

#RHColours

Colours Awards

Awards Criteria



CONTENTS

Introduction	4
Nominations Process	5
Selection Process	6
Extraordinary Nominations	7
Club Awards Criteria	8
Fundraising and Campaigning	9
Sophie Christensen Shield	10
Innovation in Adversity	11
Digital Community	12
Club of the Year	13
Individual Awards Criteria	14
Crest Awards	15
Vice President's Cup	16
Colours	17
Specific Sport Criteria for Colours	18
American Football	19
Archery	24
Athletics and Cross Country	25
Badminton	26
Basketball (Men's)	27
Basketball (Women's)	29
Cheerleading	32
Chess	34
Cricket	35
Fencing	36
Football (Men's)	37
Football (Women's)	39
Golf	41
Hockey	42
Judo	44
Karate (Competition includes both Kata and Kumite)	45
Lacrosse	46
Mixed Martial Arts	47
Motorsport	48
Netball	49
Polo	50
Riding	51
Rowing	52

Rugby (Men's)	53
Rugby (Women's)	55
Snow	56
Squash	57
Swimming	58
Table Tennis	59
Tennis	60
Thai Boxing	61
Trampolining	62
Ultimate Frisbee	63
Volleyball	64
Contacts	65

INTRODUCTION

The purpose of this document is to clearly outline the process and criteria for Colours Awards nominations. This document will be reviewed annually to ensure that all criteria are fair and up to date.

In order to still celebrate all the incredible things you have achieved this year, awards are going ahead and being run entirely online.

Most of the pre-existing criteria is still applicable and would allow for entries within the current climate of student groups. However, we have gone through and included little Covid-19 additions to really help you out when it comes to considering the awards and your nominations. There are also a couple of different awards in there, so keep an eye out for them! These have replaced the awards that could not be given out due to the nature of this year.

This year has been more challenging than any of us ever expected, but it has also highlighted how student groups, and those individuals that help drive them forward, have gone above and beyond what is expected of them to deliver innovative and engaging activities in a completely virtual environment. In a year of enormous challenges to students, sports clubs and societies have played an instrumental role in bringing communities together and supporting students' wellbeing.

More so than ever before, student groups have become a safe and welcoming space for students to engage with others, meet like-minded individuals, and build long-lasting friendships. Committee members have taken more time out of their already busy schedules to adapt to a virtual environment, innovatively creating communities to support their members and members' wellbeing. It is this that deserves recognition and what you should focus on in your nominations.

Check out more information about nominations training here:
rhsu.freshdesk.com

NOMINATIONS PROCESS

- Committees are responsible for nominating their groups for group awards. Groups can nominate themselves for as many awards as they feel necessary.
- Clubs will be required to hold a Committee Meeting to nominate members for sports awards.
- All nominees should be nominated by the Club Committee using the online form.
- If there is an overwhelming amount of nominations Committee members can discuss who best meets the criteria and then vote for who should be put forward.
- Duplicate/additional nominations from the same club will not be considered.
- For Crests and Vice President's Cup, a current address will need to be provided for the individuals nominated.

SELECTION PROCESS

All nominations will be decided by a panel comprising of:

- Active Lifestyle & Sport Representative
- Vice President Societies and Sport
- Student Opportunities Manager
- Sports Clubs Coordinator
- Societies, Sports and Opportunities Executive Representative

For the following awards a further representative will join the panel:

- Sophie Christiansen Shield; Vice President Wellbeing and Diversity.

Any group is eligible to nominate themselves for awards but newly ratified groups should bear in mind that we usually require a full year of activity in order to compare to other groups' nominations unless there are exceptional circumstances that deserve rewarding. For all group awards it is useful to include supportive data in the form of figures where possible and relevant.

Groups should note that it is not necessary to have achieved across every area of the criteria in order to nominate themselves or indeed to win an award. This is your chance to celebrate what you've done during the year so don't sell yourselves short by not nominating your group for certain awards, you may have achieved more than you think. In the difficult circumstances of this year, this criteria is intended to remind you of any activity which might help your nomination, rather than exclude any groups from applying.

Individuals who are nominated for individual awards must be current students of Royal Holloway or an associate member of RHSU as well as meeting the specific criteria of the awards. All nominations will be application based via our website.

EXTRAORDINARY NOMINATIONS

The panel cannot submit nominations prior to the selection meeting, with the exception of the SSO representative who may submit nominations as part of their involvement with their student group(s).

However, in the case where a panel member identifies a group/individual who has not been nominated, but whose actions are worthy of nomination, they may make a case for that group/individual to be considered alongside other nominations. The remaining members of the panel must deliberate and vote on whether to accept the nomination. If all panel members are in agreement then the nomination will be included for consideration.

Similarly, the panel may decide, by unanimous vote, to move a nomination into a separate category if they consider the nomination to be more applicable to an award other than the one that the nomination was originally submitted for.

CLUB

AWARDS

CRITERIA

FUNDRAISING AND CAMPAIGNING

This is awarded to a group that has made a significant impact through fundraising or campaigning. This should include work with national charities or local charities, work towards improving the lives of their members and students around them or tackling issues that directly impact students. In 2020/21, this award will directly consider the efforts of any groups who fundraised for charities or their local communities during the pandemic.

Things to consider:

- You may nominate individuals for this award by stating their name at the top of the nomination form.
- Total amount raised by group overall and for specific campaigns.
- How the group decided on their charitable partners, and what methods they used to fundraise for them, particularly any innovative ideas for raising funds in the current situation.
- How fundraising activities have impacted their members, the campus and the charity/charities that received donations.

SOPHIE CHRISTIANSEN SHIELD

This award is named after alumnus and 8x Paralympic Gold medallist, Sophie Christiansen. The winner will be a club who has gone to great lengths to not only make their club as inclusive and as accessible as possible, but have also educated their members as to why this is so important. This takes into account where groups have made an effort to adapt and make their group more accessible within a Covid-19 world.

Things to consider:

- Any way in which a club has shown inclusivity in their core purpose and activities.
- Involvement in Students' Union campaigns and efforts to promote inclusivity.
- Events or initiatives which a club has been involved with to talk about taboo issues and inclusivity, online or in person.
- Any changes that you have made from previous years in an effort to make your activities more accessible. This may include where you have adapted to the current climate to be more accessible in an online and/or in-person format.

INNOVATION IN ADVERSITY

This is awarded to a group that has adapted their activity as a result of the pandemic, have continued to alter their activity in response to regularly changing restrictions, and have used innovative techniques to overcome the adversity Covid-19 has caused.

Things to consider:

- The use of a variety of online platforms to put on activity.
- How the group has adapted their activity to meet restrictions at the time.
- The steps taken to ensure detailed risk assessments were completed and adhered to.
- Where a group was not able to put on their usual activities, they put on alternative events or remained in contact with members.
- Any ways the group put on various activities or kept engaged with members in order to reach a variety of audiences, some able to come onto campus and others who were not.

DIGITAL COMMUNITY

This is awarded to a group that has made a significant effort to create an online community, keep members engaged and promote positivity amongst their members throughout the challenges this year has presented.

Things to consider:

- Any ways the group continued to engage with your membership digitally.
- How the group made a continuous effort to improve the wellbeing of members.
- How the group created an online community when you couldn't meet in person.
- What steps were taken to help to tackle loneliness among members.
- How the group used social media to keep your members engaged and up to date.
- Any ways the group demonstrated an understanding of the differing circumstances for students, in particular international students in varying time zones.

CLUB OF THE YEAR

This is awarded to the most outstanding club of the year and takes into account every aspect of the club including organisation, development, volunteering or community work, fundraising, general service and social life. This year, this award will particularly consider the important role of physical activity in mental health for club members, and will reward clubs who have adapted and engaged with their members to put on activity through this year.

Things to consider:

- Any ways that the group has contributed to their members' employability, charity fundraising and events calendar including online activity.
- Any events that have been run this year, including how these have been adapted to run during the pandemic.
- How the committee communicated with their members to gain feedback and consider their members' opinions in order to develop.
- How the committee has worked to ensure that their members are active and participating regularly in group activity, both physically and online.
- How the committee has worked with the Student Opportunities team and wider Students' Union activities such as SSO executive, wider projects and campaign weeks.
- How the committee has managed and maintained good finances, including clearing any debt.
- Any outstanding work by specific members of the committee.
- Any positive media coverage the group has received, including our own student media.
- The steps taken to ensure that the group is inclusive and diverse.
- Any new events/activities that have contributed to the particular success of the group this year, including any major changes a group has made to its activity to ensure its safety.

INDIVIDUAL

AWARDS

CRITERIA

CREST AWARDS

This is awarded to someone who has gone above and beyond the call of duty of any member/committee member throughout their years of participation and has shown outstanding dedication and commitment to their group. In 2021 this takes into consideration the effect that Covid-19 has had on group activity, and how individuals have helped their group to adapt to this.

NB: Nominees for this award should not be in their first year at Royal Holloway, nor should they have joined their specific group this academic year.

Things to consider:

- How this individual has promoted a welcoming/inclusive atmosphere for new and existing members of the group, in person or online.
- Any ways in which this individual has contributed to the success of the group.
- How this individual has participated in a wide range of group activities, in person or online.
- Any ways in which this individual has represented and promoted the values/ideals of the group to the wider campus community throughout their time in the group.
- Any lasting impact/change that this individual has promoted or been responsible for that has contributed/will contribute to the success of the group.

VICE PRESIDENT'S CUP

This is awarded to someone who has shown outstanding dedication to Student Opportunities, going above and beyond to make a difference to sports clubs and wider student engagement, and dedicating their time to a number of different areas with the Students' Union and student groups.

Please note, the panel reserves the right not to award the cup if no suitable nominations are received in any given year.

Things to consider:

- How this individual has promoted a welcoming and engaging environment within student groups that they are part of.
- How this individual has engaged in multiple different opportunities within the Students' Union.
- How this individual has continued to motivate those around them throughout the pandemic.
- Any ways in which this individual has endeavoured to improve the lives and enjoyment of other individuals within Student Opportunities.
- Any ways in which this individual has engaged in wider Union work, for example campaign weeks, elections etc.

COLOURS

Full/Half Colours

Full/Half Colours are normally awarded to individuals nominated by the club committee for excelling in their particular sport. The nominee must have represented a College sports team and must meet the specific criteria for their sport which is based on playing ability. Due to the difficult nature of this year and lack of physical activity that has been able to take place, the current criteria does not apply.

Therefore, for Full Colours this year, club committees must nominate two candidates who have received Half Colours in the past two years, and have been performing at a level which would have made them an excellent candidate for Full Colours in 2020/21. The club will need to submit a short statement with supporting evidence of the candidates they have nominated, referring to their past and potential performance.

Half Colours will not be possible to award this year, however this will be taken into consideration in the future in order to reduce the impact on receiving Full Colours in subsequent years.

The club specific criteria is attached in this document so these should be referred to when writing nominations.

Club Colours

In replacement of Half Colours, clubs will be able to award up to five individuals with Club Colours. These are still performance based awards and provide clubs the opportunity to award those who might have received Half Colours if they had the chance and demonstrated exceptional levels of performance in the short time physical activity was possible. The club will need to submit a short statement with supporting evidence of the candidates they have nominated.

The club specific criteria is attached in this document to help guide committee decisions.

SPECIFIC SPORT

CRITERIA

FOR COLOURS

AMERICAN FOOTBALL

HALF COLOURS

Must have represented Royal Holloway American Football for at least two years, except in the case of exchange students or one-year graduate students. They should meet positional criteria (in BUCS competitions only), as detailed below. Each positional criterion can only be counted if it was achieved at the specified position. For example, a quarterback who also plays some wide receiver cannot include yards achieved at wide receiver in his quarterback colours nomination.

Offence

Running Back: Must have the following averages in the following skills in BUCS competitions:

- 450 all-purpose yards in a single season.
- 6 all-purpose touchdowns in a single season.
- Fewer than 6 turnovers in a single season.

Quarter Back: Must have the following averages in the following skills in BUCS competitions:

- 600 all-purpose yards in a single season.
- 6 all-purpose touchdowns in a single season.
- Fewer than 6 turnovers in a single season.

Wide Receiver/Tight End: Must have the following averages in the following skills in BUCS competitions:

- 250 all-purpose yards in a single season.
- 4 touchdowns in a single season.

Offensive Line:

- 1 Overall game MVP and/or 1 Offensive Game MVP in a single season.
- 5 or fewer sacks allowed in a single season.

Defence

Safety: Must have the following averages in the following skills in BUCS competitions:

- 2 turnovers in a single season.
- 25 tackles in a single season.

Line Backer: Must have the following averages in the following skills in BUCS competitions:

- 4 sacks or tackle-for-loss in a single season.
- 30 tackles in a single season.
- 2 turnovers in a single season.

Defensive Line: Must have the following averages in the following skills in BUCS competitions:

- 8 sacks or tackle-for-loss in a single season.
- 20 tackles in a single season.
- 2 turnovers in a single season.

Cornerback: Must have the following averages in the following skills in BUCS competitions:

- 10 tackles in a single season.
- 4 interceptions in a single season.
- 4 passes defended in a single season.

Special Teams

Placekicker: Must have the following averages in the following skills in BUCS competitions:

- 1 Overall game MVP and/or 1 Special Team game MVP in a single season.
- Fewer than 2 missed extra points in a single season.
- 8 field goals in a single season.

Punter: Must have the following averages in the following skills in BUCS competitions:

- 5 Overall game MVP's and/or 5 Special Team Game MVP's in a single season.

Returner: Must have the following averages in the following skills in BUCS competitions:

- 1 Overall game MVP and/or 1 Special Teams Game MVP in a single season.
- 2 kick return and/or punt return touchdowns in a single season.

FULL COLOURS

Must have represented Royal Holloway American Football for at least two years, except in the case of exchange students or one-year graduate students. They should meet positional criteria (in BUCS competitions only), as detailed below. Each positional criterion can only be counted if it was achieved at the specified position. For example, a quarterback who also plays some wide receiver cannot include yards achieved at wide receiver in his quarterback colours nomination.

Offence

Running Back: Must have the following averages in the following skills in BUCS competitions:

- 800 all-purpose yards in a single season.
- 10 all-purpose touchdowns in a single season.
- Fewer than 4 turnovers in a single season.

Quarter Back: Must have the following averages in the following skills in BUCS competitions:

- 1,000 all-purpose yards in a single season.
- 10 all-purpose touchdowns in a single season.
- Fewer than 6 turnovers in a single season.

Wide Receiver/Tight End: Must have the following averages in the following skills in BUCS competitions:

- 400 all-purpose yards in a single season.
- 8 touchdowns in a single season.

Offensive Line:

- 1 Overall game MVP and/or 1 Offensive Game MVP in a single season.
- 2 or fewer sacks allowed in a single season.

Defence

Safety: Must have the following averages in the following skills in BUCS competitions:

- 4 turnovers in a single season.
- 40 tackles in a single season.

Line Backer: Must have the following averages in the following skills in BUCS competitions:

- 8 sacks or tackles-for loss in a single season.
- 50 tackles in a single season.
- 5 turnovers in a single season.

Defensive Line: Must have the following averages in the following skills in BUCS competitions:

- 15 sacks or tackle-for-loss in a single season.
- 35 tackles in a single season.
- 5 turnovers in a single season.

Cornerback: Must have the following averages in the following skills in BUCS competitions:

- 15 tackles in a single season.
- 6 interceptions in a single season.
- 6 passes defended in a single season.

Special Teams

- Players cannot achieve Full Colours solely for their contributions on Special Teams.

ARCHERY

HALF COLOURS

Must have reached above the qualifying score for BUCS.

Dedicate 12 hours to training (Not including the beginner's course if new).

FULL COLOURS

Must have represented Royal Holloway at an archery competition (Other than BUCS).

Achieve above 450 in a Portsmouth round.

Must be able to Tune their bow and know how to fletch arrows.

ATHLETICS AND CROSS COUNTRY

HALF COLOURS

Must have represented RH Athletics and Cross Country Club for at least 2 years.

Must have competed in at least 2 competitions and have made the team (first 4 team members finishing) in at least 4/5 LCL races.

FULL COLOURS

Must have represented RH Athletics and Cross Country Club for at least 3 years.

Must have competed in at least 4 out of 5 LCL races and BUCS.

Acquired a high average score for LCL and LUCA competition.

Attended regular training sessions.

BADMINTON

HALF COLOURS

Must have represented RH Badminton for at least 2 years and compete in the 1st team in BUCS competitions.

Must have won 60% of BUCS matches.

FULL COLOURS

Must have represented RH Badminton for at least 3 years and compete in the 1st team in BUCS competitions.

Must have won 80% of BUCS matches.

Must have progressed in the BUCS Individual Championship or Doubles Championship.

BASKETBALL

(MEN'S)

HALF COLOURS

Must have represented RH Basketball for at least 2 years and compete in the 1st team in BUCS competitions.

Guards: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 12 per game.
- Assists – Season average of 4 per game.
- Steals – Season average of 4 per game.
- Rebounds – Season average of 4 per game.

Forwards/Centre: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 7 per game.
- Blocks – Season average of 3 per game.
- Rebounds – Season average of 8 per game.

FULL COLOURS

Must have represented RH Basketball for at least 3 years and compete in the 1st team in BUCS competitions.

Guards: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 16 per game.
- Assists – Season average of 5 per game.
- Steals – Season average of 5 per game.
- Rebounds – Season average of 6 per game.

Forwards/Centre: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 11 per game.
- Blocks – Season average of 4 per game.
- Rebounds – Season average of 10 per game.

BASKETBALL

(WOMEN'S)

HALF COLOURS

Must have represented RH Basketball for at least 2 years and compete in the 1st team in BUCS competitions.

Guards: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 7 per game.
- Assists – Season average of 2 per game.
- Steals – Season average of 2 per game.
- Rebounds – Season average of 1 per game.

Forwards/Centre: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 7 per game.
- Blocks – Season average of 2 per game.
- Rebounds – Season average of 6 per game.

FULL COLOURS

Must have represented RH Basketball for at least 3 years and compete in the 1st team in BUCS competitions.

Guards: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 10 per game.
- Assists – Season average of 4 per game.
- Steals – Season average of 4 per game.
- Rebounds – Season average of 2 per game.

Forwards/Centre: Must have the following averages in the following skills in BUCS competitions:

- Points – Season average of 10 per game.
- Blocks – Season average of 2 per game.
- Rebounds – Season average of 8 per game.

FULL COLOURS:

Must have represented RH Boat for at least 3 years and compete in the 1st crew (completed 2 full season)

Must have competed at Intermediate level.

Rowers:

An ergo time within the top 20% of BUCS.

Must compete in three events in a year.

Must progress/place in two regionals and one BUCS event.

Must have won at least one head race and one regatta at a British rowing affiliated event or a BUCS event for RH Boat.

Coxes:

Due to the nature of the role of a cox the nomination will be based solely on coach's discretion.

CHEERLEADING

HALF COLOURS

Cheer

Must have represented Royal Holloway Cheerleading for 2 years.

Must have competed in at least two competitions per year.

Must have competed in the highest-level team at the university for those two years.

A well-rounded cheerleader: performed in all aspects of a routine including stunt, pyramid, jumps, dance and tumbling.

Dance

Must have represented RH Cheerleading for at least 2 years.

Must have competed in 2 competitions per year.

The team must have placed in one competition.

FULL COLOURS

Cheer

Must have represented Royal Holloway Cheerleading for 3 years.

Must have competed in at least two competitions per year.

Must have competed in the highest-level team at the university for those 3 years.

A well-rounded cheerleader: performed in all aspects of a routine including stunt, pyramid, jumps, dance and tumbling.

Dance

Must have represented RH Cheerleading for at least 3 years.

Must have competed in 2 competitions per year.

The team must have placed in two competitions.

As Cheerleading is a performance-based sport, all nominations for Colours must be supported by video evidence. A show reel of no more than 5 minutes of the nominee's performances should be submitted and the nominee should be highlighted.

CHESS

HALF COLOURS

Won at least 3 games in tournaments/matches for the university.

Won at least 3 games in internal competitions/matches.

FULL COLOURS

Won at least 6 games in tournaments/matches for the university.

Had 2 years membership.

Won at least 6 games in internal competitions/matches.

CRICKET

HALF COLOURS

Must have represented RH Cricket for at least 2 years and compete in the 1st team in BUCS competitions (completed 1 full season).

Batters: Must have achieved the following in BUCS competitions:

- Scored 2 half centuries.
- A batting average of over 25.

Bowlers: Must have achieved the following in BUCS competitions:

- A 12 wickets in a season.
- A bowling average of under 20.

Wicket Keepers: Must have achieved the following in BUCS competitions:

- An average of 2 dismissals per game.

FULL COLOURS

Must have represented RH Cricket for at least 3 years and compete in the 1st team in BUCS competitions (completed 2 full season).

Batters: Must have achieved the following in BUCS competitions:

- Scored 3 half centuries.
- A batting average of over 30.

Bowlers: Must have achieved the following in BUCS competitions:

- 15 wickets and one 5 wicket haul.
- A bowling average of under 17.

Wicket Keepers: Must have achieved the following in BUCS competitions:

- An average of 2.5 dismissals per game.

FENCING

HALF COLOURS

Must have represented RH Fencing for at least 2 years and competed in 75% of the 1st team fixtures in BUCS competitions.

Must have competed in the BUCS Individual Championships and finished within the top 75% in weapon of choice.

Must finish the season with an indicator of 0 or above in their weapon of choice.

FULL COLOURS

Must have represented RH Fencing for at least 3 years and compete in the 1st team in BUCS competitions.

Must have competed in the BUCS Individual Championships and finished within the top 50% in weapon of choice.

Must finish season with a positive indicator in their weapon of choice.

FOOTBALL (MEN'S)

HALF COLOURS

Must have represented RH Football for at least 2 years and compete in the 1st team for BUCS competitions.

Strikers:

- Must have scored 8 goals in a season.
- Must have 4 assists in a season.

Midfielders:

- Must have 5 assists in a season.
- Must have scored 2 goals in a season (attacking minded)
- Conceded no more than an average of 3 per game (defensive minded)

Defenders/Goalkeepers:

- Goals conceded no more than an average of 3 per game.

FULL COLOURS

Must have represented RH Football for at least 3 years and compete in the 1st team for BUCS competitions.

Strikers:

Must have scored 10 goals in a season.

Must have 6 assists in a season.

Midfielders:

Must have 6 assists in a season.

Must have scored 4 goals in a season (attacking minded).

Conceded no more than an average of 2 per game (defensive minded).

Defenders/Goalkeepers:

Goals conceded no more than an average of 2 per game.

FOOTBALL (WOMEN'S)

HALF COLOURS

Must have represented RH Football for at least 2 years and competed for the club in BUCS or LUSL competitions.

Must have missed no more than 6 training sessions unless valid warning had been provided.

Strikers:

- Must have scored 4 goals in a season.
- Must have 2 assists in a season.

Midfielders:

- Must have 4 assists in a season.

Defenders/Goalkeepers:

- Goals conceded no more than an average of 4 per game.

FULL COLOURS

Must have represented RH Football for at least 2 years and competed for the club in BUCS or LUSL competitions.

Must have missed no more than 6 training sessions unless valid warning had been provided.

Strikers:

- Must have scored 6 goals in a season.
- Must have 4 assists in a season.

Midfielders:

- Must have 6 assists in a season.

Defenders/Goalkeepers:

- Goals conceded no more than an average of 3 per game.

GOLF

HALF COLOURS

Must have represented RH Golf for at least 2 years and compete in the 1st team in BUCS competitions.

Must have won 60% of BUCS fixtures.

Must have entered 2 BUCS individual tour competitions

FULL COLOURS

Must have represented RH Golf for at least 2 years and compete in the 1st team in BUCS competitions.

Must have won 80% of BUCS fixtures.

Must have progressed in the BUCS individual tour Championships.

HOCKEY

HALF COLOURS

Must have represented RH Hockey for at least 2 years and play in the 1st team in BUCS competitions.

Must have a per game average in the following skills in BUCS competitions:

Goal Keeper/Defender:

- Goals conceded – No more than 3 per game.

Attack/midfielder:

- Goals scored/assisted – 12 in a season.

FULL COLOURS

Must have represented RH Hockey for at least 3 years and play in the 1st team in BUCS competitions.

Must have a per game average in the following skills in BUCS competitions:

Goal Keeper/Defender:

- Goals conceded – No more than 2 per game.
- Not conceded 2 penalty flicks.

Attack/midfielder:

- Goals scored/assisted – 15 in a season.

FULL COLOURS

Must have represented RH Lacrosse for at least 3 years and play in the 1st team in BUCS competitions.

Must have been awarded MOM at least twice in BUCS competitions in a season.

Attack

Must have scored 30 goals in BUCS competitions in a season.

Must have 20 (Men) / 15 (Women) assists in BUCS competitions in a season.

Midfield

Must have 20 (Men) / 15 (Women) assists in BUCS competitions in a season.

Defence / Goalkeeper

Must have an average of under 5 goals conceded per game in BUCS competitions in a season.

MARTIAL ARTS JUDO

HALF COLOURS

Must have represented RH Judo for at least 2 years.

Must have competed and won contest in a domestic competition as Royal Holloway representative.

Achieved Orange belt (4th Kyu).

FULL COLOURS

Must have represented RH Judo for at least 3 years.

Must have competed and won contest in a domestic competition as Royal Holloway representative and progressed in one of the competitions.

Achieved Blue belt (3rd Kyu).

MARTIAL ARTS KARATE

(Competition includes both Kata and Kumite)

HALF COLOURS

Must have represented RH Karate for at least 2 years.

Competed in domestic competition as Royal Holloway representative.

Winning of a regional medal.

Ranking position in a national competition.

FULL COLOURS

Must have represented RH Karate for at least 3 years.

Winning of a national medal.

Achieved a Dan Grade.

LACROSSE

HALF COLOURS

Must have represented RH Lacrosse for at least 2 years and play in the 1st team in BUCS competitions.

Must have been awarded a MOM in BUCS competitions in a season.

Attack

Must have scored 15 goals in BUCS competitions in a season.

Must have 15 (Men) / 10 (Women) assists in BUCS competitions in a season.

Midfield

Must have 15 (Men) / 10 (Women) assists in BUCS competitions in a season.

Defence / Goalkeeper

Must have an average of under 8 goals conceded per game in BUCS competitions in a season.

MIXED

MARTIAL ARTS

HALF COLOURS

Must have represented RH MMA for at least 2 years.

Must have competed in at least 3 fights.

Must have competed in 1 Decision fight.

FULL COLOURS

Must have represented RH MMA for at least 2 years.

Must have competed in at least 4 fights.

Must have competed in at least 3 decision fights.

MOTORSPORT

HALF COLOURS

Must have represented the club for 2 years.

Must have competed in two seasons of the BUCS.

FULL COLOURS

Must be a member of the A Team.

High average position across the season's races.

NETBALL

HALF COLOURS

Must have represented RH Netball for at least 2 years and play in the 1st team in BUCS competitions.

- Scorers (GS / GA): The team must have an average of 35 goals per game in a season.
- The Individual must have scored 60% of the total goals scored in a season.
- Defence (GK / GD / WD): The team must have an average of under 35 goals conceded per game in a season.
- Centre Court Attack (WA / C): Must have an average of 15 assists per game in a season.
- Centre Court (C): Must have an average of 5 assists per game in a season.

Must have an average of 2 interceptions per game in a season.

FULL COLOURS

Must have represented RH Netball for at least 3 years and play in the 1st team in BUCS competitions.

- Scorers (GS / GA): The team must have an average of 45 goals per game in a season.
- The Individual must have scored 80% of the total goals scored in a season.
- Defence (GK / GD): The team must have an average of under 30 goals conceded per game in a season.
- Centre Court Attack (WA / C): Must have an average of 20 assists per game in a season.
- Centre Court (C): Must have an average of 8 assists per game in a season.

Must have an average of 4 interceptions per game in a season.

POLO

HALF COLOURS

Must have represented RH Polo for at least 2 years.

Must have competed at Intermediate level.

Must compete in Summer and Winter Nationals and win 60% of matches.

FULL COLOURS

Must have represented RH Polo for at least 3 years.

Must have competed at Intermediate level.

Must compete in Summer and Winter Nationals and win 80% of matches.

RIDING

HALF COLOURS

Must have competed in either the Championship League or Trophy League or 2 years.

Must have individually placed at 6 or more League competitions, with at least one of these placings being either 1st, 2nd or 3rd.

FULL COLOURS

Must have competed in the Championship League for 3 years.

Must have individually placed at 8 or more League competitions in this time with at least 2 of these placings being wither 1st, 2nd or 3rd.

Must have qualified for Regionals either individually or as a team.

ROWING

HALF COLOURS:

Must have represented RH Boat for at least 2 years and compete in the 1st crew VIII / IV (completed 1 full season).

Must have competed at Intermediate level.

Rowers:

An ergo time within the top 40% of BUCS.

Must compete in three events in a year.

Must progress/place in one regional and one BUCS event.

Must have won at least one head race and one regatta at a British rowing affiliated event or a BUCS event for RH Boat.

Coxes:

Due to the nature of the role of a cox the nomination will be based solely on coach's discretion.

RUGBY (MEN'S)

HALF COLOURS

Must have represented RH Rugby for at least 2 years and play in the 1st team in BUCS competitions.

Forwards: Must have a per game average in the following skills in BUCS competitions:

- Turnover – Season average of 1 per game.
- Tackles – Season average of 8 per game.
- Carries – Season average of 7 per game.

Backs: Must have the following averages in the following skills in BUCS competitions:

- Tackles – Season average of 8 per game.
- Linebreaks – Season average of 2 per game.
- Tries – Season average of 1 per game.

Kickers: Penalty/extra point conversion rate of 60%.

FULL COLOURS

Must have represented RH Rugby for at least 3 years and play in the 1st team in BUCS competitions.

Forwards: Must have a per game average in the following skills in BUCS competitions:

- Turnover – Season average of 2 per game.
- Tackles – Season average of 11 per game.
- Carries – Season average of 10 per game.

Backs: Must have the following averages in the following skills in BUCS competitions:

- Tackles – Season average of 11 per game.
- Linebreaks – Season average of 3 per game.
- Tries – Season average of 2 per game.

Kickers: Penalty/extra point conversion rate of 80%.

RUGBY (WOMEN'S)

HALF COLOURS

Must have represented RH Rugby for at least 2 years and play in the 1st team in BUCS competitions.

Backs and Forwards must maintain an average positional score of 7 out of 10 throughout the season.

FULL COLOURS

Must have represented RH Rugby for at least 2 years and play in the 1st team in BUCS competitions.

Backs and Forwards must maintain an average positional score of 8.5 out of 10 throughout the season.

SNOW

HALF COLOURS

Must have represented RH Snow for at least 2 years.

Must have progressed in at least 1 of the BUCS competitive events in the year.

FULL COLOURS

Must have represented RH Snow for at least 3 years.

Must have placed in at least 1 of the BUCS competitive events in the year.

SQUASH

HALF COLOURS

Must have represented RH Squash for at least 2 years and play in the 1st team in BUCS competitions.

60% wins in BUCS matches.

Progressed in the Individual/Team Championships.

FULL COLOURS

Must have represented RH Squash for at least 3 years and play in the 1st team in BUCS competitions.

80% wins in BUCS matches.

Progress to quarter finals in the trophy or reach the final of the plate.

SWIMMING

HALF COLOURS

Must have represented Royal Holloway Swimming for at least 2 years and swum as part of the 1st team.

Must place in a heat in at least 2/3 BUCS Championships entered by Royal Holloway Swimming for two years (i.e. Short Course, Long Course, Team Championships).

Must have regularly placed within the upper 70% of BUCS competitions.

FULL COLOURS

Must have represented Royal Holloway Swimming for at least 3 years and swum as part of the 1st team.

Must place in a heat in at least 2/3 BUCS Championships entered by Royal Holloway Swimming for three years (i.e. Short Course, Long Course, Team Championships).

Must have regularly placed within the upper 50% of BUCS competitions.

Must place 1st in a heat at a BUCS competition entered by the club.

TABLE TENNIS

HALF COLOURS

Must have represented RH Table Tennis for at least 2 years and compete in the 1st team in BUCS competitions.

Must have won 60% of BUCS matches.

FULL COLOURS

Must have represented RH Table Tennis for at least 3 years and compete in the 1st team in BUCS competitions.

Must have won 80% of BUCS matches.

Must have progressed in the BUCS Individual Championship or Doubles Championship.

TENNIS

HALF COLOURS

Must have represented RH Tennis for at least 2 years and play in the 1st team in BUCS competitions.

60% wins in BUCS matches.

Progressed in the BUCS individual championship.

FULL COLOURS

Must have represented RH Tennis for at least 3 years and play in the 1st team in BUCS competitions.

80% wins in BUCS matches.

Progress beyond the 2nd round in BUCS individual championship.

THAI BOXING

HALF COLOURS

Must have represented RH Thai boxing for at least 2 years.

Must have competed in at least 3 fights OR 2 tournaments and 1 fight.

Must have won 60% of fights.

FULL COLOURS

Must have represented RH Thai Boxing for at least 2 years.

Must have competed in at least 4 fights OR 3 tournaments and 2 fights.

Must have won 75% of fights.

TRAMPOLINING

HALF COLOURS AWARD

Must have achieved a combined score of 50 between their set and voluntary routine (including Degree of Difficulty) (excluding Time of Flight) with a minimum voluntary routine degree of difficulty of 0.5 at any regional or national competition.

FULL COLOURS AWARD

Must have achieved a combined score of 52 between their set and voluntary routine (including Degree of Difficulty) (excluding Time of Flight) with a minimum voluntary routine degree of difficulty of 2.1 at any regional or national competition.

ULTIMATE FRISBEE

HALF COLOURS

Must have represented RH Ultimate for at least 2 years and play in the 1st team in all BUCS competitions and LUSL fixtures (unless for valid reason).

Is always well spirited and has been noted for this by competing teams in competitions.

Has been nominated for MVP in more than one tournament or winner MVP in a tournament.

FULL COLOURS

Must have represented RH Ultimate for at least 3 years and play in the 1st team in BUCS competitions and LUSL fixtures (unless for valid reason).

Has been commended by other teams for spirit, and can be seen taking initiative on the line in directing and leading the team.

Has been nominated for MVP in at least one National tournament.

VOLLEYBALL

Nominees overall ability will be taken into consideration, but they must excel in the following aspects of the game; Reception/digging, Setting/spiking, hitting and blocking.

HALF COLOURS

Must have represented RH Volleyball for at least 2 years and play in the 1st team in BUCS competitions.

Due to the nature of the sport it is very difficult to record stats so nominations will be based largely on coach's discretion.

FULL COLOURS

Must have represented RH Volleyball for at least 3 years and play in the 1st team in BUCS competitions.

Due to the nature of the sport it is very difficult to record stats so nominations will be based largely on coach's discretion.

CONTACTS

Lucy Brown

Vice President Societies and Sport
vpsocsport@su.rhul.ac.uk

Daniel Curran

Student Opportunities Manager
daniel.curran@su.rhul.ac.uk



@SURHUL / SU.RHUL.AC.UK