

THE AWARDING OF SPORTS COLOURS AT RBHS

(Updated November 2017)

This policy is reviewed on a regular basis by the heads of activities to keep it in line with provincial and national selection criteria and policies at similar schools and to ensure that fairness prevails. Criteria may therefore change from time to time.

Introduction:

- Sport is one of four areas of excellence that are recognised at Rondebosch Boys' High School for the purpose of awarding school colours.
- These awards are made in recognition of excellence at a senior level and length of service in various branches of sport offered at RBHS.
- The awards are to be considered for First team and/or senior age group levels (U18 – U19) depending on the sporting code's age group categories.
- These sports must be:
 - official school sports
 - offered at the school for at least two years.
- A boy may be awarded Colours at any stage, but may only wear such colours after entering Grade Ten.
- A boy may receive colours awards in as many disciplines as he qualifies for, but may only wear four scrolls under his badge.
- A Prefect may wear the "Prefect" scroll under any badge in addition to the maximum scrolls as describes in the previous paragraph.

Sports Colours Committee composition:

The Sports Colours Committee shall consist of the Heads of the various official school sports, and the Deputy Headmaster. The Headmaster shall nominate the Chairperson from that group. Each member shall have one vote, with the Chairperson having the casting vote if necessary. A member, who represents more than one sport, shall have one vote only. In exceptional cases, the respective Heads of Sport may send a representative to speak on their behalf, but that representative shall not have voting rights. A quorum shall consist of seven (7) of the members, including the Chairperson and/or Deputy Headmaster.

Meeting Frequency:

The committee shall meet on three occasions:

1. the week after the summer sports programme has ended in the first term.
2. the week after the winter sports programme has ended in the third term.
3. the week after the summer sports programme has ended in term four for the sole purpose of new awards for Matrics in Basketball, Cricket, and Water Polo.

Procedures:

- The Heads of the sports concerned that season, shall present their nominations to the Chairperson at least one week prior to the meeting together with statistics reflecting the performance(s) of the player and/or team.
- The Chairperson shall circulate these nominations to the other members at the meeting.
- After discussion by the members, where standards of awards proposed are verified, the nominations are made by mutual consent (or vote, in the case of a borderline candidate)
- The Chairperson shall present the final list of nominations to the Deputy Headmaster, who will inform the Headmaster and staff.
- The awards are made in assembly as soon after the meeting as possible.

Colours Standards:

If a player does not play the prescribed number of games due to an injury, commitment to other school sports, or provincial/national representation, he may, in exceptional circumstances, and at the discretion of the Colours Committee, be considered for the award. The number of games he needs to qualify for the award should not be more than 10% of the total number of games the First Team played that season.

The general guidelines below are to assist the committee in making their recommendations:

- **Colours** should be an automatic award after a specified number of games for the school's First Team. A Second Team player who is in Grade 12 may be awarded Colours if his standard of play is high enough and if the second team plays in the First League. In sports where the First Team consists of six (6) players or less, any Second Team player may be considered for Colours if all the First Team players have received a minimum of Honours. The First Team should play in at least the second highest possible league. In sports where two teams are entered in the highest league, special arrangements may be considered. An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who qualifies for Colours and further Honours criteria, and who attained the specified levels in each sport. Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player whose performance consistently stands out for its excellence, from his teammates and opponents. He must have qualified for Honours. Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

Colours Display:

- **Colours:**

- The wearing of the Colours badge
- Normal scroll in Fletcher Blue with Gold writing



- **Honours:**

- The wearing of the Colours badge
- Normal scroll in Fletcher Blue with Marchand Blue edging and Gold writing



- **Distinctions:**

- The wearing of the Colours badge with Laurels
- Normal scroll in Marchand Blue with Gold writing



ATHLETICS: (end of First Term only)

- **Colours** should be awarded to an athlete who:
 - represented the school for at least 40% of the season in meetings that offered his event(s)
 - has attained the prescribed standards on at least two occasions, while representing his school, and competing in official RBHS colours and uniform.
 - His contribution to athletics should be of a high standard, and show a willingness to participate.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.

- **Honours** should be awarded to an athlete who:
 - represented the school for at least 70% of the season in meetings that offered his event(s)
 - has attained the prescribed standards on at least two occasions, while representing his school, and competing in official RBHS colours and uniform.
 - His contribution to athletics should be of a high standard, and show a willingness to participate.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.

- **Distinctions** should be awarded to an athlete who:
 - represented the school for at least 70% of the season in meetings that offered his event(s)
 - in addition, who has attained the prescribed standards on at least two occasions, while representing his school, and competing in official RBHS colours and uniform.
 - His contribution to athletics should be of a high standard, and show a willingness to participate.
 - He should also be an exceptional athlete in both ability and nature.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.

SEE PRESCRIBED STANDARDS ON NEXT PAGE

The following are the RBHS athletics colours standards. Bekker Sport, WPA selection standards, results of SA Junior finals and RBHS performances, bases the standards on the “Athletics Performance Evaluation Tables”.

Track Events	Distinctions	Honours	Colours
60m	6.70	6.90	7.00
100m	10.90	11.30	11.50
150m	17.60	18.20	18.50
200m	22.10	22.90	23.30
300m	35.40	36.80	37.40
400m	50.40	52.40	53.40
800m	1:57.50	2:01.20	2:05.40
1 000m	2:28.40	2:33.70	2:40.00
1 200m	3:19.00	3:25.90	3:29.20
1 500m	4:08.90	4:19.50	4:24.60
Mile	4:26.20	4:37.50	4:46.70
3 000m	9:08.20	9:39.00	9:53.80
5 000m	16:03.10	17:01.00	17:29.00
10 000m	33:20.10	35:20.30	36:18.30
3 000m Steeple Chase	11:40.80	13:20.30	14:47.80
10km Race Walk	1:00:14.60	1:07:42.20	1:14:10.30
100m Hurdles (84cm)	13.80	14.50	15.40
110m Hurdles (91cm)	15.20	16.00	16.90
300m Hurdles (84cm)	37.80	39.00	40.30
400m Hurdles (91cm)	55.30	57.00	58.90
Field Events	Distinctions	Honours	Colours
High Jump	1.93 m	1.87 m	1.81 m
Long Jump	6.69 m	6.48 m	6.28 m
Pole Vault	4.12 m	3.99 m	3.86 m
Triple Jump	13.58 m	13.89 m	12.74 m
Shot Put (6kg)	14.28 m	13.33 m	12.67 m
Shot Put (5kg)	15.85 m	14.79 m	14.06 m
Discus (1.75kg)	++43.67 m	40.44 m	38.23 m
Discus (1.5kg)	49.21 m	45.57 m	43.08 m
Javelin (800g)	55.75 m	53.03 m	51.11 m
Javelin (700g)	68.30 m	64.96 m	62.61 m
Hammer Throw (6kg)	37.52 m	33.45 m	30.75 m
Pentathlon	3 000 pts	2 700 pts	2 200 pts
Decathlon	5 300 pts	4 900 pts	4 300 pts

BASKETBALL (end of First Term. Matrics also at end of Fourth Term for new awards only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

CHESS (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the match.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

CRICKET (end of First Term. Matrics also at end of Fourth Term for new awards only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game. Being the 12th Man for the day does not count as a “cap”.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

CROSS COUNTRY (end of 3rd term only)

- **Colours** should be awarded to an athlete who:
 - finished in the top 15 in 70% of the fixed league U19 or U17 races.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
- **Honours** should be awarded to an athlete who:
 - finished in the top 10 in 80% of the fixed league U19 or U17 races.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of athlete expected. However, if an athlete player was not selected for such a team, the committee may award Honours if they feel that the athlete was of a comparable standard.
- **Distinctions** should be awarded to an athlete who:
 - qualifies for Honours as far as character and determination is concerned.
 - has been a member of the Cross Country team for at least two (2) years.
 - has finished in the top five in 80% of the fixed league U19 or U17 races.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of athlete expected. However, if an athlete was not selected for such a team, the committee may award Distinctions if they feel that the athlete was of a comparable standard.

GOLF (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the match.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of golfer expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of golfer expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

HOCKEY (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

ROWING (end of First term only)

- **Colours** should be awarded to a rower who:
 - has been capped (competed in an u19A/'First' event) for at least 40% of the season. A "cap" is only awarded if the player actually rowed in a regatta.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in Rowing means the rower is recognised as a First Crew rower.
- **Honours** should be awarded to a rower who:
 - has been capped (competed in an u19A/'First' event) for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Participating in a final at the National Championships, placing at the Western Cape Championships and/or selection for a Provincial crew is an indication of the level of rower expected. However, if a rower was not selected for such a crew, the committee may award Honours if they feel that the rower was of a comparable standard.
- **Distinctions** should be awarded to a rower who:
 - qualifies for Full Colours in terms of the number of caps obtained, and who is an exceptional rower in both ability and nature.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - He must have placed at both Western Cape and National Championships. Selection for a National crew is an indication of the level of rower expected. However, if a rower was not selected for such a crew, the committee may award Honours if they feel that the rower was of a comparable standard.

RUGBY (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A "cap" is only awarded if the player actually takes part in the game. Blood bin or concussion check replacements do not count as a "cap".
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

SOCCER (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

SQUASH (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

SWIMMING (end of First term only)

- **Colours** should be awarded to a swimmer who:
 - represented the school in at least 40% of the galas.
 - has attained the prescribed standards on at least two occasions, while representing his school, and competing in official RBHS colours and uniform.
 - He must take part in at least two (2) events at the Inter-House Gala.
 - Times from Level 1 or Level 2 and/or Western Province Champs galas may be used.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
- **Honours** should be awarded to a swimmer who:
 - represented the school in at least 70% of the galas.
 - has attained the prescribed standards on at least two occasions, while representing his school, and competing in official RBHS colours and uniform.
 - He must take part in at least three (3) events at the Inter-House Gala.
 - He must swim Level 2 or Level 3 and/or Western Province Champs and his times at these galas may be used.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
- **Distinction** should be awarded to a swimmer who:
 - represented the school in at least 70% of the galas.
 - has attained the prescribed standards on at least two occasions, while representing his school, and competing in official RBHS colours and uniform.
 - He must take part in at least three (3) events at the Inter-House Gala.
 - He must swim Level 3 and Western Province Champs and/or Senior Nationals.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.

SEE PRESCRIBED STANDARDS ON NEXT PAGE

RBHS Swimming Colours standards

Event	Pool	Colours	Honours	Distinctions
50m free	SC (25m)	0,29.00	0,27.28	0,24.30
	LC (50m)	0,28.50	0,28.08	0,25.00
100 free	SC	1,04.00	1,00.40	0,54.05
	LC	1,05.00	1,02.00	0,55.65
200 free	SC	2,24.00	2,13.73	1,59.71
	LC	2,27.00	2,16.93	2,02.91
400 free	SC	5,17.00	4,44.32	4,14.57
	LC	5,24.00	4,50.72	4,20.97
1500 free	SC	19,15.45	18,20.00	17,06.13
	LC	19,22.45	18,30.00	17,30.13
50m back	SC	0,32.80	0,32.08	0,30.00
	LC	0,32.50	0,32.68	0,29.52
100 back	SC	1,15.80	1,09.52	1,02.45
	LC	1,17.00	1,10.72	1,03.65
200 back	SC	2,40.00	2,31.62	2,16.22
	LC	2,42.00	2,34.02	2,18.62
50m breast	SC	0,34.80	0,34.79	0,32.20
	LC	0,36.00	0,35.79	0,32.80
100 breast	SC	1,23.00	1,17.02	1,09.12
	LC	1,25.00	1,19.02	1,11.12
200 breast	SC	3,02.00	2,47.80	2,30.14
	LC	3,06.00	2,51.80	2,34.14
50m fly	SC	0,30.58	0,29.89	0,27.60
	LC	0,31.04	0,30.59	0,28.08
100 fly	SC	1,14.60	1,06.66	1,01.65
	LC	1,16.00	1,08.06	1,03.65
200 fly	SC	2,48.00	2,30.00	2,13.93
	LC	2,53.00	2,35.00	2,16.73
200 IM	SC	2,41.80	2,31.81	2,15.00
	LC	2,45.00	2,35.01	2,18.20
400 IM	SC	5,20.00	5,00.00	4,48.53
	LC	5,30.00	5,10.00	4,54.93

TABLE TENNIS (end of 3rd term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

TENNIS (end of First term only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
 - qualifies for Honours in terms of the number of caps obtained, and who is an exceptional player in both ability and nature. His performances should consistently be outstanding.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard, and he should be an example for all to emulate.
 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.

WATER POLO (end of First Term. Matrics also at end of Fourth Term for new awards only)

- **Colours** should be awarded to a player who:
 - has been capped for the First Team for at least 40% of the season. A “cap” is only awarded if the player actually takes part in the game.
 - His manner must be supportive of his teammates and the coach, and his behaviour must be of a high standard.
 - An award of Colours in a team sport means the player is recognised as a First Team player in his chosen sport.
- **Honours** should be awarded to a player who:
 - has been capped for the First Team for at least 70% of the season.
 - His manner must be supportive of his teammates and the coach. His behaviour must be of a very high standard and he is an example in his sport for all to emulate.
 - Selection for an U18 or U19 Western Province A-team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Honours if they feel that the player was of a comparable standard.
- **Distinctions** should be awarded to a player who:
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 - Selection for an U18 or U19 South African team is an indication of the level of play expected. However, if a player was not selected for such a team, the committee may award Distinctions if they feel that the player was of a comparable standard.