by the Executive Committee
  - c) To fine
  - d) To suspend
  - e) To expel from membership
2. The Congress shall have authority to impose fines not exceeding US\$300.00 and the Executive Committee up to US\$100.00, except in matters for which larger fines have been specified or permitted by By-Laws.
3. These disciplinary measures may be imposed on National Associations when they or their affiliates have violated the Constitution or By-Laws of the S.P.B.B.F. or have failed their duties.
4. Failure to adhere to the rules of this Constitution will call for a complete investigation by the President, Secretary-General/Treasurer and other Executive Council members in consultation. If the member or federation is found guilty of deviating from the rules or of conduct prejudicial to the S.P.B.B.F. (e.g. participation in pornographic practices, use of and/or trafficking in banned drugs, indecent exposure in person or in photographs, attacking the S.P.B.B.F. verbally, in writing or in publications, behaviour bringing dishonour to the S.P.B.B.F. or to bodybuilding etc.) he or she will be suspended for a period to be decided by the Executive Committee, or they may be expelled. This disciplinary decision of the Executive Committee is final. The decision will be reported at the next meeting of the Executive Committee and Congress.
  - a) If a bodybuilder is suspended, he or she may not compete in any other country, for any other S.P.B.B.F. recognised federation or approved club, nor give any exhibitions or seminars.
  - b) If an official is suspended, he or she may not hold office or serve for any other S.P.B.B.F./WBPF recognised Federation or Clubs that are members to its National Federation.
5. The issuing of false amateur certificates shall be deemed a serious violation.
6. Any bodybuilder or official who threatens a judge or official by word or gesture may be suspended.
7. Any bodybuilder, either amateur or professional, who competes in a contest or gives exhibitions at events not approved or sanctioned by the S.P.B.B.F. or who brings dishonour to the S.P.B.B.F. may be suspended. The Executive Committee will determine whether an action or actions constitute dishonourable conduct.
8. Any bodybuilder who uses offensive words in respect to another person and who refuses to withdraw them may be suspended.
9. Disciplinary action may be taken against any member of the S.P.B.B.F. who contravenes the S.P.B.B.F. Code of Ethics, which is part of the Constitution and Rules.
10. If an athlete is found positive at a doping test either in or out of competition, he/she will be suspended for a period of two years from international participation. A repeated offence leads to life suspension.
11. A refusal to submit to doping control has the same disciplinary consequences as if found positive in the testing.
12. A fine of US\$100/- is to be paid for each positive testing result by the national federation of the bodybuilder. The fine applies to S.P.B.B.F. conducted doping controls and must be paid to the S.P.B.B.F. within thirty (30) days from the S.P.B.B.F.'s demand. As long as a national federation has not paid the fine it cannot delegate bodybuilders to international events.
13. If a national federation has three (3) or more positive results within a calendar year, this national federation is to be suspended for a period of one year from participation. The second time three positive cases are found in a specific country will result in a two-year suspension of its national federation.

14. Any national federation refusing to co-operate in the out-of-competition random testing is to be given a two-year suspension.
15. Any person found guilty of manipulating a urine sample in order to falsify the results is suspended for a period of time decided by the S.P.B.B.F. Executive Board. This suspension may be in addition to any sanction already in force.

#### **ARTICLE 34 – LOSS OF MEMBERSHIP**

1. A national association may forfeit its membership with the S.P.B.B.F.
  - a) By ceasing to be an Affiliate of the WBPF
  - b) For non-payment of dues to S.P.B.B.F. and other debts.
  - c) For infringement of the Constitution or By-Laws or dishonourable conduct.
2. The expulsion of a National Association for any of the above reasons can only be decreed by the Congress, unless as determined by Article 28.4 on automatic expulsion for non-payment of subscription.

#### **ARTICLE 35 – RESIGNATIONS**

1. A National Association wishing to resign from S.P.B.B.F. shall give three months advance notice of its intention by registered letter. The resignation may be withdrawn at any time before this notice expires.
2. A National Association whose resignation has become absolute shall thereby at once lose its status as Affiliate and all the privileges conferred by the S.P.B.B.F.
3. An Association which has resigned and later rejoins the S.P.B.B.F. must then pay arrears owing at the time of its resignation.

#### **ARTICLE 36 – OBLIGATION AND FINAL PROVISIONS**

1. All Associations in membership with S.P.B.B.F. shall be subject to and bound by the S.P.B.B.F. Constitution and By-Laws, and decisions of Congress and/or the Executive Committee.
2. Decisions made at a Congress shall become legally operative for the S.P.B.B.F. and Affiliated Associations immediately from the date when such decisions were taken.
3. Any activity of any of the Standing Committees shall be subordinated to the strict observance of the Constitution and By-Laws of the S.P.B.B.F.
4. The S.P.B.B.F. may be dissolved only with the consent of three fourths of the Affiliates, given in person or by proxy at a Congress or by Postal vote. In case of dissolution of the S.P.B.B.F., its funds shall not be distributed: they shall be entrusted to the appropriate authority of the Headquarters country, which will invest them in gilt-edged securities until such time as the S.P.B.B.F. is re-established.

#### **ARTICLE 37 – SOUTH PACIFIC AMATEUR BODYBUILDING CHAMPIONSHIPS**

1. The South Pacific bodybuilding championships for men and women shall be held once a year, organised by the national association of one of the member countries of the S.P.B.B.F. Each Annual Congress shall make a definite allocation for the following year, and a provisional allocation for two years ahead.
2. Competition sanctioned and approved by the S.P.B.B.F. (men or women), shall be undertaken at their own financial risk by the national federation.
3. Application to organise these championships or competition must be made in writing to the S.P.B.B.F. Secretariat, and the necessary fee under Article 28.5 must be paid at the same time. If a country is not accorded the championships, the fee shall be returned to them. If a country is accorded the championships, the fee shall be retained by the S.P.B.B.F. and shall not be returned if the championships are subsequently cancelled for any reason whatsoever.

4. Entry to these championships or competitions is made only by affiliated national federations. Any bodybuilder or any country which is not affiliated to the WBPF or who has been suspended cannot participate.
5. The national federations must notify the federation organising the championships of their intention to participate at least two months in advance of the date fixed for the championships.
6. The host country shall set a closing date, between two and four weeks before the Championships for nominations of both contestants and officials; and they are not obliged to accept any nominations received after that date. No entrance fee will be charged.
7. Federations organising championships must guarantee unconditional entry to all countries eligible to compete.
8. As a minimum, the host country shall provide accommodation, breakfast and dinner for three days for all eligible competitors and up to two officials from each participating member country, and any additional officials of the S.P.B.B.F. and WBPF. whose presence is necessary.
9.
  - a) The President of the S.P.B.B.F. shall be invited to the Championships, and the host country shall pay for his accommodation and meals.
  - b) The Secretary-General/Treasurer and the Judge's Chairman shall be invited to the Championships, and the host country shall pay accommodation and meals.

#### **ARTICLE 38 – DRUG TESTING**

S.P.B.B.F. shall conduct dope testing in accordance to the WBPF rules

#### **ARTICLE 39 – DEFINITION OF AN AMATEUR**

S.P.B.B.F. shall follow the WBPF interpretation of amateur status as laid down in their Constitution and Rules of the 2009 EDITION.



## **TECHNICAL RULES**

### **1. JUDGES**

- a) All amateur judges must be members of a federation affiliated with the WBPF & S.P.B.B.F.
- b) Judges for the South Pacific Bodybuilding Championships must be a holder of a judge's card issued by the S.P.B.B.F. or WBPF Judges Committee.
- c) Judges must pay a fee of US\$50/- to the Secretary-General/Treasurer before their South Pacific Judge's Card, official badge and tie can be delivered.
- d) National federations that wish to nominate judges for South Pacific Championships and other Regional Competitions must send the Secretary the names of the judges, at least 60 days before the date of the championships. The card must contain details of all the national and international competitions which they have judged. The S.P.B.B.F. Judges Committee will examine all the judge's cards at their meeting before the championships and will select the judges they consider most qualified to serve on the panels. Accuracy marks at previous competitions will also be taken into consideration.
- e) The Secretary will retain the cards of the judges selected by the Judges Committee. After the championships, he will record the event on the card, sign it and return it to the judge. If any judge has been removed for incompetence or unfair bias, the Judges' Committee will retain the judge's card and decide what action to take.
- f) The judges who are not selected for the championships panels and any other delegates who wish to do so may mark test papers for at least two categories during the championships, All accuracy marks obtained by the judges on the panels and by those who marked test papers will be published and will be considered when making the next lot of selections or for promotion to international level.
- g) It is desirable to have 9 judges but should this not be possible 7 judges should be used or failing that no less than 5 judges. When 9 judges are used, the two highest and two lowest marks are eliminated. When 7 or 5 judges are used, the highest and one lowest marks are eliminated.
- h) The Judges Chairman and Secretary will choose the judges in a manner deemed by them to be the fairest possible.
- i) The Secretary shall keep a list of all South Pacific judges with their accuracy marks.

### **2. BODYWEIGHT CATEGORIES**

- a) There are five bodyweight categories in men's South Pacific competitions: -
  1. BANTAM WEIGHT – up to and incl. 65kg
  2. LIGHT WEIGHT – up to and incl. 70kg
  3. – up to and incl. 75kg
  4. MIDDLEWEIGHTTT – up to and incl. 80kg
  5. – up to and incl. 85kg
  6. LIGHT-HEAVYWEIGHT – up to and incl. 90kg
  7. HEAVYWEIGHT – over 90kg
  8. Super Heavyweight – Over 100kg

Female - Overall South Pacific Title Winner

- b) There are three bodyweight categories in women's South Pacific competitions: -
  1. LIGHTWEIGHT – up to and incl. 55kg
  2. HEAVYWEIGHT – over 55kg

Female - Overall South Pacific Title Winner

- c) There are three bodyweight categories in men's junior South Pacific competitions: -
  - 1. LIGHTWEIGHT – up to and incl. 70kg
  - 2. MIDDLEWEIGHT – up to and incl. 80kg
  - 3. HEAVYWEIGHT – over 80kg
- d) A junior bodybuilder may compete up to the age of 21. On his 21<sup>st</sup> birthday, he ceases to be a junior and becomes a senior.
- e) At the time of weighing in before the commencement of a competition, a junior must produce documentary evidence of his date of birth.
- f) Each affiliated national federation may enter up to eight competitors of whom a maximum of three may compete in any one body-weight category in men's championships.
- g) In women's championships, each affiliated national federation may enter up to a maximum of four competitors who may enter any bodyweight category.
- h) In junior championships, each affiliated national federation may enter up to a maximum of three competitors who may enter any bodyweight category.
- i) In couple championships, each affiliated national federation may enter two couples.
- j) All competitors must have their bodyweight checked the evening before pre-judging day. Men competitors shall wear posing trunks only. Women competitors shall wear bikinis only.
- k) An overweight competitor shall be given a maximum of thirty minutes in which to make the weight for his or her category.
- l) A timetable for weighing-in in each category will be published and must be strictly adhered to. Competitors who fail to weigh-in within the time limits set for their categories will be eliminated from competitors.
- m) A competitor who weighs in over his or her nominated bodyweight may compete in the next higher bodyweight category if he or she wishes, provided that his or her inclusion does not result in more than the stipulated requirements of the competitors from the same national federation in that category.
- n) During the weighing-in, the S.P.B.B.F. Judges Committee shall determine the order the competitors will appear before the judges.
- o) If a competitor who has been officially nominated by his national federation, and who is actually present at the competition venue, subsequently withdraws either from the prejudging and/or the public presentation without permission in writing from the President of the S.P.B.B.F. Judges Committee, his/her national federation shall be fined US\$100.00/- and the competitor shall be suspended for a period to be decided by the disciplinary committee.
- p) All participating countries shall put equal number of competitors, without exception, in all categories in the South Pacific Championships, Junior and Senior (that also includes the host country).
- q) The host country is allowed to put in a 'B' team and they will be judged on the stage at pre-judging along with other competing bodybuilders to avoid confusion to the judges.

### **3. JUDGING**

- a) The Judges shall all come from different countries as much as possible. If enough qualified judges are available two or more panels of judges can be appointed.
- b) For women's championships, the S.P.B.B.F. Women's Committee, in consultation with the S.P.B.B.F. Judges Committee, shall appoint 5 judges, at least three of who shall be women.
- c) Each judging panel shall be presented on the stage to the audience at the start of each category.

- d) The prejudging shall take place the day before the final presentation.
- e) The judging procedure shall be controlled by the Chairman of the Judges Committee or by the Secretary. The Chairman and the Secretary shall be responsible for controlling the competitors in the preliminaries, semi-final and final. They shall also supervise the work of the judges.
- f) Alcoholic beverages must not be consumed and smoking is not permitted at the judges' table, nor are the judges permitted to take photos or talk to each other while judging.
- g) It is illegal for a judge to lobby on behalf of any competitor or socialize with them during the competition.
- h) The judging may be open to the public, provided that the spectators do not obstruct in any way the judging procedure.
- i) The Secretary shall prepare all the judging sheets needed by the judges and statisticians. There must be separate sheets for the selection of the semi-finalists, for round 1 and round 2.
- j) After each round of judging, the Secretary or the Assistant Secretary will collect the mark sheets from the judges and, with the Chairman and statistician scrutinize the marks. If any judge has awarded marks that are greatly at variance with those of other judges, the Chairman or Secretary may question the judge concerned for an explanation of his or her marks. The Judges Committee has authority to remove any judge who is unfairly biased, incompetent or for misconduct and unacceptable behaviour.
- k) If nine judges are being used there is no need for an alternate, as the two highs and two lows are deleted from the scoring. For 7 and 5 judges used, an alternate judge will be used.
- l) If there are more than fifteen athletes competing in the class, then it will be necessary to hold an elimination to bring the group to 15. The elimination will be held as follows: -
- m) All athletes in the class will be brought onto the stage together (two lines if necessary) in numerical order. The Chairman or Secretary will then put the competitors through four poses (double bicep-front, side chest, back double bicep and calf, abdominals and thighs) five athletes at a time, again in numerical order.
- n) The judges then determine the top 15 either by eliminating from the bottom or choosing the top 15.
- o) In the case of a tie at the 15<sup>th</sup> position, those who are tied will be brought on stage to run through poses again to break the tie.
- p) Round 1 Heat 1
- q) After the elimination each of the 15 finalists does a 60 second free posing routine.
- r) Round 1 Heat 2
- s) All 15 finalists are called back onto the stage as a group in numerical order. As a group they do two turns in the relaxed position (front and back). The judges then go straight to comparisons of the seven compulsory poses, (five or six athletes at one time). Both rounds are scored as one round. The judge marks the competitors in places on 1 through 15, not giving any two or more athletes the same placing.
- t) The finals of each category will take place after the parade of nations. The six finalists will perform their individual free posing routine and then appear together for the 7 compulsory poses (5 for women) and then, a one-minute pose down.
- u) In the finals only the individual free posing and compulsory poses will be judged as Round 2. The one-minute pose down itself will not be judged.
- v) The judges will place the finalists from 1<sup>st</sup> to 6<sup>th</sup>.
- w) The Chairman and the statisticians will eliminate the highest and lowest marks for each competitor and will add together the remaining placings. The total will be added to the total of each

competitor scored in the semi-final. The competitor with the lowest total of placings will be winner. If there is a tie at the end of the finals, the competitor with the most first placings from the judges shall be declared the winner and so on down to third places if necessary to resolve tied results.

- x) The results will be announced and the victory ceremony will follow immediately afterward. The results and scores must be kept secret until the announcements for the victory ceremony.
- y) The WBPf Guide Book for judges, which mandatory for all competitions of all national federations contains more details instructions on judging procedures.

#### **4. COSTUMES**

- a) Men competitors must wear trunks which are clean and decent. Men are not allowed to wear bikini type trunks.
- b) Women competitors must wear bikinis of a solid, non-distracting colour, which must conform to accepted standards of taste and decency. The bikini must reveal the abdominal muscles. The fastenings of the bikini must also be plain, with no attached ornamentation. Metallic materials, such as gold or silver lame, cannot be used to make up the bikini.
- c) Competitors must not wear footwear, watches, rings, bangles, pendants, earrings, wigs, distracting ornamentation or artificial aids to the figure. They must not chew gum or candy or smoke.
- d) Artificial body colouring may be used, provided that it is applied at least 24 hours prior to the prejudging.
- e) The excessive application of oil on the body is strictly forbidden, but body oils, skin creams or moisturizer may be used in moderation. The use of jewellery is prohibited.
- f) During the prejudging for women, the hair must be worn off the shoulders so as not to hide the musculature of the shoulders and upper back. The hair may be styled for the evening finals.
- g) The number issued by the Secretary to competitors must be pinned securely to the left side of the costume and must be worn during the prejudging and evening finals.

The official uniform for judges at all mens' competitions shall consist of a blue blazer with the S.P.B.B.F. emblem on the breast pocket, pale blue or white shirt with the S.P.B.B.F. tie and grey trousers. The judges Chairman or secretary may remove from the panel any judge who is not correctly dressed in the correct uniform.

The official uniform for women judges at all international competitions shall consist of a blue blazer with the S.P.B.B.F. emblem on the breast pocket, white or pale blue blouse with grey skirt. The Judges Chairman may remove from the panel any judge who is not correctly dressed in the official uniform.

#### **5. PRIZES**

**BODYWEIGHT CATEGORIES:** The winner of each bodyweight category in South Pacific and regional shall receive a Gold Medal. The competitor who places second, a Silver Medal, and the competitor who places third a Bronze Medal.

The 1<sup>st</sup> to 6<sup>th</sup> place in each bodyweight category will receive a trophy.

**BEST POSERS:** There shall be one best poser in each bodyweight category in South Pacific Regional competitions. The winner shall receive a Gold Medal.

**TEAM POSING TROPHY:** The 1<sup>st</sup>-3<sup>rd</sup> place in the Best Team Posing shall receive a trophy each to be provided by the organizing country.

**TEAM CHAMPIONSHIPS:** Special trophies shall be presented to the first three countries in the team championships.

In the case of a tie in the points score, the country having the most 1<sup>st</sup> places shall be classified first. If necessary, continuing ties in points can be decided by considering most 2<sup>nd</sup> places, most 3<sup>rd</sup> places, and so on.

Only national teams with more than three bodybuilders will be eligible to compete for the Team Posing Trophy. Teams with only one or two bodybuilders will be sent onto the stage in groups of three, four or five will and will not be judged for this award.

**THE MOST IMPROVED BODYBUILDER AWARD:** The winner of this award will be determined by the Chairman and the Secretary of the Judges Committee. The trophy will be supplied by the organizing federation.

The highest award of the S.P.B.B.F. is the Gold Honour Medal. The secretariat shall decide who shall receive this honour, normally limited to only one a year.

The next highest award of the S.P.B.B.F. is the Silver Medal. Each federation may recommend to the S.P.B.B.F. Secretariat individuals worthy of receiving this award, whose outstanding and continuous service and devotion to the sport of bodybuilding makes them worthy recipients.

Each federation may recommend to the S.P.B.B.F. Secretariat individuals to receive the S.P.B.B.F. Certificate of Merit for their outstanding service to the sport of bodybuilding. The host federation that is organizing the South Pacific Championships may recommend up to six individuals to receive the S.P.B.B.F. Certificate of Merit, to be presented at the Congress in conjunction with the Championships.

All judging in South Pacific for bodybuilding sport shall be conducted in accordance with the provisions of the WBPB "Official Guide Book" 2009 Edition. Any competition which is organized not in accordance with the said Manual shall not be considered as organized.

## **CODE OF ETHICS**

### **1. COMPETITORS**

We, the bodybuilders, realize that our conduct reflects on the good name of the sport of bodybuilding, and realizing the responsibility thereby placed upon us, pledge ourselves:

To fulfill our responsibility to society, to our coaches, to the officials and administrators of the S.P.B.B.F.

To honour, dignify and support the sport of bodybuilding by competing to the best of our ability and by being in top shop when giving an exhibition or a seminar.

To respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.

To respect the rules of competition and to observe them honestly in co-operation with the officials.

To accept the decision of the judges in the spirit of good sportsmanship without descending to selfish recriminations, realizing that those decisions have been made honestly and objectively.

To honour the special trust conferred on us by our participation and by representation of our country, and to adhere to the standards of personal conduct expected of us.

To recognise the value of bodybuilding and to promote its future by serving as an example to inspire other young people to participate.

To co-operate with our administrators in the development of high standards, both moral and physical, for the sport of bodybuilding and in the progressive furtherance of the aims of the S.P.B.B.F.

### **2. ADMINISTRATORS**

We the administrators, realizing that our policies, decisions and action reflect on the good name of the sport of bodybuilding, and realizing the responsibility thereby placed upon us, pledge ourselves:

To serve all bodybuilders, officials and other administrators according to their needs.

To promote through the sport of bodybuilding an understanding of its aims and objectives, its values and achievements, uniting all those who participate in whatever capacity in feelings of mutual respect and of friendship.

To safeguard the health and physical fitness of the bodybuilders.

To provide the bodybuilders and the officials with the best possible conditions for achieving bodily perfection.

To provide the bodybuilders and the officials with the best possible conditions for the conduct of the competition.

To co-operate with the officials in carrying out their competition duties with utmost efficiency.

To observe and respect all the rules of competition and the constitution of the S.P.B.B.F.

To recognise the value of bodybuilding and to co-operate with the bodybuilders in inspiring other young people to participate, in order to ensure the future of the sport of bodybuilding.

To co-operate with all interested parties in the development of high standards, both moral and physical, for the sport of bodybuilding and in the progressive furtherance of the aims of the S.P.B.B.F.

### **3. OFFICIALS**

We the officials, realizing that our actions and decisions as judges etc, reflect on the good name of the sport of bodybuilding, and realizing the responsibility thereby placed on us, pledge ourselves:

To apply honesty, impartially and objectively all rules controlling the competitions.

To safeguard the interests of all competitors on equal terms.

To co-operate in providing the best possible conditions for competitions for the benefit of the competitors, officials and administrators.

To respect the feelings and competitive drive of bodybuilders, and to make allowances for their heightened emotions in the heat of competition.

To respect the requirements of an effective administration and to co-operate willingly and promptly and in accordance with the requirements of the competition or judging procedure.

Refrain from attempting to influence the decision of other judges or officials, and to respect their individual opinions and decisions.

To honour the special trust conferred on us by our selection as judges or officials, and to adhere to the standards of personal conduct expected of us.

To co-operate with our bodybuilders and administrators in the development of high standards, both moral and physical, for the sport of bodybuilding and in the progressive furtherance of the aims of the S.P.B.B.F.