



UCC SPORT SCHOLARSHIP PROGRAMME

TERMS AND CONDITIONS 2023/24

The UCC Sports Scholarship programme aims to assist the student in the development of their sporting career by offering the highest standards in coaching, training, strength and conditioning advice, while also completing their chosen course of study. All sports scholars are subject to a written agreement and successful applicants must abide by the following terms and conditions.

As UCC students, the sports scholar is subject to these terms and conditions, the University's Student Code, Academic Regulations, and all relevant University policies and procedures. Please read these terms and conditions thoroughly prior to accepting your sports scholarship and signing your individual scholarship agreement.

All sports scholars must be available to play/compete for their UCC club for the duration of the term of their scholarship.

Any breach of this agreement by the sports scholar will lead to the termination of the scholarship and would leave the sports scholar liable at the discretion of the University to a repayment of the amount paid to them while in receipt of the scholarship.

The sports scholar will be compliant with the University's data protection policies and procedures.

1. TERMS OF UCC SPORTS SCHOLARSHIP PROGRAMME

- 1.1 UCC Sports scholarships are only available to full-time registered UCC students.
- 1.2 UCC Sports scholarships are awarded for a maximum of one academic year. There will be a two-month probationary period for all new recipients. At the end of this period, scholarship holders may be asked to meet with the Head of Sport and Physical Activity or his/her nominee to discuss their performance to date.
- 1.3 UCC Sports Scholarship students must join and commit themselves to the relevant UCC sport club and represent UCC in all competitions as part of their respective UCC Sports club or team. Failure to represent their UCC Club or not play for teams they are selected in without a valid reason, notified to the Head of Sport in writing, will lead to review and possible termination of the scholarship, and refund of payments received.
- 1.4 Students must arrange the necessary transfers to club affiliation to the UCC club in question by the commencement of their course.
- 1.5 UCC Sports Scholarship students may not hold a Scholarship during an academic year spent abroad or on work placement without approval from the Head of Sport and Physical Activity & Physical Activity or his /her nominee.
- 1.6 UCC Sports Scholarship students must be fit to participate in their chosen sport by 30th October of the year of the awarding of a scholarship or by a date assigned by the Head of Sport and Physical Activity & Physical Activity and the club in question. In the case of a current or recent injury (occurred in the last 12 months), scholars are required to submit full details of the injury and expected recovery from a General Practitioner, in advance of signing the contract.
- 1.7 Scholarship renewals are subject to satisfactory academic and sporting performance by the scholarship holder and the availability of funds. Progress of the scholar will be reviewed against performance criteria defined in their Athlete Performance Plan (APP) and with their sport's coach/programme. Scholars, club/individual coaches and UCC Sport Performance Manager, (where applicable) will be consulted regarding the progress of the student in advance of this renewal process.

- 1.8 It is the responsibility of the scholar as a student of the University to familiarise themselves with this Code of Practice, University's Student Code, Academic Regulations, and any relevant University Policies, Procedures and Codes of Practice.
- 1.9 UCC Sport and /or the relevant club will maintain a regular dialogue with the scholar to support the athlete and monitor their progress throughout the year.
- 1.10 UCC Sports Scholarship students will not be eligible to defer their sports scholarship offer. Students who wish to defer a scholarship offer will be asked to reapply through the normal application procedures.
- 1.11 UCC Sports Scholarship students must undertake a Cardiac Screening Examination in the first year of their scholarship unless they have completed such an examination in the previous two years and provided evidence of such testing;
- 1.12 UCC Sports Scholarship students must display at all times an appropriate standard of conduct and sportsmanship. Awardees shall never engage in any activity which may potentially bring UCC into disrepute. Failure to do so can result in the termination of the Scholarship.
- 1.13 The sports scholar consents to the use of their name and any photographs, video footage or new media that may be taken of them in training, competition or on University business to be used, distributed or shown as UCC Sport deems appropriate.
- 1.14 The scholar will receive two equal payments in December and March, subject to meeting the terms and conditions of the programme.
- 1.15 The sports scholar must notify the Head of Sport and Physical Activity if the scholar is in receipt of any other sports scholarship or National carding scheme funding.

2. SCHOLARSHIP BENEFITS

Benefits of the UCC Sports Scholarship Programme will be tailored to the need of the individual athlete. The number of scholarships and the type and level of benefits per awarded scholarship are awarded at UCC's discretion. The type and level of benefits awarded are dependent on the needs of the University and the availability of funding and may vary from year to year. If awarded a scholarship, scholars should have no expectation that the same level, type and specifics of benefits will be available each year (subject to annual renewal) for the duration of their study.

Student athletes admitted to the UCC Sport Performance programme begin by completing a performance plan which provides an assessment of the student-athletes' needs and requirements. A suite of support services will be available to student-athletes and allow them to fulfil their full sporting and academic potential. [UCC Sport Performance Framework](#)

- Access to expert Strength & Conditioning training
- Sports psychology, finance and time management workshops
- Mental health support
- Ongoing academic support
- Goal setting, performance planning and career advice
- Physiological and fitness testing
- Cardiac screening
- Health and nutrition advice
- Financial bursary

For further details on benefits and the programme please see UCC Sport <https://www.ucc.ie/en/sport/performance/>

3. JOINING AND REPRESENTATION UCC SPORT CLUBS IN COMPETITION

Sports Scholars in signing this Code of Practice agree to:

- 3.1 Join their UCC Sport Club, be available for selection and represent the club in all relevant competitions for teams/squads they are selected to play with; unless otherwise agreed in writing with the Head of Sport and Physical Activity & Physical Activity or his /her nominee.
- 3.2 Compete to the best of their ability in all competitions/matches for which they are selected to compete on behalf of their respective UCC club.
- 3.3 Present reasons for any absenteeism or skipped training sessions to the club/coach/SDO or Head of Sport and Physical Activity or nominee as required.
- 3.4 Be good ambassadors of the University and behave in an appropriate and respectful manner at all times, aligned to the provisions of the Student Code.
- 3.5 Observe and be subject to the rules, regulations and byelaws of the respective sport's National Governing Body to which they are affiliated.
- 3.6 Wear the UCC branded apparel of their respective UCC club while competing on behalf of the University.
- 3.7 Endeavour to attend where possible events/functions organised to raise funds for or promote the Sports Scholarship Programme.
- 3.8 Receive written release from UCC Sport responsibilities (including impact on academic responsibilities) in advance of county, provincial or national representation.
- 3.9 Not play other sports or participate in other activities, which may conflict with their responsibilities to the respective UCC club without the permission of the Head of Sport and Physical Activity or his nominee.

5. INJURY PROTOCOL

In the event of any injury requiring withdrawal from normal training and/or competitive duties, the sports scholar must:

- 5.1 Report the injury to their UCC team and /or individual coach as soon as possible
- 5.2 Complete the UCC Sport online form <https://submit.link/LmL5i>
- 5.3 Make his/her personal/club physiotherapist aware of the injury.
- 5.4 Complete the prescribed number of physiotherapy/physical therapy sessions in order to adequately rehabilitate his/her injury.
- 5.5 Be professionally approved to play / perform by the initial specialist physician and/or physiotherapy staff before full reintroduction to his/her sport.
- 5.6 Keep their UCC team/ and or individual coach fully informed of their progress and likely return to training and competition.

6. ACADEMIC PERFORMANCE AND FLEXIBILITY

All sports scholars are students of UCC and are therefore subject to the University academic regulations. It is the responsibility of the sports scholar to ensure compliance with such regulations.

The Head of Sport and Physical Activity or his nominee is expressly authorised by the sports scholar without the need to seek any further consent from the sports scholar to obtain information on their attendance and academic performance from the relevant UCC Office.

Where a sports scholar is unable to fulfill the progression requirements of their programme (for medical or other reasons) they should contact the Head of Sport and Physical Activity as soon as possible to review the various options available to them as provided by the academic regulations and relevant UCC policy and procedure.

Where a scholar is going to miss a lecture/ practical/tutorial or exam due to their UCC sporting commitments they are required to complete the online Sport Absent Form before submission to the relevant academic programmer area. Such form will confirm the scholars participation and request alternative arrangements be made where applicable. However, such alternate arrangements are at the discretion of the relevant academic.

Sport Ireland published a new High Performance Strategy in July 2021. A key initiative is to support dual career athletes. ASAS is an accreditation recently developed and launched by Sport Ireland aimed at providing equal opportunity to all high-performing student-athletes to combine sport and education. Sport Ireland accreditation (ASAS) is the first of its kind in Ireland and provide an exciting opportunity to harmonize support structure and implement defined guiding principles. UCC is delighted to be confirmed among the first of three 3rd level colleges in Ireland to be awarded the ASAS standard in recognition of meeting the national ASA standard of dual career development support to high performance athletes registered with UCC.

High-performance athletes have unique demands in comparison to the non-student athlete population (e.g. increased time and energy demands, increased accountability to various support providers, international travel and competition requirements), and require flexible and supportive structures to successfully attain a dual career. Creating an environment that

supports dual career athletes is a key success factor. A suitable dual-career environment requires understanding and consistent, structured support. Differences in the recognition and availability of dual career support within third-level institutes exist worldwide..

Academic flexibility

- a) Student-athletes wanting to avail of such arrangement will have to register with UCC Sport, complete a performance plan and clearly highlight potential exam clashes.
- b) If clashes are unavoidable then the remote sitting of exams can be organised assuming all of the conditions for the open and transparent running of an exam as laid out in Exam Procedures and Regulations can be met.
- c) When the above two steps still do not meet the needs of the individual student, then it will be possible for the applicant to sit repeat exams without penalty.
- d) If it is not possible to sit repeat exams because of other external requirements (Further competitions etc.) then acceptable alternative assessment methods outside of the normal examination timetable may be offered by the School/Department in consultation with the Exams Office.

Student-athlete standards and competition levels

UCC Sport recognises that students participate in a wide range of sporting and recreational activities.

However, only a defined student-athlete population **and** competing at a specific standard of competition will be able to avail of exam flexibility. As outlined in the Sport Ireland policy; Student-athletes should be recognised as a *high-performance athlete* by one of the following:

- Sport Ireland and Sport Ireland Institute
- A National Governing Body
- Players Association
- The third-level institute's Sport Scholarship and/or Sports Performance Programme

Accessing the ASAS service

If you are intending to avail of this service, please use the following link and a member of staff will follow up with you: <https://submit.link/14Z>

7. DISCONTINUATION OF A UCC SPORTS SCHOLARSHIP

Discontinuation of a Sports Scholarship may occur where a scholar is deemed no longer eligible, specifically where:

- 7.1 A sports scholar withdraws from their programme of study/ the University and /or their sport (at the level stipulated in their performance plan)
- 7.2 A sports scholar fails to represent their UCC team/club when selected for competition purposes, without a valid reason and notified in writing to the Head of Sport or his nominee.
- 7.3 A sports scholar transfers to another team or club outside of UCC and is no longer available to represent UCC.
- 7.4 A sports scholar does not meet the agreed progression requirements of the programme of study.
- 7.5 A sports scholar has failed to pass the probation period.
- 7.6 A sports scholar is found to be in serious breach of the University's Student Code and a University Disciplinary Committee has imposed penalties against the sports scholar including suspension or expulsion.
- 7.7 A sports scholar returns a positive result to any drugs test. The sports scholar will be automatically suspended from competing for UCC pending the outcome of the relevant National Sports Governing Body hearing.
- 7.8 A sports scholar is found to be in serious breach of the Sports Scholarship Code of Practice.
- 7.9 Where the sports scholar is deemed no longer eligible for a scholarship, the Head of Sport and Physical Activity or his nominee on giving fourteen days notice in writing to the sports scholar, may terminate the scholarship and shall notify the student of the reason(s) for the action. Where a scholarship is terminated in this manner, the sports scholar may be required to return to the Head of Sport and Physical Activity some or all monies received from the Scholarship Programme. In addition, all other scholarship entitlements shall be immediately revoked. Where the respective UCC club or the University fails to fulfil the terms and conditions of the individual's scholarship, the scholarship holder may, on giving fourteen days'

notice in writing to the club / Head of Sport and Physical Activity terminate his /her scholarship.

8. APPEALS PROCESS

8.1 Where a scholarship is withdrawn the student shall have the right to appeal and he/she shall be entitled to refer the matter to arbitration, such Arbitrator to be appointed by the UCC Director of Student Services and the decision of the said Arbitrator shall be binding on the parties hereto. The student will be required to submit the appeal in writing to the Head of Sport and Physical Activity within the fourteen-day termination notice period advised by the Head of Sport and Physical Activity.

8.2 The student must lodge the appeal in writing and should describe the grounds on which the appeal is being made.

8.3 An appeal may only be made on the grounds of extenuating circumstances that were not made available when the original decision was made not to continue the scholarship award.

8.4 The student or the student's representative, the Head of Sport and Physical Activity or his nominee, and a club representative may make oral submissions to the Arbitrator.

8.5 The Arbitrator may:

- Allow the appeal on such conditions, as he/she may deem appropriate.
- Reject the appeal.

8.6 The outcome of the appeal shall be notified in writing to the student and to the Head of Sport and Physical Activity.