REGIONAL WEIGHTLIFTING ORGANIZATION POLICY

Policy Owners: USA Weightlifting Board of Directors

Effective Date: January 4, 2027

Pursuant to Section 5.8 of the USA Weightlifting Bylaws, the USA Weightlifting Board has adopted the following policy on regional weightlifting organizations. The regional weightlifting organizations will be called Weightlifting State Organizations ("**WSOs**") and will be structured and governed as follows.

Structure. WSOs are committees of USAW that advise USAW on matters pertaining to weightlifting within their Region (defined below) and assist USAW in organizing an annual championship in their Region.

Regions. There shall be the following WSOs. The relevant "**Region**" of each WSO shall be the geographic bounds as set forth below:

a. Pacific Northwest — the States of Alaska, Oregon, and Washington.

b. Mountain South —the States of Utah, Arizona, New Mexico, and Nevada.

c. Texas-Oklahoma —the States of Oklahoma and Texas.

d. Missouri Valley — the States of Missouri and Kansas.

e. Minnesota-Dakotas — the States of North Dakota, South Dakota, and Minnesota.

f. Iowa-Nebraska — the States of Iowa and Nebraska.

g. New England — the States of Maine, Vermont, Rhode Island, New Hampshire, Connecticut, and Massachusetts.

h. Tennessee-Kentucky — the States of Tennessee and Kentucky.

i. Carolina — the States of North and South Carolina.

j. Southern — the States of Louisiana, Mississippi, and Arkansas.

k. New York — the State of New York.

l. DMV — the States of Maryland, Delaware, and Virginia, and the District of Columbia.

m. Pennsylvania-West Virginia — the States of Pennsylvania and West Virginia.

n. Ohio — the State of Ohio.

o. New Jersey — the State of New Jersey.

p. Michigan — the State of Michigan.

q. Wisconsin — the State of Wisconsin.

r. Illinois — the State of Illinois.

s. Indiana — the State of Indiana.

t. Georgia — the State of Georgia.

u. Alabama — the State of Alabama.

v. Florida — the State of Florida.

w. Mountain North — the States of Idaho, Colorado, Wyoming, and Montana.

x. California North Central — all counties in the State of California north of San Luis Obispo, Kern and San Bernardino Counties.

y. California South — all counties in the State of California south of Monterey, Kings, Tulare, and Inyo Counties.

z. Hawaii and International — the State of Hawaii and any overseas members.

WSO Committees. Each WSO committee will be made up of the following:

a. Nine (9) total committee members, to include:

i. Three (3) athlete representatives from amongst the USAW member athletes within the applicable Region who have competed at least one (1) national level USAW owned and operated event in the last ten (10) years, provided that no more than one (1) athlete representative may come from the same club; and

ii. Six (6) at-large representatives elected as provided herein, provided that no more than one (1) at-large representative may come from the same club.

b. If any WSO committee member fails to attend at least seventy-five percent (75%) of regular committee meetings called within twelve (12) months, they shall be referred to the USA Weightlifting Board for removal.

c. WSOs shall defer any ethical or other disciplinary issues under USAW's Bylaws, rules, policies, and procedures related to USAW members within their Region to

USAW.

d. Elections. WSO committee elections will be staggered so that half (1/2) of the WSOs have committee elections every four (4) years beginning in 2023, and half (1/2) have committee elections every four (4) years beginning in 2025. All eligible individual USAW members within the applicable WSO Region will each have one (1) vote for each of the athlete representative positions for the corresponding WSO committee up for election and one (1) vote for each of the at-large representative positions for the corresponding WSO committee up for election.

e. Terms. WSO committee members will serve four (4) year terms.

f. Resignation, Removal, and Vacancies. A WSO committee member's position shall be declared vacant upon their resignation, removal, incapacity, disability, or death. Any WSO committee member may resign at any time by giving written notice to the president of the WSO committee, except the president's resignation shall be given to the CEO. Such resignation shall take effect upon receipt by the president of the WSO committee or CEO (in the case of the WSO committee president's resignation) unless the notice specifies a later effective date, and unless otherwise specified therein, the acceptance of such resignation shall not be necessary to make it effective. Any vacancy occurring in a WSO committee shall be filled as set forth for the election of that committee member. A committee member elected to fill a vacancy shall be elected for the unexpired term of such committee member's predecessor in office.

Requirements and Local Variances. USAW may from time to time set additional requirements for WSOs. Local variances to this policy and other applicable requirements may be permitted for WSOs, by written submission to, and approval by, USAW, otherwise this policy and the provisions herein apply. Any approved variance shall be published to all USAW members within the WSO's region by the WSO.

Finances. Finances for WSOs will be managed by USAW.

Funding. Funding for WSO activities shall be provided by USAW in the form of an annual budget allocation from USAW or a portion of membership fees for USAW members in the applicable WSO's Region, as determined by USAW in its discretion from time to time.

Members. Each USAW member is automatically assigned to a WSO based on the Region in which they have their primary address on file with USAW, unless the member chooses to be assigned to another Region in accordance with USAW's policies and procedures regarding WSOs.

Revision #	Revision Approval Date	Effective Date of Revision	Revision Approver	Description of Revision
v.1	N/A	01/04/2027	CEO	This is the first version of this policy.