



# **Allgemeiner Hochschulsport**

## **AHS**

**General University Sports-Program**

**TRANSLATION**

of general information only

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Foreword by Dr. Axel Schaper (head of AHS, academic director)

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### The sports program offered by the AHS

#### **A**

Aerobic / Aerobics

Aikido

Aiki-Ken / Aiki-Jo

American Football: Flag Football

Aquafitness

Artistik / Acrobatics – Aerial Acrobatics

#### **B**

Badminton

Ballett / Ballet

Baseball / Softball

Basketball

Beachvolleyball (free play; classes)

Bedienstetensport / Offers for Employees

Bogenschießen / Archery

#### **C**

Capoeira

Circuit-Training

#### **D**

Drachenbootfahren / Dragon Boating (look cooperation partners)

#### **F**

Fechten / Fencing

Fitnesssport ab 35 / Fitness above the age of 35

Fitnessstraining an Geräten / Training using gym equipment (general training)

Fitnessstraining an Geräten / Training using gym equipment (for employees and sponsorship association members only)

#### **G**

Gerätturnen / Gymnastics

Golf (look cooperation partners)

Gymnastik / Bodyforming; special exercises for the back and spine

## **H**

Handball  
Headis  
Hockey / Field Hockey

## **J**

Jiu-Jitsu (Selbstverteidigung / Jiu-Jitsu (self defence))  
Jonglieren / Juggle  
Judo  
Ju-Jutsu

## **K**

Kanupolo / Canoe-polo  
Karate (Shotokan, modern karate)  
Kendo  
Konditionstraining / Endurance Training  
Krafttraining / Strengthening Exercises (see workout using gym equipment)

## **L**

Lacrosse  
Leichtathletik / Athletics

## **N**

Naginata  
Ninjutsu

## **Q**

Qi Gong

## **R**

Reiten / Horseback Riding  
Rollstuhlsport; Rollstuhlrugby / wheelchair sports; wheelchair rugby  
Rudern / Rowing (look cooperation partners)  
Rugby (Damen, Herren) / Rugby (ladies, men)

## **S**

Schwerathletiktraining / Weightlifting  
Schwimmbad & Sauna: Öffentliche Zeiten / Pool & Sauna: general hours  
Schwimmen / Swimming (beginners, advanced and lifeguard training)  
Segeln / Sailing  
Selbstverteidigung / Self Defence; Self Defence for women  
Sportklettern / rock climbing

## **T**

Teakwon-Do  
Tai Chi  
Tanz / Dancing (ballroom, Irish Dance, Jazzdance, Modern Dance / Dance Company,  
Rock'n' Roll, Tango Argentino)  
Tauchen / Scuba Diving  
Tennis (free play, classes, university team training)  
Tischtennis / Table Tennis

Trampolinturnen / Trampolining/Springboard  
Triathlon

## **U**

Ultimate Frisbee  
Unterwasserrugby / Underwater-Rugby

## **V**

Volleyball

## **W**

Wandern / Hiking  
Wasserspringen / High Diving

## **Y**

Yoga

### **Weiterbildungs-und Sonderkurse des AHS / Further Education and Special Offers by the AHS**

Aerobic / Aerobics (trainer licenses, further education, lectures)  
Autogenes Training / Relaxation through Self Hypnosis  
Entspannungskurs / Relaxation Techniques  
Frauenselbstverteidigung / Selfdefence for Women  
Hip Hop  
Salsa

### **AHS-Kooperationspartner:Sportangebote / AHS-Cooperation Partners:Sportsprogram**

Drachenbootfahren / Dragonboating  
Golf  
Rudern / Rowing

**Studium Generale:Veranstaltungen / Studium Generale: Events and Lectures**  
**ADH: Wettkampf-u. Bildungsprogramm / Competition and Educational Program**  
**LSB-Bildungswerk:Veranstaltungen / Events**

### **Abbrevation Index**

#### **General:**

adh = allgemeiner deutscher Hochschulsportverband  
german university sport federation  
AHS = Allgemeiner Hochschulsport  
general university sports  
AStA = Allgemeiner Studierendenausschuss  
general students union  
DHM = Deutsche Hochschulmeisterschaft  
german university championship  
SSA = Studentischer Sportausschuss  
student sports committee

### **Target groups:**

D= Damen / ladies                      H= Herren / men  
A= Anfänger / Beginners              G= Geübte / proficient  
F= Fortgeschrittene / advanced      LG= Leistungsgruppe / high performance groups

### **Times and Places:**

Mo= Monday              Di= Tuesday              Mi= Wednesday              Do= Thursday  
Fr= Friday              Sa= Saturday              So= Sunday

AtM= Atrium max / large hall at old dining hall  
Bad= Pool  
BF= Beachvolleyballfields on campus (between pool and athletics dome)  
BFn= AHS-Beachvolleyballfields (fenced-in area at Dahlheimer Weg)  
RPk= artificial turf (fenced-in area at Dahlheimer Weg)  
RPk(n)= natural turf field (fenced-in area at Dahlheimer Weg)  
RPg= large natural turf field (unfenced area at Dahlheimer Weg)  
FR= gym / fitness equipment  
FS= fencing room  
GH= athletics dome  
GyH= gym (1st floor to the right)  
HS11= lecture hall 11 at the old dining hall  
HS 1-3= lecture halls 1-3 at faculty FB2  
KR= weightlifting room  
MzH= multipurpose gym (1st floor to the left)  
NH= new gym (new construction, ground floor)  
SH= ballgame gym  
Sta= Stadium  
TTR li/re= tabletennis left/right  
TuH 1+2= gym 1 or 2 (basement)  
P-Turm= street address „Am Pulverturm13“ (purple building / 3rd floor R.03 225)

### **Special Markers:**

\*= registration required in first lesson of the lecture period of each semester  
#= registration required at AHS-office before attending the first lesson  
k= additional fees apply  
w1= mentor education during AHS classes  
w2= specialized further education

## **Allgemeiner Hochschulsport AHS =University Sports Program**

All members of the JGU, employees as well as students, are allowed to participate in the different courses the AHS offers. Also allowed to participate are members of the contractual cooperation partners as well as members of the sponsorship association of the AHS (for more information see conditions of participation).

The university sport is legally anchored in Rhineland-Palatinate: According to (law) §101 S.2 Landeshochschulgesetz the faculty FB 02, responsible for sports, covers all tasks regarding support and implementation of the AHS.

The central task of the university sports (leadership, program planning, etc.) are carried out by the staff of the AHS.

The largest part of the offered sporting events is provided by the AHS's currently around 350 salaried staff.

### **AHS-Office Hours**

**Monday, Wednesday, Friday**

**09.00-12.00**

**Monday and Wednesday**

**18.00-20.00**

**A through Z**  
**Allgemeiner Deutscher Hochschulsportverband (adh)**  
**= German University Sports Federation**

The adh is the umbrella association of the university sports of all German universities; the membership of the universities is voluntary. The adh organizes competitions in Germany, provides education and cultivates international contacts.

**Registration**

Courses offered by the AHS: Unless the course is marked with a \* or a #, there is no need to register for the course. The prerequisite for participation is a valid proof of eligibility. Only students use their semester ticket, everyone else needs a membership-ID which can be obtained at the AHS office during office hours.

All courses marked with a \*, registration is possible only at the course itself, during the first lesson of the lecture period of each semester.

If there are more interested parties than available slots, prior participants have priority. Remaining slots will be distributed by a drawing. Decisions regarding participation and limitations of number of participants are solely made by the tutors, the AHS-office is not responsible.

All courses marked with a #, registration is possible only at the AHS-office.

Courses offered by the student sports committee (SSA): In some sporting events the SSA offers courses for a small fee, registration at the SSA-office is usually necessary. Registration happens on a first come-first serve basis. Registration is only possible for oneself and one additional person! ATTENTION: There is no insurance coverage provided for the courses!

**University Employees**

There are special offers for the employees of the University (including employees of the Max-Planck-Institute (MPI), the university daycare center, the office of wages and the Studierendenwerks).

These employee-courses are also open to members of the sponsorship association of the AHS who are eligible to participate in all offered classes, unless otherwise specified.

## **Fees / Sharing of Costs**

The Hochschulsport is a legal task of the JGU Mainz. In the context of the allocated budget, it is to offer a wide range of different sporting events.

For students of the JGU courses are generally free of charge. Employees are charged a fee of 10 € per semester for their membership-ID. Additional fees may apply for certain classes.

According to a department request, a fee should be charged for the participation in cost intensive sports.

High cost for personnel as well as materials, make it necessary to charge a small participation fee. These sports include for example: archery, fencing, fitness training, canoe-polo, rowing, scuba diving, tennis,...

## **Level of Ability**

When choosing a course it is essential to pick one according to ones abilities. The tutors will examine the level of ability and, if necessary, request a change to a different course.

A = Beginners (little to no experience with the sport)

G = Proficient (familiarity with the basic movements and insight into the basic rules of the sport)

F = advanced (good knowledge of the basic and advanced movements and deeper insight into the rules of the sport)

LG = high performance group (highest standard and interest in regular and performance oriented training. University teams recruit from these groups for competitions.)

## **Elected Representatives of each Sport**

As elected representatives of the individual sporting events, organized through the student sports committee (SSA), they are the first contact for questions, complaints, suggestions and the like.

Names and / or contact information are usually given with the description of a sport. The representatives are elected according to the statues of the SSA. All students, regularly participating in a sport, are authorized to vote.

## **Sports Facilities**

See map of facilities in provided program booklet.



## **Occupancy of the Sports Facilities**

In very few, special cases a facility can be requested for use by a university internal group, as long as the facility is available during the requested time and date.

Participants in activities are not insured through the university at these times.

To request a timeslot a request has to be filed with the AHS-office at least 3 weeks in advance of the beginning of the lecture period of each semester.

The permission to use the facility can be revoked at any point in time, without explanation.

## **Conditions of Participation**

Participation without proper authorization is prohibited!

Authorized to participate are exclusively individuals listed in the authorization list. The proof of authorization (semester ticket, membership ID's obtained at the AHS-office) must be carried at all times and shown upon request.

Participation is only possible for individuals above the age of 18, the only possible exception are university trainees.

Proof of authorization loses validity with the end of each semester, (membership-ID's of the sponsorship association are the only exception), and need to be renewed in time at the AHS-office during office hours.

Proof of authorization is regularly checked by the tutors and / or appointed staff. If the proof of authorization cannot be produced, participation must be prohibited for insurance reasons.

If asked for picture ID, it must be shown and name as well as contact information may be taken down by the staff. In case of non-compliance police will be called.

All employees of the Hochschulsport and the faculty FB02 are authorized to ask individuals to leave the premises.

Non-compliance will be prosecuted with the charge of trespassing!

## **Restrictions of Participation**

Courses marked with a\* or a #, can only be carried out with a limited number of participants: Registration is required, see registration. Otherwise there are no restrictions for authorized participants.

<b>Who?</b>	<b>Proof of authorization?</b>	<b>What has to be provided?</b>
-JGU students -students Studienkolleg -students Hochschule Mainz	valid semester ticket	No other proof of authorization is required.
-Trainees JGU or Hochschule Mainz -participants Studienkolleg -foreign coach academy	AHS-sports-ID (free of charge)	-proof of status -Photo
-salaried staff (AHS)	AHS-sports-ID or Guest-ID (free of charge)	-AHS contract (no replacement coaches) -Photo
-employees (JGU) -employees Studienkolleg	AHS-sports-ID for employees (10€ per semester)	-proof of status -photo ID -Photo
-employees (University hospital, Hochschule Mainz, MPI, Uni-daycare center, wagesoffice, Studierendenwerk)	AHS-Guest-ID (10€ per semester)	-proof of status -photo ID -Photo
-students catholic FH -employees EMS Mainz	AHS-Guest-ID (21€ per semester)	-proof of status -photo ID -Photo
-students and employees FH Bingen	AHS-Guest-ID (15€ per semester)	-proof of status -photo ID -Photo
Everyone else can become a member of the sponsorship association to be able to participate	Membership-ID (84€ per year) For more information see sponsorship association	-membership application -payment of yearly fee -Photo

## **Accident Coverage**

AHS and SSA do not assume any liability in case of an accident. With participation the disclaimer of liability is accepted. All authorized participants are insured within the statutory accident insurance.

Included insurance: 1) Defence of liability claims (lawmakers assume that the risk of injury is taken as a given with participation, claims of negligence are not recognized). 2) Coverage of permanent physical injury.

After an accident an accident report has to be filled out and signed by a tutor. The custodians can provide the required forms or they can be printed off our webpage. The report needs to be filed at the AHS-office, employees report an accident to their department.

Guests and sponsorship association members are not insured as explained above. Sponsorship association members are covered by a comparable insurance through the association.

## **The Sponsorship Association** **(Verein zur Förderung des Hochschulsports e.V.)**

As a member you have the privilege to be able to participate in the sports program of the university. This privilege can be revoked at any point in time.

Members of the sponsorship association cannot participate in events where demand exceeds availability (marked by \*), or use the pool and sauna. Current exceptions, where participation is possible: aerobics, aqua fitness and canoe-polo (winter training!).

Anyone above the age of 18 is allowed to join the sponsorship association.

The membership fees are used according to the statutes to support the sports program of the university.

Application is possible only at the AHS-office during office hours. The yearly membership fee is € 84.-. Payments are to be made by automated payment. Membership lasts until the end of the calendar year and is automatically extended by another year, if it's not terminated at least 2 months before the end of the calendar year.

The automated payment is due by end of December or beginning January. A letter with an extension sticker, which needs to be placed on your membership ID, will be mailed to the address provided by the member.

Since 2009 members are insured through the Sportbund Rheinhessen. This insurance includes accident and liability coverage. (All here provided information about the exact extent of coverage, is without guarantee!)

## **Lecture Free Period**

Most courses continue during the lecture free period of the semester. For this timeframe there is no printed booklet available, but a one page printout is available to view at the AHS-office about one week prior to the end of the lecture period or as a download on our webpage ([www.hochschulsport.uni-mainz.de](http://www.hochschulsport.uni-mainz.de)).

## **Further Education Possibilities**

Interested persons can inquire at the AHS-office. Teacher training or participation in further educational courses are offered, classified with w1 / w2 in the program. Further education through training is possible in the following events: aerobics, acrobatics, gymnastics, ballroom dancing, jiu-jitsu, archery, tennis, high diving, trampolining/spring board and special back exercises.

## **Competitions**

### **General Information:**

JGU and Hochschule Mainz are entering competitions together in combined teams. Allowed to compete are students, employees and trainees.

### **Deutsche Hochschulmeisterschaften (DHM) = German university championships**

Interested parties who are allowed to compete should talk to the elected leaders or tutors of the sport they are interested in. Registration of teams has to be approved by the heads of the student sports committee and need to happen through their office. Unauthorized registration are not recognized by the organizers or financially supported by the student sport committee.

### **Other competitions:**

The student sports committee organizes tournaments in various sporting events. More information through the elected leaders or the student sports committee.

## **Special classes and further educational courses offered by the AHS**

**Important:** All registration for these classes or courses have to happen at the AHS-office unless otherwise specified.

Fees, unless paid in cash at the time of registration (preferred method!), have to be paid 7 days after registration at the latest!

Fees will NOT be reimbursed in case of withdraw or being prevented from participation!

## **AHS- Cooperation Partners**

**Important:** All offers by cooperation partners are NOT coordinated by the AHS!

The cooperation partners are solely and exclusively responsible for their events / trainings, participation is possible only after authorization by the organization offering the sporting event! Participants are NOT insured through the university or Landesunfallkasse!