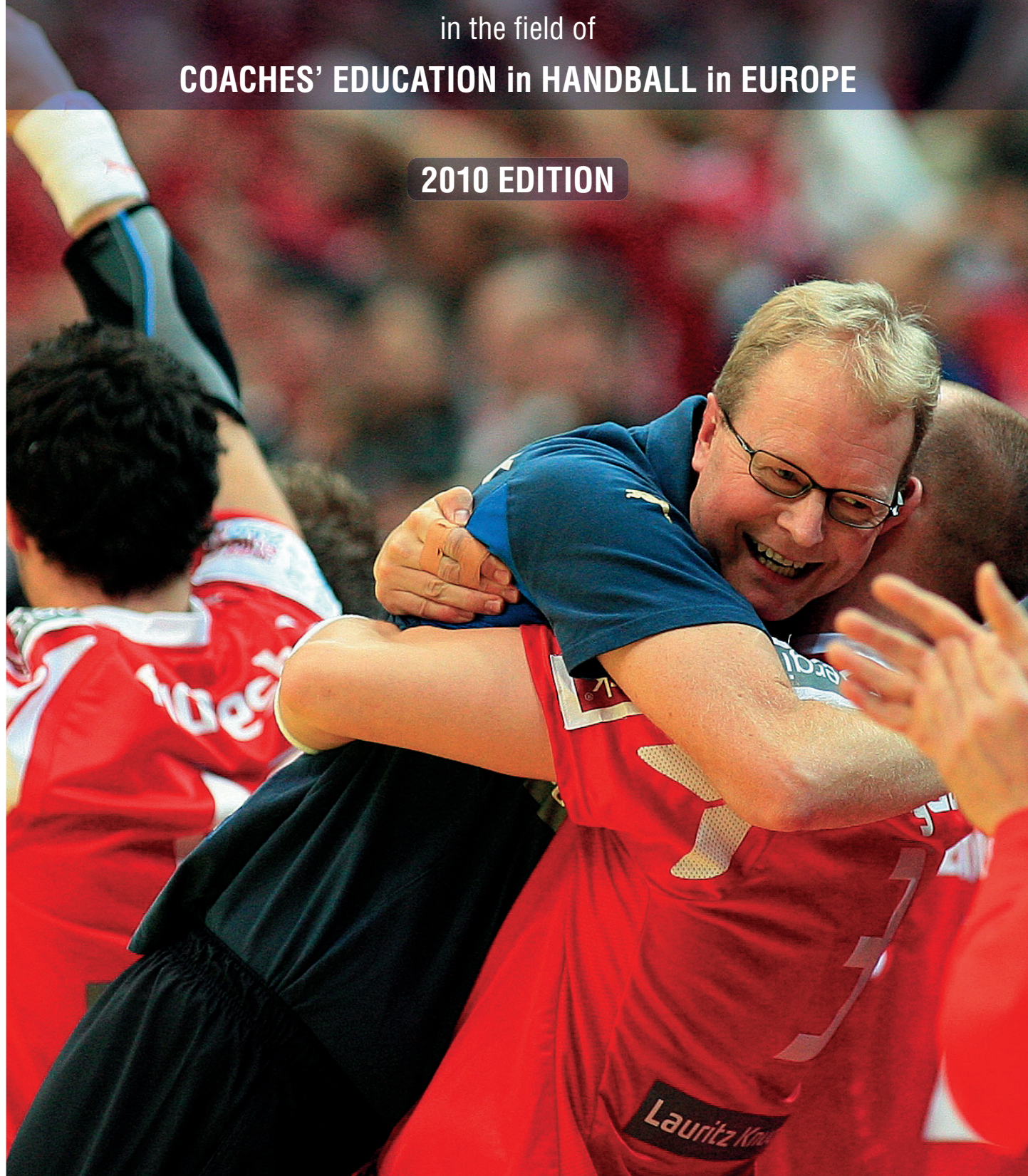


RINCK CONVENTION

on the mutual
RECOGNITION of STANDARDS and CERTIFICATES
in the field of
COACHES' EDUCATION in HANDBALL in EUROPE

2010 EDITION



European Handball Federation

EHF Competence
Academy & Network





"RINCK" CONVENTION



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in the field of

Coaches' Education in Handball in Europe

I. PREAMBLE

The education of athletes and the permanent development of handball is of prime interest and of great importance to the joint structure of European Handball. A clear procedure and good organization constitute the framework/guidelines of this structure. The contents represent national as well as international standards for coaches' education in Europe. Continuous development makes regular checks necessary to ensure the efficient adoption of innovations and new strategies and to successfully integrate education and development programmes.

The mutual exchange of documents and development patterns on a national and international level, as well as the elaboration and adaptation of the coaches' education programme in the individual nations in line with standard guidelines, will make an important contribution to an internationally guaranteed level of quality.

The EHF, together with the signatories, aims at continuously developing and promoting handball in Europe. The alliance of European nations serves to exchange interests and experiences as well as the organization of international handball competitions.

In the future, the quality and progression of handball will be primarily determined by those who develop the skills of players and establish optimum education and coaching/training programmes.

The level of handball and consequently the recognition of the game by spectators and the media crucially depends on the way human qualities are utilised and in which direction activities, together with developments in the field of practice and strategies, are channelled. As a starting point, a common basis is therefore a very important step.

II. OBJECTIVES

The coordination and mutual recognition of standard guidelines and certificates in the field of coaches education in handball in Europe is the objective of this

convention, signed by the European Handball Federation and affiliated member federations.

It is the objective of this convention to create standard guidelines for coaches' education in Europe, preserving and safeguarding the regional and national characteristics of coaches' education. These standard guidelines are mentioned and listed in the appendices which are to be considered part of this convention.

III. PRINCIPLE

1. By becoming signatory to the existing convention, the nations and the European Handball Federation aim to coordinate the contents and standardise a coaches' education programme in Europe while still observing working freedom as well as recognising vocational training within the signatory nations.
2. The signatories, who are Member Federations of the European Handball Federation agree to observe the terms and conditions, stated in this convention, concerning standard guidelines for a coaches' education programme in Europe. They guarantee that these rules, fixed as a minimum requirement, are adopted within the Member Federations.
3. It shall be a definite objective to achieve a compatibility of education systems among the signatory nations in order to facilitate the direct admission to work, as a handball coach, in each signatory Member Federation.
4. Coaches' education has to focus, proportionally, on the criteria of continuous development and innovation.

IV. CERTIFICATES

1. The convention is based on a coaches' education programme in European handball which is divided into four categories. Within the framework of the EHF coaches' education programme certificates for categories II to IV can be acquired.
2. The education and the practical experience required for the acquisition of a certificate below category II remain the responsibility of the EHF Member Federations and their national coaches' education programme which is developed in line with national requirements and guidelines.
3. The guidelines for coaches' education and the required standards for acquiring a certificate for categories II to IV are specified, in detail, in the appendices of this convention and shall be incorporated into the national coaches' education programme by the signatories. Existing national guidelines and programmes for coaches' education shall be respectively disclosed.

4. The mutual recognition of national coaches' certificates in this convention exclusively refers to the EHF PRO Master Coach certificate (category IV).
5. An EHF PRO Master (category IV) Coach has to demonstrate the required knowledge and experience for lower certificates as well. The issuing federation has to secure that an EHF Master PRO Coach has the necessary knowledge and experience.

V. CONTENTS

1. The competent organs and bodies of the European Handball Federation responsible for the administration of this convention will establish standard European guidelines for coaches' education in Europe. This will guarantee and respect the identity and individuality of coaches' education programmes within the national federations.
2. It is a declared objective to preserve national and regional specifications, characteristics and developments in coaches' education in order to create a wide range of individual methods and procedures.

VI. NATIONAL IMPLEMENTATION

1. The signatories are obligated to implement the contents of this convention into their national coaches' education programmes.
2. The Member Federations for registration in the database shall forward the names of all coaches in possession of or awarding a category IV certificate to the EHF.

VII. IMPLEMENTATION

The EHF is responsible for the correct implementation and structuring of a coaches' education programme in Europe.

Therefore, the signatories together with the EHF Methods Commission as well with the EHF CAN shall govern the full-scale programme for supporting, developing and monitoring the educational programme.

VIII. LEVELS OF DECISION-MAKING

1. The role of the Methods Commission in this context is making decisions on technical details and dealing with administrative matters in order to guarantee the smooth interaction between the delegated area of responsibility and the general objectives in the field of methods. The Commission shall communicate fully with the Executive Committee and the signatories.
2. The EHF Methods Commission shall take full responsibility for official representation and the awarding of certificates.
3. Decisions of fundamental significance or decisions relating to admission or refusal shall be taken by the EHF Executive Committee, which will act upon receiving the respective reports.

4. Every two years the EHF Methods Commission organizes a meeting of the signatories in order to discuss the coordination of development in national coaches' education and other matters in connection with the convention. The travel expenses will be borne by the signatories and accommodation costs by the EHF.
5. The signatories are obliged to report on their activities in connection with this convention (Master Coach Course, Master Coach Certificates, etc.) once a year (end of the year).

IX. PROCEDURE of ACCESSION

1. The question of whether coaches' education in a Member Federation fulfils the requirements determined by the individual categories will be examined in accordance with a pre-defined procedure (see article IX, § 3).
2. The Methods Commission is the responsible body for the fulfilment of all admission requirements. The Methods Commission shall also carry out communication with the EHF Executive Committee.
3. Following the examination of the national coaches' education programme, a report shall be submitted to the Executive Committee. A decision will be met after the results have been considered and the respective Commissions have been consulted concerning the possible admission or refusal.

X. APPLICATION REQUIREMENTS

1. Member Federations wishing to accede to the convention shall announce their intention by submitting the respective application to the EHF.
2. The correspondence with the EHF shall be carried out in one of the three official EHF languages (English, German and French).
3. National coaches' education programme regulations as well as explanations concerning administrative procedures shall be submitted to the EHF.
4. The admission procedure, based on the documents presented, will be initiated by the EHF and the necessary examinations and controls shall subsequently be arranged by the competent bodies.
5. Following all examinations, a report will be presented to the EHF Executive Committee and a decision, based on the fore-mentioned criteria, will be met.
6. Upon becoming signatory to the convention all signatories agree to recognize all EHF Master Coach Certificates from other signatory nations. In accordance with the guidelines stated in this convention coaches' courses for top level coaches may then be held.
7. Coaches, in possession of a national top level certificate and actively working in this field prior to the respective federation becoming signatory to the convention,

may be awarded an EHF Master Coach certificate by their signatory federation, upon satisfying the criteria set down in appendix four.

XI. PROCEDURE OF RESIGNATION

1. Resigning from the convention can be effected in the same way as accession, by submitting an application to the European Handball Federation.
2. As applicable in the accession procedure, the requirements for resignation will be checked and the federation wishing to resign will be approached in order to settle any open obligations.
3. Coaches, in possession of a certificate obtained in accordance with the requirements stated in this convention, shall keep this certificate and consequently the right to carry out their profession within signatory member nations, even in the case of the subsequent resignation of their federation.
4. The above-mentioned paragraph 3 is valid for coaches from signatories working in the resigning nation. Those coaches keep the certificate issued at the time of commencing their profession.
5. The competent bodies decide upon the validity of certificates awarded by a Member Federation excluded following serious breaches of this convention.
6. The resignation will be effective after a respective decision has been taken by the competent bodies and shall be granted if the requirements stated under paragraph 2 of this article are fulfilled.
7. In the interest of continued handball coaches' education in Europe, subsequent modification of agreements shall not affect the status of a coach in a national federation. A legal relationship created by an employment contract should exist parallel to a cancellation or resignation from an international agreement. It is to be assumed that the quality of performance and education standards of a coach remain unaffected.

XII. MODIFICATIONS

Based on an application by the competent bodies, the EHF Executive Committee, in agreement with the signatories, decides upon any modifications and attachments to this convention

XIII. CONTINUOUS EDUCATION

It is recommended that Member Federations who have awarded EHF Master Coach Certificates take responsibility for their continuous education.

In the sense of lifelong – learning ('triple L'), the EHF together with the Member Federations shall take the responsibility for the continuous education of the EHF Master PRO Coaches.

XIV. REPRESENTATION SYSTEM

The present convention has to be signed by one representative from the Member Federation who are authorized by the relevant statutes.

XV. PENALTIES

In the event of a breach of this convention by national federations, warnings and, in serious instances, exclusions can be awarded against the offenders.

XVI. LEGAL VENUE AND APPLICABLE LAW

1. The parties of this convention agree that any disputes arising from this agreement shall be settled in accordance with the relevant rules in the statutes and regulations of the EHF; relevant points of the Austrian law shall apply for the purpose of interpretation.
2. The stages of appeal - system of two instances - stated in the EHF statutes shall also apply for proceedings, which are connected to the current convention.

XVII. TAKING EFFECT

1. This convention will come into force upon the signing of the EHF Executive Committee and the respective Member Federations.
2. Applicants for admission become members upon signing to the convention.
3. In the event of language differences/disputes, the English text shall prevail in accordance with article 1.5 of the EHF statutes.

Copenhagen, 25 September 2010
,RINCK' Convention – 2010 Edition

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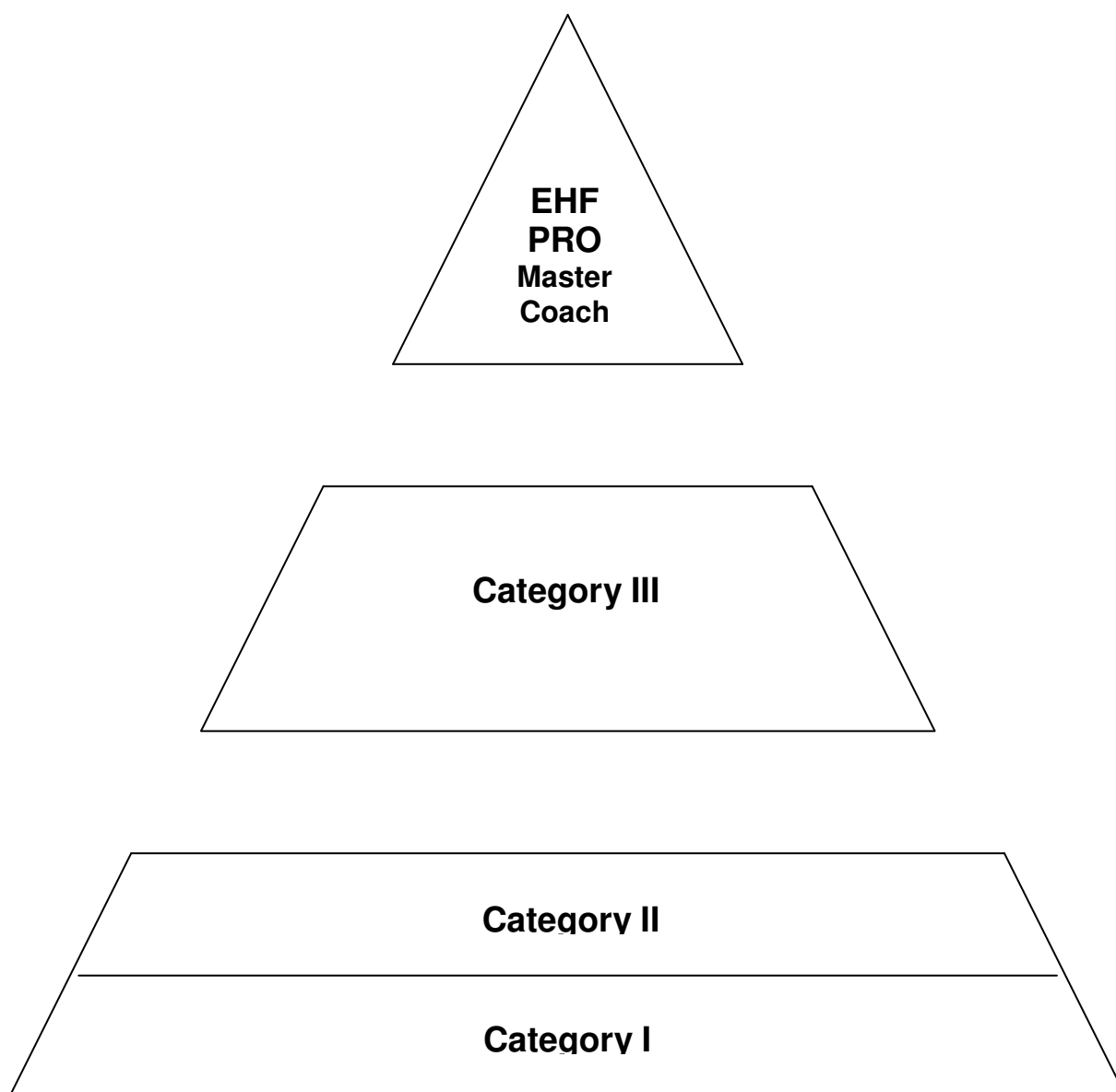
Areas of Competence

Different Fields of Science in Relation to the Different Levels
(in hrs/lessons)

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ANNEX 1

Illustration of the Basic Principles



Category I and II are to be determined by the National Federation.

Category III remains also entirely in the responsibility of the National Federation.

EHF PRO Master Coach Certificate (including the preconditions of category III) will be awarded by the EHF.

ANNEX 2

TRAINING REQUIREMENTS

	EHF PRO MASTER COACH	III	II
Hours of Education (minimum)	160 - 200	200 - 220	180 - 200
Theory (approximately) (in the conference room)	40%	50%	50 - 60%
Practical (approximately) (on the field)	60%	50%	40 - 50%

	I
Hours of Education (minimum)	60 – 80
Theory (approximately) (in the conference room)	30 - 40%
Practical (approximately) (on the field)	60 - 70%

Active coaching experience minimum two (2) years between each category.

ANNEX 3

General Information on the Structure of Training Categories for Coaches

Areas of Competence

Different Fields of Science in Relation to the Different Categories
(in hrs/lessons)

Proposals for Subjects in Relation to the Different Fields of Science

General Information on the Structure of Training Categories for Coaches

Category	Federation Courses	Direct Way to Institutional Course	Direct Way to University Studies
I	<ul style="list-style-type: none"> ● minimum age: 16 – 18 years ● course minimum: 60 – 80 hrs ● certificate directly after examination ● 2 years coaching experience 	↓ ↓	↓ ↓
II	<ul style="list-style-type: none"> ● minimum age: 18 years ● course minimum: 160-200 hrs ● certificate directly after examination ● 2 years coaching experience 	<ul style="list-style-type: none"> ● minimum beginner age: 18 years ● course minimum: 600 hrs ● after examination certificate "level II" 	<ul style="list-style-type: none"> ● minimum beginner age: 18 years <p style="text-align: center;">↓</p>
III	<ul style="list-style-type: none"> ● minimum age: 20 years ● course minimum: 200-220 hrs ● certificate directly after Examination <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p>	<ul style="list-style-type: none"> ● minimum beginner age: 18 years ● National Top Level Seminar (60 – 80 hrs) with certification ● after examination certificate "level III" <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p>	<p style="text-align: center;">↓</p> <ul style="list-style-type: none"> ● course minimum sport sciences: 1200 hrs + handball specific: 1200 hrs ● after examination certificate "category II" <p style="text-align: center;">↓</p>
	<ul style="list-style-type: none"> ● 3 years coaching experience <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p>	<ul style="list-style-type: none"> ● 3 years coaching experience <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p>	<ul style="list-style-type: none"> ● after 2 years coaching experience certificate "category III" <p style="text-align: center;">↓</p>
IV EHF PRO Master Coach Certificate	<ul style="list-style-type: none"> ● minimum age: 23 - 25 years ● course minimum: 160-180 hrs (sport sciences and handball specific) ● certificate directly after examination <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p> <ul style="list-style-type: none"> ● continuous education 		

Category 1 and 2 is to be determined by the National Federation.

Category 3 remains in the responsibility of the National Federation.

Upon achievement of category 4 the EHF awards the EHF PRO Master Coach Certificate (with the preconditions of category 3).

Areas of Competence

Areas of Competence	I	II	III	IV
Competition Coaching:				
1. Analyze the competitive situation	x	x	x	x
2. Formulate goals for the competitive situation		x	x	x
3. Coaching during the competitive situation	x	x	x	x
Preparative Coaching:				
4. Plan the workout		x	x	x
5. Prepare the workout		x	x	x
6. Conduct the workout	x	x	x	x
7. Instruct during the workout	x	x	x	x
Managing and Communicating:				
8. Manage in relation to the workout / match		x	x	x
9. Co-ordinate in relation to the workout/match		x	x	x
10. Supervise in relation to the workout/match			x	x
11. Communicate in relation to the workout/match	x	x	x	x
Developing and Innovating:				
12. Explore and implement new developments			x	x
13. Research aspects which are relevant to the practice of coaching			x	x
14. Personal development	x	x	x	x
Teaching New Coaches:				
15. Develop appropriate educational modes in relation to the needs			x	x
16. Provide education to new coaches			x	x
17. Assessment of the competence of new coaches			x	x

**Different Fields of Science in Relation to the Different Levels
(in hrs/lessons)**

Sport Science	II	III	IV EHF PRO Master Coach
General Sciences			
Anatomy	4	4	4
Biomechanics	6	6	4
Physiology	4	4	6
Psychology	10	16	20
Sport Sociology	-	4	4
Management	4	12	10
General Theory of Training	20	14	6
Specific Sciences			
Specific Handball Training	20	20	30
Technical Preparation	60	20	10
Tactical Preparation	50	80	50
Coaching	10	20	10
Testing and Evaluation	-	10	20
Handball as Outdoor Activity	10	10	-
Total	198	220	174
Minimum	560 - 600		

Listing of hour specification, in general and in specific areas, is a recommended value.

It is compulsory to satisfy the minimum requirements.

Proposals for Subjects in Relation to the Different Fields of Science

Sport Science	Subjects
Anatomy (General)	Structure of the: <ul style="list-style-type: none"> ● Bone ● Ligament ● Joint ● Locomotion apparatus (4) ● Muscle (2)
Biomechanics (General)	<ol style="list-style-type: none"> 1. Basic principles 2. Kinesiology of the main movement 3. Kinematic chain - energy transfer
Orthopaedics (General)	<ol style="list-style-type: none"> 1. Risk factors for injuries (2) 2. Types and frequency of injuries 3. Hygiene, habits (2) 4. First Aid

Sport Science	Subjects
Physiology Biochemistry (General)	1. Cardiovascular and respiratory system: <ul style="list-style-type: none"> ● Morphology ● Function ● Adaptation
	2. Muscle function
	3. Energy system: <ul style="list-style-type: none"> ● ATP-CP ● Anaerobic ● Aerobic
	4. Physiological difference between men and women
	5. Physiological difference between adolescents and pre-adolescents
	6. Nutrition and Diet

Sport Science	Subjects
Psychology (General)	1.Introduction to sport psychology
	2. Motivation and Activation
	3. Leadership
	4. Communication and decision making
	5. Dynamics of the team
	6. Retirement and drop-out, Career transition
	7. Psychological Intervention
	8. Psychology of the injured player
	9. Acquisition of the motor skills in team games, motor learning and control

Sport Science	Subjects
Sociology (General)	1.Sociology and Sports
	2. Social and Historical Aspects of Handball

Sport Science	Subjects
Sport Management (General)	1.Introduction to management for Coaches
	2. Introduction to marketing skills
	3. Communication techniques and public relations
	4. Management of sport facilities
	5. Sport law
	6. Structure of the IHF - EHF and National Associations

Sport Science	Subjects
Theory and Methodology of Sport Training (General)	1.System of sport training - definition
	2. Principles of sport training
	3. Basic motor trades
	4. Physical condition <ul style="list-style-type: none"> ● Strength training ● Speed ● Endurance ● Flexibility ● Co-ordination
	5. Planning of the training <ul style="list-style-type: none"> ● Types of annual periodicity <ul style="list-style-type: none"> • Mezzo – cycle • Micro – cycle • Unit
	6. Long Term Preparation (LTP) <ul style="list-style-type: none"> ● Motor development ● Talent Identification ● Stage and contents of LTP

Sport Science	Subjects
Specific Training (Specific)	1.Structure of the game
	2. Conditioning
	3. Specific periodicity
	4. Decision making basics
	5. Potential detecting and developing

Sport Science	Subjects
Technical Preparation (Specific)	1.Technical skills of the attack
	2. Technical skills of the defence
	3. Technical skills of the goalkeeper

Sport Science	Subjects
Tactics (Specific)	1. Tactics in the attack <ul style="list-style-type: none"> ● Individual ● Group ● Team
	2. Tactics of the defence <ul style="list-style-type: none"> ● Individual ● Group ● Team
	3. Tactics of the goal keeper <ul style="list-style-type: none"> • behind the set defence • 1:1 situation
	4. Adapted Team Tactics
	5. Specific situations <ul style="list-style-type: none"> • Fast – break • Turnover play • Numerical superiority play • Numerical inferiority play
	6. Rules
	7. Coaching

Sport Science	Subjects
Out-door Activities (Specific)	1. Beach handball
	2. Street handball

Sport Science	Subjects
Testing & Evaluation (Specific)	1. Evaluation of physical and motor abilities
	2. Evaluation of technical skills
	3. Complex performance testing
	4. Introduction to new media tools (applied to sports and handball) <ul style="list-style-type: none"> ● Analysis of the game ● Registration of the training
	6. Introduction to statistics

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