

# UNITA CUP



Universidade da Beira Interior, Covilhã, 2023

## **1. Introduction**

University of Beira Interior, besides its academic history, is also a well-known Portuguese institution for its sports achievements.

In a collaborative work with the students representing association, Associação Académica da Universidade da Beira Interior – AAUBI, UBI participates every year in the competitions of our National University Sports Federation - FADU and in the past years has had several International Participations in the European University Sports Association – EUSA games.

## **2. Framing**

Having in mind all of the benefits, the outcomes from the sports practice and the aim of our alliance to, together, implement a positive impact on our environment, we consider that it's important to achieve these common goals, also by the promotion of sports practice.

Informal Sports activity is an important segment of our academic/social reality and with this event we can upgrade its spectrum through several sports around our alliance, increasing this practice together with students, having in mind the following strategic purposes:

- Promotion of a healthy lifestyle.
- Encouragement of different Sports Practice in our Universities.
- Increasing of Women's participation in sports activities.
- Promotion of FISU Healthy Campus, along our universities.

### **3. General Information**

**When:** 25 - 28 September 2023 (European Sports Week)

**Where:** University of Beira Interior – Covilhã

### **4. Specific rules**

#### **Basketball 3x3**

**Min:** 3 participants

**Max:** 4 participants

#### **Rules**

- **Duration**
  - 10 minutes (time running)
  - Whenever a team reaches 21 points, the game will end, regardless of the time
- **Fouls**
  - The maximum number of team fouls is 6.
  - From the 7<sup>th</sup> foul the team will be penalized as follows:
    - 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> foul - 2 free throws
    - 10<sup>th</sup> and more fouls - 2 free throws and ball possession
- **Time discounts**
  - In all matches, each team is entitled to 1 time-out of 30 seconds
- **Tiebreak**
  - 2 free throws in the 6<sup>a</sup> foul and next.

### **5. Competition**

- The model will be announced after the registration, whereas every team will play the same amount of time every day.

## **Points**

- We will use the system applied in our National Sports Federation.

## **Prizes**

- Team who obtains more points in the Tournament
- Team with best fair play
- Team with best team pride and cheer

All the remaining rules follow the model of our National Sports Federation

## **Locations**

Jardim do Lago (Outdoors)



## **6. Other Events**

During the three-day event, there will be several other complementary activities.

## **7. Conclusion – Aim**

**This way, we intend to encourage our students to be active and healthy, our universities to be more inclusive and we are also promoting our Alliance within our community through this event! Also, this year we are celebrating the 50<sup>th</sup> anniversary of the creation and implementation of University Sports in Portugal.**

### **Organization**

- UNITA Students Assembly
- Universidade da Beira Interior (UBI)
- Associação Académica Universidade Beira Interior (AAUBI)
- Federação Académica do Desporto Universitário (FADU)

### **Institutional Partners**

- Università di Torino
- Université de Pau et del Pays de l'Adour
- Université Savoie Mont Blanc
- Universidad de Zaragoza
- Universitatea de Vest din Timisoara
- Università degli Studi di Brescia
- Universidad Publica de Navarra
- Transylvania University of Brasov
- Instituto Politécnico da Guarda
- Haute Ecole Spécialisée de Suisse Occidentale
- Yuriy Fedkovych Chernivtsi National University

**Financing**

- IPDJ – Instituto Português do Desporto e Juventude
- Covilhã City Hall
- Other partners
  - o Local companies

**Accommodation and meals**

- UBI is able to cover 3 nights for 3 students from each university.
- UBI is able to cover lunch and dinner for 3 days (6 meals) for up to 10 people (students / staff) from each university.

## **Event program draft**

### Sep/25

Arrival of participants

19h30 – 21h Dinner

21h Informal gathering

### Sep/26

9h – 10h Check in and Opening Ceremony

10h – 11h Sports Conference

11h – 12h Sports Debate

12h – 14h Lunch

14h – 16h City Tour

16h - 17h Prepare for tournament

17h30 – 19h30 Tournament

20h30 Dinner

### Sep/27

9h – 12h Tournament

12h – 14h Lunch

14h – 17h Students Assembly

18h - 19h30 Tournament

20h30 Gala Dinner and Awards Ceremony

### Sep/28

10h - 13h Students Assembly

13h – 14h Lunch