

## NUWPL Bylaws

### **Article I: Name**

The name of this Northeastern University Club Sports Team will be Northeastern University Women's Powerlifting Team.

### **Article II: Purpose**

The Northeastern University Women's Powerlifting Team (NUWPL) is committed to facilitating a productive and safe atmosphere for the furthering of current and prospective member's athletic and professional powerlifting careers. NUWPL will achieve this commitment by consistently striving towards the following objectives:

1. Encourage proper, safe, and effective powerlifting in raw and equipped training cycles.
2. Uphold the Northeastern University Code of Student Conduct and all USAPL standards.
3. Foster confidence, ambition, and empowerment within all of its members
4. Develop a flexible, self-sufficient, and reliable group able to withstand dynamic atmospheres.
5. Endorse strength in all aspects of life.
6. Promote drug-free powerlifting in the Northeastern region of the United States and across the globe.
7. Uphold a professional and competitive presence at USAPL Collegiate Nationals and smaller local meets.

### **Article III: Membership**

#### 1. Tryouts

- a. Any undergraduate and graduate Northeastern University student that does not turn the age of 26 until after the Collegiate Nationals of the respective season can try out for the team – undergraduate students must be enrolled for 12 credit hours per semester (graduating seniors can be part-time students, 8 credit hours) and graduate students must be enrolled for 8 credit hours per semester. In the case of an individual that is on Co-op through Northeastern, the individual is still allowed to try out even if not enrolled in classes for the respective semester.
- b. Tryouts consist of a two-week period in the beginning of the fall. The general tryout program consists of a week of prehabilitation exercises, movement prep, conditioning to test mental toughness; then the second week will test for three rep maxes for the squat, bench, and deadlift.

c. Cuts will be decided by the executive board after the first and second week. The coaches' evaluations of prospective members will be considered in the executive board's decision.

i. The executive board will look for coachability, teamwork, grit, and a prospective member's weight class from a prospective member during tryouts.

ii. A prospective non-board member will be accepted with a majority vote by the executive board.

iii. Members of the executive board itself will be involved in organizing and running the tryout process, and therefore will already have a spot on the team roster.

## 2. Members

a. The members of NUWPL will be actively enrolled students of Northeastern University in good academic standing per the registrar's standards

b. Membership shall not be limited by Co-op program through Northeastern or class enrollment status and programming will be adjusted to cater towards people's specific circumstances

c. Members will be voted upon at the discretion of the all officers of the Executive Board during tryouts as well as take into account the opinions of the rest of the women's team

## 3. Responsibilities and Privileges of Membership

### a. Responsibilities:

i. Every member of the organization will be respectful of the practice environment, teammates, and coaches. Respect is defined as due regard for the feelings, wishes, rights, or traditions of others.

ii. Members will represent NUWPL professionally at NUWPL events, in their everyday lives, and on social media.

iii. Participation: Each member shall be required to participate in all organizational events including but not limited to:

1. Three weekly practices; Members are expected to be on time and stay for the full duration of practice. Practice times may vary semester to semester.

2. One spotting and loading meet per semester (summer 1 and 2 count as a singular separate semester).

3. Any and all team meetings.
- b. Privileges: Each member in good standing will be entitled to the following privileges:
  - i. The purchase of NUWPL apparel
  - ii. Practice time in the Cabot Center
    1. Subject to change with the addition of a raw or JV team in the future
  - iii. Programming
  - iv. Personalized help if requested
  - v. Team coaches
  - vi. Access to records and bylaws
  - vii. Any of the above rights may be revoked at the discretion of the voting Executive Board members and/or when three infractions to the required participation clauses have been made

#### **Article IV: Membership Obligations**

1. The practices of NUWPL will be held thrice weekly. Notification of practices shall be made by the Secretary or President via email or verbal communication
2. At any notice, the President and/or head coach may call extra practices or assign additional workouts to be completed outside of designated practice times i.e. prehab exercises or exercises on the program that were not completed in the Cabot weight room
3. There is no quorum for the Northeastern University Women's Powerlifting team. Practice may commence at any level of attendance
4. Each member must participate in at least one spotting and loading fundraiser event per semester (summer meet counts separately from fall and spring requirements). Members must have an excusable reason for not attending fundraising events.
5. Each member must compete in a raw fall meet and one equipped meet in the spring (Collegiate Nationals).
  - a. First year members will be required to do a local equipped meet in the spring before Collegiate Nationals. Veteran members of at least one year may compete at this competition if desired, but it's not mandatory
  - b. Veteran members of at least one year may compete in a late summer meet (after July 1st) in place of their fall meet requirement if they desire.
  - c. There may be exceptions to this rule with the approval of the Executive Board and coaching staff.

- i. i.e: If the athlete has not qualified for nationals by the day of the Spring meet, they are mandated to compete in the Spring either to qualify for Nationals, if not at the first meet, or as a meet in place of Nationals.

6. Being on the team for one school year does not guarantee membership for the following school year. Each returning member, other than members of the Executive Board, is subject to a tryout at the beginning of each semester and all members are expected to participate in summer check-ins and to continue to lift over the summer.

7. If any team equipment is lost, damaged or made unavailable to the team by a current or former NUWPL member they are responsible for replacing the item's cost in full. If the item is not replaced it will trigger further action from the Club Sports Office.

#### **Article V: Hazing**

1. Hazing will not be tolerated in any form on the Northeastern University Women's Powerlifting Team.

2. If hazing practices are discovered the Executive Board and/or Coaches will immediately notify the Club Sports Office. The incident/s will be reported to the Office for University Equity and Compliance (OUEC) and the Office for Student Conduct and Conflict Resolution (OSCCR) for investigation. If an alleged member is found in violation of university policies they can be suspended or removed from NUWPL.

#### **Article VI: Expulsion**

1. If a member fails to complete any of the requirements listed in Article IV, they may be expelled from the team at the discretion of the Executive Board and the CSO depending on severity

2. If a member fails to report to practice three times without an excused absence explicitly approved by an Executive Board member and noted on the secretarial attendance sheet, the member may be permanently dismissed if the behavior continues after the e-board meets with them.

- a. If a member has outstanding circumstances that prevent them from attending meetings or events, the member must submit an approval request in writing to the Executive Board for secretarial purposes.

3. If a member poses a threat to any member of the team including themselves, they may be dismissed from the team at the discretion of the Executive Board.

4. If a member fails a drug test for any reason given either in a sanctioned meet or given outside of a meet at the discretion of the Executive Board and coaches, said member will be dismissed without question and could be referred to OSCCR.

#### **Article VII: Officers**

1. Titles: the Northeastern University Women's Powerlifting Team shall have the following officers elected from the current membership:

- a. President
- b. Vice-President
- c. Secretary
- d. Treasurer
- e. Marketing/Social Media Chair
- f. Fundraising Char
- g. Safety Officer (two are needed and they do not need to be elected; they will be appointed by CPR/BLS/First Aid certification)

2. Qualifications:

- a. The president and VP shall have at least one year of non-presidential Executive Board experience in their repertoire
  - 1. Elections held at the end of the 2025-2026 season will only require that only the President has at least one year of Executive Board experience, given that there will only be one member of the executive board that is staying at Northeastern.
- b. The other officers must be current members of the organization.

3. Duties of Officers:

- a. The president shall preside at all meetings and be responsible for appointing all standing, special, and ad-hoc committees and shall perform such other duties as usually required of this office. The president of the organization shall be an ex-officio member of all committees. The president must delegate tasks down the chain of command. The President must attend the official National meeting.
- b. The Vice-President shall act in the absence of the President in all capacities as listed above and shall assist in conducting the business of the organization in a proactive manner. The Vice-President will not wait for direction to act on opportunities in the best interest of NUWPL. The Vice President is primarily in charge of upkeeping and regulating DSE.
- c. The Secretary shall keep track of a roster of members and their activities including attendance of fundraising events and absences from practices. They will keep track of all meeting notes in an organized and transparent manner. The Secretary will be responsible for sending out team E-mails, slack notifications, and handling registration for all meets.
- d. The Treasurer shall maintain all

NUWPL accounts. They will keep track of expenditures in a consistent manner, and they will report to the President monthly during ledger submission. The Treasurer is responsible for the upkeep of the ledger and has the final say in any purchasing by NUWPL. If they deem fit, they may refrain from funding any activities until a compromise is reached between the other members of the board and the Treasurer.

e. The Marketing/Social Media Chair will be responsible for all upkeep of NUWPL social media outlets. They will be responsible for maintaining and instigating any sponsorships and professional working relationships at all times. They will maintain relationships with the men's team and their social chair to further the promotion of powerlifting in the Northeast. They will maintain the Instagram, Facebook, Youtube, Tiktok, and other forms of social media as they deem fit as well as inventing any and all other promotional social outlets.

f. The Fundraising Chair will be responsible for organizing at least 1 fundraising event per semester. They will be responsible for planning each event and fostering engagement and participation from the women's team. They will also maintain relationships with the men's team fundraising chair as well to plan large scale fundraisers for both teams and will promote a collaborative environment. They will be responsible for spearheading the Husky Starter and Giving Day fundraisers for the women's team to raise money for Collegiate Nationals and the club as a whole. They will also be responsible for planning at least one philanthropic event each year so that the women's powerlifting team can give back to their community, whether that be a fundraiser for a cause or volunteering.

g. The Safety Officer must be certified in first aid, BLS, and CPR, and is not required to be a member of the Executive Board.

h. The selection of coaches will be determined by a majority vote of the Executive Board. Club Sports will have the final approval for the hiring of our coaches.

i. All Executive Board members have the option to become a USAPL State Referee, a van driver certified through Northeastern University at age 21, or a safety officer for the club.

i. Exceptions may be made at the discretion of the Executive Board

ii. This opportunity is also open to all non-Executive Board members of the organization if they meet the criteria for each certification.

iii. Flexibility will exist among roles at the discretion of Executive Board members.

#### 4. Terms of Office:

a. Officers shall be elected annually at the end of the spring semester, after Collegiate Nationals, for the following year (or at various points through the year if required) by the members of the organization at one of the regular meetings or a special meeting called for this purpose. Members will be allowed to nominate their teammates as well as themselves. Elections shall be by ballot and a majority of votes cast shall elect an official

i. Students in their final semester will have a vote in these elections for the 2026-2027 term. This is due to a large number of students in their final semester and this rule can be re-visited for the following year as the e-board sees fit.

ii. The officer positions will be voted on in the order of President, Vice President, Treasurer, Secretary, Marketing/Social Media Chair, and Fundraising Chair.

b. Each officer shall take office and serve a one-year term. If an officer wishes to serve for another one-year term, they must be re-elected.

c. If the circumstances of an election are questionable or contested, each running official has the right to a re-vote at any time following elections.

d. If a candidate is considered unqualified, the candidate may be denied the right to run or stripped of office at the discretion of the other Executive Board members.

#### 5. Vacancies and Removal:

a. A vacancy in the office of the Presidential position may be filled by any sitting member of the Executive Board by a majority vote.

b. The Vice-Presidential position may be filled by any under ranking positions at a majority vote of the Executive Board or if no parties are willing, filled by a team member by a majority vote of all active members of the organization.

c. Any office, including the President and Vice-President, may be removed or suspended from office by a vote of majority of the Executive Board at a regular meeting or a special meeting called for this reason. Removal or suspension must have reasoning behind the action.

i. The officer under consideration shall be given an opportunity to be heard at a meeting of all Executive Board members with sufficient written notice of the proposed removal or suspension.

ii. The officer under consideration shall not be counted in determining whether the required majority vote has been obtained.

iii. Upon a vote of removal or suspension of the President, the Vice-President shall preside at the meeting until other arrangements are made.

iv. If for any reason, the President, Vice-President or other officers are unable or unwilling to fulfill their duties, by discretion of the Executive Board they may be removed by a majority vote.

d. The Club Sports office has the right to remove an officer from their position if they deem that they are unable or unfit to fulfill their duties.

6. Resigning from Office:

a. If an officer is no longer willing or able to perform her responsibilities they may decide to resign from their position.

i. The resigning officer must submit in writing to the rest of the Executive Board, a letter of resignation giving a 2 week transition time for either another Executive Board member to take over their role or for a member of the organization to be elected.

ii. The resigning officer will give access to any and all NUWPL documents etc. to the member taking over their position and will help with the transition by answer any questions from the new officer and offering insight that could be helpful

**Article VIII: Coaching obligations**

1. All Staff:

a. Any and all coaches, whether remote or in-person, must adhere to team standards and exude professional behavior, even outside of NUPL activities.

2. Programming Coach

a. Programming coaches will provide programming ahead of time, at the beginning of each training block and will provide feedback in a way both the coach and lifter deem fit.

b. Programming coaches will be in attendance at Collegiate Nationals.

3. Head Coach:

a. Head coaches will attend powerlifting competitions in the Fall and Spring Semester leading up to and including the National Collegiate Championships where the team will be competing.

b. Head coaches will be in person at all Cabot practices and provide in person coaching and performance feedback for lifters.

4. Assistant Coach:

- a. Assistant coaches will not be responsible for programming, but will be responsible for making their best effort to attend as many practices and competitions as possible, including Fall and Spring competitions and the National Collegiate Championships.
- b. Assistant coaches will be responsible for providing performance feedback for lifters.

#### **Article IX: Parliamentary Authority**

The Northeastern University Women's Powerlifting Team Executive Board will enforce these rules as they have been outlined. Any inconsistencies may be disputed and brought to the attention of the Executive Board and advising faculty.

#### **Article X: University Policies**

This organization shall abide by all applicable policies instituted by Northeastern University. Any and all infractions will be heard by first the Executive Board then by the Club Sports office, and if suitable, progressed to OSCCR for further action.

#### **Article XI: Amendments**

These bylaws may be amended by a vote of two-thirds of the Executive Board of the organization present at any regular meeting or at a special meeting called for that purpose. The membership shall be notified of adopted bylaw amendments by the most feasible means.