



## **PREAMBLE**

We, the members of this federation, consisting of state association have given ourselves this constitution and it is binding on every member's state, individuals, Clubs and all athletes.

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## **Terminology**

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the "NSF General Assembly", "NSF President", "NSF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

We, the member of this Federation Known as **NIGERIA STRONGEST MAN FEDERATION** have giving ourselves this Constitution and it is binding on every member's, individuals and all athletes.

## **1. DEFINITION**

### **1.1 Name**

#### **1.1.1**

The NIGERIA STRONGEST MAN FEDERATION hereinafter called “NSF” is an organization founded in 2014 in Nigeria, Africa. The NSF is a non-profit organization. The Federation shall composed of the affiliated 36 States associations and Abuja FCT governing the sport of Strongman on the basis of one association per state.

### **1.2 Objectives**

1.2.1 The union of all eligible athletic clubs, organizations or other groups active in Strongman throughout the world.

1.2.2 To develop standardized competitive rules.

1.2.3 Maintain a system for recognizing and approving records.

1.2.4 Establish administrative and technical committees from its own number.

1.2.5 Establish, define and enforce rules for the government of Strongman internationally.

1.2.6 Discourage the use of band drugs substance for a free Strongman.

1.2.7 Produce official bulletins and/or Strongman publications.

1.2.8 Secure other state affiliates (within the country).

1.2.9 Promote, sanction and supervise international development programs and competitions, including world championships and single lift competitions.

1.2.10 Maintain an NSF General Assembly of bona fide international representatives.

1.2.11 To further the cause of Strongman and strive for acceptance by the International Olympic Committee.

1.2.12 To maintain membership of the General Assembly of International Sports Federations and take part in the World Games.

### **1.3 Public utility**

The NSF works for the purposes of this order for the benefit of the public in each valid version. All actions and activities carried out by the NSF are not aiming a profit.

The members have no interest in the federation property. The members of this body work in an honorary capacity; the property of the NSF serves exclusively for charitable purposes of the sport. Any profits may be supplied only for statutory purposes. The members receive no shares in the profits.

No person may receive for an activity or task in the NSF, an unreasonably high reimbursement.

## **1.4 Funds for the reaching of the statutory tasks**

To the fulfillment of the federation tasks, necessary money is raised by:

- a) Membership fees of the member associations, strongest men and referees
- b) Income of competitions
- c) Sanction fees
- d) Donations
- e) Government grant
- f) Income from advertisements
- g) Income from Internet Pay-TV etc
- h) Miscellaneous income
- i) Sponsorship

## **2 LOGO, EMBLEM AND FLAG**

### **2.1 Emblem and Logo**

The emblem and logo of the Nigeria Strongest man Federation is the abbreviation “NSF” written in oblique letters of font “Arial” in black. The letters “Nigeria Strongest man Federation (NSF)” are embraced by a curved black decoration on the top and by a strait black decoration on the bottom. In the middle there is a design of a man carrying Globe with Nigerian Map in it. Incorporated in it there are words Nigeria’s strongest man and capital letter N writing in white in it with a Green covered line between the word Strongest and Man the Globe represents the World.

The colors of NSF emblem are defined as Green, White and Black

### **2.2 Flag**

The flag of the NSF is white, the emblem is printed on it in full “Nigeria Strongest man Federation” written with the font “Helvetica Italic” in Green. The lettering begins where the two curved lines of the emblems converge on the right side of the emblem. On the middle of the flag, a stylized globe in light green and the NSF homepage address are displayed just as the logo.

### **2.3 Authorization**

- 2.3.1 The NSF LOGO and emblem must not be used without the NSF's authorization.
- 2.3.2 Only the NSF may authorize the fabrication of its emblem, badges, medals, etc.

### **3 GENERAL PROVISIONS**

3.1 The NSF is to be recognized by the General Association of International Sport Federations (GAISF) and the International World Games Association (IWGA).

3.2 In its activities, the NSF follows the Olympic ideal and principles and support and maintain the ideals and objectives of the Olympic movement. The NSF accept and recognize the Statutes and aims of the International Olympic Committee (IOC), the General Association of International Sports Federations (GAISF) and those of the World Anti-Doping Agency (WADA).

3.3 All political and religious discussions or demonstrations are forbidden within the NSF.

3.4 The NSF supports all initiatives by Strong & Strongest man for peace and understanding.

3.5 No distinction is made between continents, countries or individuals for reasons of race, color, gender, religion or politics.

### **4 OFFICIAL LANGUAGE OF THE NSF**

4.1 The official language of the NSF is English.

4.2 All the publications and reports of the NSF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

### **5 MEMBERS**

#### **5.1 Membership**

The membership of the NSF consists of state affiliates active in Strongest man. The NSF can recognize only one member (association) from each state.

The recognition of a State association will be done in agreement with the Olympic Charter (Chapter 3, Article 26), and following the regulations contained in these statutes. The NSF will inform the NOC of the country in question.

The State associations affiliated to the NSF must be accountable to NSF inside their own country. The members of the Executive Committee of the associations must be elected democratically, and have the nationality of the country concerned which is Nigeria.

All affiliated association and their members Clubs shall recognize the NSF rules as supreme and Court of Arbitration for Sport as the only external body for jurisdiction

A new member association must be affiliated to the NSF before it can be affiliated to its regional Association.

Only those Strongest man who are members of their respective association or organization, can be considered eligible for membership.

Categories of NSF Membership:

#### 5.1.1 Full Member

#### 5.1.2 Provisional Member

A Provisional Member may only compete in world championships by the decision of the NSF Executive or in regional championships by decision of the Regional Executive or Regional chairman if no Executive exists. However, once granted permission, a Provisional Member shall have all competition rights but no vote. The Executive will be authorized to decide the amount of annual subscription required from a Provisional Member.

All state applying for membership shall, on payment of the annual subscription fee, be granted provisional membership of the NSF subject to ratification at the next General Assembly.

### 5.2 Representation

The NSF is governed by a General Assembly consisting of a maximum of two delegates from each state affiliate with one vote per state, and the NSF members with one vote each.

NSF members are restricted to only one vote even as the officers cannot represent both their State and the NSF Executive committee.

An annual membership fee as stipulated in NSF By-Laws must be paid by the member state at the latest by the 30th of January each year to have voting rights at the annual General Assembly of this particular year.

To have voting rights at the election General Assembly, an existing member State must have paid the membership fee in the 4-year period every year prior to the election. New member state must have paid their membership fee annually, from the year of their provisional membership.

## 6 NSF BODIES

The NSF is composed of the following bodies:

- The General Assembly
- The Executive
- The Committees
- Advisory Board/Patrons/ Matrons

## **7 GENERAL ASSEMBLY**

### **7.1 General Provisions**

7.1.1 The General Assembly is the supreme governing body of the NSF.

7.1.2 The General Assembly shall meet annually one day before the start of the Team and National Event or World Championships.

### **7.2 Powers**

The General Assembly has the power:

7.2.1 To admit any state eligible under the Constitution by means of a two-thirds majority of votes cast.

7.2.2 To prescribe and amend the constitution by a two-thirds majority of votes cast and the By-Laws by a simple majority of votes cast.

7.2.3 To impose and enforce penalties for any violation of the Constitution or By Laws.

7.2.4 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person or organization, being members of the NSF.

7.2.5 To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the NSF into disrepute or in any way impaired its function or development.

7.2.6 To establish dues of the NSF.

7.2.7 To control the income, expenditure and property of the NSF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the forthcoming year.

7.2.8 To call and determine the time and place of special meetings of the General Assembly.

7.2.9 To institute, locate, conduct and manage all National, international Strongest man.

7.2.10 To establish, define and enforce rules for the government of National and international Strongest man events

7.2.11 To explain, define and interpret any provision of the Constitution.

7.2.12 To consider and accept proposed changes to the Constitution and By-Laws every fourth year commencing in 2014.

7.2.13 To ratify the NSF Anti-Doping Rules with amendments made into those rules by the Executive Committee.

7.2.14 To elect the executive officers of the NSF every four years. Elect executive officers to fill any casual vacancies, which may occur between such election years.

7.2.15 To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the NSF shall include Medical, Technical, Disciplinary, Appeal and Women's Committee.

## **7.3 Annual General Assembly**

### **7.3.1 Annual**

Unless otherwise determined by the General Assembly, the annual meeting of the NSF will be held one day before the start of the Men's and Women's Open World Championships.

### **7.3.2 Special**

Special meetings of the NSF are scheduled at the request of the President or at the written request of two thirds of the members of the NSF. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

### **7.3.3 Notices**

Time is of the essence. Not less than thirty (30) days notice must be given of any special or annual meeting of the NSF. The Secretary General will airmail a notice and agenda to all named delegates or their State Associations. A notice sent to the last address known to the Secretary General complies with this requirement. The official agenda for the NSF General Assembly must be received by all members at least thirty (with amendment 30) days before the General Assembly takes place. Items not in the agenda cannot be considered in the General Assembly.

### **7.3.4 Order of Business**

At all annual meetings of the NSF the following will be the order of business:

- 1) Introducing all points of discussions
- 2) President's Address
- 3) Minutes of the last General Assembly
- 4) Treasurer's Report - Auditor's report
- 5) Secretary General's Report
- 6) Committee Reports
- 7) Regional Report
- 8) Elections (when necessary)
- 9) Action on proposed amendments
- 10) New Member Applicants
- 11) Delinquent Association
- 12) Hall of Fame
- 13) Future Championships
- 14) Any Other Business
- 15) Adjournment

### **7.3.5 Quorum**

At all meetings of the NSF, a quorum will consist of twenty per cent of States in full membership.

### **7.3.6 Procedures**

The following are the procedural rules for all meetings of the NSF:

7.3.6.1 The Standing Orders of the NSF are the supreme document for all NSF meetings except when they are in conflict with the provisions of the Constitution. In such cases, the Constitution prevails.

7.3.6.2 A motion to table is debatable only when a time to debate is fixed by a simple majority of the General Assembly.

7.3.6.3 All amendments to the Constitution and the By Laws must be submitted to all state affiliates and the appropriate committee before it can be acted upon at the annual meeting of the NSF. Such proposed amendments must be in the hands of the Secretary General at least sixty (60) days prior to the date of the General Assembly. A national federation, or the appropriate committee, can submit all such amendments. The Secretary General shall send out all such amendments at least thirty (30) days prior to the date of the General Assembly for the attention of all State affiliates.

### **7.3.7 Credential**

The following are required:

7.3.7.1 The names of all delegates to the General Assembly. Member states may designate a maximum of two delegates, preferably the chairman and the Secretary. Delegates other than the Chairman and Secretary shall present a written authority of their State Association not later than the opening of the annual or special meeting.

7.3.7.2 Failure to make the proper certification will deny a seat at such meetings unless the delegate is accepted by a simple majority vote of General Assembly.

## **8 EXECUTIVE OF THE NSF**

### **8.1 Titles**

The titles of the officers of the NSF are: President, Vice-President, Secretary General, Treasurer, Financial Secretary and Board Members. A maximum of two executive officers shall be from any state. A member of a regional Executive committee cannot hold a regional and an NSF officer function as President, Secretary General and Treasurer; only the regional elected Board member can hold a regional and an NSF office function.

### **8.2 Executive**

The Executive shall consist of the President, Vice-President, Secretary General, Treasurer and 6 Board members. The States (association) determine the 6 board members. There shall be at least a quorum of five members. In the event of an impasse (stalemate), the President shall cast the deciding vote. In the absence of the President the vice take charge under the authority of the President and the President has the power to veto any decision at any Board meetings, General assembly.



## **8.3 Powers of the Executive**

8.3.1 It shall be the governing body of the NSF between General Assemblies.

8.3.2 To maintain running control of the expenditure of the NSF, in accordance with the budget approved by the General Assembly.

8.3.3 It shall prepare a budget for the forthcoming year for presentation to the General Assembly.

8.3.4 Vacancies. In the event of the death, resignation or in case of inattention to duty by recommendation of the Disciplinary Committee, the various offices are to be filled as follows:

8.3.4.1 President: In any eventuality the Vice President will assume the position of the President until the next General Assembly. At this General Assembly, the Vice President shall be made known as the President cannot be elected via voting or Voted out of office due to the fact that he single handed found and brought the Federation to Nigeria through **SRHD SPORTS MANAGEMENT LTD** whom the World's Strongest Man Federation gave the right to form this present federation, So with this reason his office remain the only office that cannot be contested for, he also has the power to appoint his successor and this trend continues in the office of the President of this Federation. Furthermore, in case of any issue that may raise up during or after any meeting or General assembly the President has a veto Power over all decisions. The president has right to suspend any board member or any executive member and move motion for an appointment of interim member until the next general assembly were election to such office can be conducted and without the signature or approval of the President any amendment to the constitution cannot be considered as effective.

8.3.4.2 Vice-President: The Assumption of the former vice who is the New president shall appoint a successor to serve until the next General Assembly were the confirmation will be made public.

8.3.4.3 Secretary General and Treasurer: The Executive shall appoint a successor to serve until the next General Assembly.

8.3.5 To appoint the non-executive officers specified in 10.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.

8.3.6 To administer the NSF Development Fund.

8.3.7 To amend the NSF Anti-Doping Rules upon consult with the Anti-Doping Commission.

8.3.8 To establish the commissions and panels as specified in the NSF Anti-Doping Rules, and to appoint the Chair and other members of each commission and panel established under this rule.

8.3.9 The executive with 2 members of the technical committee, 2 members of the women's committee, 2 members of the coach commission and 2 members of the athletes' commission have the authority to modify the Technical Rules. Such modifications must have a two-thirds majority of votes cast.

8.3.10 The NSF Executive Committee shall invite the Chair of the NSF Committees / Commissions to the discussion of issues that fall within the competence of their particular Committee / Commissions.

8.3.11 To negotiate and sign contracts with the equipment manufacturers. The terms of such contracts shall be not more than an election period.

8.3.12 Is responsible for implementing and monitoring the NSF Code of Ethics and a Business Plan.

## **9 ELECTION OF THE NSF-OFFICERS**

### **9.1 Election**

Elections for all office accept the office of the President will be held every four years.

### **9.2 Term of Office**

9.2.1 The term of office for all officers of the NSF accept the office of the President all other office shall be for four years and the mandate of all officers, even those who were elected between electoral

General Assemblies, shall expire at the electoral General Assembly. All officers shall be eligible for re-election except the President and his office remains Permanent.

9.2.2 A person may be nominated for NSF office by any State member association, provided that the candidate is in good standing in his own state association. "A member in good standing" shall be defined as a fully paid up or honorary member within his or her state association, who is not under suspension by that body or by any other respectable sport organization, including the NSF regions and the NSF.

9.2.3 Nominations of candidates for each NSF offices shall be received by the NSF Secretary General at the latest 30 days prior to the date of the General Assembly where the election shall take place. Later nominations shall not be accepted, except there is no nomination for an NSF-Office.

## **10 NON-EXECUTIVE OFFICERS**

### **10.1 Titles**

The titles of the non-executive officers of the NSF are: Advisory board members, Patrons and Matrons Championships Secretary, Auditor, Newsletter Editor, Media Officer, Internet Officer, Records Registrar, Referee's Registrar

### **10.2 Appointment and Rights**

The Executive shall appoint non-executive officers. By the order of the President they may attend meetings of the Executive but without vote and with voice only on matters relating to their respective offices.

## **11 COMMITTEES, COMMISSION, PANEL**

### **11.1 General Provisions**

Each committee shall consist of a chairman elected by the General Assembly and a maximum of six (6) members (exception Technical committee 10 members) from various states who shall be appointed by the Executive in consultation with the Committee Chairman.

### **11.2 Medical Committee.**

11.2.1 All decisions of the Committee require the approval of the General Assembly. However, the Committee's decisions are the final decisions of the NSF on the matters as assigned in article 4.4 of the NSF Anti-Doping Rules having the responsibility of the Medical Committee:

11.2.1.1 to consider and make decisions on requests for Therapeutic Use Exemptions (TUE) of international level athletes;

11.2.1.2 to establish a register for the TUE applications and decisions on them and keep the Register updated;

11.2.1.3 all members of the Medical Committee, as well as any administrative persons of the NSF involved, shall conduct all of their activities in strict confidence, and shall sign confidentiality and conflict-of-interest agreements in accordance with article 5.0 of the NSF International Standard for Therapeutic Use Exemptions;

11.2.1.4 to modify the NSF TUE application forms suitable to use within the NSF and ensure that the forms are displayed at the NSF Web site.

11.2.2 Safeguards the health of the Strongman.

- 11.2.3 Act as consultant to the promoter of world championships on such matters as medical and hygienic conditions and food supplies to competitors.
- 11.2.4 Appoint duty doctor(s) for each day of the championships. The doctor(s)' specific duties shall include:
- 11.2.4.1 To be available at each weigh-in period.
- 11.2.4.2 Supervise the application of bandages and plasters in accordance with NSF rules and notify the Jury of such treatment.
- 11.2.4.3 Establish a liaison with local medical facilities and doctors for the provision of medical treatment, transport and ambulance service if necessary in emergency.
- 11.2.4.4 The duty doctor to be present at the start of each competition together with referees and Strongman.
- 11.2.4.5 The duty doctor may participate in the doping control procedure.
- 11.2.5 Conduct research and collect material relating to the field of sports medicine. Such material when approved to be distributed to affiliated nations.
- 11.2.6 Carry out specific studies in relation to sports injuries, treatment and prevention.
- 11.2.7 Take out and maintain membership of International Sports Medicine Federations.
- 11.2.8 Conduct such research as necessary to review and establish appropriate bodyweight classes for Strongest man competition.
- 11.2.9 Conduct such research as necessary to review and establish appropriate doping control procedures to ensure the integrity of Strongest man competition and records.

### **11.3 Disciplinary Committee**

#### 11.3.1 Disciplinary hearings

The following provisions shall apply to Disciplinary hearings.

##### 11.3.1.1 DISCIPLINARY HEARINGS

The Disciplinary committee shall investigate the case of any affiliated association, lifter or official accused of any of the following:

- I) Bringing the NSF or the sport of Strongman into disrepute.
- II) Acting in a manner that is contrary to the best interests of the NSF.
- III) Contravening any of the provisions of the Constitution or By-Laws.
- IV) Contravening any of the rules or regulations governing the accepted behavior of members of the NSF.

Following such investigation it may impose an appropriate penalty.

##### 11.3.1.2 Representation

The Association, the concerned lifter or official has the opportunity to let himself be represented at the Disciplinary Committee by an authorized person, e.g. lawyer. The costs for the representative have to be paid by the Federation if he or she cannot afford any, the lifter or the official himself, regardless of the outcome of the hearing.

##### 11.3.2 Duties

The Disciplinary committee (DC) shall be entrusted with the examination and decision of disciplinary cases within the NSF. The Secretary General mandated by the Executive Committee shall send such cases to the DC. Disciplinary cases also can be sent to the DC by a State association. The DC shall further collect all relevant information needed to deal with the case as mandated in the various parts of the Constitution and By-Laws. All sensitive information shall be treated confidential within the parties involved.

The Disciplinary committee consists out of the Chairman elected by General Assembly and 2 other members appointed by the Executive Committee.

The Disciplinary committee must decide about all penalties except on doping related cases. Duties of the

DC as apply to the Result Management Procedure on doping related cases are as defined in article 7 of the NSF Anti-Doping Rules.

## **11.4 Appeal Committee**

### **11.4.1 Appeal hearings**

The Appeal committee shall receive all documents relating to any appeal except an appeal(s) against any decision on doping related cases. Decisions made under the NSF Anti-Doping Rules may be appealed exclusively to the Court of Arbitration for Sport (CAS) in accordance with the provisions applicable before such court (re the NSF Anti-Doping Rules, article 13).

Appeals other than appeals to the CAS must be lodged with the Appeal Committee Chairman within one month of the written notification of the decision on which the appeal is based. A copy of the appeal must be sent to the Secretary General.

The Appeal committee shall within one month of receiving all documentation relating to the appeal examines and investigate the matter and decide on an appropriate penalty.

Appeals lodged with the Appeal Committee and appeals to the General Assembly must each be accompanied by payment according to By-Laws 103.2.9 for appeals. If the appeal is successful no financial claim or other petition for damages may be made against the NSF. Following successful appeals, the fee paid for the appeal will be refunded.

An appeal against any decision of the Appeal Committee may be made to the General Assembly. Such appeal must be lodged with the Secretary General within one month of the written decision of the Appeal Committee, and not later than six weeks before the date of the General Assembly. The appeal shall be lodged with the Secretary General who shall then include the appeal on the agenda to be considered by General Assembly.

Within a one month period following the decision of General Assembly on an appeal, there shall be a final right of appeal to the Court of Arbitration for Sport.

The Appeal Committee may, in its absolute discretion, waive or vary the time limits contained herein.

### **11.4.2 Duties**

The Appeal committee consists out of the Chairman elected by General Assembly and 4 members. The members must not be simultaneous a member in the Disciplinary Committee. Duties are described in the in the NSF-Constitution 11.4.1 „Appeal Hearings“.

After examining all facts and documents the committee makes its decision and sends this to the NSF-Executive and the concerned State Association.

## **11.5 Law and Legislation Committee**

11.5.1 Shall receive any proposals regarding Constitution and By-Laws documents of the NSF from member nations within the proper time frame, evaluate accordingly and suggest to the NSF-Executive

Committee alternative courses in action.

11.5.2 Shall serve as the parent committee in further amending the Constitution and By-Laws.

11.5.3 Is responsible for updating the Constitution and the By-Laws.

11.5.4 Shall study the Constitutions of new applicant nations and report the results to the Secretary General.

## **11.6 Anti-Doping Commission**

The Anti-Doping Commission shall be responsible for overseeing all testing conducted by the NSF. Testing may be conducted by members of the NSF Anti-Doping Commission or by other qualified persons so authorized by the NSF Anti-Doping Commission.

11.6.1 The Anti-Doping Commission consists of a Chair and a minimum of four and a maximum of five other members with experience in anti-doping elected by the Executive Committee.

11.6.2 The Anti-Doping Commission shall arrange, co-ordinate and supervise doping testing for all NSF World Championships and other International Events where the NSF is the ruling body for the Event, and for Out-of-Competition Doping Control Sessions initiated by the NSF. The main duties are:

- a) to establish and maintain a system for collecting details regarding the Sample Collection Sessions;
- b) to establish criteria for who may be authorized to be present during a Sample Collection Sessions;
- c) to co-operate with the organizers/promoters of World Championships and other International Events where the NSF is the ruling body for the Event in preparing the Sample Collection Sessions;
- d) to ensure that the Doping Control Stations meet the minimum criteria prescribed in article 6.3.2 of the WADA International Standard for Testing;
- e) to appoint the sample collection Officers and their assistants or to make contracts with an Anti-Doping Agencies or assets to carry out the sampling at all World Championships and other International Events where the NSF is the ruling body for the Event;
- f) to appoint the sample collection Officers and their assistants or to make contracts with an Anti-Doping Agencies or assets to carry out the sampling at Out-of-Competition Doping Control Sessions;
- g) to provide an appropriate sample collection equipment and documents to the Doping Control Stations, or to ensure that the appointed Doping Control Officers are equipped with the relevant sampling kit and documents;
- h) to ensure that Sample Collection Equipment used meets the minimum criteria prescribed in article 6.3.4 of the WADA International Standard for Testing;
- i) to ensure that the Sample Collection procedures, Security/Post test administration and Transport of Samples and documentation substantially complies with the requirements prescribed in articles 7.0 - 9.3.6 of the WADA International Standard for Testing.

11.6.3 The Anti-Doping Commission shall also review and update the criteria for inclusion in a Registered Testing Pool; and

11.6.4 Collect, maintain and monitor sufficient athlete whereabouts information;

11.6.5 Develop and document a test distribution plan;

11.6.6 Select athletes for Out-of-Competition coping control;

11.6.7 Report to the WADA clearinghouse all In-Competition and Out-of-Competition tests on athletes included in the NSF Registered Testing Pool as soon as possible after such tests have been conducted.

## **11.7 Doping Hearing Panel**

11.7.1 Consists of a Chair and four other experts with experience in anti-doping. Each panel member shall be otherwise independent of the NSF. Each panel member shall serve a term of four years.

11.7.2 As determined in article 8 of the NSF Anti-Doping Rules, arranges and conduct of hearings and makes decisions when it appears, following the result management process described in article 7 of the

NSF Anti-Doping Rules, that the NSF Anti-Doping Rules have been violated at or in connection of International Events or Out-of-Competition testing on an international level athletes initiated by the NSF or WADA.

## **12 REGIONAL ASSOCIATIONS**

### **12.1 Regional Associations**

The NSF recognizes six (6) geo political Zone: **South East, South South, South West, North East, North West, North Central** subject to the following conditions:

12.1.1 Each region shall elect an officer to act as NSF Board member for that region. Such nomination shall only come into force if ratified by the NSF General Assembly.

12.1.2 State Association must affiliate to the appropriate Zonal region (if one exists) as well as to the NSF.

12.1.3 Their constitution and rules must be submitted to the Secretary General and must conform to all NSF statutes and rules where applicable.

12.1.4 Their championships must be conducted in full accordance with NSF technical rules.

12.1.5 They cannot issue permits for competitions other than their own regional championships

12.1.6 In Regional Championships, the Regional Association have the authority to suspend competitors or officials and take disciplinary actions against them except on doping related cases. They must report these facts to the NSF, which in turn may extend these disciplinary actions on a worldwide level.

Regional Association cannot suspend State Association but may propose such action to the NSF.

12.1.7 Regional Association must enforce the NSF Anti-Doping Rules and a doping control must be carried out in all Regional Events in full accordance with the NSF Anti-Doping Rules.

12.1.8 Affiliated federations of Commonwealth countries may organize a sub-NSF federation in order to stimulate competition within the Commonwealth.

12.1.9 The NSF can interfere in Regional and State association affairs Technical Rules, Constitution and By-Laws will as applicable.

## **13 SUBSCRIPTIONS AND FEES**

### **13.1 Subscription**

The General Assembly will determine the amount of the annual subscription to the NSF from time to time. The subscription is payable at the latest by the 30th of September each year. Upon receiving payment, a certificate of membership will be issued by the Treasurer. State Association, which has not paid its subscription for the current year, cannot participate or vote in the various meetings of the NSF. Its Strongest men cannot take part in competitions or meetings organized under the rules of the NSF, nor obtain ratification of their records. A reminder letter shall be sent to every State Association, which has not paid its subscription by the end of January.

### **13.2 Fee for organizing local/ international contest**

Any State Association organizing a contest must pay to the NSF a fee in accordance with the scale set out in the By Laws.

### **13.3 Permission for organizing Local/ international contest**

On payment of the required fee, the Secretary General will issue a permit for the contest to the organizing or State association. An additional condition for permission is, that at the international contest drug tests must be carried out according NSF rules. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms, and are not used for other purposes.

Only member federations can apply for a sanction of an international contest with an acceptance to **SRHD SPORTS MANAGEMENT LTD.**

### **13.4 Participation in a contest without permission**

No State association shall take part in a contest for which a permit has not been issued except for an event organized by **SRHD SPORTS MANAGEMENT LTD.**

## **14 DISCIPLINARY ACTIONS AND PENALTIES**

### **14.1 Failure to apply for Competition Permit**

Any State association, Club or Sporting organization, which neglect to request the required NSF permit for an international or State or local competition and do not pay the required fee, shall be fined an additional Hundred thousand naira (#100,000.00). The Secretary General shall send a warning letter to them. If the fee and fine are not paid within thirty (30) days of sending the warning, such body or organization shall be suspended until such time as the total amount has been paid. Sanction fees for world championships must be paid at the time of application for the event.

### **14.2 Failure to Pay Annual Subscription Fee**

A state association, which has not paid its annual subscription by the 30th of September of each year, despite having received a reminder letter, shall be suspended from membership of the NSF.

### **14.3 Defaulting on Agreements to Compete**

If any association defaults on a competition engagement with another state or country, the DC may, in the case of disagreement between them, make a decision or impose penalties if the NSF Constitution or rules have been ignored.

### **14.4 Reporting Infractions in International/ National Competition**

If a lifter or official commits any form of violation during National or an International contest in another country, the organizing State Association must send a detailed report to the NSF Secretary General in which if necessary NSF in turn will inform the Disciplinary Committee which will impose appropriate penalties. The organizing State Association cannot penalize Strongman or officials from other State.

### **14.5 Suspension of Association for Violations of Constitution/Bylaws**

Any affiliated State Association, which violates the Constitution or rules of the NSF, shall be suspended by recommendation of the Disciplinary Committee for a period to be decided by the General Assembly.

## **14.6 Hearing prior to Penalty**

Any State Association lifter or official asserted to have committed a rule violation has the right to be heard in its or his/her case before the relevant disciplinary or hearing body decides upon the penalty to be imposed.

## **14.7 Procedure for Filing Complaints against Individuals**

Any lifter or official who considers that he has been wronged has the right to file a written complaint stating his reasons for complaining. This must be done through the intermediary of his State Association. If another person is implicated, the latter must be heard if at all possible. If the complaint is not made to the organizing national federation, it may be made to the Jury before the start of the competition. It must be examined immediately and if possible a decision taken.

A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Disciplinary Committee.

## **14.8 Participation of Foreign Strongest man in National Competition**

A lifter living in a foreign country may only participate in competitions organized in that country provided that he/she presents written evidence of permission of his/her national federation to take part in such competition. This is to be provided by his/her own national federation.

## **14.9 Participating in Non-NSF Competition**

Any lifter, coach, referee or official who competes or participates in any international Strongest man or local event, Bench Press competition not organized, sanctioned or approved by the NSF shall not be permitted to take part in any NSF National, international or regional competition for a period of 12 months from the date of that non-approved competition.

## **14.10 Other causes for Suspension/Expulsion:**

Dishonorable conduct, failure to attend, “throwing competitions”, competing against an Athlete who have been expelled or is under a period of Ineligibility

The following may be subject to suspension or expulsion:

14.10.1 Any lifter properly entered for a competition that without acceptable reasons does not attend.

14.10.2 Any lifter who is deemed guilty of violating the rules or disobedience towards his national federation or any official in the execution of his duties.

14.10.3 Any lifter convicted of agreement to alter his best effort.

14.10.4 Any lifter, who by words or gestures threatens referees or any other officials in the execution of their duties.

14.10.5 Any lifter who participates in a contest with other countries without permission of his national federation.

Penalties

Up to a maximum of 6-month suspension for the first offence.

Up to a maximum of 12-month suspension for the second offence and a maximum fine of EUR 200 or its equivalent in naira.



14.10.6 An Athlete or official shall not participate in contests or competitions if there is any Athlete or official participating in any division, section or bodyweight class of that contest or competition who has been expelled or suspended from his or her international or national federation or State association or who is serving the period of Ineligibility for a doping related offence.

Penalty for violation of this rule (14.10.6):

Six (6) months' Ineligibility commencing from the date of violation.

The determination of the applicability or otherwise of penalty under this rule (14.10.6) shall be made by the NSF Disciplinary Committee (DC). Prior to such determination by the DC, the NSF Executive Committee may provisionally suspend the athlete, such suspension to commence from the date of the alleged violation.

### **14.11 Offences against person while at Championships, Jury Role**

For offences such as false accusations of dishonor or dishonesty against a lifter or Official occurring at a championship, the Jury decides in these cases as soon as is possible (see Constitution 14.12 and 14.15)

Penalties

First minor offence: up to a maximum of 6-month suspension.

Second minor offence: up to a maximum of 12-month suspension and a maximum fine of EUR?

First serious offence: up to a maximum of 12-month suspension.

Second serious offence: up to a maximum of 24-month suspension and a maximum fine of EUR?

### **14.12 Ad Hoc Jury as Discipline Body**

In absence of a Jury an ad hoc Jury may exclude a lifter or official from a competition for reasons of his misconduct. In such a case the Jury or ad hoc Jury must inform the lifter or official's own national federation or association, who in turn must decide what punishment to impose upon the lifter or official. In absence of a Jury the NSF Official, who is the official representative of the WNSF at this championship, must arrange an ad hoc Jury. The decisions of this Jury must be sent to the Disciplinary Committee.

### **14.13 Penalty for "Bringing the Sport into Disrepute"**

Any member of an affiliated national federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts may be requested to appear before the Disciplinary Committee. Should the Committee feel that a bona fide case of violation exists, they will then present the matter to the General Assembly with a recommendation for appropriate penalties.

### **14.14 Responsibility for Payment of Fines**

The concerned member federations are responsible for the payment of all fines that the Disciplinary Committee has imposed.

### **14.15 Limitation of Jury's Role in Discipline**

The Jury has the right to act as Disciplinary Committee, but only in cases which are connected to the championship and which need an immediate decision. The decision of the Jury is definite for this championship. The President of the Jury must send a copy of all decisions with all related documents to the Disciplinary Committee who will then review the actions of the Jury.

#### **14.16 Sanctions and Consequences for Anti-Doping Rule Violations**

14.16.1 In case of a violation of the NSF Anti-Doping Rules, the lifter or other person involved shall be imposed in an appropriate period of Ineligibility as defined under Article 10 of the NSF Anti-Doping Rules and shall be subject to other consequences as defined under Articles 9 and 10 of the NSF Anti-Doping Rules.

14.16.2 Consequences to Teams shall be as defined under Article 11 of the NSF Anti-Doping Rules.

14.16.3 Sanctions and costs assessed against State association shall be as defined under Article of the NSF Anti-Doping Rules.

#### **14.17 Official Defined**

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the NSF Technical Rules or appointed by the organizing committee of a championship, to act in any official capacity during the whole or any part of that championship.

### **15 NSF ANTI-DOPING RULES**

#### **15.1 Scope of the NSF Anti-Doping Rules**

The NSF Anti-Doping Rules shall apply to the NSF, each National association of the NSF, and each Participant in the activities of the NSF or any of its National associations by virtue of the Participant's membership, accreditation, or participation in the NSF, its National Federations, or their activities or Events.

To be eligible for participation in the NSF events, a competitor must have an NSF license issued by his or her National Federation. The NSF license will only be issued to competitors who have personally signed the Appendix 2 consent form, in the actual form approved by the NSF Executive. All forms from under-age applicants must be counter-signed by their legal guardians.

The State Association must guarantee that all athletes registered for a NSF License accept the Rules of the NSF, including the NSF Anti-Doping Rules.

It is the responsibility of each State association to ensure that all national-level Testing on all Athletes complies with the NSF Anti-Doping Rules. In some countries, the National Federation itself will be conducting the Doping Control described in the NSF Anti-Doping Rules. In other countries, many of the Doping Control responsibilities of the State associations have been delegated or assigned by statute or agreement to a National Anti-Doping Organization. In those regions and states, references in the NSF Anti-Doping Rules to the National Federation shall apply, as appropriate, to the National Anti-Doping Organization.

The NSF Anti-Doping Rules shall apply to all Doping Controls over which NSF and its State Associations have jurisdiction.

## **16 RESTRICTIONS ON TRADING**

The Board Members, Secretary General, Treasurer, Auditor and all the committee members and their spouses, de-facto partners, siblings, parents and children shall not be permitted to deal in or supply Strongest man equipments this must be contracted to just one company who has made it possible for NSF existence, the Company is known as SRHD SPORTS MANAGEMENT LTD.

## **17 SRHD SPORTS MANAGEMENT LTD**

The company has the exclusive right for the Strongest Man event in Nigeria / West Africa and this gives the Company the right has the promoter of this Federation here in Nigeria.

## **18 VOLUNTARY DISSOLUTION OF THE ORGANIZATION**

Dissolution of the NSF shall only be possible by decision of the General Assembly. For this purpose, a written request stating the reasons for such dissolution shall be handed over to the President, after discussion of the request with the Executive will then put the request on the agenda of the next General Assembly.

In order for the dissolution to become valid, a three-quarters majority of all votes cast is required but still with the final approval by the President before it becomes valid.

In the event of such dissolution of the NSF and provided the NSF still holds assets, and having covered any liabilities, the General Assembly under the competence of the President shall also decide on whom to transfer the remaining assets. These assets shall, if possible and permitted, be transferred to an organization that made it possible for the existence of the federation having the same or similar interests compared to the NSF, or shall be allocated to good causes.

We the Members, Executive, Board member, State Associations, Athletes and Clubs accept and Promise to abide with this Constitution of NSF.

Note: For Clubs and Athletes, the State association become their representative hence the stamp and signature of each state association binds all Clubs and Athletes since they are registered under the state associations.

There for we append our Signature as Follows

**EXECUTIVE MEMBERS**

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

NAME: -----SIGNATURE: ----- DATE -----

**STATE ASSOCIATIONS**

**STATE ASSOCIATIONS NAME: -----**

**CHAIRMAN**

NAME: -----SIGNATURE: ----- DATE -----

**SECRETERY**

NAME: -----SIGNATURE: ----- DATE -----