Limits on Service in Congress

Joint resolution proposing an amendment to the Constitution · Discussion draft v0.6

Proposing an amendment to the Constitution of the United States relating to limits on service in Congress.

DOCUMENT	DATE	STATUS
LD-2026-07	30 OCTOBER 2026	DISCUSSION DRAFT — NOT FOR INTRODUCTION. SUBJECT TO LICENSED CONSTITUTIONAL COUNSEL REVIEW.
AUTHOR	**ORGANIZATION**	**CLASSIFICATION**
COLLIN B. GEORGE	SANCTIR LLC	UNCLASSIFIED
LICENSE	**ORCID**	**SERIES**
CC BY-NC-ND 4.0	0009-0007-8162-6839	SANCTIR LEGISLATIVE DRAFTS

UNCLASSIFIED // OPEN SOURCE · NOT OFFICIAL U.S. GOVERNMENT ANALYSIS · NOT THE PRODUCT OF THE OFFICE OF LEGISLATIVE COUNSEL

JOINT RESOLUTION

Proposing an amendment to the Constitution of the United States relating to limits on service in Congress.

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled (two-thirds of each House concurring therein), That the following article is proposed as an amendment to the Constitution of the United States, which shall be valid to all intents and purposes as part of the Constitution when ratified by the legislatures of three-fourths of the several States within seven years after the date of its submission to the States by the Congress:

ARTICLE —

Section 1. Limit on Service.

No person shall be elected or appointed to a term of office as a Senator or Representative if the Service Units that person would hold upon completing that term, assuming continuous service through its end, would exceed six.

Section 2. Definitions.

For purposes of this article:

(a) Service Unit. One Service Unit equals 730 days of service as a Representative. A Senator's term equals three Service Units, which is 2,190 days. These day counts are fixed and do not vary for leap years.

(b) Service Units held. A person's Service Units equal the total number of days that person has held office as a Senator or Representative, in either House, after the effective date in Section 5, divided by 730.

(c) Holding office. A person holds office from the later of the beginning of a term and the taking of the oath for that term, until the earliest of death, resignation, expulsion, or the end of the term.

(d) Projected Service Units. The Service Units a person would hold upon completing a term, computed under subsection (b) on the assumption that the person holds that office continuously until the term ends.

(e) Term. For a person elected or appointed to fill a vacancy, the term is the remainder of the term in which the vacancy occurs. For a person elected to a subsequent full term, the term is the full term.

(f) Delegates and Resident Commissioners. Service as a Delegate or Resident Commissioner counts as service as a Representative under this article.

Section 3. Oath and Seating.

No person shall take the oath of office as a Senator or Representative for a term if, under Section 1, that person's Projected Service Units would exceed six. The Vice President, the Speaker of the House of Representatives, the Secretary of the Senate, the Clerk of the House of Representatives, and every other officer charged with administering an oath or seating a Member shall refuse to do so for any person disqualified under this section. No person disqualified under this section shall be seated, and no Member shall be seated for a term that begins while that person is disqualified.

Section 4. Transition.

This article applies to every election and appointment to a term that begins on or after the effective date in Section 5. Service held before that date shall not be counted under Section 2.

Section 5. Effective Date.

This article takes effect upon its ratification by the legislatures of three-fourths of the several States, which occurs on the date on which the legislature of the last State necessary to complete ratification acts. The Archivist of the United States shall certify ratification under section 106b of title 1, United States Code. Such certification is evidence of ratification but is not a condition of this article's effectiveness.

Section 6. Enforcement.

This article is self-executing. The Congress may by law provide for official records of service, for procedures to determine eligibility before an election, and for expedited judicial review, but no law may alter the number of Service Units in Section 1, the definitions in Section 2, or the transition rule in Section 4.

Section 7. Determination and Review.

(a) The Secretary of the Senate and the Clerk of the House of Representatives shall maintain official records of each Member's Service Units from the effective date. These records are presumptive evidence of the Service Units held by any person. The presumption may be rebutted by clear and convincing evidence. An officer who acts in good faith on these records shall not be liable for doing so.

(b) A State may decline to place on its ballot, or to certify, a candidate who is ineligible under Section 1.

(c) Any candidate, voter, or State official aggrieved by a determination under subsection (b), and any candidate aggrieved by the refusal of an officer to administer an oath or seat a person under Section 3, may seek declaratory and injunctive relief against that officer in the United States District Court for the

District of Columbia. Appeal lies directly to the Supreme Court of the United States. Such proceedings shall be expedited. No such proceeding shall name a Member of Congress as a defendant.

(d) Each House retains the power under Article I, Section 5 to judge the elections, returns, and qualifications of its Members. Nothing in this article alters that power. Each House shall apply Section 3 when exercising it.

Section 8. Ratification Period.

This article shall be inoperative unless it shall have been ratified as an amendment to the Constitution by the legislatures of three-fourths of the several States within seven years after the date of its submission to the States by the Congress.

ABOUT THE AUTHOR

Collin B. George is the founder of Sanctir LLC, where he advises on national security, export control, and sanctions compliance. He holds the CISSP. Correspondence: https://sanctir.com/contact/.

ORCID 0009-0007-8162-6839

SUGGESTED CITATION

Collin B. George, *Limits on Service in Congress* — Joint resolution proposing an amendment to the Constitution · Discussion draft v0.6, Sanctir LD-2026-07 (30 October 2026). Licensed under CC BY-NC-ND 4.0.