

# Colours Criteria 2018

## 1. Introduction

The University of Surrey award Full and Half Colours to recognise outstanding sporting excellence and achievement. All criteria must have been achieved while a registered student at the University of Surrey.

The University of Surrey Students' Union award Club Colours to recognise the invaluable work of students, who may or may not have played sport, but have made outstanding contribution to the running, operation and activity of a club.

Every attempt has been made to standardise the level of Colours awards recognising that standards within and across clubs may vary.

Colours are usually given to students who are in the final year of study. Exceptionally, students who do not fall under this criterion will be considered for a colours award at the discretion of the Colours Committee.

Colours are only awarded to students who are due to complete their academic course. If you have failed a year while at Surrey, any criteria you achieved during that year will be discounted.

Please note that club service refers to being a fully paid up SSP and club member.

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### Full Colours

Full Colours are awarded to students who have excelled in their sport during their time at Surrey. To achieve this award commitment to a club plus sporting excellence must be demonstrated. Criteria is outlined below.

### Half Colours

Half Colours are awarded to students who have shown excellent commitment to their club and a high level of sporting achievement during their time at Surrey. Criteria is outlined below.

### Club Colours

Club Colours are awarded to students who have provided an outstanding contribution to the running, administration, operation and activity of their club for at least three years. The individual must have at least one year's committee service

Club Colours may also be awarded to individuals who have shown outstanding loyalty, commitment, support and dedication in representing their club.

The Colours Committee are looking for students who have gone above and beyond what is required of them and demonstrated an unparalleled dedication to their club. Holding an important club position is **not** an automatic qualification for Club Colours.

## 2. Full Colours' Criteria

For the following clubs:

- American Football;
- Badminton;
- Basketball;
- Equestrian;
- Fencing;
- Golf;
- Lacrosse;
- Mountaineering;
- Pool;
- Snooker;
- Table Tennis;
- Tennis;
- Trampoline.

### Criteria

- Three years club service plus one further criterion from sections A and B
- **Section A** Competed in 80% of 1<sup>st</sup> Team BUCS Matches over three years

OR

- Competed in 80% of BUCS Competitions entered at highest level in University sport over three years e.g. BUCS Elite (Trampoline)
  - If only 1 BUCS competition per year, must be 100% across three years

OR

- Competed in 80% University Competitions entered (if non-BUCS sport) at highest level in University sport over three years
  - If only 1 University competition per year, must be 100% across three years
- **Section B** Achieve a Top 4 Placing in BUCS Individuals (at highest level e.g. Senior category, Elite)

OR

- Selection for a Senior, County, Regional or BUCS University Team, or equivalent, during time at University of Surrey with 25% of total appearances in one year while at University

OR

- Selection for National team during time at University (1 appearance required)

## 3. Full Colours' Criteria

For the following clubs :

[Archery](#), [Ballroom & Latin](#), [Boat \(Rowing\)](#), [Boxing](#), [Canoe](#), [Cheerleading](#), [Cricket](#), [Cycling](#), [Dance Squad](#), [Football \(Men's\)](#), [Football \(Women's\)](#), [Futsal](#), [Gymnastics](#), [Hockey](#), [Jiu Jitsu](#), [Judo](#), [Karate](#), [Mixed Martial Arts](#), [Rifle](#), [Rugby Union \(Men's\)](#), [Rugby Union \(Women's\)](#), [Running & Athletics](#), [Sailing](#), [Snowsports](#), [Swimming](#), [Taekwondo](#), [Triathlon](#), [Ultimate](#), [Volleyball](#), [Water Polo](#), [Weightlifting](#) (as of 2018/19)

## Archery

- Three years club service
- Competed in 80% of all BUCS competitions over 3 years

PLUS **one** of the below options:

- Achieved the following criteria in one of the respective disciplines:
  - Longbow – Achieve a score of at least 350 (female), 370 (male) at finals
  - Compound – Achieve BUCS points (female), Place in the Top 8 at finals (male)
  - Recurve – Place in the Top 25% at finals
  - Barebow – Place in the Top 12 at finals
- Be classified as Bowman outdoors

## Ballroom & Latin

- Three years club service
- Competed in 80% of all club entered competitions over 3 years (SUDA & IVDC)
- Minimum of one year at Advanced Level and two years at Intermediate Level

PLUS **one** of the below options:

- Achieve a semi-final place at Nationals at Intermediate Level
- Pass Round 1 at Nationals at Advanced Level

## Boat (Rowing)

- Three years club service
- Competed in 80% of all BUCS competitions at highest level e.g. Senior/Champ

PLUS **one** of the below options:

- Top 4 Placing in BUCS Individuals (at highest level e.g. Senior category)
- Top 8 Placing as part of a team in BUCS Individuals Team Event
- Selection for National team during time at University
- Qualification for Henley Royal Regatta or Henley Women's Regatta in the top crew

## Boxing

- Three years club service
- Competed in 100% of BUCS competitions over three years
- Competed in a minimum of 11 bouts fought (men) or 6 bouts fought (women)
- Achieved BUCS points in Individuals

## Canoe

### **Slalom or White Water Rafting (WWR)**

- Three years club service
- Competed in 80% of BUCS competitions over three years (Slalom and WWR)

PLUS **one** of the below options:

- Achieve a Top 4 finish in C1, C1 Sprint, C2, C2 Sprint at WWR, C1, C2 at Slalom
- Achieve a Top 10 finish in K1 (Female), K1 Sprint at WWR, K1 at Slalom
- Achieve a Top 20 finish in K1 (Male) at WWR

### **Canoe Polo**

- Three years club service
- Competed in 80% of matches at regional tournaments over three years for 'A' Team or Ladies
- Competed in 100% of BUCS competitions over three years for 'A' team or Ladies
- Competed at one league higher than the university's 'A' or Ladies team with at least 25% of total appearances in one year

### Cheerleading

- Two years Elite team service
- Attended 80% of rehearsals in 2 years
- Competed in 80% of all club entered competitions in 2 years
- Achieved at least a top 3 finish in a national competition (minimum Level 2)
- Competed at Level 5 or above in an All Star team (during year not spent competing for university).

### Cricket

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years
- Competed for a team at Minor Counties League or above with at least 25% of total appearances in one year

### Cycling

- Three years club service

PLUS **one** of the below options

- Competed in at least two BUCS cycling competitions a year over three years
- Competed in DH MTB once a year over three years

PLUS **one** of the below options:

- DH MTB - Achieve a Top 4 (Male), Top 3 (Female) finish
- 10TT – Achieve a Top 10 (Male), Top 8 (Female) finish
- 25TT – Achieve a Top 10 (Male), Top 5 (Female) finish
- 3UPTT – Achieve a Top 4 finish
- Hill Climb – Achieve a Top 10 (Male), Top 8 (Female) finish
- Road Race – Achieve a Top 4 finish

NB Currently no Track criteria but this should be factored in for future years should there be a track athlete

### Dance Squad

- Three years Advanced team service
- Attended 80% of rehearsals over 3 years
- Competed in 80% of all club entered competitions over 3 years
- Represented at an international level dance competition at least once during time at University

### Men's Football

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Represented Step 5 (UK) or above with at least 25% of total appearances in one year.
- Selection for a home nations University squad (includes regional team e.g. England South)
- Selection for a national squad

### Women's Football

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Represented Level 4 (UK) or above with at least 25% of total appearances in one year.
- Selection for a home nations University squad (includes regional team e.g. England South)
- Selection for a national squad

### Futsal

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Represented in FA National Futsal League – North/South or higher during time at University with at least 25% of total appearances in one year.
- Selection for a home nations University squad (includes regional team e.g. England South)
- Selection for a national squad

### Gymnastics

- Three years club service
- Competed in 100% of BUCS Competitions over three years at Grade 2 or above

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- **Females** - Achieved an All Round score of at least 32 (Grade 2) or 36 (Grade 1)
- **Males** – Achieved an All Round score of at least 40 (Grade 2) or 70 (Grade 1)

### Hockey

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Represented at Premier Division 2 or above with at least 25% of total appearances in one year.
- Selection for a home nations University squad (includes regional team e.g. England South)
- Selection for a national squad

### Jiu Jitsu

- Three years club service
- Competed in 100% of BUCS competition over 3 years
- Achieve at least Dark Blue belt in 3 years (36 months)
- Achieve at least one Top 4 student finish at BUCS competition (Atemi Nationals)

### Judo

- Three years club service
- Competed in 100% of BUCS competitions over 3 years
- Achieve at least 1<sup>st</sup> Dan belt
- Achieved at least one Top 4 finish at BUCS Individuals

### Karate

- Three years club service
- Competed in 100% of BUCS competition over 3 years
- Achieve at least 2<sup>nd</sup> Kyu belt
- Achieve at least one Top 4 finish at BUCS Individuals in either Individual (Senior category) or Team

### Karting

- Three years club service
- Competed in 80% of BUKC Main competitions over three years for Surrey A
- Achieved at least a Top 3 team finish in Intermediate or above at BUKC Main Champs

PLUS **one** of the below

- Achieve front row lockout in each of the 4 rounds (qualification) in one year
- Achieve fastest lap of the race

### Mixed Martial Arts (MMA)

- Three years club service
- Competed in 80% of all club entered competitions over 3 years
- Achieved two Regional titles in either Brazilian Jiu Jitsu, Wrestling, Kickboxing or Muay Thai during time at university

### Netball

- Three years club service
- Competed in 80% of BUCS 1<sup>st</sup> team matches over 3 years

PLUS **one** of the below options:

- Represented at Premier League 1 or above with at least 25% of total appearances in one year
- Represented at NPL U19 or U21 with at least 25% of total appearances in one year
- Represented your country at National level

### Rifle

- Three years club service
- Competed in 100% of BUCS Small Bore over 3 years

PLUS **one** of the below options:

- Achieve a Top 6 (female), Top 8 (male) Individual place
- Achieve a Top 3 Team place with your individual aggregate score less than 60
- Achieve a Top 3 Quartet or Triad place with your individual aggregate score less than 30
- Achieve a Top 5 Pair place with your individual aggregate score less than 30

### Rugby Union - Men

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Competed in at least 2 County Championship games in one year. Must have been in starting XV.
- Selected for the South-East or England counties squad
- Selection for a national squad

OR

- Two years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over two years
- Competed at National 3 League or above with at least 25% of total appearances in one year (year not spent playing for university).

## Rugby Union – Women

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Competed at Women's Championship 2 (Level 3) or above with at least 25% of total appearances in one year.
- Selection for a national squad

## Running & Athletics

- Three years club service
- Competed in 2 BUCS events each year over three years

PLUS **one** of the below options

- Cross Country – Achieve a Top 20 finish
- 10,000m Champs – Achieve a Top 8 finish
- Indoors & Outdoors (excluding 5000m) – Qualify and compete in the final (if you have heats i.e. heats, semi's, final)\*
- Indoors & Outdoors (excluding 5000m) – Achieve a Top 4 finish (if it's a straight final)\*
- 5000m at Indoors & Outdoors – Achieve a Top 8 finish

\* Refers to Track only. Criteria for field events needs to be considered but currently no field athletes in the club

## Sailing

- Three years club service
- Competed in at least one of the below disciplines each year for three years, so 100% of appearances in at least one discipline over three years:
  - Team Racing
  - Match Racing
  - Yacht Racing
  - Fleet Racing
- Achieved the following criteria in **one** of the below respective disciplines:
  - Team Racing – Achieve at least a Top 8 finish in Finals
  - Match Racing – Achieve at least a Top 4 finish
  - Yacht Racing – Achieve at least a Top 5 finish
  - Fleet Racing – Place in the top 10% of fleet

## Snowsports

- Three years club service
- Competed in 80% of BUCS competitions over three years (BUDS & BUISC)

PLUS **one** of the below options:

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- BUDS Skiing – Achieve a Top 10 finish (GS)
- BUDS Snowboard – Achieve a Top 4 (Female), Top 8 (Male) finish (both Elite GS)
- BUDS Team event – Achieve a Top 4 finish
- BUISC Skiing and Snowboard – Qualify for Finals

## Swimming

- Three years club service
- Competed in 80% of BUCS competitions over three years

PLUS **one** of the below options:

- Qualify for an individual 'A' final in Short Course or Long Course
- Achieve a Top 3 individual finish at the National Team Championships Finals
- Achieve a Top 8 relay finish at Short Course or Long Course in an 'A' final
- Represented your country at National level

## Squash

- Three years club service
- Competed in 80% of BUCS competitions over three years

PLUS **one** of the below options:

- Achieved a Squash Level score of 6500 (Male) or 1500 (Female)
- Represented Senior County level with at least 25% of total appearances in one year
- Represented your country at National level

## Taekwondo

- Three years club service
- Competed in 80% of all club entered competitions over 3 years
- Achieved at least Black Belt 1<sup>st</sup> Dan
- Achieved at least silver medal in either Poomsae or Sparring at any university-entered competition

## Triathlon

- Three years club service
- Competed in 80% of BUCS competitions

PLUS **one** of the below options:

- Duathlon – Achieve a Top 10 individual finish
- Sprint – Achieve a Top 10 individual finish
- Standard – Achieve a Top 8 (female) or Top 10 (male) individual finish
- Achieve a Top 3 team finish (any of the above events)

## Ultimate

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS entered competitions over three (includes weekly BUCS league, if male)

PLUS **one** of the below options:

- Competed for an 'A' Tour team for at least two open tours in one year
- Competed for a Top 4 ranked\* Women's or Mixed team at UKU Nationals in at least two tours in one year
- Competed for a team at European level, in at least one year, but must have competed at Regional and National level that same year.
- Competed for a team at Club World Championships in at least one year
- Selection for a national squad

## Volleyball

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Competed at NVL Division 2 or above with at least 25% of total appearances in one year
- Selection for a home nations University squad (includes regional team e.g. England South)
- Selection for a national squad

## Water Polo

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS matches over three years

PLUS **one** of the below options:

- Represented a National Water Polo League team with at least 25% of total appearances in one year
- Selection for a national squad

## Weightlifting (as of 2018/19)

- Three years club service
- Competed in 80% of club entered competitions
- Qualify and compete in National Championship finals
- Achieve a Top 3 finish at Nationals

## 4. Half Colours Criteria

For the following clubs:

- American Football;
- Badminton;
- Basketball;
- Cricket;
- Equestrian;
- Fencing;
- Football – Men’s;
- Football – Women’s;
- Futsal;
- Golf;
- Hockey;
- Lacrosse;
- Netball;
- Rugby Union;
- Squash;
- Table Tennis;
- Tennis;
- Volleyball

The following criteria should be adhered to:

- Three years club service
- Competed in 80% of 1<sup>st</sup> Team BUCS Matches over three years

## 5. Half Colours

For the following clubs:

[Archery](#), [Ballroom & Latin](#), [Boat \(Rowing\)](#), [Boxing](#), [Canoe](#), [Cheerleading](#), [Cycling](#), [Dance Squad](#), [Equestrian](#), [Gymnastics](#), [Jiu Jitsu](#), [Judo](#), [Karate](#), [Karting](#), [Mixed Martial Arts](#), [Mountaineering](#), [Pool](#), [Rifle](#), [Running & Athletics](#), [Sailing](#), [Snooker](#), [Snowsports](#), [Swimming](#), [Taekwondo](#), [Trampoline](#), [Triathlon](#), [Ultimate](#), [Weightlifting \(as of 2018/19\)](#).

### Archery

- Three years club service
- Competed in 80% of all BUCS competitions over 3 years

PLUS one of the below options:

- Achieved one of the following criteria in one of the respective disciplines at BUCS Indoors (qualifier or final):
  - Longbow – Achieve a score of at least 300 (female), 320 (male)
  - Compound – Achieve a score of at least 540 (female), 555 (male)
  - Recurve – Achieve a score of at least 515 (female), 525 (male)
  - Barebow – Achieve a score of at least 400 (female), 425 (male)
- Achieved at least three 1<sup>st</sup> Class scores in competition in one year

## Ballroom & Latin

- Three years club service
- Competed in 80% of all club entered competitions over 3 years (SUDA & IVDC)
- Competed at Novice Level or higher in at least two years

PLUS **two** of the below options over three years\*:

- Regionals – Make it to at least the Quarter Finals at Novice Level
- Regionals – Pass two round at Intermediate Level
- Nationals – Pass two rounds at Novice Level
- Nationals – Pass one round at Intermediate Level

\* Can be the same option twice e.g. two Regional QF placings at Novice

## Boat (Rowing)

- Three years club service
- Competed in 80% of BUCS Competitions over three years including at least two years in the top crew

## Boxing

- Three years club service
- Competed in 100% of BUCS competitions over three years
- Competed in a minimum of 5 bouts fought (men) or 3 bouts fought (women)
- Achieved at least the semi-final of BUCS Individuals in at least one year

## Canoe

### Slalom or White Water Rafting (WWR)

- Three years club service
- Competed in 80% of BUCS competitions over three years

PLUS **one** of the below options:

- Achieve a Top 8 finish in C1, C1 Sprint, C2, C2 Sprint at WWR, C1, C2 at Slalom
- Achieve a Top 25 finish in K1 (Female), K1 Sprint at WWR, K1 at Slalom
- Achieve a Top 50 finish in K1 (Male) at WWR

### Canoe Polo

- Three years club service
- Competed in 80% of matches at regional tournaments over three years for 'A', 'B' or Ladies team including at least one year in 'A' team (if male)
- Competed in 100% of BUCS competitions over three years for 'A' team or Ladies

## Cheerleading

- Three years Elite team service

- Attended 80% of rehearsals over 3 years
- Competed in 80% of all club entered competitions over 3 years
- Finished in the top 3 of a national competition (minimum Level 2)
- Competed at Level 3 or above in a national competition

## Cycling

- Three years club service

PLUS **one** of the below options

- Competed in at least two BUCS cycling competitions a year over three years
- Competed in DH MTB once a year over three years

PLUS **one** of the below options:

- DH MTB - Achieve a Top 20 (Male), Top 5 (Female) finish
- 10TT – Achieve a Top 30 (Male), Top 20 (Female) finish
- 25TT – Achieve a Top 20 (Male), Top 15 (Female) finish
- 3UPTT – Achieve a Top 10 (Male), Top 4 (Female) finish
- Hill Climb – Achieve a Top 30 (Male), Top 20 (Female) finish
- Road Race – Achieve a Top 15 (Male), Top 8 (Female) finish

NB Currently no Track criteria but this should be factored in for future years should there be a track athlete

## Dance Squad

- Three years Advance team service
- Attended 80% of rehearsals over 3 years
- Competed in 80% of all club entered competitions over 3 years

## Equestrian

- Three years club service
- Competed in 80% of BUCS Mini-league competitions over 3 years for the 'A' team

OR – as a caveat for outstanding performance:

- Three years club service
- Competed in 80% of BUCS Mini-league competitions over 3 years for the 'A' or 'B' team
- Qualified for BUCS Nationals

## Gymnastics

- Three years club service
- Competed in 100% of BUCS Competitions over three years at Grade 3 or above
- **Females** - Achieved an All Round score of at least:
  - 24 (Grade 3)

- 30 (Grade 2)
- 30 (Grade 1)
- **Males** – Achieved an All Round score of at least:
  - 35 (Grade 3)
  - 40 (Grade 2)
  - 70 (Grade 1)

### Jiu Jitsu

- Three years club service
- Competed in 100% of BUCS Competitions over three years
- Achieving at least Light Blue belt in 3 years (36 months)
- At least one Top 8 student finish at a BUCS competition (Atemi Nationals)

### Judo

- Three years club service
- Competed in 100% of BUCS Competitions over three years
- Achieved at least 2<sup>nd</sup> Kyu belt
- Progressed to least Quarter Finals in BUCS Individuals

### Karate

- Three years club service
- Competed in 100% of BUCS Competitions over three years
- Achieved at least 4<sup>th</sup> Kyu belt
- Achieved at least one Top 4 position at BUCS Individuals (at any level) in either Individual or Team

### Karting

- Three years club service
- Competed in 80% of BUKC competitions at Rookie level over three years for Surrey A
- Achieved at least a Top 5 finish in each round of the BUKC Championship at Rookie level or above, in one year

### Mixed Martial Arts (MMA)

- Three years club service
- Competed in 80% of all club entered competitions over 3 years
- Achieved at least one Top 5 position in a club entered competition.

### Mountaineering

- Three years club service
- Competed in 100% of BUCS competitions over 3 years

PLUS **one** of the below options:

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- Achieved at least one Top 60 (Male), Top 40 (Female) individual finish
- Achieved at least one Top 8 team finish

#### Pool (as part of Pool & Snooker club)

- Three years club service
- Competed in 80% of BUCS Competitions over 3 years

PLUS **one** of the below options

- BUCS Eight Ball - Achieved at least round four individually or above
- BUCS Eight Ball - Achieved at least qualification as part of a team to Trophy or Championship
- BUCS Nine Ball - Achieved at least last 64 individually or above
- BUCS Nine Ball - Achieved at least round four as a team

#### Rifle

- Three years club service
- 100% of BUCS Small Bore over 3 years

PLUS **one** of the below options:

- Achieve a Top 20 (female), Top 30 (male) Individual place
- Achieve a Top 6 Team place with your individual aggregate score less than 80
- Achieve a Top 6 Quartet or Triad place with your individual aggregate score less than 30
- Achieve a Top 15 Pair place with your individual aggregate score less than 30

#### Running & Athletics

- Three years club service
- Competed in 2 BUCS events each year over three years

PLUS **one** of the below options

- Cross Country – Achieve a Top 100 finish (Men’s event has to be Long Race)
- 10,000m Champs – Qualify and compete in the final
- Indoors & Outdoors (excluding 5000m) – Achieve a Top 50% overall standing in heats/semi’s (whichever is 1<sup>st</sup> round)\*
- 5000m at Indoors & Outdoors – Qualify and compete in the final
- Indoors & Outdoors – Qualify and compete in a relay final

\* Refers to Track only. Criteria for field events needs to be considered but currently no field athletes in the club

#### Sailing

- Three years club service
- Competed in at least one of the below disciplines each year for three years, so 100% of appearances in at least one discipline over three years:
  - Team Racing
  - Match Racing

- Yacht Racing
- Fleet Racing
- Achieved the following criteria in respective discipline:
  - Team Racing – Qualify for Finals
  - Match Racing – Achieve BUCS points
  - Yacht Racing – Achieve BUCS points
  - Fleet Racing – Placed in the top 20% of fleet

### Snooker (as part of Pool & Snooker club)

- Three years club service
- Competed in 100% of BUCS Competitions over 3 years

PLUS **one** of the below options:

- Achieved at least round 2 individually in BUCS Championship
- Achieved at least qualification as part of a team to Trophy or Championship

### Snowsports

- Three years club service
- Competed in 80% of BUCS competitions over three years (BUDS & BUISC)

PLUS **one** of the below options:

- BUDS Skiing – Place in the Top 24 (Female), Top 20 (Male)
- BUDS Snowboard – Place in the Top 25 (Female), Top 30 (Male)
- BUISC Skiing – Place in the Top 30
- BUISC Snowboard – Place in the Top 8 (Female), Top 15 (Male)
- Team event – Place in the Top 8 (BUDS or BUISC, Skiing or Snowboard)

### Swimming

- Three years club service
- Competed in 80% of BUCS competitions over three years

PLUS **one** of the below options:

- Achieve a Top 20 individual finish at Short or Long Course
- Qualify for National Team Championships Finals AND win respective regional qualifying individual event
- Qualify for an 'A' final relay at Short or Long Course
- Achieve a Top 3 relay finish at Short or Long Course in a 'B' final

### Taekwondo

- Three years club service
- Competed in 80% of all club entered competitions over 3 years



- Achieved at least Red Belt
- Achieved at least a bronze medal in either Poomsae or Sparring at any university-entered competition

### Trampoline

- Three years club service
- Competed in 100% of BUCS competitions over 3 years

PLUS **one** of the following options:

- Competed at BUCS 1 or Elite
- Qualified for finals at BUCS 2
- Placed in the Top 3 at BUCS 3

### Triathlon

- Three years club service
- Competed in 80% of BUCS competitions

PLUS **one** of the below options:

- Duathlon – Achieve a Top 50 (female) or Top 60 (male) individual finish
- Sprint – Achieve a Top 50 (female) or Top 60 (male) individual finish
- Standard – Achieve a Top 25 (female) or Top 50 (male) individual finish
- Achieve a Top 6 (Standard) or Top 10 (Duathlon/Spring) team finish

### Ultimate

- Three years club service
- Competed in 80% of 1<sup>st</sup> team BUCS entered competitions over three (includes weekly BUCS league, if male)

PLUS **one** of the below options:

- Competed for a Tour team at Open, Mixed or Women's in at least two tours in one year

### Weightlifting

- Three years club service
- Competed in 80% of club entered competitions
- Qualify and compete in National Championship finals
- Achieve a certain score?