

# COLOURS BALL 2018

## AWARDS CRITERIA



ROYAL  
HOLLOWAY  
— SPORT —



ROYAL  
HOLLOWAY  
UNIVERSITY  
OF LONDON

**RH  
SU**

# Contents

Introduction.....	4
Club Awards.....	5
Club of the year.....	5
Team of the year.....	5
Most improved club of the year.....	<b>Error! Bookmark not defined.</b>
RAG award.....	<b>Error! Bookmark not defined.</b>
Community cup.....	5
Skills and employability shield.....	5
Individual Awards.....	6
Colossus' sports personality of the year.....	6
Coach of the year.....	6
Full/half colours.....	6
Freshman award.....	6
Crest awards.....	6
Nomination process.....	7
Selection process.....	<b>Error! Bookmark not defined.</b>
Specific Sport Criteria for Colours.....	8
American Football.....	8
Archery.....	10
Athletics and Cross Country.....	10
Badminton.....	10
Basketball (Men's).....	11
Basketball (Women's).....	12
Boat.....	13
Cheerleading.....	14
Cricket.....	14
Cycling.....	15
Fencing.....	16
Football (Men's).....	16
Football (Women's).....	17
Golf.....	17
Hockey.....	18
Lacrosse.....	18
Martial Arts.....	19
Judo.....	19
Karate (Competition includes both Kata and Kumite).....	19

Mixed Martial Art .....	19
Muay Thai .....	<b>Error! Bookmark not defined.</b>
Netball .....	20
Polo .....	21
Riding .....	21
Rugby (Men's) .....	22
Rugby (Women's).....	23
Snow.....	23
Squash .....	23
Surf.....	23
Swimming.....	24
Table Tennis.....	24
Tennis .....	24
Trampolining .....	25
Ultimate Frisbee.....	25
Volleyball .....	25
Contacts .....	26

# Introduction

The purpose of this document is to clearly outline the process and criteria for Societies Ball nominations. This document will be reviewed annually to ensure that all criteria are fair and up to date. This has been co-written by the Students' Union and Active Lifestyle & Sport team to recognise individuals and sports clubs for their contribution to both College and SU.

Colours Ball is a major part of the sporting calendar and is there to recognise the commitment and excellence of Royal Holloway students both on and off the field of play.

Awards will be presented at the annual dinner held in March 2018 to those who have participated in the sporting activities of the preceding summer season and the current winter season.

## Selection Process

All nominations will be decided by a panel comprising of:

- Head of Sport
- VP Sports
- Student Opportunities Manager
- Sports Clubs Co-ordinator
- SOC Representative.

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

- Skills and Employability Shield; representative from the Careers Service/ Students' Union Passport and Employability Coordinator,
- Community Cup; representative from Royal Holloway Volunteering,
- Raising and Giving; representative from RAG,
- Sophie Christiansen Inclusion and Accessibility Award; Vice President Welfare 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 every area of the criteria in order to nominate themselves or indeed to win an award. This is your chance to brag about 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.

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.

The following will identify what awards are on offer and what the criteria is for students to be nominated.

## Club Awards

**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, community work, fundraising, general service, social life and success if competitive.

Award – Cup

**Team of the year** – A special trophy donated by Professor Dorothy Wedderburn, once the Principal, will be awarded at the discretion of the SCAC to the team with the most outstanding performance during that season. It is results based only. Nominations from all 1<sup>st</sup> teams that compete are welcome.

Award – The Principals Cup

**Most improved club of the year**- This is awarded to a group that has made significant effort to develop their group this year including membership recruitment, range and success of events, maintaining good finances, committee development etc.

Award- Plaque

**Community cup** – This award is run in conjunction with Community Action and will be presented to the club that has contributed the most towards volunteering in the community, for the SU or elsewhere.

Award – Cup

**Skills and employability shield** – This award will be presented to the club that has done the most to enhance the skills and employability of its members. This could be through events, projects, activities or initiatives, but do not necessarily have to be based around the club's sport, which help to improve the employment options of students.

Award – Shield

**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.

Award- Shield

**RAG Award**- This is awarded to a group that has made a significant contribution to the RAG total this year not only in size of donation but also in commitment, ingenuity and consistency.

Award- Charity Shaker ft Glitter

## Individual Awards

**Colossus' sports personality of the year** – This award is voted on by all 37 clubs. Each club will be able to nominate one person from their club for this award. This could be for outstanding sporting achievement, fantastic commitment or dedication. It is up to the club to decide who they put forward. Each club can nominate one person, the SCAC will shortlist to 8 nominees, everyone with a sports club membership can vote once for the winner.

**Coach of the year** – Coach of the Year is awarded to the best coach of a student club; they may be student coaches or professionals. Development as well as success and achievement will be factors when deciding upon this award.

Award – Plate

**Full/half colours** - A nominated award for excelling in their particular sport. The nominee must have represented a College sports team. All sports have specific criteria is based on playing ability only which need to be met by nominees. We recommend between 3-5 applications are received to ensure the top athlete is recognised.

Award – Medal

**Freshman award** – 5 freshman crests are awarded to students who are studying at Royal Holloway for their first year (including new masters students, etc.) and have shown a great commitment to the club. They must be enthusiastic and show a lot of commitment on and off the pitch. The Freshman Award must be awarded to someone that does not seem like they have been a part of the club for only a year and will be instrumental in the club's future.

Award – Decorative Crest

**Crest awards** – 15 Crests are awarded to individual members of clubs who have served their clubs above and beyond the call of duty be that individual on the club committee or not. These are not sporting awards but awards given in recognition of dedication to a club in terms of administration, coaching etc.

Award – Decorative Crest



## Nomination process

Clubs will be required to hold a Committee Meeting to nominate members for sports awards.

Clubs will nominate members for the following awards; Full Colours, Half Colours, Crest Award and Coach of the Year.

All nominees will need a nomination form completed by the Club Committee.

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.

All approved Colours nominations will then be forwarded to the SCAC for the final decision.

Only registered students of the College will be eligible for nomination. Nominations are judged in the window of March to March.

**A player must have participated in 80% competitive BUCS** (or equivalent) fixture/competitions as a member of a College team. The Award of major trophies outside of BUCS competitions will be a factor taken into account when nominations are being considered.

Where membership of such a team is not applicable, individual athletes that have distinguished themselves in a sport must be deemed to have participated as a representative of the college.

A player must fulfil the criteria specific to their sport. In special cases where the criteria is not met, it is up to the committees to make it clear to the selection Committee why the nominee should still be considered. If the club has a registered coach, they must also add notes to the nomination.

It will be assumed that a student who has played only for a University Of London team during a particular season will be considered for suitable recognition by the University and therefore will not be considered for College awards.

Students who are only studying at the College for one academic year, due to their course length will still be eligible for both Full & Half Colours. Although, they must provide a letter from their department proving this.

In addition, to the core criteria set above, each team in agreement with the SCAC, have set their additional and sport specific criteria for competitors to be eligible for Full/Half Colours. This is to ensure that all sports are represented fairly.

## Extraordinary Nominations

The panel cannot submit nominations prior to the selection meeting, with the exception of the SOC 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 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.

## Specific Sport Criteria for Colours

This criteria will be reviewed every 3 years with student clubs committees, the next review will be 17/18.

New sports need to submit criteria before Term 2 to be considered for that application

### American Football

#### Half Colours

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

#### Offence

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

- 450 yards (all purposes) in a season.
- 6 touchdowns in a season.

FB: Without a good FB the HB will never make any yards, so although the FB doesn't make many yards it should be up to the coaches and the committee if they feel this position has made a significant contribution.

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

- 350 passing yards in a season.
- 6 touchdowns in a season.

WR/TE: Must have the following averages in the following skills in BUCS competitions:

- 350 yards (all purposes) in a season.
- 6 touchdowns in a season.

OL: This position is vital but has virtually no stats so this should be based solely on coaches discretion, only one OL should be put forward and only if the most of the yards were gained through their blocking.

#### Defence

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

- 2 Interception in a season.
- 25 tackles in a season.

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

- 5 sacks in a season.
- 25 tackles in a season.
- 1 interceptions/forced fumble in a season.

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



- 6 sacks in a season.
- 30 tackles in a season.
- 1 fumble recovery in a season.

## **Full Colours**

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

### Offence

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

- 600 yards (all purposes) in a season.
- 8 touchdowns in a season.

FB: Without a good FB the HB will never make any yards, so although the FB doesn't make many yards it should be up to the coaches and the committee if they feel this position has made a significant contribution.

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

- 500 passing yards in a season.
- 8 touchdowns in a season.

WR/TE: Must have the following averages in the following skills in BUCS competitions:

- 500 yards (all purposes) in a season.
- 8 touchdowns in a season.

OL: This position is vital but has virtually no stats so this should be based solely on coaches discretion, only one OL should be put forward and only if the most of the yards were gained through their blocking.

### Defence

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

- 4 Interception in a season.
- 50 tackles in a season.

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

- 9 sacks in a season.
- 50 tackles in a season.
- 2 interceptions/forced fumble in a season.

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

- 8 sacks in a season.
- 50 tackles in a season.
- 3 fumble recoveries in a season.

## **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.

## Boat

### 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.

### 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**

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.

### **Full Colours**

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 three years.

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

### **Cheer Dance:**

#### **Half Colours**

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**

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.

### **Cycling**

Needs to set a criteria – this is the first year they are eligible for colours. A meeting will need to be arranged with the Sports Development Executive, Student Activities Manager and the Vice-president, Sports and Development.



## **Fencing**

### **Half Colours**

Must have represented RH Fencing for at least 2 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 have won 60% of BUCS matches.

### **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 30%.

Must have won 80% of BUCS matches.

## **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 5 assists in a season.

Midfielders:

- Must have 5 assists in a season.

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 8 assists in a season.

Midfielders:

- Must have 8 assists in a season.

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.

Strikers:

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

Midfielders:

- Must have 4 assists in a season.

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 8 goals in a season.
- Must have 6 assists in a season.

Midfielders:

- Must have 8 assists in a season.

Defenders/Goalkeepers:

- Goals conceded no more than an average of 2 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.

Goal Keeper/Defender: Must have a per game average in the following skills in BUCS competitions:

- 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.

Goal Keeper/Defender: Must have a per game average in the following skills in BUCS competitions:

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

Attack/midfielder

- Goals scored/assisted – 15 in a season.

## 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.

### 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).

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.

### **Mixed Martial Art**

#### **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 BUKC

### **Full Colours**

Must be a member of the A Team

High average position across the season's races.

## **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.

## **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 25 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 20 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 the Championship League for 2 years or Trophy League for 3 years.

Must have individually placed at 6 or more League competitions.

### **Full Colours**

Must have competed in the Championship League for 3 years.

Individually placed at 8 or more League competitions in this time and qualified for Regionals either individually or as a team.

## **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 BUSC 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 BUSC 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.

## **Surf**

Needs to set a criteria – this is the first year they are eligible for colours. A meeting will need to be arranged with the Sports Development Executive, Student Activities Manager and the Vice-president, Sports and Development.

## **Swimming**

### **Half Colours**

Must have represented Royal Holloway Swimming for at least 2 years and swum as part of the 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 2 fights.

Must have had at least 1 decision fight.

### **Full Colours**

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

Must have competed in 3 or 4 fights.

Must have had at least 2 decision fights.

## **Trampolining**

### **Half Colours Award**

Must have achieved a combined score of 50.5 between their set and voluntary routine (including Degree of Difficulty) (excluding Time Of Flight) with a minimum voluntary routine degree of difficulty of 1.2 at any regional or national competition.

### **Full Colours Award**

Must have achieved a combined score of 52.0 between their set and voluntary routine (including Degree of Difficulty) (excluding Time Of Flight) with a minimum voluntary routine degree of difficulty of 3.0 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 BUCS 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.

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**

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