

**UNIONE NAZIONALE UFFICIALI IN
CONGEDO D'ITALIA
ITALIAN RESERVE OFFICERS
ASSOCIATION
- GALLARATE BRANCH -**

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**DEUTSCHES SPORTABZEICHEN
-DSA-**

GERMAN SPORTS BADGE



**With the sponsorship of German General
Consulate – Milano**



Generalkonsulat
der Bundesrepublik Deutschland
Mailand

**With the sponsorship of
NATO RDC – Italy**



www.deutsches-sportabzeichen.de

www.deutsches-sportabzeichen.it



SHORT HISTORY OF THE DSA:

1913: the first athletes are officially awarded the first Badges.

1958: thanks to a German law, the Badge becomes a legitimate "Order and honour of the Federal Republic of Germany".

1993: under the control of the DOSB, it is possible to organize the DSA outside of Germany, for foreign citizens.

2003: since 1913 the Badges awarded are 25 millions. Badges awarded to foreign citizens are more than 800,000.

2013: after 100 years the DSA has been reformed.

DSA has won and kept its reputation of incorruptibility, modernity and appeal to people. Today its importance is still alive in German society and in other 36 Countries.

The DSA in Italy and for the Italian Armed Forces

The **DSA** tests have always been implemented by the German Army (Bundeswehr) as a way of evaluating/selecting their recruits, as these tests are a crystallization of all the sports-gymnastic qualities that a soldier must have: **swimming, strength, resistance, agility and power**.

The **DSA** tests are performed once a year.

Italian/German sports association has been active in Italy since a long time, organizing the DSA for German community. Since 2003 the DSA "concept" has been spread within the Italian Armed and Police Forces, under the supervision of the Italian Representative of DOSB, thanks to the Gallarate Branch of the Italian Reserve Officers Association (UNUCI - Unione Nazionale Ufficiali in Congedo d'Italia), with the first Italian **Prüfer (examiner)**.

This is a great example of collaboration within European and NATO Countries.

In 15 years of activity more than 21.000 Soldiers (of every Ranks and Armed Force) has been evaluated and more than 16.000 **URKUNDEN** (Badges) has been given.

Since 2014 Italy is the first Country around the world (except Germany) in the ranking list of 36 Countries that regularly perform the DSA, as yearly number of Urkunden given.

WHERE

The tests are organised with the sponsorship of:

- The German Consulate of Milan
- The HQ of NATO - Rapid Deployable Corp Italy

Tests take place each month at the Sport Center of:

- Sesto Calende (VA)
- Domodossola (VB)
- Melegnano
- Brindisi
- Camerino (MC)

Our Sportabzeichen Prüfer-Team organisation send the **Prüfer** to the Units that ask to organize the exercise at their Barracks all around the Country.

On the day of the tests every athlete, soldier or civilian who would like to participate must carry a clean bill of health in order to perform **agonistic** sports activities, and also fill in a document for the liability disclaimer.

For any further information and for tests enrolment, please contact:

www.dsa-international

info@dsa.international

And as our latin ancestors used to say:

Mens sana in corpore sano.

Happy training, everyone!



@DSA_Italy



www.facebook.com/DSA.ITALY

The Deutsches Sportabzeichen, **DSA** for short, is the "key card" of the **Deutscher Olympischer Sportbund** (DOSB) German Olympic and Sport Federation. This institution is very important within the German society, that goes beyond the sports organisation of the Badge.

According to the German law, the Brevet is a legitimate Order and honour of the Federal Republic of Germany for all adults obtaining the Badge.

WHAT IS IT?

The **DSA** is divided into 4+1 different groups of sport tests ability: **swim, jump, dash, shot-put, run**.

For each group of tests there are different alternatives (e.g. high jump or long jump) except for the swimming test. The complexity rate of the tests is adjusted according to the age of the athlete (whether adults, teenagers or children) and gender, calculated on the basis of especially designed tables. The minimum age allowed is 6 years old, no maximum age is set, with athletes over 90 years!

For the test results/minimum requirements, please visit the official web site www.deutsches-sportabzeichen.de (original German version) or www.deutsches-sportabzeichen.it (Italian version).

With proper practice and training, everybody will be able to perform the tests year after year, and therefore to accomplish the different achievements (bronze, silver, gold).

Sport - some rules to keep fit and improve your quality of life:

Do it regularly

Do it properly

Do it moderately

Do it for your own fun.

The high social meaning of the **DSA** can be summarised:

More sport = less diseases = less social costs