



South African Weightlifting Federation

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Date 2023/10/04

Notice of proposed Changes to:

SCHEDULE "J" TECHNICAL AND COMPETITION RULES AND REGULATIONS

Dear The South African Weightlifting Federation Council

The Technical Committee have reviewed the current competition policy and recommend the following changes to prevent our youth lifters being required to make a specific weight class for Provincial and National competitions. Please refer to Attached "SAWF_Constitution_ScheduleJ_CompetitionPolicy_V2_2023" Policy for changes.

The Policy includes the Age category U20 and U17 for Juniors and U17, U15, U12, U10 and U8 for Youth. This principle is also used in other international Federations.

The Aim is not to complicate the current system but find a way we can motivate our up-and-coming youth lifters in the sport of weightlifting.

As per the South African Weightlifting Federation Constitution dated 21th January 2023

39. ALTERATION OR VARIATION OF THIS CONSTITUTION
- 39.1. The Constitution can only be changed by a resolution. The resolution has to be agreed upon and passed by not less than two-thirds ($\frac{2}{3}$) (or at least 67%) of the members who are at the annual general meeting or special general meeting. Members must vote at this meeting to change the Constitution.
- 39.2. Written notices must go out not less than fourteen (14) days before the meeting at which the changes to the constitution are going to be proposed. The notice must indicate the proposed changes to the constitution that will be discussed at the meeting'
- 39.3. No amendments may be made which would cause the organization to close down or stop or to die away.

Regards,

Technical Committee

South African Weightlifting Federation Executive Members [Dated 2023/07/20]

President: Caroline Wolf; General Secretary: Antoinette Kriel; Treasurer: Darryn Anthony; Technical: Rodney Anthony;
Development: George Piet; Human Resources: Stan Bosch; Media & Marketing: Yolandi Donovan;
Medical: Dr Nikki Allorto; Athlete Rep: Ruben Burger; Coach Rep: Andre Gadney;
Provincial Chairpersons: Martin Venter (KwaZulu-Natal); Nicolas Gindre (Gauteng); Pieter Du Plessis (Free State);
George Piet (Eastern Cape); Kevin du Plooy (Western Cape); Koos Henning (Limpopo); Lafras Dunn (North West)