

What is a Convention of States (COS)?

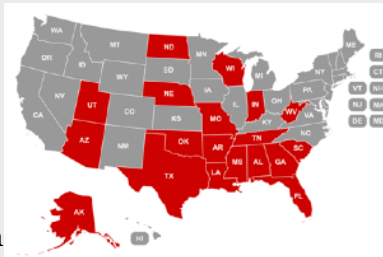
Also called an Article V Convention, Constitutional Convention, Con-Con (2:38), it is one of the two ways to amend the U.S. Constitution per Article V of the Constitution. The amendments we currently have in the Constitution were added by Congress. The other option is for states to instigate amendments by calling for a Convention. Watch this [video that provides an overview](#) (6:50).

Those [who support a Convention](#) (3:25) have been pushing for state legislators to pass resolutions (applications) to call for a Convention. These applications must propose the same language for each state. The topics currently being proposed are:

- 1) impose fiscal restraints on the federal government,
- 2) limit its power and jurisdiction, and
- 3) impose term limits on its officials and members of Congress.

It takes 34 states to call a Convention and 38 to ratify proposed amendments. As of Jan 2025, 19 states have passed a resolution. [South Carolina passed a Convention of States resolution](#) for the three topics on 4/13/2022. Read [Governor McMaster's signing statement](#).

If 34 states “apply” for a Convention, the delegates to the Convention are chosen by the state legislatures. Each state gets one vote at the Convention but they can send as many delegates as they choose.



The delegates discuss, draft, and vote on amendment proposals that relate to the topics in the application that triggered the Convention (fiscal restraints, limiting of power/ jurisdictions, and term limits).

Once complete, the final proposed amendments then come back to the states for ratification. They must be ratified by 38 states. States may have their state legislators ratify the amendments or hold a ratification convention (involves the people) within their state.

The 1787 Precedent

The idea of a Convention is a polarizing topic. Either people strongly believe that it is needed to save our country or they believe it could lead to disaster for our Constitution.

You will find respectable/admirable people who are for a Convention as well as those that are against it. Both sides will cite quotes from history to make their case.

One of the main arguments against the Convention is that a historical precedent exists in which the scope of a Convention wasn't constrained to the original objective.

In 1787, our founding fathers set out to just amend the Articles of Confederation (precursor to our Constitution). However, the result of the Convention was our bright, shiny U.S. Constitution instead. Overachievers!



Per the Articles of Confederation, all of the 13 states should have had to ratify the changes. With the newly created Constitution, only 9 were required to ratify (a significant change).

The Declaration Of Independence states **“whenever any form of government becomes destructive, it is the right of the people to alter or to abolish it, and to institute new government.”** Which would take precedence? This indisputable right of Americans or the states’ resolutions that require that the delegates (Americans) only create amendments on three topics?

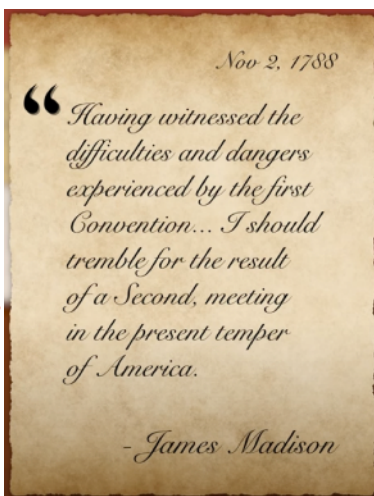
Robert Brown explains the concern that a Convention can't be limited in this [video](#) (5:36). The Convention of States organization [believes it can be constrained](#) (5:27). What do you think?

Convention Considerations

- Are you comfortable with your legislators picking the delegates?
- Will the delegates be constitutional experts that can foresee negative impacts of changing the Constitution?
- Would our government adhere to changes to the Constitution when they often ignore it in its current form?
- Can we wait and see the progress Trump makes on eliminating spending and government overreach?
- Are states using all the power that they have to limit federal overreach?
 - Could states stop taking Federal money that comes with “strings attached”?
 - Could state Attorneys General file suit on unconstitutional Federal laws and overreaching agencies? (Several Supreme Court cases already pave the way for dismantling the unconstitutional actions of unelected agencies and restricting their power).
- Regarding term Limits, shouldn't our vote allow us to vote the good legislators in and the bad ones out?
 - Are our elections secure? Hand-counted, paper ballots for the win!
 - Could we prevent insider trading so legislators aren't incentivized to become millionaires that age out in Congress?

Contact your legislators if you have concerns.

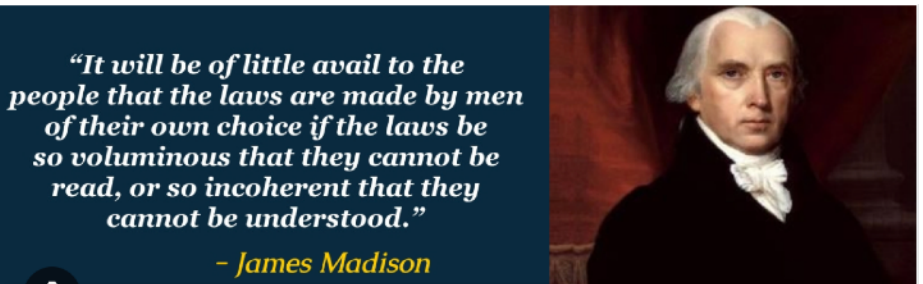
Existing Convention applications can be rescinded at any time.



Can The Federal Government be “REIN”ed In?

The Executive branch has grown into a monstrosity of three-letter agencies. These [agencies](#) (441 listed) have created regulations that take 107,262 pages in the 2024 Federal Register. Excessive regulations limit the freedoms of Americans.

Per the U.S. Constitution Article I, “**All legislative Powers herein granted shall be vested in a Congress of the United States**, which shall consist of a Senate and House of Representatives” (not created by unelected bureaucrats).



What would Madison say if he learned we have 107,262 pages of regulations and they weren't even made by people we elected?

The “Regulations from the Executive in Need of Scrutiny (REINS) Act of 2024” (H.R. 9648) would require Congress to approve any new rule with a major impact on the economy (\$100 million) before it goes into effect, give the American people a greater voice in reducing the undue burden of excessive regulations and help hold executive agencies accountable. Watch this [overview of the bill by Florida Representative Kat Cammack](#) (4:08).

The REINS Act has been submitted multiple times in the past but never made it through both chambers of Congress. Isn't it strange that we require a bill to get our government to follow the Constitution? Maybe it is a good sign that Congress is taking back some power from the unelected bureaucrats.

Trump is already keeping his promise of reducing government. Keep up-to-date on the Department of Government Efficiency ([DOGE](#)) actions by listening to the weekly update on X spaces. The [first update was on Feb 2 and referenced the REINS Act](#).

Also noteworthy is that Trump issued an [Executive Order](#) requiring that whenever an agency promulgates a new rule, regulation, or guidance, it must identify at least 10 existing rules, regulations, or guidance documents to be repealed.

Some STATES (like Idaho, Ohio, and Virginia) are taking similar regulation-reducing actions. [Idaho cut/simplified 75% of their regulations](#), removing 1,804 pages in one year. **We should be demanding that our South Carolina representatives reduce/simplify our laws....not create new ones.**