

PARTICIPANTS LEAFLET

ONCS 2024



**The Show Must
Ketone!**



ONCS 2024



Welcome, participants of the ONCS 2024! It is almost time for the ONCS again. This year we will battle in the lovely city of Nijmegen. Fun fact: Nijmegen is the only city where ONCS is pronounced correctly "Onks".

We have been preparing for this moment for quite some time and are very excited to finally be able to host this wonderful event. We have been pulling rabbits out of hats, practicing awesome guitar solos, and trying to do flips for so long. We can not wait to show you. Lucky for us, it is now your time to show what you're made of. You will face off against the other associations in an attempt to seize the moment and climb the ranks. Will you be the one that lifts the trophy or will you crumble under the pressure?

you will also be fighting for victory during the special activity. And of course, the ONCS wouldn't be the ONCS without a well-deserved party. We hope to see all of you battle your hearts out and reach your full potential.

Esteemed guests, let the show begin!

On behalf of the ONCS committee 2024,

Joris Waterman
Chairman ONCS 2024

You





ONCS 2024



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Program

Wednesday 8 May

Time	Activity	Location
19:00	Arrival	Radboud Sports Centre
19:00 - 02:00	Drinks	Sportspub The Yard
03:30	Sports hall closes	

Thursday 9 May

Time	Activity	Location
08:00	Wake-up	Sports hall
08:30	Breakfast	Main hall
10:00	Sports	See map
13:00	Lunch	Sports hall
14:00 - 17:00	Sports	See map
18:00	Dinner	Main hall
20:00	Special activity	Sports hall
22:00 - 04:00	Party	De Professor
05:30	Sports hall closes	

Friday 10 May

Time	Activity	Location
08:00	Wake-up	Sports hall
09:00	Breakfast	Main hall
10:00	Sports	See map
13:00	Lunch	Main hall
14:00	Awards ceremony	Main hall



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General information

Drinks and party

The ONCS will start on Wednesday evening with some drinks. Your team captain will inform you where you can enjoy the start of the ONCS. On Thursday, everyone is welcome at café De Professor (Professor Bromstraat 54, Nijmegen)

Coin sale

On Wednesday evening in the sports pub and on Thursday and Friday during the day at the outside bar, you can only buy consumptions using coins. The coins can be bought at the front desk and **can only be paid by card**. Note that these coins cannot be used at the party on Thursday evening. Coins will not be taken back afterward so make sure you don't have any coins left at the end of the Friday afternoon. Furthermore, it is not allowed to bring your own drinks or other performance-enhancing drugs.

Food

Breakfast, lunch and dinner will be served at the designated places in the main hall of the building. If you have an allergy or if you are vegetarian and forgot to bring this up in the registration form, please inform the crew.

Organization

We, the committee, can be recognized by our **Red and black gilet**. Volunteers will wear a **red T-shirt**.

Beer relay (bier estafette)

The beer relay will take place at the party on Thursday. Team captains are responsible for forming a team and will get informed about when and where the team is expected.

First Aid & EROs (EHBO & BHV)

First aid and EROs will be present on the terrain of the sports center throughout the whole duration of the ONCS. During evening activities there will be people from the first aid present as well. If something happens at the sports fields, the first aid can be contacted by the committee members or one of the volunteers present at the particular location.

Dormitory and storage

Our sleep facility is inside the sports halls. **Be aware that the emergency lights will stay on during the night.** During the night, the sports hall will be divided into squares in which your belongings need to be located. We have the right to remove any belongings (partly) outside the squares. There are no lockers available. During the day, you can store your belongings in the changing rooms.

Lost property

Lost properties can be collected at the information desk. If you find any belongings that are not yours, please hand them in at the information desk.

Game schedule

The game schedule can be found on our website www.oncs.nl.



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Participating study associations:

Association	Color t-shirt
ACD	White
Alchimica	Orange
Alembic	Purple
CDL	Fuchsia
Codon	Yellow
CB	Azure Blue
Japie	Brick Red
Proton	Lime green
Sigma	Royal Blue



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Participants rules

Every individual, participating in the ONCS 2024, needs to follow the following rules. These rules are set, and no discussion with anyone in the organization is possible about it. Everyone participating in the ONCS 2024, will do so at his or her own risk. The ONCS 2024 committee, the sports center, Stichting ONCS, and study association Sigma are all not responsible for any personal injury, theft, or damage to personal belongings of the participants.

The following rules apply:

- ❖ Any damage caused by one of the participants will be recovered from the causer;
- ❖ Stickering is not allowed in the sports center. If you decide to do so anyway, a penalty will be given to the study association for each sticker. In case of fines, they will be sent to the particular study association;
- ❖ Smoking is not allowed on the terrain of the sportscentre;
- ❖ Alcohol consumption by minors is not allowed;
- ❖ It is strictly forbidden to take your own alcoholic drinks with you and/or consume them;
- ❖ It is strictly forbidden to use or trade drugs during the event;
- ❖ Eating and/or drinking is not allowed in the sports halls and the sleeping rooms;
- ❖ It is forbidden to enter the sports halls with dirty or black soled shoes;
- ❖ It is forbidden to enter the sport fields with metal studs;
- ❖ All participants need to wear their wristbands during the entire event. People without wristbands can be removed from the sports center or the party.

In case of offense, ONCS 2024 will punish the causer. The causer can be excluded from participation and if necessary punished with a fine. Also in all other cases, the ONCS 2024 committee can decide on possible consequences.



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Common rules

Each match will be led by a referee. Which team should deliver the referee is stated on the match schedule. In case of a no-show of the referee, this must be noted on the scoresheet. For each time this is the case, one point will be subtracted from the final results of the concerning student association. When the match has ended, the referee hands in the scoresheet to the field manager in the scoresheet box. In the absence of a scoresheet, the final score will be noted as 0-0, and one point will be subtracted from the final results of the referee's student association. When a team is at least 5 minutes late or doesn't show up at all, the game is automatically won by the opponent, with a score equal to the largest difference within that poule on that day. Winning a match will get a team three points, a draw is worth one point and a lost game is worth none (for board games, a different system of scoring is applied). The final ranking within a poule is determined by the amount of points earned. If multiple teams earned an equal amount of points, the goal difference is decisive. Should this

be equal, the following will be reviewed in succession: goals in favor, goals against, and the reciprocal result. When the rules do not suffice, the organization will decide. If problems occur regarding the score of a game, it is expected that the participants try to find a solution. Should this fail, the concerning field manager should be asked for help. In case that help of the field manager still doesn't lead to a solution, the organization should be asked for help.

Final rankings

In general, the teams are randomly arranged in poules on the first day of sports. On the second day, the winners from different poules play against each other. The match schedules for the second day of sports will be available on the morning of that day, both digitally and on paper. Some sports will be played as a two-day competition. In this case, the final ranking of the poule will be maintained.

Taking a break?

Have a look at our Master's specialisations in

MOLECULAR SCIENCES

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- Medicinal Chemistry
- Molecular Chemistry
- Physical Chemistry
- Science in Society
- Science, Management, Innovation

Or the new two year Master's programme *Educatie in de Bètawetenschappen*

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Combine theoretical courses with extensive research internships in a multidisciplinary and international learning environment and get your MSc degree in Molecular Sciences at Radboud University. There is a faculty with a personal atmosphere, housing international research institutes and facilities waiting for you.

Are you fit (enough) for it?

Check out www.ru.nl/MASTERS/MOLECULARSCIENCES





ONCS 2024



Basketball

Be aware that you are expected to bring your own indoor sports shoes. A note for all handball and basketball teams, since there were not enough signups for the sports they have been merged. Meaning you'll play both sports. With this we hope to make sure you do not have to play all the time or be done with the competition prematurely.

Basketball at the ONCS 2024 is played as 6X6 basketball by the rules of the FIBA. The most important rules are:

- ❖ For the game, a traditional basketball court is used, including the regular free throw line, 2-point line, and a no-charge semi-circle underneath the basket.
- ❖ The team that comes first on the game sheet will get first ball possession.
- ❖ Every shot that goes in the basket from within the arc (1-point field goal area) is awarded 1 point.
- ❖ Every shot that goes in the basket from behind the arc (2-point field goal area) is awarded 2 points.
- ❖ Every free throw that goes in the basket (given after a serious offense or too many fouls) is awarded 1 point.
- ❖ After a goal, the non-scoring team resumes the game by passing or dribbling the ball into the arc. The other team is then not allowed to play for the ball in the no-charge area under the basket.
- ❖ After an unsuccessful field goal or free throw, the offensive team may continue to attempt to score.
- ❖ A player is considered behind the arc when both feet are fully in the arc or on the arc line.
- ❖ The game ends when time runs out. If a shot is in the air when time runs out, it still counts.
- ❖ For scoring: note the amount of points scored per team.

Board Games

You'll play a variety of games: Rummikub, 30 seconds, Codenames, Trivial Pursuit, Qwixx, Sequence & Sjoelen. These games will be in Dutch, so understanding of the Dutch language is advised. All games will be played in duos and depending on the game, two or three duos will battle each other. The winning duo scores points. Exact rules for each game and adjustments to a duo format will be available on the ONCS itself.



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Bounce ball (knotsbal)

Be aware that you are expected to bring your own outdoor sports shoes.

The rules for bounceball are as follows:

- ❖ The game is played on approximately $\frac{1}{4}$ of an outdoor field.
- ❖ There are two goals on either side of the field.
- ❖ A goal is scored when the ball is in the goal of the opponent.
- ❖ The ball is out of play if it crosses one of the lines of the field. If the ball is last touched by one team, the other team gets the ball.
 - If the game has crossed the sideline, the game is resumed by a free ball on the line.
 - If the ball has crossed the baseline and the attacking team was the last to touch the ball, the defending team gets a free ball next to the goal. If the defending team was the last to touch the ball, the attacking team gets a free ball in the closest corner.
- ❖ The ball may not be played actively with any body part.
- ❖ The ball may not be played when the player touches the ground with more than only their feet.
- ❖ A player may only play the ball when they are holding the 'knots'
- ❖ The 'knots' may not be modified in any way, so it can influence the game or make dangerous situations appear. The tube should not stick through the knots at the downside and the head of the knots should not be loose.
- ❖ It is not allowed to have physical contact.
- ❖ Switching players is allowed at any moment during the game.
- ❖ For scoring: note the amount of goals scored per team.



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Dodgeball

Be aware that you are expected to bring your own indoor sports shoes.

The rules for dodgeball are as follows:

- ❖ The game is played with two balls. The game starts with each team having one of the two balls.
- ❖ The game is played on a court with two halves, each team has one half. In the middle of each half, an obstacle is situated to hide behind. You are not allowed to move the obstacle.
- ❖ You are not allowed to walk holding a ball.
- ❖ Dodgeball is played with a backline. This means that if you are hit, you are allowed to stand behind the sidelines and backline of the opposing team and try to hit opponents.
- ❖ Once you are out of the main court, you remain behind the opposing team's side and back line for the rest of the game. You may NOT return to the main court when you hit someone.
- ❖ It is allowed to catch a ball, this 'outs' the player who threw the ball.
- ❖ Hitting above the shoulders and 'via-via' (after touching, for example, a wall, another person, or the ground) does not count as an 'out'.
- ❖ It is allowed to block a thrown ball with another ball.
- ❖ Crossing the center line or one of the outer lines means you are out. An exception is made for crossing the outer lines to get back a ball.
- ❖ The game is finished when all participants of one team are eliminated from the main court, which results in a win for the team that is left standing. If the time is up, the winner is the team that has the most people left in the main court.
- ❖ For scoring: note the amount of people left standing for each team at the end of the playing round.



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Football

Be aware that you are expected to bring your own outdoor sports shoes.

Football is played under the rules of the Koninklijke Nederlandse Voetbal Bond. The most important rules and exceptions on the KNVB rules are:

- ❖ Each team consists of 6 players, we play without a goalkeeper
- ❖ There is no changing of sides
- ❖ There is no offside
- ❖ The game is played on $\frac{1}{3}$ field
- ❖ For scoring: note the amount of goals scored per team.

Handball

Be aware that you are expected to bring your own indoor sports shoes. A note for all handball and basketball teams, since there were not enough signups for the sports they have been merged. Meaning you'll play both sports. With this we hope to make sure you do not have to play all the time or be done with the competition prematurely.

Handball is played under the rules of the International Handball Federation (IHF). The most important ones are:

- ❖ A team consists of 7 people: 6 players and one goalkeeper.
- ❖ A goal is scored when the ball is in the goal of the opponent.
- ❖ Court players can touch the ball with any part of their body that is above the knee.
- ❖ Once a player receives ball possession, they can pass, hold possession or shoot.
- ❖ If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
- ❖ Only the goalkeeper is allowed to come into contact with the floor of the goal area.
- ❖ The goalkeeper is entitled to act as a court player.
- ❖ For scoring: note the amount of goals scored per team.



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Kubb

Be aware that you are expected to bring your own outdoor sports shoes.

Kubb is played according to the following rules:

- ❖ A team consists of at least 3 and at most 6 players. Every round, they divide six throw-sticks among them.
- ❖ The field consists of two halves. In the middle of the field, between the two halves, stands the (wooden) king. On the baseline of both teams, five kubbs (wooden blocks) are placed.
- ❖ A stick is always thrown while standing behind the baseline. This baseline may, however, move during the game (see below)
- ❖ The team that is team 1 on the scoresheet starts throwing.
- ❖ Each round, a team throws its six sticks. The goal is to knock down the kubbs on the half of the other team.
- ❖ A stick must always be thrown underhand (“underhands”) and with the tip towards the kubb. Throwing horizontally is not allowed.
- ❖ If one team knocks down one or more kubbs on the baseline, the other team starts its next round by throwing the knocked over kubbs to the opponent’s half. If a kubb is misthrown (on the own half or out of field), the team gets one retry. If a kubb is misthrown twice, the other team places the kubb wherever they like (but at least one stick away from the king)
- ❖ If a standing field kubb is knocked down, it is taken out of the game. It should not be thrown back to the opponent’s half again.
- ❖ A team may only knock down kubbs on the opponent’s baseline after all standing field kubbs are knocked down.
- ❖ If at the end of a round one or more standing field kubbs remain on the half of the other team, the front kubb indicates the new baseline. In the next round, the other team may now throw their sticks while standing behind this new baseline. Any kubbs, however, must always be thrown while standing behind the original baseline.
- ❖ If no kubbs remain on the opponent’s half, a team may knock down the king. This must be done while standing behind the original baseline.
- ❖ The team that knocks down the king wins. If time runs out before that, the winning team is the team with the most kubbs (baseline kubbs + standing field kubbs) on its half. If at any point in the game a team knocks down the king invalidly, the other team wins.



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Petanque

Be aware that you are expected to bring your own outdoor sports shoes.

Petanque is played 3v3 on an official Petanque Court under the rules of the Dutch Jeu de Boules Association (NJBB)

- ❖ Before the game, a circle with a diameter of approximately 40 cm is drawn on the court. All players have to throw while standing in the circle.
- ❖ Each player throws two balls. This means that each team has 6 balls in total.
- ❖ The team that is team 1 on the scoresheet starts by throwing the but (small ball) approximately 6 to 10 meters away from the circle.
- ❖ The team that throws the but also throws the first ball. The second ball is thrown by the other team.
- ❖ After the second ball, every next ball is thrown by the team that is the furthest away from the but. If a team has thrown all six balls, the other team throws all the balls it has left.
- ❖ At the end of each round, points are scored for each ball that is closer to the but than the opponent's closest ball.
- ❖ The winning team draws a new circle around the but and throws the but to start the next round.
- ❖ When the time is up, the current round can be finished.
- ❖ For scoring: note the amount of points scored per team.

Darts

Own supplies to bring: Indoor sporting shoes, Darts (If desired).

Darts is played according to the following rules:

- ❖ Each darts team consist on 2 players and maximum 1 substitution.
- ❖ A game of darts will be played over the course of 20 minutes. In this time legs of 501 darts will be played. The team with the most amount of won legs wins the game.
- ❖ A 501 leg of darts is played by scoring point and finishing on a double.
- ❖ Each leg is played following a doubles format. Meaning that two players throw sets of darts alternatingly.
- ❖ After each leg a team is allowed to substitute a player.



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Ultimate Frisbee

Be aware that you are expected to bring your own outdoor sports shoes.

Ultimate Frisbee is played according to the following rules:

- ❖ Each team consists of seven players.
- ❖ Ultimate Frisbee is played on $\frac{1}{3}$ of an outdoor field and consists of two end zones and the playing field between them.
- ❖ The game starts with all players in their own endzone. When the referee throws the frisbee towards the middle of the field, the players are allowed to run.
- ❖ When a player has the frisbee, he is not allowed to make a maximum of one step.
- ❖ If a frisbee lands on the ground or flies outside the field, the other team (that didn't touch the frisbee last) gets a free throw where the frisbee landed or on the sideline. If a player holds the frisbee for more than 10 seconds, the other team gets a free throw.
- ❖ Physical contact is not allowed.
- ❖ A point is scored when a team catches the frisbee in the endzone of the other team. When a point is scored, the teams switch end zones and the scoring team gets to attack again, starting from their new endzone.
- ❖ For scoring: note the amount of points scored per team.

Beach volleyball

Be aware that you are expected to bring your own outdoor sports shoes.

Volleyball is played under the rules of the Dutch Volleyball Association (Nevobo). The most important rules and any exceptions are:

- ❖ Beach volleyball is played 4v4
- ❖ The team that is team 1 on the scoresheet starts serving
- ❖ The team that scores a point serves the next point
 - If the serving team scores a point, the same player serves again
 - If the other team scores a point, that team rotates, so a new person serves
- ❖ Instead of winning a set after 21 points, the game continues until time is up. When time is up, the current point can be finished.
- ❖ For scoring: note the amount of points scored per team.



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Packing list

- ❖ Sleeping bag
- ❖ Sleeping mat (and air pump)
- ❖ Pillow
- ❖ Toiletries
- ❖ Towel
- ❖ Sporting clothes
- ❖ Sporting shoes
- ❖ Normal clothes
- ❖ Underwear
- ❖ **Plate, cup and cutlery**
- ❖ Powerbank



ONCS 2024



Epilogue

Another year, another ONCS passed. We hope you enjoyed your stay here in the lovely Novio Magus. We want to thank you all for participating in the ONCS 2024 and hope you have made some good memories and experienced other memorable moments. We hope to

see you all next year in Amsterdam and we wish them all the best with organizing this amazing event. We would like to thank everyone who has helped us realize this event.

So long,
ONCS 2024



From left to right:

Marijn Nous: Commissioner promo

Adrian Belichenov: Sports secretary

Joris Waterman: Chairman

Dominik Napolski: Commissioner party and catering

Mira Daniëls: Secretary

Marloes Pouels: Treasurer

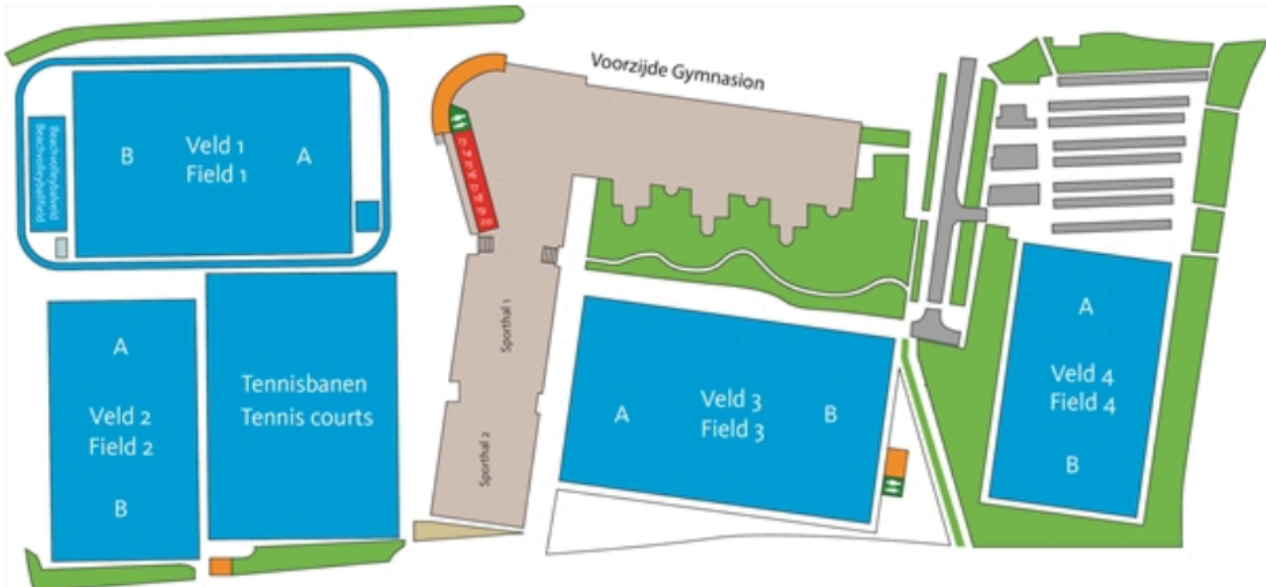
Jeroen Meertens: Commissioner sponsoring



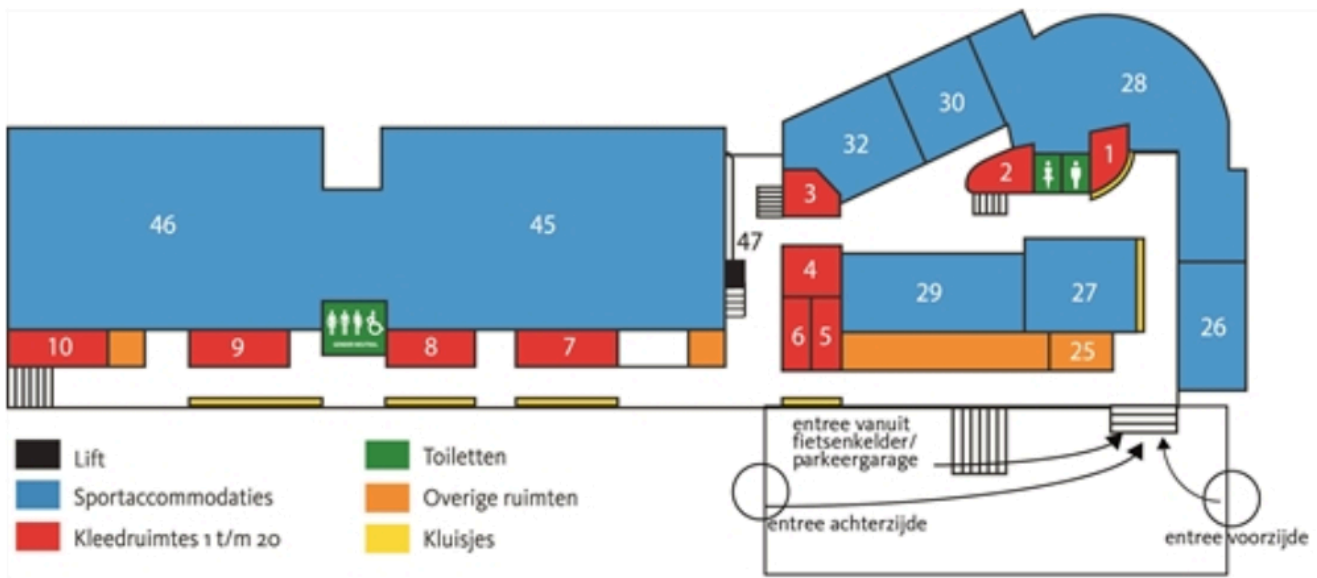
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Outdoor



Indoor



Extra (English) Legend:

Sporthalls 1&2: Room 45&46

Dressing Room: Red rooms 7-20 (Dressing room per association indicated at the ONCS)



ONCS 2024



Emergency contacts

Joris Waterman	06 81841952	Chairman
Mira Daniëls	06 28981845	Secretary
Marloes Pouels	06 22309868	Treasurer
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Dominik Napski	+49 15253061683	Commissioner Party and Catering
Marijn Nous	06 47360782	Commissioner Promo
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