

# Colours Ball 2023

| Awards Criteria

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# INTRODUCTION

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

Awards will be presented at the annual dinner held in March 2023 to those who have participated in the sporting activities of the preceding summer season and the current winter season.

# NOMINATIONS PROCESS

- Any Student is able to nominate their group for a group or individual award.
- Groups can nominate themselves for as many awards as they feel necessary.
- All nominations should be submitted using the online form.
- Only registered students of the University will be eligible for nomination.
- A player must have participated in 80% of competitive BUCS (or equivalent) fixture/competitions as a member of the University team. The Award of major trophies outside of BUCS competitions will be a factor taken into account when nominations are being considered.
- 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 select Committee why the nominee should still be considered. If the club has a registered coach, they should also add notes to the nomination.

# SELECTION PROCESS

All nominations will be decided by a panel comprising of:

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

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

- Fundraising & Impact; a representative from Royal Holloway Volunteering.

Any group is eligible to nominate themselves and 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 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.

# 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 & IMPACT

This is awarded to a group that has made a significant impact through fundraising, campaigning or volunteering. This should include work with national or local charities, work on improving the lives of their members and students around them, tackling issues that impact students or working towards making a difference within the community.

## **Things to consider:**

- Total amount raised by the group overall and for specific events.
- How the group coordinated with charities and other organisations and why they undertook the activities.
- How the group raise awareness about a specific charity or cause.
- Any work/activity that the group has taken on in the local community. This could be through fundraising, running an event where the community were invited or volunteering in the local community.
- Any volunteering or community projects the group has been involved in, including how many members were involved and the total hours they've done.
- Any involvement with Royal Holloway Volunteering schemes and campaigns.

# 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.

## **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.
- How the group has made a continuous effort to improve the wellbeing of members.



# MOST IMPROVED CLUB OF THE YEAR

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

## **Things to consider:**

- Any ways that the group has contributed to their members' employability, our relationship with the community, fundraising and events calendar.
- How the committee worked together to improve their group
- Any events that have been run this year, especially those that have been improved from previous years
- How the committee communicated with their members to gain feedback and consider their members' opinions in order to develop.
- How the group has increased membership/student engagement
- How the activity has been more innovative, inclusive, and diverse than in previous years.
- The steps taken to ensure that development continues beyond this year.
- Comparisons to last year's performance in competitions.

# SPOTLIGHT AWARD

This award is for the unsung heroes of clubs on campus, and is nominated by, and voted for by other student groups on campus. Take the decision into your own hands and nominate a club that you feel has excelled and gone the extra mile.

## **Things to consider:**

- Any student groups who have gone above and beyond to support other groups on campus.
- Any student groups who have constantly and consistently acted as 'role models' to other student groups, either through charity work or fundraising.
- Any student groups who have overcome difficult or adverse situations to achieve the best of their ability.
- Any group which has maintained a strong social media presence and has shown creativity or initiative in a variety of ways.

# SUSTAINABILITY AWARD

This award will be to recognise a student group that have actively worked towards becoming more environmentally sustainable, going above and beyond to leave a lasting positive impact on the environment. This can be through specific events, initiatives or projects, sourcing more sustainable products, engaging in schemes or spreading awareness on campus that highlights sustainability or a specific environmental issue or concern.

## **Things to consider:**

- Campaigning to raise awareness on a specific environmental issue.
- Fundraising activity specific to an environmental cause.
- Utilising the Student Group Sustainability Guide to become a more sustainable student group.
- Running activities or events that are aimed to engage and/or educate students in action around the climate emergency.
- Sourcing more sustainable products for events or activities.
- Ensuring events or activities are delivered in the most sustainable way possible
- Engaging in initiatives that educate others through events or activities around sustainability and the environment.
- Introducing a Sustainability Officer on the committee whose focus is to improve the sustainability of your student group.

# TEAM OF THE YEAR

A special trophy donated by Professor Dorothy Wedderburn, once the Principal, will be awarded at the discretion of the selection committee to the team with the most outstanding performance during that season. It is results based only. Nominations from all 1st teams that compete are welcome.

## **Things to consider:**

- Listing placings in competitions.
- How many competitions you are involved in
- Amount of wins compared to fixtures competed in (if relevant).
- Include every fixture and competition including results.

# 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.

## **Things to consider:**

- Any ways that the group has contributed to their members' employability, charity fundraising and events calendar.
- Any events that have been run this year.
- 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.
- 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 careers or skills development focussed events. This can include workshops and/or talks conducted by guests from relevant industry professions, as well as external training organised/attended by the group.
- 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***

# 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 ward.

**Things to consider:**

- The success of the club or team that the coach has worked with.
- The role of the coach in the overall development of the club.
- The interaction with members in terms of individual development.
- The relationship between the committee and the coach.

# 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 based on playing ability only, which need to be met by nominees.

**Things to consider:**

- The club-specific criteria are attached in this document so these should be followed and adhered to when writing nominations.

# FRESHMAN AWARD

5 Freshman Crests are awarded to students who are studying at Royal Holloway and this is their first year in 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 who 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. This is an award for a member's contribution both on and off the pitch.

## **Things to consider:**

- How the individual contributed to or participated in a range of group events
- Performance of individuals in competitions and fixtures.
- Any ways in which the individual has improved the wellbeing/enjoyment of other club members.
- Any way in which a member has taken it upon themselves or used their own initiative to better the group, committee or members.
- The relationship between committee and the coach.

# CRESTS

15 Crests are awarded to individuals who have served their clubs above and beyond the call of duty. This individual may have served on the club committee but this is not essential. These are not sporting awards but awards given in recognition of dedication to a club in terms of administration, coaching, events and commitment etc.

## **Things to consider:**

- How this individual has promoted a welcoming/inclusive atmosphere for new and existing members of the group.
- 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.

***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

Achieved above novice qualifying score for BUCS for their bow type.

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

## FULL COLOURS

Must have achieved above the experienced qualifying score for BUCS for their bow type.

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

Must be able to show technique to a high standard.

Must know how to set up and set down equipment (including bows and bosses) to a high standard.

# 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 played at least 3 matches in BUCS competitions.

Must have won at least 50% of these matches.

## FULL COLOURS

Must have played at least 5 matches in BUCS competitions.

Must have won at least 75% of these matches.



# 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 & DANCE

## 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.

### **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.

## **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 played at least 75% of BUCS matches.

### **Goalkeepers:**

- Concede no more than 7 goals per game on average.
- Concede no more than 7 penalty strokes in a season.

### **Defenders:**

- Concede no more than 7 goals per game on average.

### **Attack/midfielder:**

- Must score at least 3 open play goals in a season.
- Must score at least 3 short corners or penalty strokes 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 played at least 85% of BUCS matches.

## **Goalkeepers:**

- Concede no more than 5 goals per game on average.
- Concede no more than 5 penalty strokes in a season.

## **Defenders:**

- Concede no more than 5 goals per game on average.

## **Attack/midfielder:**

- Must score at least 5 open play goals in a season.
- Must score at least 5 short corners or penalty strokes 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 12 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 25 goals in BUCS.

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.

# 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.

# PING PONG

## 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.



# POLO

## HALF COLOURS

Must be in or part your second year of representing RH Polo.

Must have competed at NOVICE 3 and above level.

Must compete in Summer and Winter Nationals and win 50% of chukkas.

## FULL COLOURS

Must be in or past your third year of representing RH Polo.

Must have competed at NOVICE 2 and above level.

Must compete in Summer and Winter Nationals and win 75% of chukkas or win any upper novice tournament representing the university.

# RIDING

## HALF COLOURS

Must have competed in championship or trophy league for 1 year and achieved 4 individual top 3 placings.

OR

Must have competed in championship or trophy league for 2 years and achieved 6 individual placings including 2 top 3 placings.

## FULL COLOURS

Must have competed in championship or trophy league for 2 years and achieved 8 individual placings with 3 in top 3.

OR

Must have competed in championship or trophy league for 3 years and achieved 10 individual placings with 6 in top 3.

# 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 a year and swum as part of the 1st team.

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

## FULL COLOURS

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

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

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



# TENNIS

## HALF COLOURS

At least 17 matches played.

60% win in rate in matches.

## FULL COLOURS

At least 25 matches played.

80% win in rate in matches or win a BUCS/LUSL tournament.

# 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 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 regional 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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