

Eligibility rules

GNSK 2026

Participation

Participation in the GNSK as an MBO (secondary vocational), HBO (higher professional) or WO (university) student is only possible if all of the conditions below are met.

1. Student status

The participant must be or have been a student at an MBO*, HBO or WO programme in the Netherlands:

- a. The participant is a student at a Dutch educational institution in the current calendar year.
OR
- b. The participant was a student at a Dutch educational institution in the previous calendar year and:
 - i. Is still a student, **or**
 - ii. Obtained a diploma in that previous calendar year.

* In 2026, a pilot will take place allowing MBO students to participate in the GNSK. Based on this pilot, a decision will be made on whether MBO student participation will continue in 2027. SSN cannot (yet) delegate MBO students to EUSA events.

2. Representation of a city

The participant competes for:

- a. The city in which they currently study or studied in the previous calendar year,
and/OR
- b. An OSSO / USC / educational institution affiliated with SSN (see appendix) where the participant has taken out and paid for a one-year student sports membership.

3. Age limit

The age of the participant is determined by the formula: year of birth = age.

The participant must be at least 16 years old and no older than 30 years old on 31 December of the year of the event.

For GNSK 2026, this means the participant must have been born between 01/01/1996 and 31/12/2010.

A participant may not take part in the GNSK if they:

- Are a PhD student, unless they graduated in the previous year;
- Graduated more than one year ago;
- Are younger than 16 or older than 30.

Team events

For participation in a team event, it is mandatory that all team members represent the same city of study and/or association affiliated with an SSN-member OSSO, where they have taken out a one-year student sports membership.

A team event includes any discipline in which two or more persons participate together.

Proof of enrolment

During the GNSK, participants must be able to show proof of enrolment from their educational institution for the current calendar year, or a diploma obtained in the previous calendar year.

If a participant competes for a city other than the one where they study, the participant must also be able to show a one-year membership including proof of payment for that city.

Payment of participation fee

The participation fee is determined by the organising party. Participants affiliated with SSN through an OSSO / USC / educational institution listed in the appendix pay the standard registration fee.

Participants who do not compete for an institution affiliated with SSN pay an additional fee of €10 per person on top of the registration fee.

Qualification for the European University Games (EUG)

For a number of sports, it is possible to qualify for the EUG via the GNSK. MBO students are not recognised as students by international sports federations and are therefore not allowed to participate in these championships.

When MBO students participate in an HBO/WO team, the following rules apply in order to remain eligible for qualification:

- Teams with more than 8 players: maximum of 2 MBO students
- Teams with 5–8 players: maximum of 1 MBO student
- Teams with fewer than 5 players: no MBO students allowed

These rules apply only to sports where EUG qualification is possible and where the team intends to participate in the EUG.

If a team wins but does not meet these requirements, qualification will pass to the next eligible team. For all other sports, there are no restrictions regarding the number of MBO students.

If an MBO student wins an individual sport, the qualification place will go to the next eligible HBO/WO student. This applies only to sports that qualify for the EUG.

The sports likely to be eligible for the EUG (subject to change) are:

- 3x3 Basketball
- Badminton
- Basketball
- Football
- Futsal
- Handball
- Padel
- Tennis
- Volleyball
- Beach Volleyball

Multiple teams per city

If multiple teams from the same city register for a sport, the relevant OSSO decides which teams may participate. This also applies to MBO teams.

Depending on the sport, multiple teams per city may be allowed.

Penalty regulation

If an athlete participates without meeting the requirements described in this document, a fine of €200 will be charged to the relevant OSSO. The registration fee will not be refunded.

Participation examples*Example 1*

Emma studies at The Hague University of Applied Sciences (HHS) and plays sports at the football club Football Factory. She would like to compete for the city of The Hague.

Emma is an eligible participant and may compete for the city of The Hague.

Example 2

Lieke studies at Leiden University and also plays volleyball at club Punch in Delft, where she has a one-year membership. She would like to compete with her team for the city of Delft.

As a student, Lieke may participate in GNSK 2026. Because she studies in Leiden, she may always compete for Leiden. Because she also has a one-year membership at the university sports centre in Delft, she may also compete for the city of Delft.

Example 3

Daan studies in Nijmegen and has a one-year membership at the university sports centre in Wageningen, where he plays volleyball at club WaHo. Team Utrecht is short of players and has asked Daan to join them.

Daan is a student in Nijmegen and also has a one-year membership in Wageningen. Daan may only compete for one of these two cities, but not for Utrecht.

Example 4

Jasper graduated from Tilburg University in February 2025. Because he has fond memories of previous editions, he would very much like to participate in the GNSK again.

Participants are eligible to participate in an SSN event for up to one calendar year after graduation. For GNSK 2026, this means that anyone who graduated after 1 January 2025 is still eligible to participate. In this case, the participant must upload their diploma instead of proof of enrolment.

Example 5

Tessa (17 years old) is an MBO student at ROC Amsterdam and a member of the student basketball club in Amsterdam, which is affiliated with the OSSO in Amsterdam. She would like to participate on behalf of the city of Amsterdam.

Tessa is an eligible participant and may participate on behalf of the city of Amsterdam because she meets the conditions: she is affiliated with an OSSO in her city of study and falls within the age limits. Disclaimer: If Tessa's basketball team wins and qualifies for a European tournament via EUSA, Tessa may not participate in the European tournament. The team must replace Tessa with an HBO/WO student in order to form a complete team for the European tournament.

Example 6

Jacy (18 years old) is an MBO student at ROC Groningen but wants to participate in the GNSK on behalf of the city of Amsterdam. However, she does not have a student sports membership with an OSSO or an organisation affiliated with SSN in Amsterdam.

Jacy may not participate in the GNSK on behalf of Amsterdam because she does not study in Amsterdam nor did she study there in the previous calendar year. In addition, she does not have a student sports membership with an OSSO or an organisation affiliated with SSN in Amsterdam.

Example 7

Delft has assembled two volleyball teams for the GNSK, and there is room for two teams per city in volleyball.

All teams from Delft may participate.

Example 8

Nijmegen has assembled three volleyball teams for the GNSK. There is room for two teams per city in volleyball.

Not all teams can participate. The OSSO must decide which two teams may participate in the GNSK.

Example 9

The volleyball team from Nijmegen has one MBO student on the team. After winning the GNSK, they qualify for the EUG.

If a replacement is arranged for the MBO student, the team may participate in the EUG.

Example 10

The basketball team from Nijmegen has four MBO students on the team. After winning the GNSK, they qualify for the EUG.

The Nijmegen basketball team may not participate in the EUG because they have too many MBO students on the team. Their qualification will go to the next team that meets all requirements.

Appendix

OSSOs

1. SSA Amsterdam
2. SCVR Delft
3. ESSF Eindhoven
4. SUT Enschede
5. ACLO Groningen
6. SSL Leiden
7. MUSST Maastricht
8. NSSR Nijmegen
9. FOSST Tilburg
10. Sportraad Utrecht
11. Thymos Wageningen

USCs

1. USC Amsterdam
2. VU Sports Centre
3. X TU Delft Sports Centre
4. Student Sports Centre Eindhoven
5. Sports & Culture, University of Twente
6. ACLO Student Sports Groningen
7. Leiden University Sports Centre
8. UM Sports
9. Radboud Sports & Culture
10. Sports Centre Tilburg University
11. Olympos Sports Centre
12. Sports Centre De Bongerd

Educational institutions

1. Vrije Universiteit Amsterdam
2. University of Amsterdam
3. Amsterdam University of Applied Sciences
4. MBO Institution Amsterdam
5. Inholland University of Applied Sciences
6. Delft University of Technology
7. The Hague University of Applied Sciences
8. Inholland University of Applied Sciences Delft
9. Eindhoven University of Technology
10. Fontys University of Applied Sciences
11. University of Twente
12. ROC van Twente
13. University of Groningen
14. Hanze University of Applied Sciences
15. MBO Institution Groningen (final-year students in academic year 2025–2026)
16. Leiden University
17. Maastricht University
18. Radboud University
19. HAN University of Applied Sciences
20. ROC Nijmegen
21. Tilburg University
22. Fontys University of Applied Sciences Tilburg

- 23. Avans University of Applied Sciences
- 24. Utrecht University
- 25. HU University of Applied Sciences Utrecht
- 26. HKU University of the Arts Utrecht
- 27. University of Humanistic Studies Utrecht
- 28. MBO Institutions Utrecht
- 29. Wageningen University & Research
- 30. HZ University of Applied Sciences

