



Constitution approved on 2025, 21 October

**Article 1
“The Association”**

1.1 Name

The name of the Association is: "S.U.D.S. - Sports Union for Athletes with Down Syndrome" (following up "SUDS") governed by Article 36 et seq. of the Italian Civil Code.

1.2 Registered Office

SUDS is registered in Italy, Via X Strada 5, 00060 Castelnuovo di Porto (Rome).

1.3 Language

The official language of SUDS is English, except for its business in Italy as the registered office of the Association.

1.4 Data protection

SUDS conforms to the requirements of the country of registration and your Data Protection for the safeguarding and use of information it holds on its members.

1.5 Objectives

1.5.1 To promote and encourage the development of sport for athletes with down syndrome in all possible manifestations throughout the world.

1.5.2 To adopt necessary uniform rules, regulations, and classifications to hold competitions in all the sports of the down syndrome international federations in membership of SUDS.

1.5.3 To grant approval and sanctioning of the Trisome Games at a global level and, where appropriate (multi-events), at a regional level.

1.5.4 To promote drug free sport.

1.5.5 To promote and encourage the development of international relations.

1.5.6 To promote and encourage international recognition of down syndrome as a separate category in the world of disability sport.

1.5.7 SUDS will not allow any discrimination against international sports organizations that are members, or against individuals, based on nationality, race, sex, disability, religion or political opinions.

1.5.8 SUDS is a not for profit association. During the life of the Association there may not be distributed, even indirectly, its funds, reserves or capital.

1.6 Duration

The duration of SUDS is unlimited and can be dissolved only by unanimity vote or by a 2/3 vote expressed by members during a Sports Assembly called for this specific purpose. The same will decide on the destination of any remaining active assets of the Association.

Article 2

“SUDS Memberships”

2.1. All international sports organizations for people with Down syndrome, even those based outside of Italy, that share its goals, are committed to achieving them, and participate in the Association's activities, may become members of SUDS.

2.2. Suds recognizes the following sport organizations:

2.2.1. The International Down Syndrome Sport Federations (following up “IDSSF”)

are full members of SUDS, and they must have the following requirements:

- Minimum 25 registered athletes, including 5 nations and 2 regions,
- A formal constitution,
- A democratic structure that ensures the participation of its members in the general assembly for the election of an executive board,
- An official bank account.

The recognition of IDSSF is approved by the SUDS Sport Assembly by proposal of SUDS Executive Committee.

The IDSSF are independent organizations.

The Presidents of IDSSF are members by right of SUDS Sport Assembly.

2.2.2. The Developmental International Down Syndrome Sport Federations (following up “D-IDSSF”)

These are international organizations, acknowledged from Executive Committee of SUDS, for the development of new sports. When they have the requirements to be recognized as IDSSF.

These organizations have an Observer Status and can attend the Sport Assembly but have no voting rights.

Article 3

SUDS SPORTS ASSEMBLY

3.1 The SUDS Sport Assembly is the highest deliberative body of the Association and is called in both ordinary sessions and extraordinary sessions. When it is regularly called and constituted it represents all the members and the resolutions adopted by it legitimately apply to all members, whether they agree or not.

3.2 The ordinary Sports Assembly will deliberate on the general guidelines of the Association, its bylaws, the appointment of the Association's governing bodies, and all matters pertaining to the Association's life and activities. However, in the event of an Extraordinary Sports Assembly, only the matters for which the meeting was convened may be discussed.

3.3 Call of the Sports Assembly

3.3.1 The call of an Sport Assembly will take place after giving 60 days prior notice to members through electronic mail. The meeting notice must indicate the date, place, time and the Agenda.

3.3.2 The call of an extraordinary sport assembly can be requested by half plus one of the members in good standing with the payment of dues, who will propose the agenda. An Extraordinary Sport Assembly may also be requested by half plus one of the members of the Executive Committee.

3.4 Participation and voting right

3.4.1 The Sport Assembly of SUDS is made up of the Presidents of IDSSF who each have a voting right. The representatives of D-IDSSF can participate in the assembly but do not have a voting right.

3.4.2 The Presidents of IDSSF may delegate a member of your Federation board to represent him with the right to vote at the Assembly.

3.4.3 Each IDSSF have the right to bring two (2) delegates to attend the Assembly with one delegate eligible to vote at the Assembly.

3.4.4. Two delegates from each D-IDSSF may attend as observers.

3.4.5 Members can only attend the regular and special meetings of SUDS if they have paid the current membership fee.

3.5 Formality of the Sport Assembly

3.5.1 The Assemblies are called by the President of the Association, or, in the event of his absence or impediment, by the Vice President Administration and Finance, or, by a person entitled to appear before the assembly and designated by the majority of those present.

3.5.2 The Assembly shall appoint a secretary and, if necessary for elections, two tellers.

3.5.3 The President oversees and regulates debates and establishes the procedures and order of voting.

3.5.4 The Sport Assembly is validly constituted with the presence of an absolute majority of the members with voting rights and shall be effective with the approval of a majority of those present. In the event of a tie the vote of the President will decide.

3.5.5 An Extraordinary Sport Assembly is validly constituted when you have two thirds of the members entitled to vote and act with the favorable vote of a majority of those present.

3.6 Motions

3.6.1 Motions to the Sports Assembly may be presented by full Members (IDSSF).

3.6.2 Motions must be received by the Vice President Administration and Finance one (1) month before the date of Assembly.

3.6.3 The Vice President Administration & Finance will send the motions presented to the members at least 10 days before the date of Assembly.

3.7 Voting methods

The methods of voting which must be adopted by the Sport Assembly are:

- a) Show of hands/voting cards;
- b) By a secret ballot, when so proposed and seconded and voted.
- c) If the correctness of a vote is questioned, the President shall decide the validity of the complaint, taking care that this correctness will not be a reopening of a motion already voted. If someone asks to reopen the question, it shall be necessary to have 2/3 of the votes in favour. If not, this motion shall be rejected;
- d) Elections must be held by secret ballot.

3.8 MINUTES

3.8.1 At each Assembly, the Vice President Administration and Finance shall keep a full record of the minutes of the proceedings.

3.8.2 The minutes must be available to all IDSSF and D-IDSSF members within a period of two months following the Assembly.

3.8.3 If no objections, amendments, or corrections arise within a period of 30 days, the minutes shall stand approved as circulated.

Article 4

SUDS Executive Committee

4.1 Composition

The Executive Committee of SUDS is elected by the Sport Assembly every four years (4) and take places normally during the Trisome Games.

It is composed of five (5) members:

- 1) President
- 2) Vice President Administration and Finance
- 3) Vice President Sports
- 4) Vice President Medical and Registrations
- 5) Vice President Education and Development

Roles of the members of Executive Committee will be found in Article 5.

4.2 Nominations

4.2.1. The Executive Committee is elected from nominations received from the SUDS full members (IDSSF).

4.2.2. The nominations shall include the position for which the candidate is nominated, curriculum vitae and a letter of support from the Nominating Federation (IDSSF).

4.2.3 Except for the Nominations for President, all other Nominations must contain a guarantee that the IDSSF will meet the expenses of the Nominee when engaged in SUDS. Official Business where such expenses are not met by the organisers of events the Nominee attends on behalf of SUDS.

4.2.4. Nomination forms and papers must be sent to the Vice President Administration & Finance one (1) month before the date of the Sports Assembly.

4.2.5. The Vice President will send to members the list of the nominations at least 15 days before the date of the Elective Sport Assembly.

4.2.6. If for any reason during the course of the four years, one or more members of the Executive Board are missing, the Executive Committee will co-opt someone who will remain in charge until the next Sports Assembly.

4.2.7. The Executive Committee should be considered dissolved and no longer in office if through resignations or for any other reasons it loses the majority of its members.

4.3 Duties of the Executive Committee

The duties of the SUDS Executive Committee are:

- 4.3.1 to promote SUDS in all its aspects.
- 4.3.2 To ensure that the correct procedures are followed for the Registration of all athletes for each of the International Sport for athletes with Down Syndromes Federations in Membership of SUDS,
- 4.3.3 To co-ordinate the competition programmes of the IDSSF and publish a calendar of events,
- 4.3.4 To discuss and make decisions on all matters assigned to them by the Sport Assembly,
- 4.3.5 To decide and take action on any matters pertaining to the affairs of SUDS.
- 4.3.6 To encourage and promote the Trisome Games and Regional games and consider all bids for these Games as appropriate.
- 4.3.7 To establish the amount of fees due to the SUDS.
- 4.3.8 To approve the annual financial report of SUDS.

4.4 Executive Committee meeting

- 4.4.1 The meeting of SUDS Executive Committee is called by President.
- 4.4.2 Members cannot delegate.
- 4.4.3 Where a member of any committee has been absent from two consecutive meetings or has not responded to correspondence for a six [6] month period without reasons acceptable to the President or its respective subcommittee Officer, the Executive Committee shall have the right to declare that such a member has forfeited their position. The vacancy shall be filled by the Executive Committee.
- 4.4.4 The President shall act as the Chairman at all meetings of the Executive Committee and all SUDS meetings such as the Assembly.
- 4.4.5 A simple majority shall decide all voting of the SUDS Executive Committee.

4.4.6 In the case of a tied vote the President shall have the casting vote.

4.4.7 SUDS Executive Committee shall have the authority to appoint additional Officers, Committees and subcommittees as it sees necessary to meet the aims of the Union and to conduct its duties and business.

Article 5

Roles of the members of Executive Committee

5.1 The President

5.1.1 Position

- a) The President is an elected member of the Executive Committee.
- b) He is elected by the Sports Assembly and remains in office for a period of four (4) years.
- c) He is independent of any IDSSF, including the IDSSF that nominated him/her. Therefore, should such an officer of an IDSSF be elected President of SUDS, he/she will resign their post(s) with IDSSF with immediate effect.
- d) He is responsible for the SUDS wellbeing.
- e) He runs SUDS, through the Executive Committee, for the benefit of the members.
- f) The President with the assistance of the Vice President Administration and Finance will arrange for regular meetings of the Executive Committee for the purpose of discussing SUDS business and other matters pertaining to the SUDS.

5.1.2 Specific Responsibilities

- a) To give direction and leadership toward the achievement of SUDS's philosophy, mission, strategy, and its goals and objectives.
- b) To call the Executive Committee together to properly perform its functions.

- c) To preside over meetings of the committee and to put all questions.
- d) To maintain order and decide all questions of order subject to appeal.
- e) Coordinate the receipt of bids and final acceptance for the organization of the Trisome Games and the Regional Games.
- f) The President has the flexibility and power to make any necessary decisions in order to expedite the business of SUDS in an efficient and practical manner, so long as a normal democratic process is not undermined.
- g) Shall act as mediator in cases of dispute over interpretation of SUDS rules.
- h) In liaison with the Executive committee produce all procedural Documentation including the SUDS Constitution.
- i) Represents SUDS on all special occasions and ceremonies: awarding Medals and making speeches on behalf of SUDS are examples of this role, liaising with the LOC of events regarding matters of protocol, meeting with any VIPs or other dignitaries present at events.

5.2 Vice President Administration and Finance

5.2.1.Position

- a) Is an elected member of the Executive Committee.
- b) He is elected by the Sports Assembly and remains in office for a period of four (4) years.
- c) The Vice Presidents first responsibility will be to deputize for the President on those occasions when the President is not available.
- d) The Vice president will be familiar with the Specific Responsibilities of the President to deputize as necessary. For this refer to details within the Role of the President.

5.2.2.Specific Responsibilities

- a) To prepare and supervise the preparation of reports
- b) Assures SUDS, its mission, programmes, products, and services are consistently presented in a strong, positive image to relevant stakeholders.

c) In liaison with other members of the Executive responds to any questions from the members or the public regarding the mission, programmes, products and services of SUDS.

d) Maintain all documentation for the efficient managing of SUDS to include: the Minutes of Executive Meetings, the Minutes of the Sports Assembly, the Minutes of meetings with LOCs for the preparation of SUDS World and Regional Championships, all Documentation in connection with the Sports Assembly.

e) To develop and maintain a sponsorship programme to develop funding income for SUDS.

5.2.3.Finance

In regards with Finance specific responsibilities, the Vice President Administration and Finance oversees the following duties:

a) Collect membership fees;

b) Authorise and issue credits/refunds as applicable;

c) Pay SUDS bills and expenses against receipts;

d) Maintain SUDS bank accounts and records of all transactions;

e) Reconcile bank accounts monthly statements against receipt and payments;

f) Arrange for audit of the SUDS accounts, the results to be made available at Executive Committee Meetings and the Sports Assembly.

g) Produce a financial report for the Sports Assembly

h) Oversees fundraising planning and implementation, including identifying resource requirements, researching funding sources, establishing strategies to approach funders, submitting proposals and administrating fundraising records and documentation;

i) Recommend yearly budgets for Executive Committee approval and prudently manage SUDS's resources within those budget guidelines and according to current laws and regulations of the country in which the bank accounts are held.

5.3 Vice President Sports

5.3.1.Position

- a) Is an elected member of the Executive Committee.
- b) He is elected by the Sports Assembly and remains in office for a period of four (4) years.
- c) Give advice to the Executive Committee on all sport technical matters.

5.3.2.At Trisome Games and Regional Trigames

- a) Operate as the highest sports technical authority before and at the competition.
- b) Co-operate with the organising committee to ensure fair competition and that all rules are properly applied and adhered to.
- c) In collaboration with the Technical Directors from the IDSSF:
 - Evaluate the venues and equipment.
 - Approve the programme.
 - Be present at draws.
 - Supervise results. Provide progress reports to the president of the Executive Committee after the awarding and until the start of the competition.
 - Consult regularly with the Official Representative (OR) of the hosting organisers at the competition.
 - Make a final report to the President of the Executive Committee which includes information about: the number of teams, The number of athletes by sport and results for each of the sports, The quality of facilities, the quality and qualifications of judges and referees.

5.4 Vice President Medical And Registrations

5.4.1.Position

- a) Is an elected member of the Executive Committee
- b) He is elected by the Sports Assembly and remains in office for a period of four (4) years.
- c) Provides medical and physiological advice as requested by the Executive Committee and further advice on the application of WADA Anti-Doping Regulations and any other medical matters that may be brought to the attention of the Executive Committee.

5.4.2.Specific Responsibilities

- a) Must be a qualified Doctor of Medicine according to international standards.
- b) Provides advice to national affiliated organizations, organizers of SUDS-sanctioned competitions, and the Executive Committee on medical and health matters, and is responsible for ensuring compliance with the National Anti-Doping Authority rules in the event of a SUDS-sanctioned competition in a country where such rules apply.
- c) Will be the president of the Medical Committee if such sub-committee is formed by the Executive Committee.
- d) Shall normally (out of competition) report to the President of the Executive Committee.
- e) Shall however report to the Official Representative of SUDS at a competition if it is about medical matters related to that competition.
- f) Will assume responsibility as the key official at all competitions with specific regard to the health of the athletes.
- g) Advises the Executive Committee and the Technical Committee of all matters relating to WADA and Doping Controls and the inclusion of information regarding Doping Control and TUE forms in the athlete Registration process.
- h) He is responsible for the Registration of all SUDS athletes.

- i) In collaboration with the relevant members of the Executive Committee, he regularly reviews the registration procedure and will modify it if necessary.
- e) Shall however report to the Official Representative of SUDS at a competition if it is about medical matters related to that competition.
- f) Will assume responsibility as the key official at all competitions with specific regard to the health of the athletes.
- g) Advises the Executive Committee and the Technical Committee of all matters relating to WADA and Doping Controls and the inclusion of information regarding Doping Control and TUE forms in the athlete Registration process.
- h) He is responsible for the Registration of all SUDS athletes.
- i) In collaboration with the relevant members of the Executive Committee, he regularly reviews the registration procedure and will modify it if necessary.
- l) The Vice President Medical and Registrations will keep a database of athletes registered with SUDS and keep an electronic record of all the registration papers.

5.5 Vice President Education and Development

5.5.1.Position

- a) Is an elected member of the Executive Committee.
- b) He is elected by the Sports Assembly and remains in office for a period of four (4) years.

5.5.2.Specific Responsibilities

- a) In liaison with the Executive Committee to be responsible for all Publicity and Media cover for SUDS to give direction and leadership toward the achievement of SUDS's philosophy, mission, strategy, and its goals and objectives, to promote and publicise the Trisome Games, to maintain the website www.su-ds.org .
- b) Oversees design, marketing, promotion, delivery and quality of programs, products, and services.
- c) To liaise with the other members of the Executive Committee for all possible Social Media opportunities.

Article 6

Registration of Athletes

6.1.The registration of athletes is the exclusive responsibility of SUDS.

6.2.The process of registration is aimed at recognizing the eligibility of the athlete in one on the following groups:

- Down Syndrome Trisomy 21,
- Down Syndrome Mosaic.

6.3.All athletes participating in the competitions of IDSSF and D-IDSSF, must be registered by SUDS.

6.4.Registration shall be submitted by the country's national organization affiliated to IDSSF or D-IDSSF. Private registrations will not be accepted.

6.5.The registration must be requested on the appropriate form published in SUDS website – link “registration” and must be accompanied by payment of tax established by the Executive Committee of SUDS.

Article 7

Assets

7.1 Revenue

SUDS revenue is constituted by:

1. Annual support of IDSSF;
2. Registration fee for each athlete, payable for new registrations and additional sport forms;
3. Capitation fee of Trisome Games and Regional Trigames that they are distributed pro-rata to IDSSF: 30% retained by SUDS, 70% distributed to the IDSSF.

The amount of the fees is determined by the Executive Committee.

7.2.Financial year

The financial year will begin on January 1 and ending December 31 of each year. Every year the Vice President Administration and Finance must submit the annual report to Executive Committee for approval.

7.3.Currency

The official currency of SUDS is € (Euro).Payments may be made in € (Euro) at the equivalent local currency at the exchange rate on day of payment. All invoices will be issued in € (Euro) only.

7.4.Bank account

The Bank Account will be in the country of the Vice President Administration and Finance. If not possible the Executive Committee will decide in which country the account will be to make it effective for the Vice President Administration and Finance.

7.5 Claims

All claims must be submitted to the President and will be authorised by the Vice President Administration and Finance, before payments can be made. The SUDS Expensed Claim Form can be obtained from the Vice President Administration and Finance.

7.6 Travel expenses

The President's travel and accommodation costs to meetings and competitions will be paid from SUDS funds as far as the hosts or organisers do not cover these costs.

For other members of Executive Committee travel and accommodation costs to meetings and competitions will be paid by the IDSSF that nominated as far as the hosts or organisers do not cover these costs.

Article 8

“Trisome Games”

The “Trisome Games” are a global multidisciplinary event organized by SUDS that takes place every four years. They represent the pinnacle of sport practiced by athletes with Down syndrome.

8.1 Bids

8.1.1 Letters of Intention to bid for the Trisome Games must be sent to the Vice President Administration and Finance within 6 months of the end of the proceeding Trisome Games. The SUDS Trisome Games bid form will be sent to the potential bidders after that.

8.1.2 Bid for the Trisome Games must be returned completed to the Vice President Administration and Finance within 12 months of the end of the previous Trisome Games.

8.1.3 The SUDS Executive Committee will consider all bids and the successful application will be announced 18 months after the end of the proceeding Trisome Games.

8.2 Flag ceremony

The SUDS flag shall be raised at the opening ceremony of the Trisome Games and other events that are sanctioned by SUDS.

At the closing ceremony, the Host country shall hand over the flag to the SUDS President. The SUDS President will hand the flag to the country chosen for the next Trisome Games at a Ceremony to be arranged at the launch of the Trisome Games in the host country.