

# Frequently Asked Questions and answers concerning the HU Elite Sports status

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### **What are the requirements to be eligible for an Elite Sports status?**

1. Students with NOC\*NSF status automatically receive an elite-sports status within UAS after registration. NOC\*NSF determines the statuses of elite athletes and records them in the NOC\*NSF portal. If the elite athlete has given [NOC\\*NSF](#) permission, the status is also visible to educational institutions. For this, see <https://www.sportutrecht.nl/noc-nsf-status/>.
2. The awarding of elite-sport status by UAS Utrecht is broader than the NOC\*NSF status policy, but in accordance with national guidelines within [Action Plan FLOT](#). This means that you can also obtain elite-sports status if you practice a sport recognized by NOC\*NSF and practice your sport at the highest level, such as participating in European (youth) championships (E(J)C's), World (youth) championships (W(J)C's) and the Olympic Games, are a member of a National Top Sports Center (NTC), a Center for Top Sports and Education (CTO), are in the Dutch Junior Team and/or are considered an emerging talent.

Point 2 is further specified below. You can also apply for a UAS elite-sports status if you:

- do a sport on the list of Elite sports category 1 [Elite and International Competitive Sports Disciplines](#) of NOC\*NSF:
  - individual sport: finished 1-8th place at the National Championship or participates in the European Championship/World Championship. You provide the result or invitation for this by email as proof.
  - team sport from Elite sports category 1, plays at the highest national level and is active in Europe. (These are the clubs that are at the top of the national competition, places 1-8). You need a letter from the club as proof of the status.
  - Part of team Orange or team NL
- do a sport on the list of Elite sports category 2 or 3 [Elite and International Competitive Sports Disciplines](#) of NOC\*NSF:
  - Individual sport: finished 1-3 at the National Championship or finished 1-16 at the European Championship/World Championship
  - Team sport: part of team Orange. You provide the result or invitation for this as proof by email

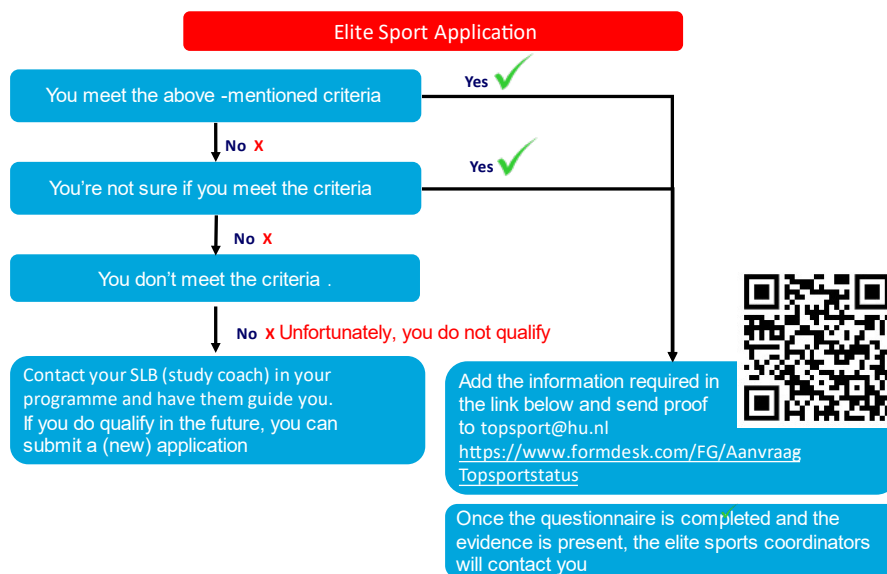
### **Other specifications**

- play professional football in the Netherlands and you are on the BVO (professional football organization) talent status list. Please contact the KNVB for this. The national training centers are on this list.
- cycle and meet: [Talent profiles & talent status KNWU](#) or have KNWU or NOC NSF status or are a member of a Continental team or have finished in the first 8 at the NK or NJK (HollandCup.). If this is not (yet) the case, you can qualify by receiving a letter from the KNWU. You do this by providing the correct information to the KNWU:
  - document with general information
  - document with competition results over the past 2 years
  - document with test data (VO2max and wattages)
  - document with power values (10 sec, 30 sec, 1 min, 3 min, 5 min, 12-20 min)
  - recommendation from the club trainer
  - recommendation from the regional coach/STDC person
  - reason for the request for which the status is used.
- are an e-sporter with a contract with a professional top sports organisation (like FC Utrecht)
- practice motorsport and after the season can share the final ranking with a place 1-8 for you (because every competition is called a National Championship, the ranking after a season applies here),
- play for a national team other than the Netherlands in sports on the list of Elite sports category 1, 2 or 3 [Elite and International Competitive Sports Disciplines](#) of NOC\*NSF

- always had a status at younger age, if consecutive, the HU will give you 1 academic year to join the selection for the seniors as well
- had a long-term injury and have lost your status as a result, the HU will give you one academic year to come back to your old level. This requires a letter from the treating (sports) physician
- in other cases to be determined by the elite sports coordinator(s).

The applications are examined per student. Based on the criteria, the student may or may not receive top sports status.

### How do I apply for an elite sports status?



- You apply to the elite sports coordinators via referral from a dean (decaan), study career counsellor (SLB-er), teacher, learning team coach (leerteambegeleider) or on your own initiative
- You send an email to [topsport@hu.nl](mailto:topsport@hu.nl) and complete the questionnaire: <https://www.formdesk.com/FG/Obtaining-an-Elite-Sports-Status>
- You provide the requested evidence to [topsport@hu.nl](mailto:topsport@hu.nl) (for criteria see 2.2 below).
- The elite sports coordinators will review your information and arrange an intake (1/2 hour)
- after which the Elite Sports Committee will decide whether or not you will get the Elite Sports Status. The Elite Sports Committee consists of the two elite sports coordinators and the manager Student Participation in Decision-Making and Advice, Department of Education, Research and Student Affairs.
- The elite sports coordinators inform the dean and you about the Elite Sports Status by email with the Elite Sports Status as an appendix.
- Elite sports status is valid for one academic year and has to be re-established at the end of each academic year by sending new evidence to topsport@hu.nl, demonstrating compliance with the criteria mentioned below (2.2).
- It is our wish that you share your progress and agreements with the every block. This can be done by e-mail or a meeting with the elite sports coordinators.
- The regular student counselling is done by the study career counsellor (SLBer) and/or learning team coach.
- The guidance provided by the elite sports coordinators is based on a demand-driven system. This means that it is mainly you who determines the frequency of contact. If you want to

make use of facilities, you are obliged to seek frequent contact. No facilities can be given afterwards.

### **Does the university have its own top sports teams?**

The University of Applied Sciences Utrecht (HU) hasn't its own top sports teams.

### **How can I be selected for a team?**

Because the University of Applied Sciences Utrecht (HU) hasn't its own top sports teams, you cannot be selected for a team.

### **How is the guidance of elite athletes arranged, within the University of Applied Sciences Utrecht (HU)?**

The HU elite sports coordinators work closely with the study career counsellors (SLB-ers), learning team coaches and deans (decanen). The elite sports coordinators are familiar with all the possible facilities that can be applied for, but they are not aware of all the contents of the various programmes. Good cooperation is therefore essential. Guidance from the elite sports coordinators is demand-driven, to encourage you to function as independently as possible. In practice, the elite sports coordinators brainstorm on the background and advise you and/or SLB-er and/or your learning teams coach. As mentioned earlier, it is our wish that you share your progress and agreements each block. You can do this by e-mail or a meeting with the elite sports coordinators. Your SLB-er or learning team coach does the regular student counselling at the educational level.

The objective of the elite sports policy is to facilitate you as an elite sports athlete with the combination of study and elite sports, where possible and within reasonable limits. The right to facilitation cannot lead to the obligation of the educational management to do the impossible. But we can look together at the possibilities that do exist.

### **What facilities are included in the elite (top) sports policy?**

Arrangements for flexible educational opportunities are intended to limit the delay in studies as a result of practising elite sport as much as possible. Each programme management looks at what can be organised. You, as a student, are not entitled to these arrangements. Make sure you receive written support from your study career counsellor (SLB-er) and/or learning team coach and/or elite sports coordinators and make sure you have evidence ready as to why you need this arrangement (proof of competitions, international training camp, trainer's statement, etc.).

*Facilitation cannot lead to programme management being forced to do the impossible.*

The facilities on which the top athlete can call on include:

- 1) Counselling by the elite sports coordinators;
- 2) Flexible educational possibilities, as far as these can be realised within the study programme;
- 3) Financial support in case of special expenses.

These facilities are explained below

### **Possible arrangements for flexible educational opportunities**

Arrangements for flexible educational opportunities are intended to limit the delay in studies as a result of practising elite sport as much as possible. Each programme management looks at what can be organised. You, as a student, are not entitled to these arrangements. Make sure you receive written support from your study career counsellor (SLB-er) and/or learning team coach and/or elite

sports coordinators and make sure you have evidence ready as to why you need this arrangement (proof of competitions, international training camp, trainer's statement, etc.).

*Facilitation cannot lead to programme management being forced to do the impossible.*

- **Participation in other classes**, request to lecturers and study career coach (SLB-er)  
If you cannot be present at the class due to elite sports commitments, you have the possibility to ask the lecturers of other classes whether you can attend the relevant class with them. When in doubt whether this should be granted, the SLB-ers and/or the elite sports coordinators can be contacted for advice. At certain institutes, the coordinators of a subject are responsible for these kinds of decisions.  
There is a helpful document to look at the schedules of parallel groups (available from the elite sports coordinators).

Participation in other learning teams, request from the coordination of learning teams and learning team supervisor

It is mandatory for many educational programmes to be present at the learning teams. This is because it is important to collect and provide feedback on personal and professional development. It is often not possible to switch learning teams during a block. Only with support from the elite sports coordinators will an exception be made to switch after a block. Although switching is not desirable, it is sometimes unavoidable.

- **Adjusted obligation to attend** by request to request module coordinator and learning team coach  
If a programme requires an obligation to attend for a certain course or subject, the E module coordinator can assign an adjusted norm. It is then checked whether the student has achieved the competency. This is also known as competency-based testing instead of attendance-based testing. The first preference is that the student joins other classes and thus fulfils his/her obligation to attend. If the competency cannot be tested in this way, this possibility is dropped. However, the first preference is that you participate in other classes and thus meet your attendance requirement. Participating in other classes is not always possible for all kind of lessons.  
For a test for which you collect data points during lessons, there is often a mandatory attendance requirement. Here too, a module coordinator can assign an adjusted standard, but for the moments of absence, you will have to make it clear how you are going to collect your data points in a different way and also when you provide feedback on the products and behavior of other students from your learning team.  
*In some cases, the elite athlete simply has to be there. These moments are seen as a test and sometimes a teaching-learning moment is only organized and offered once. In these cases, the teaching-learning moment takes precedence over the training. The learning team coach will discuss in detail which moments of the mandatory lessons these are.*  
For each type of request, a support email from elite sports coordinators is mandatory.

- **Remote learning:** At the moment, this is not organised by lecturers. You have to arrange this with the lecturer and with other students that you can follow lessons remotely/online and by asking permission from the lecturer. The teacher can choose whether to approve this for which lesson.
- **Recording the lessons:** It is not automatically permitted to have lessons recorded or to record lessons yourself in connection with the AVG. There are institutes that record lectures as standard.
- **Replacement practicals** by request to the module coordinator and/or Examination Board.  
If the dates for practicals overlap with your competitions and/or training stage abroad, the module coordinator /examination board may decide that you will be offered a separate practical

or alternative assignment at a different time. Initially, we will check whether you can participate with another class.

The facilitation cannot lead to the training being forced to do the impossible.

- **Examination regulation rescheduling examination** by request to the Examination Board  
If the first or second chance of an assessment/examination cannot be used because of a competition, selection training or training placement abroad at the same time, you may request an extra chance with the examination committee. The Examination Board will ensure that the opportunity is offered within a reasonable period of time. In your request, indicate which time period is desirable for you.  
If the extra opportunity can be organised, it will be scheduled by the Assessment Organisation or the examiners by order of the Examination Board. You are obliged to confirm this offer by e-mail. A helpful document with tips is available (to be requested from the elite sports coordinators) on how to submit such a request to the Examination Board. the elite sports coordinators must support your request. Our support email is a mandatory attachment to the request.
- **Postponement of the deadline for handing in a report or other product** by request to the course coordinator or, if applicable, the lecturer responsible for the product.  
If the deadline for the test (handing in the report) cannot be met, you may request a postponement of the deadline. You do this request well in advance and propose a new hand-in date.  
Option 1: the newly proposed deadline will be within 2 weeks after the original test (submission) date, the teacher can still enter your grade in Osiris. Then a request to the course coordinator is often sufficient.  
Option 2: The new proposed deadline is AFTER the teacher marking time. This means that the deadline falls in a different block/period of testing time. The application must then be submitted via the Examination Board.  
In both cases, the elite sports coordinators must support your request. Our support email is a mandatory attachment to the request.  
A helpful document with tips is available for this (see above under rescheduling examination).
- **Individualisation of project/report**, by request to the course coordinator and/or Examination Board.  
When a project group cannot perform as expected due to your absence, it can be considered to do (part of) the project on your own. The coordinator of the course will give permission or positive support to a request to the Examination Board.  
A helpful document with tips is available for this (see above under rescheduling examination).
- **Adjusted internship period** by request to the work placement coordinator.  
If you are unable to meet the internship hours' standard due to your elite sport obligations, you seek for a solution together with the work placement coach, the workplace coordinators/lecturers and the work placement office. In practice, this usually means that you do a longer work placement with fewer hours per week. The development of competences during your internship is also looked at. This is also known as competency-based testing instead of attendance-based testing.  
In the case of internships lasting more than 28 hours a week, 20 hours is the absolute minimum to ensure continuity and progression.
- **Internship abroad** by request to the coordinator.  
If you have to stay abroad for your sport, it is possible to give you permission to follow your internship abroad. This requires permission from the work placement office and the work

placement coordinator. A test may follow afterwards in the Netherlands to check whether the development of competences is sufficient.

Some study programmes having a compulsory traineeship abroad include the possibility of submitting a request to the work placement coordinator to take one of the traineeships at an international company in the Netherlands.

- **Suspended advice:** See [OER](#)
- **Remote testing:** Application for proctoring to the Examination Board.  
Every year will be decided whether a proctored exam will be possible. Please check with the elite sports coordinators.  
If it is possible, students with an Elite Sports status who are unable to come to HU for a test and cannot wait for the resit may request the Examination Board to proctor an online remote test at the same time as the BYOD test or regular test on a permanent test PC. Please contact the elite sports coordinator in time for this and add the support/statement from the elite sports coordinator to your request to the Examination Board.

#### **How can I request the facilities?**

Depending on the request, you must submit this to the lecturer, course coordinator, Examination Board and/or elite sports coordinator. Under the question “Which facilities are included in the elite sports policy?” and then under the heading Concrete proposals you can find with whom you request the facilities. Also under heading “Is there financial support?” and “How do I apply for financial support?”.

#### **Is there financial support?**

Per calendar year a limited budget is available for students with an elite sports status. If this budget is depleted, the possibility of financial support ceases.

The financial support that can be applied for under certain conditions is:

1. Application for reimbursement of expenses for elite sports, travel and accommodation abroad.
2. Application for extra training facilities at Sport Center Olympos or Swimming pool Kromme Rijn This is only possible if you do not have the opportunity to train at your own sports club. You must demonstrate this and also how long you need this facility.
3. Application for financial support for delay in studies (only **full-time** programmes) via the [Profiling Fund](#).

Request the application form from [topsport@hu.nl](mailto:topsport@hu.nl), fill it in completely and add the requested proof. Then send it back to [topsport@hu.nl](mailto:topsport@hu.nl)

#### **How do I apply for financial support?**

There are application forms available at the Elite sports coordinators for reimbursement of expenses for elite sport, travel and accommodation abroad and for extra training facilities at Sportcenter Olympos or Swimmingpool Kromme Rijn. This is only possible if you do not have the opportunity to train at your own sports club. You must demonstrate this and also how long you need this facility. The application for financial support for delay in studies (only **full-time** programmes) is covered by the [Profiling Fund](#) and can be asked for at [afstudeersteun@hu.nl](mailto:afstudeersteun@hu.nl)

### **Is an adjusted BSA (binding study advice) possible?**

It is possible to request a suspended advice at the end of the propaedeutic year if you do not meet the 45 EC. See [EER Education and Examination Regulations](#).

You do need support from elite sports coordinators. You only get this if you actively keep elite sports coordinators informed during your first year.

### **Can I get guidance with planning?**

Yes, please contact your study career coach (SLB-er) or learning team supervisor. If necessary please contact the elite sports coordinators at [topsport@hu.nl](mailto:topsport@hu.nl).

### **Can I deviate from the attendance requirement?**

- **Adjusted obligation to attend** by request to request module coordinator and learning team coach  
If a programme requires an obligation to attend for a certain course or subject, the E module coordinator can assign an adjusted norm. It is then checked whether the student has achieved the competency. This is also known as competency-based testing instead of attendance-based testing. The first preference is that the student joins other classes and thus fulfils his/her obligation to attend. If the competency cannot be tested in this way, this possibility is dropped. However, the first preference is that you participate in other classes and thus meet your attendance requirement. Participating in other classes is not always possible for all kind of lessons.

For a test for which you collect data points during lessons, there is often a mandatory attendance requirement. Here too, a module coordinator can assign an adjusted standard, but for the moments of absence, you will have to make it clear how you are going to collect your data points in a different way and also when you provide feedback on the products and behavior of other students from your learning team.

*In some cases, the elite athlete simply has to be there. These moments are seen as a test and sometimes a teaching-learning moment is only organized and offered once. In these cases, the teaching-learning moment takes precedence over the training. The learning team coach will discuss in detail which moments of the mandatory lessons these are.*

For each type of request, a support email from elite sports coordinators is mandatory.

### **Can I take longer to complete my studies?**

Yes, just like any student. Request support for this from the elite sports coordinators [topsport@hu.nl](mailto:topsport@hu.nl). Afterwards, you can submit a request to the [Profiling Fund](#) for financial support.

### **Can I take a test remotely and/or on a different moment?**

**Remote testing:** Application for proctoring to the Examination Board.

Every year will be decided whether a proctored exam will be possible. Please check with the elite sports coordinators.

If it is possible, students with an Elite Sports status who are unable to come to HU for a test and cannot wait for the resit may request the Examination Board to proctor an online remote test at the same time as the BYOD test or regular test on a permanent test PC. Please contact the elite sports coordinator in time for this and add the support/statement from the elite sports coordinator to your request to the Examination Board.



### Can I take lessons remotely?

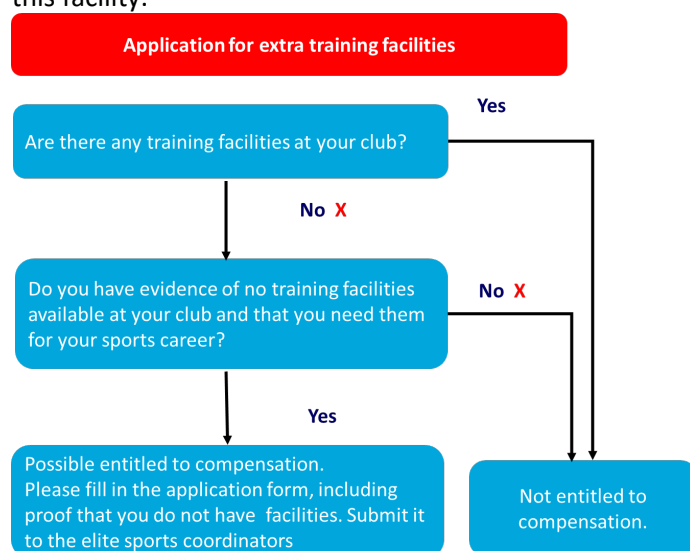
**Remote learning:** At the moment, this is not organised by lecturers. You have to arrange this with the lecturer and with other students that you can follow lessons remotely/online and by asking permission from the lecturer. The teacher can choose whether to approve this for which lesson.

### Are there required internships? Preferred partners? Custom programs for student-athletes?

No there are no required internships, preferred partners or custom programs for student athletes. You can make use of the guidance of top athletes. Look for possibilities at question: "How is the guidance of top athletes, within the University of Applied Sciences Utrecht (HU) arranged?".

### Can I use sports facilities on campus?

There are application forms available at the elite sports coordinators for extra training facilities at Sportcenter Olympos or Swimmingpool Kromme Rijn. This is only possible if you do not have the opportunity to train at your own sports club. You must demonstrate this and also how long you need this facility.



### Can I get help with looking for accommodation?

If you have NOC\*NSF status, we will refer you to [www.sportutrecht.nl](http://www.sportutrecht.nl). The HU itself cannot provide this.

### What should I do if I have a training camp?

- See which lessons you miss and whether they are mandatory.
- Check whether there are tests and whether there are submission times.
- Arrange proof that you are on a training internship.
- Discuss in good time with your teachers, study career coach (SLB-er), learning team supervisor and/or elite sports coordinators what solutions you have found and whether you need to submit a request to the Examination Board for an extra test opportunity.

### What should I do if I am not sure (yet) whether I am in the (final) selection for a tournament (in terms of planning?)

Arrange everything as if you were in the squad and going to the game. It's easier to reverse things than requesting it last minute.

### **What happens if I am injured and/or lose my status?**

If you had or have a long-term injury and have lost your Elite Sports status as a result, the HU will give you one academic year to come back to your old level. This requires a letter from the sports doctor.

### **What are student experiences with the coaching and guidance?**

Evaluations show that the students of the HU are satisfied with the coaching of the elite sports coordinators. It does require a lot of independence and communication from you yourself to coordinate.

### **What steps should I take as a student to get the academic year off to a good start?**

Report to the elite sports coordinators before the start of your new study (preferably before 15 May, preferably earlier). Send proof that you are a elite athlete. See the question with: "What are the requirements to be eligible for an Elite Sports status?" for the criteria.

### **What is expected of me as an elite sports student?**

As an elite sports student, you are responsible for your own study progress. This also applies to taking the initiative to achieve a good balance between elite sports and study. If you are registered as an elite sports athlete student within the HU, you can make use of the HU elite sport scheme. The HU elite sports coordinators will determine your Elite Sports status.

It is important that you handle the HU elite sports regulation with care, so that all elite sports students can continue to make use of this regulation in the long term. To this end, a number of rules have been drawn up. The guidelines below describe these rules and we expect you to put them into practice in a constructive way.

#### **Condition:**

You will always provide proof of training times, training camps, competition periods and tournaments at the time when you appeal to the elite sports scheme.

Below, you will find a number of situations in which you, as an elite sports athlete, can make use of the elite sports scheme. At the same time, we indicate what the guideline is in that specific situation.

- ✓ Yearly timetable/order of study components in relation to elite sports:
  - For specific sports, there are specific periods in which a greater intensity and time investment in the sport is required (e.g. cycling, skating, sailing). **Prior to an academic year**, you make an appointment with the study career coach (SLB-er)/learning team coach or elite sports coordinators to discuss how the academic year can best be structured. It is your duty to inform all parties.
- ✓ Overlap training times and college timetable:
  - You check your timetable prior to each class period (A, B, C, D). If there is an overlap between lectures and training times, you notify the the study career coach (SLB-er)/learning team coach, lecturers and elite sports coordinators, **at the latest one week before the beginning of the class period**. In consultation with the study career coach (SLB-

er)/learning team coach or elite sports coordinators, a possible solution will be sought. You are obliged to inform all parties involved.

- ✓ Short period of absence during a course period:
  - If a training camp, competition or tournament takes place during a class period and you are absent for a certain period of time, you must report this to the study career coach (SLBer)/learning team coach, lecturers involved and elite sports coordinators **no later than two weeks** prior to your absence.
  - In order not to get behind with studies, agreements will be made per course, in consultation with the lecturer, as to how your absence can be made up or compensated for. You take the initiative in this.
- ✓ Long period of absence during a course period:
  - If you are absent for a longer period of time due to elite sports commitments, the consequences of this will be determined in consultation with the study career coach (SLBer)/learning team coach and elite sports coordinators. Subsequently, in consultation with the learning team leader, the programme manager and the Examination Board, it will be discussed whether an adjusted programme is possible. Obviously, this requires more time and **you are requested to report this longer absence in time**, so that tailor-made solutions can be found.
- ✓ Absence during examination period:
  - If you are unable to take part in an examination or examination period because of elite sports commitments, it is important that **you report this as soon as possible to the study career coach (SLBer), the learning team coach and the elite sports coordinators**. Depending on the elite sports obligation and the number of exams, possible solutions will be examined. You can submit a **request to the Examination Board** supported by the elite sports coordinators.
- ✓ Agreements with lecturers, team leaders, etc.:
  - If, as a result of the above subjects, agreements are made with the lecturer(s), team leaders or programme managers involved, it is important that you, as an elite sports athlete student athlete, **carefully observe these agreements**. If, due to circumstances, you are unable to keep to the agreements made, it is important that you inform all parties involved (including the study career coach (SLBer)/learning team coach and the elite sports coordinator **correctly**.
- ✓ Communication:
  - Perhaps needless to emphasise that it is of great importance that you communicate **correctly** at all times both via email and verbally with all those involved.
- ✓ Expectations:
  - The elite sports scheme provides the space to support you in the combination of sports and study. Making a claim on the elite sports scheme means that the organisation must make adjustments to the regular programme. This requires an effort from the organisation. The scope of the adjustments is not unlimited. It is possible that not all solutions will meet your expectations.

- ✓ Ambassador role:
  - As an elite sports student, you fulfil an ambassadorial role. The way in which you deal with the afore mentioned rules has an effect on all other elite sports students. If you deal with them in a constructive way, the cooperation of all elite sports students will be positively influenced. **If the above rules are adhered to, all elite sports students will be able to enjoy the HU elite sports scheme for a long time to come.**
- ✓ Registration requirement: Even if you are in your final year of study and have already made all the necessary arrangements, you are still required to register with the elite sports coordinators. This way, the university will know how many elite sports students there are in the UAS Utrecht and you will ensure that guidance will continue to be possible in the future.

#### **What is expected of my sport organization, trainer or coach?**

If you are asked to provide proof that you cannot attend a test moment or a mandatory part of your study, you can request this proof from your sport organization, your coach or your trainer. In addition, we also expect the sport organization, coach and/or trainer to cooperate in the dual career. Think of the possibility to go to school, take lessons and the fact that tests and compulsory components are given priority over training sessions.

#### **Whom can I contact if I have any questions?**

Your first point of contact is your teacher, study career coach (SLB-er) and learning team supervisor. The elite sports coordinators think along with specific questions.