

EUROPEAN BODYBUILDING & FITNESS FEDERATION

CONSTITUTION

ARTICLE 1 : NAME

1.1. Name and Territory

The organization shall be known under the name “European Bodybuilding and Fitness Federation”, hereinafter called the “**EBFF**”. The **EBFF** operates on the territory of Europe. Countries outside of geographical Europe may be considered as the **EBFF** members, with the permission of the **IFBB**.

ARTICLE 1 : LOGO

2.1. Logo

The logo of this organization, an impression of each is printed upon the front cover of this Constitution, shall be the official logo of the European Bodybuilding & Fitness Federation (**EBFF**) after the approval by the **IFBB**.

ARTICLE 3 : OFFICIAL LANGUAGE

3.1. Official language

The official language of the **EBFF** shall be English.

ARTICLE 4 : COMPOSITION

4.1. Composition

The **EBFF** is an association of national sport governing bodies of the European countries for the sports of bodybuilding and fitness. **EBFF** is affiliated with and operates under the guidance of the International Federation of Bodybuilders (**IFBB**) of Montreal, Canada, and abides by the **IFBB** Constitution and Rules.

ARTICLE 5 : GENERAL PROVISIONS

5.1. General provisions of the EBFF:

5.1.1. The **EBFF** is a non-profit organization. Members of its Executive Council and

Committees are democratically elected and serve on a voluntary basis.

5.1.2. The **EBFF** forbids any and all racially, politically or religiously motivated

decisions, demonstrations or acts.

- 5.1.3. The **EBFF** does not discriminate between individuals or countries on the basis of age, race, colour, sex, religion, politics or other reasons.
- 5.1.4. The duration of the **EBFF** shall be unlimited.

ARTICLE 6 : OBJECTS

6.1. Objects of the EBFF:

- 6.1.1. To develop, promote and control the sports of bodybuilding and fitness on the Continent of Europe, under the guidance and supervision of the **IFBB**.
- 6.1.2. To promote health and fitness through physical culture, weight training, proper nutrition and lifestyle.
- 6.1.3. To develop co-operation between affiliated national federations and associations of the European countries.
- 6.1.4. To co-operate with the governmental sport agencies, National Olympic Committees of the European countries and European Olympic Committees Organization to get their support for bodybuilding and fitness.
- 6.1.5. To co-operate with mass-media and TV broadcasting organizations to promote bodybuilding and fitness and to cover the sport events organized under **EBFF** patronage.
- 6.1.6. To sanction, regulate and control of all continental championships and other types of bodybuilding and/or fitness competitions and to ensure they are conducted according to the **IFBB** Rules and under the **IFBB** approval.
- 6.1.7. To issue the **EBFF** Certificates for the European manufacturers of bodybuilding/fitness training equipment, sport clothes and shoes, accessories as well as food supplements.
- 6.1.8. To conduct seminars on doping, nutrition and training problems.
- 6.1.9. To conduct seminars for judges.
- 6.1.10. To co-ordinate the education of coaches, trainers and other specialists.
- 6.1.11. To honour individuals and organizations for their outstanding contributions to the sports of bodybuilding and/or fitness, with special diplomas, plaques or medals.
- 6.1.12. To promote clean sport, following the ***IFBB Doping Policy & Anti-Doping Program***.
- 6.1.13. To educate athletes and all people involved in fitness on healthy lifestyle.

ARTICLE 7 : MEMBERS

7.1. National sports organizations

- 7.1.1. Membership in the **EBFF** shall be limited to those National Federations which have already been affiliated with the **IFBB**.

7.2. Individuals

- 7.2.1. Membership in the **EBFF** is automatically granted to any individual who, with the approval of his national federation, become **EBFF** Executive Council member.

7.3. Rights

- 7.3.1. Every individual or organization, upon becoming a member of the **EBFF**, shall have the right to participate in, and benefit from, any activity of the **EBFF** as long as that member meets the qualifications of that activity.

7.4. Resignation

- 7.4.1. Any member may resign from the **EBFF** by submitting a written letter of resignation to the **EBFF** President.

7.5. Revocation of membership

- 7.5.1. Any membership may be revoked by two third majority vote of the **EBFF** Congress.

7.6. Fees

- 7.6.1. Every national sports organization affiliated with the **EBFF** shall pay a yearly membership fee in an amount proposed, from time to time, by the Executive Council and established by the **EBFF** Congress.
- 7.6.2. Any affiliated organization which does not pay the fee, may be suspended in its rights or may be removed from the **EBFF**.

ARTICLE 8 : NATIONAL FEDERATIONS

8.1. General

The **EBFF** shall recognize one national federation per country and only these federations, which have been already recognized by the **IFBB**.

8.2. Procedures

Any national sport governing body for the sport of bodybuilding and/or fitness who wishes to affiliate with the **EBFF** shall submit, in writing and to the President, the following documents:

- 8.2.1. A request for affiliation, signed by their president and general secretary.
- 8.2.2. A statement confirming that they have been already affiliated with the **IFBB**, with the date (year) of their recognition by the **IFBB**.
- 8.2.3. A copy of their constitution.
- 8.2.4. Information on the last electoral congress of their federation (date, place) and the current composition of their executive council.
- 8.2.5. A name of the person responsible for communication with the **EBFF**, with his/her detailed address, phone and fax numbers, e-mail, etc.
- 8.2.6. A list with the names of their international judges.
- 8.2.7. A statement, signed by their president, that the national federation agrees to

abide by the **EBFF** Constitution and the decisions and rulings of the **EBFF** Executive Council and Congress.

8.2.8. The annual affiliation fee, which shall be paid to the **EBFF** in amount established by the Congress.

8.3. Confirmation of Membership

Upon receipt of the above mentioned documents and affiliation fee, the national federation shall be provisionally affiliated till the next annual meeting of the **EBFF** Congress, at which the affiliation shall be confirmed or denied.

8.4. Resignation

8.4.1. Any national federation may resign from the **EBFF** at any time by submitting a written letter of resignation to the President.

8.4.2. Any national federation which resigns from the **EBFF** membership but still is a member of the **IFBB** will not be allowed to participate in any European

Championships and international contest held in Europe and will not be allowed to take part in the **EBFF** activity.

8.4.3. Resignation of the national federation from the **IFBB** shall be automatically treated as a resignation from the **EBFF** as well.

8.5. Suspension

Any national federation may be suspended for the following reasons:

8.5.1. Failing two years in a row with the payment of its affiliation fee.

8.5.2. Failing to adhere to, or comply with, the **EBFF** Constitution or the decisions and rulings of the **EBFF** Executive Council or Congress.

8.5.3. Any national federation suspended by the **IFBB** shall be automatically suspended by the **EBFF**.

8.5.4. Any national federation or individual suspended by the **EBFF** may appeal to the **EBFF** Appeal Committee. ■■■

8.6. Notification

Any notification regarding suspension, expulsion or dissolution of a national federation shall be forwarded by registered mail, and a copy should be sent to the **IFBB**.

ARTICLE 9: THE CONGRESS

9.1. Composition

The Congress should be composed of the members of the Executive Council and national federations - two delegates per each national federation.

9.2. Powers

The powers of the Congress should be as follows:

- 9.2.1. To elect or appoint, at special electoral meeting, the members of the Executive Council, who should serve for a four year term or until such a time as they are replaced in accordance with the terms of the Constitution.
- 9.2.2. To confirm or withhold confirmation of the Constitution or any amendment to the Constitution.
- 9.2.3. To remove, by majority vote, any suspension or remit any penalty previously imposed on any person or affiliated organization of the **EBFF**.
- 9.2.4. To remove from office, by two third majority vote, any member of the **EBFF** Executive Council who, by neglect of duties or by misconduct, brings dishonour to the **EBFF** or to the sport of bodybuilding/fitness.

9.3. Meetings

The annual meeting of the Congress shall be held in conjunction with the European Men's Bodybuilding Championships or other Continental Championships.

9.4. Agenda

The agenda of the annual meeting of the **EBFF** Congress shall consist of, but shall not be limited to, the following items:

- 9.4.1. The examination and approval of the annual reports of the:
 - 9.4.1.1. President
 - 9.4.1.2. General Secretary
 - 9.4.1.3. Vice Presidents
 - 9.4.1.4. Financial Director
 - 9.4.1.5. Chairpersons of the various standing committees
- 9.4.2. The affiliation of new members.
- 9.4.3. The selection of locations for all continental bodybuilding and fitness championships, which must be done with the approval of the **IFBB**.
- 9.4.4. The approval of all international bodybuilding and fitness events organized by any national federation affiliated with the **EBFF**.
- 9.4.5. The propositions submitted by the member federations. Propositions must reach the office of the President no later than fifty (50) days before the date for the meeting of the Congress.
- 9.4.6. Only those items which are listed on the agenda may be discussed at the meeting of the Congress. Time permitting, the President may allow other matters to be discussed.

9.5. Notice

The notice of the annual meeting of the **EBFF** Congress shall be forwarded to the members of the Executive Council and to member federations no later than thirty (30) days prior to the date of the annual meeting of the Congress. The notice shall contain information concerning the business to be discussed at the

meeting.

9.6. Participation

9.6.1. The following persons are entitled to participate in the **EBFF** Congress:

9.6.1.1. Members of the Executive Council.

9.6.1.2. Delegates from member federations, on the basis: two delegates per country.

9.6.1.3. **IFBB** Executive Council members.

9.6.1.4. Guests invited by the **EBFF** President. They may participate in the whole Congress or in its part only, according to the invitation.

9.6.2. The General Secretary, or duly appointed representative, shall verify the credentials of the participants of the Congress and shall issue to each bona fide member an **EBFF** voting card.

9.7. Conduct of Meeting and Voting

9.7.1. The president shall be in the chair of the meeting.

9.7.1.1. The president shall have the authority to determine the number and duration of any speeches.

9.7.2. Each member federation present is entitled to one vote.

9.7.3. Every issue at the Congress shall be decided by majority vote, with the exception of points 7.5.1 and 9.2.4.

9.7.4. The chair of the meeting shall have a second or casting vote in the event of tie.

9.7.5. The meetings of the Congress shall be conducted in private.

9.8. Minutes

The minutes of the annual meeting of the Congress shall be taken by the General Secretary or appointed representative and shall be forwarded to the member federations, members of the Executive Council and the **IFBB** President as a part of the "**EBFF** Congress Report".

9.9. Responsibilities of the Organizer

9.9.1. The organizer of the Congress is obliged to provide the meeting room for the Congress, with the capacity of one hundred seats, one big table for members of

the Executive Council, single tables for delegates and guests and a banner with the name of the Congress, date and place.

9.9.2. The organizer shall provide accommodation and meals for the members of the Executive Council. Delegates from national federations should be the members of their national team for the Championships.

ARTICLE 10:THE**EXECUTIVE COUNCIL****10.1. Composition**

The Executive Council of the **EBFF** is composed of the following officers:

- 10.1.1. The President
- 10.1.2. Three Vice Presidents
- 10.1.3. The General Secretary
- 10.1.4. The Executive Assistant to the President (appointed, no vote)
- 10.1.5. The **IFBB** Vice President for Europe
- 10.1.6. The Financial Director
- 10.1.7. Chairperson of the Bodybuilding Committee
- 10.1.8. Chairperson of the Fitness Committee
- 10.1.9. Chairperson of the Technical and Education Committee
- 10.1.10. Chairperson of the Judges Committee
- 10.1.11. Chairperson of the Disciplinary Committee
- 10.1.12. Chairperson of the Medical Committee (appointed, no vote)
- 10.1.13. Legal Adviser (appointed, no vote)
- 10.1.14. Athlete's representative (appointed, no vote)

10.2. Powers

The Executive Council members shall have power to:

- 10.2.1. Direct the affairs of the **EBFF** in all matters. Between meetings of the Executive Council, the President and General Secretary shall be responsible for management and operation of the **EBFF**.
- 10.2.2. Supervise and control all **EBFF** activities.
- 10.2.3. Negotiate and make any kind of contract which the **EBFF** may lawfully enter into.
- 10.2.4. Authorize expenditures on behalf of the **EBFF**.
- 10.2.5. Employ and pay salaries to employees.
- 10.2.6. Ensure that the **EBFF** Constitution and the **IFBB** Constitution and Rules are followed by all members.
- 10.2.7. Convene the meetings of the Executive Council and the Congress.
- 10.2.8. Ensure that the decision of the Executive Council and the Congress are carried into effect.

10.3. Meetings

- 10.3.1. The Executive Council shall meet at last once a year, or
- 10.3.2. Whenever convened by the agreement of the President and General Secretary. Secretary, or
- 10.3.3. At the request of majority of the members of the Executive Council.
- 10.3.4. The sittings of the Executive Council shall be conducted in private.

10.4. Conduct of Meetings and Voting

The President shall be the chair at all meetings of the Executive Council. The following members of the Executive Council shall have one vote:

- 10.4.1. The President
- 10.4.2. The Vice Presidents

- 10.4.3. The General Secretary
- 10.4.5. The IFBB Vice President for Europe
- 10.4.6. The Financial Director
- 10.4.7. Chairperson of the Bodybuilding Committee
- 10.4.8. Chairperson of the Fitness Committee
- 10.4.9. Chairperson of the Technical and Education Committee
- 10.4.10. Chairperson of the Judges Committee
- 10.4.11. Chairperson of the Disciplinary Committee

Every issue before the Executive Council shall be decided by majority vote. In case of tie, the President has a deciding vote.

10.5. Minutes

The minutes of all meetings of the Executive Council shall be taken by the General Secretary and shall be forwarded to all members of the Executive Council.

10.6. Vacancy

The office of the Executive Council member shall automatically vacated:

- 10.6.1. If he resigns from his office in writing.
- 10.6.2. If he is found by court to be of unsound of mind.
- 10.6.3. If he is accused in open legal action, he shall be temporary removed.
- 10.6.4. If he is found guilty by a civil court for the criminal offence, he shall be suspended.
- 10.6.5. If he is absent from two consecutive meetings of the Executive Council or neglect his duties. He may be replaced by a majority decision of the Executive Council.

ARTICLE 11 : STANDING COMMITTEES

11.1. The Bodybuilding Committee

The Bodybuilding Committee shall be comprised of the Chairperson, Secretary and three other members. The main task of this Committee is to support the President and the Executive Council in the performance of their duties.

11.2. The Fitness Committee

The Fitness Committee shall be comprised of the Chairperson, Secretary and three other members. The main task of this Committee is to support the President and the Executive Council in the performance of their duties.

11.3. The Technical Committee

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

- 11.3.1. To consult with the organizers of the international bodybuilding/fitness competitions sanctioned by the **EBFF** to ensure that all technical matters are

efficiently and effectively dealt with.

11.3.2. To assist the **EBFF** Judges Committee in ensuring that the running of the international events held in Europe is carried out in a smooth and efficient manner.

11.3.3. To verify if the training equipment, sport cloths, sport shoes and accessories to be certified, fulfil the **EBFF** Requirements.

11.4. Judges Committee

The Judges Committee shall be comprised of a Chairperson, Secretary and three other members and shall have the following duties:

11.4.1. To prepare, maintain and update, in co-operation with the **IFBB** Judges Committee, a list of international judges of all categories (A, B and C) from the European countries.

11.4.2. To organize seminars for judges at the European Championships and other international events sanctioned by the **EBFF**.

11.4.3. To appoint statisticians, who shall be sworn to secrecy, to calculate the results of any and all international bodybuilding/fitness competitions sanctioned by the **EBFF**.

11.4.4. To select judges for the European Championships and other international events in Europe, based on the nominations of the national federations.

11.4.5. To determine the timetable for and to supervise the registration/weighing-in procedure at all international events in Europe.

11.4.6. To arrange the practical test of judging for the candidates for international class, nominated by the national federations, and to forward the test papers to the **IFBB** Judges Committee Chairperson for assessment and nomination of judges for international class.

11.4.7. To calculate the accuracy of all judges at international events organized in Europe and forward the results to the **IFBB** Judges Committee Chairperson.

11.5. The Medical Committee

The Medical Committee shall be comprised of a Chairperson, Secretary and three other members and shall have the following duties:

11.5.1. To maintain and update, in co-operation with the **IFBB** Medical Committee, the current rules and regulations on doping control, mandatory in the **IFBB**.

11.5.2. To conduct, supervise and control, in co-operation with the **IFBB** Medical Committee the doping control at the European Championships and other international events in Europe, sanctioned by the **EBFF**.

11.5.3. To prepare and propose to the Executive Council the **EBFF** Requirements for European manufacturers of food supplements and dietetic alimentary products, who wish to obtain the **EBFF** Certificate for their products.

11.5.4. To verify if the food supplements and dietetic alimentary products to be certified, fulfil the **EBFF** Requirements.

11.6. The Disciplinary Committee

The Disciplinary Committee shall be comprised of the Chairperson, Secretary and one other member. Its purpose shall be to investigate disciplinary matters and report the results of investigation to the President.

11.7. The Appeal Committee

The Appeal Committee shall be comprised of the Chairperson, Secretary and one other member. Its purpose shall be to evaluate any appeal and to report the results of this evaluation to the Executive Council for the final decision.

ARTICLE 12 : DUTIES OF THE EXECUTIVE COUNCIL MEMBERS

12.1. The President

The president is the Chief Executive Officer of the **EBFF** and shall have the following duties:

- 12.1.1. To have general management of the affairs of the **EBFF**.
- 12.1.2. To chair, direct the debate, preside over and keep order at all meetings of the Executive Council and the Congress.
- 12.1.3. To interpret any matter arising out of the Constitution. He may, at his own discretion, seek the advice of other members of the Executive Council and the Congress before arriving at a final decision.
- 12.1.4. To be the official spokesperson and representative of the **EBFF** in all matters.
- 12.1.5. To make inspection of affiliated sport organization.
- 12.1.6. To attend European Championships and all other European contests sanctioned by the **EBFF**. The organizer shall provide accommodation and meals for him.
- 12.1.7. To have the authority to appoint a representative to attend any meeting or event, he will not be able to participate in personally. Said representative shall be entitled to have the same privileges as the President.
- 12.1.8. To be an ex-officio member of any and all standing committees.

12.2. The Vice Presidents:

The Vice Presidents shall have the following duties:

- 12.2.1. To assist the President in the performance of his duties.
- 12.2.2. To represent the **EBFF** when mandated by the President.
- 12.2.3. To make, if mandated by the President, the inspection tour of the affiliated national federations.
- 12.2.4. To fulfil any other duties assigned by the President, Executive Council or Congress.

12.3. The General Secretary

The General Secretary shall have the following duties:

- 12.3.1. To assist the President in the performance of his duties.
- 12.3.2. To record and kept all votes and minutes of the meetings of the Executive Council and the Congress.
- 12.3.3. To assure, a notice of all meetings of the Executive Council and the Congress will be forwarded in time.
- 12.3.4. To keep and maintain files of all documents in writing of the **EBFF**.
- 12.3.5. To keep the minute book and the seal of the **EBFF**.
- 12.3.6. To provide information concerning bodybuilding and fitness to interested

parties.

- 12.3.7. To assist the President in drawing up the agenda of the annual meeting of the Congress and all meetings of the Executive Council.
- 12.3.8. To register the proposition from affiliated national sport organizations and put them into the agenda of respective meetings.
- 12.3.9. To register and keep the results of all competitions sanctioned by the **EBFF**.
- 12.3.10. To represent the **EBFF** when mandated by the President.

12.4. The Financial Director

The Financial Director shall have the following duties:

- 12.4.1. To assist the President in all matters regarding the finance of the **EBFF**.
- 12.4.2. To study and suggest to the Executive Council and the Congress various methods of rising funds necessary for the operation of the **EBFF**.
- 12.4.3. To monitor the expenditure of all monies from the **EBFF** account.
- 12.4.4. To negotiate the terms of the contracts between the **EBFF** and sponsors/advertisers and prepare these contracts for the final assessment by the President and Executive Council.
- 12.4.5. To keep full and accurate accounts of all assets, liabilities, receipts, and disbursements of the **EBFF** in the books belonging to the **EBFF** and to deposit all monies, securities and other valuable effects in the name and to the credit of the **EBFF** in such chartered bank or trust company as may be designated by the President.
- 12.4.6. To distribute the funds of the **EBFF** as may be directed by the President and to inform the President and/or the Executive Council, whenever they may require, on accounting of any and all transactions and a statement of the financial position of the **EBFF**.
- 12.4.7. To arrange for auditing financial statements to be submitted to the Executive Council and the Congress at their meetings.
- 12.4.8. To fulfil any other duties, that may be assigned by the President, Vice Presidents, Executive Council or Congress.

12.5. The Legal Adviser

The Legal Adviser shall have the following duties:

- 12.5.1. To assist the President and other members of the Executive Council in the performance of their duties and to advise them on any matters of a legal nature.
- 12.5.2. To study the drafts of all contracts between the **EBFF** and other parties and verify if these contracts are correct from the legal side and if the contracts are not harmful or danger to the **EBFF**.
- 12.5.3. To study if all resolution of the Executive Council and Congress don't violate the **EBFF** Constitution or the **IFBB** Constitution and Rules.
- 12.5.4. To represent the **EBFF** in any and all matters wherein such legal representation is requested by the President.
- 12.5.5. To fulfil any other duties, that may be assigned by the President, Executive

Council and Congress.

ARTICLE 13: ELECTIONS

13.1. The election

The election of officers to the Executive Council and standing committees shall proceed as follows:

- 13.1.1. Every four years, at a special electoral meeting of the Congress, the election and appointment of officers to the Executive Council and standing committees shall take place.
- 13.1.2. National federations may nominate deserving members for any position on the Executive Council and standing committees, except where a member is an active bodybuilding or fitness competitor.
- 13.1.3. Nomination for the various positions on the Executive Council and standing committees must reach the President by registered mail or by fax no later than fifty (50) days before the day of the electoral meeting of the Congress.
- 13.1.4. Elected or appointed officers shall normally hold office for a period of four (4) years, or until such time as their successors are elected or appointed in accordance with the terms of the Constitution.
- 13.1.5. Incumbent members of the Executive Council shall be eligible for re-election or re-appointment.
- 13.1.6. National federation nominating a candidate for the Executive Council or standing committee must enable that person, if elected or appointed, to attend all of the regularly convened meetings of the Executive Council and Congress.
- 13.1.7. The President shall appoint two scrutinizers for counting the votes.
- 13.1.8. If two or more candidates obtain an equal vote, there shall be a second ballot. If a tie still exist, the President shall cast the final vote.

13.2. Order of election

The election or appointment of position on the Executive Council and standing committees shall proceed in the following order:

- 13.2.1. The President
- 13.2.2. The Vice Presidents
- 13.2.3. The General Secretary
- 13.2.4. The Executive Assistant to the President
- 13.2.5. The Financial Director
- 13.2.6. The Chairpersons, Secretaries and members of the following standing committees:
 - 13.2.6.1. Bodybuilding
 - 13.2.6.2. Fitness
 - 13.2.6.3. Technical and Educational

13.2.6.4. Judges

13.2.6.5. Disciplinary

according to the rule: a candidate with the biggest number of votes becomes the Chairperson, with the second biggest number of votes becomes the Secretary, etc.

13.2.7. The Legal Adviser

ARTICLE 14 : FEES

14.1. Affiliation Fee

The national federation shall pay an annual affiliation fee in January of each year. Any national federation which fails to pay their annual affiliation fee may neither participate in, nor vote at, the annual meeting of the **EBFF** Congress, or the meetings of the various standing committees, nor may their members participate in any competitions sanctioned by the **EBFF**, including the European Bodybuilding and Fitness Championships. A letter of reminder shall be forwarded to any national federation who fails in payment of their annual affiliation fee.

ARTICLE 15 : HONORARY TITLES, DIPLOMAS AND AWARDS

15.1. Honorary Titles

15.1.1. The President may grant honorary titles of President, Vice President or Member to any individual for meritorious service to the **EBFF**.

15.2. Diplomas and Awards

15.2.1. The national federations may propose their outstanding individuals to be rewarded with the **EBFF** diplomas and awards for their achievements in promotion and development of bodybuilding and fitness in Europe.

15.3. Procedures

Propositions from national federations with names of individuals to be awarded with the **EBFF** diplomas and awards should be sent, in writing, to the President not later than 60 days prior to the annual meeting of the Congress. All rewards shall be accepted by the Executive Council at the meeting prior to the Congress.

ARTICLE 16 : AMENDMENTS

16.1. Amendments

The **EBFF** Constitution may be repealed or amended by resolution, enacted by the Executive Council and confirmed by a majority vote of the Congress.

