



**SOUTH AFRICAN COLLEGE HIGH SCHOOL**

Constitution & Awards Criteria

2025

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**South African College High School**  
Constitution of the Colours Committee

**1. Constitution**

The Committee to consist of a standing Committee of:

- 1.1 A Chairman who is the Head of Sport (has a casting vote).
- 1.2 A Secretary who shall be the Sports Administrator/Committee Member.
- 1.3 The Head of each recognized school sport.
- 1.4 The Committee has the power to co-opt up to a maximum of 2 further members.
- 1.5 Two non-voting Prefect Representatives.
- 1.6 The Headmaster.
- 1.7 Each member is entitled to **one** vote.

**2. Purpose**

The purpose of the Colours Committee is to:

- 2.1 Award the following colours in Sports and Services to Sports:
  - (a) Team Awards
  - (b) Half Blues
  - (c) Full Blues
- 2.2 To discuss and take decisions on any policy matters relating to sport at the school, e.g.
  - 2.2.1 Colours and requirements in various sports.
  - 2.2.2 Blazer badges, sports clothing etc.
  - 2.2.3 Sponsorships / Sports Tours – All tours must first receive approval by HM

**3. School Sport**

- 3.1 A recognized school sport is any sport so recognized as an official school sport by the Committee. At present they are:
  - 3.1.1 **Summer**  
**(Primary Sport)** Athletics, Basketball, Cricket, Mountain Biking, Rowing, Swimming, Tennis and Water polo  
**Secondary Sport** Sailing
  - 3.1.2 **Winter**  
**(Primary Sport):** Cross-Country, Hockey, Rugby and Squash  
**Secondary Sport:** Golf, Surfing

- 3.2 For a sport to be recognized, a written proposal shall be made to and accepted by the Committee who will consider the Headmasters opinion. The sport should have regular Inter-School's competition under the control of a School's Association or similar body. If a sport fails to meet these criteria no awards shall be made.
- 3.3 For a sport to be recognised as a primary sport it should consist of a minimum of two school practices and a minimum of one fixture per week of the term of that sport. It is up to the head of sport code to ensure this is the case with the exception of MTB, Athletics and Swimming due to their logistical constraints.

#### 4. Award Criteria

- 4.1 **Full Blues:** may be awarded to boys in Grade 10 - 12 for outstanding performance in the 1<sup>st</sup> Team of a Sport subject to the specific criteria attached in the addendum for that sport.
- 4.2 **Half Blues:** may be awarded to boys in Grade 10 - 12, in the 1<sup>st</sup> Team of a sport, for performances above that of the normal team member, but of a standard that falls short of Full Blue, subject to the specific criteria attached in the addendum for that sport.
- 4.3 **Team Award:** may be awarded to boys in Grade 10 - 12 for representing the School in the 1<sup>st</sup> Team of a sport for at least 66% of matches subject to the specific criteria attached in the addendum for that sport.

4.4 **Special Award:**

**Certificate:** May be awarded to any boy who is selected for a provincial and/or a South African team in any SACS or Non-SACS sport. Selection must be for the A-team. The pupil must play a primary sport at SACS to receive a certificate.

**Tie:** May be awarded to a boy who is selected for South Africa at u18, u19 or open level. Selection must be for the A-Team. The pupil must play a primary sport at SACS to receive a certificate and tie.

4.5 **Service to Sport:**

Awards are only given in Sports in which the committee deems appropriate and boys nominated for Service Awards must also demonstrate participation in a primary sport as a sportsman, i.e. 'Service to Sport' is an additional commitment.

In addition to sport specific criteria (see 'Service to Sport' section), colours are awarded as follows:

**Full Blues:** may be awarded to boys in Grade 10 - 12 for excellent, dedicated service of an exceptional standard. The candidate must be fully reliable, independent and demonstrate outstanding skill.

**Half Blues:** may be awarded to boys in Grade 10 – 12 for excellent, dedicated service of a high standard.

**Scroll:** may be awarded to boys in Grade 10 – 12 for competent service

- 4.6 Awards may also be made at the discretion of the Committee to Matrics who, due to illness or injury, were prevented from fulfilling the 66% participation level.
- 4.7 The Committee has the right to withhold or withdraw colours in the case of bad sportsmanship or discreditable behaviour. This includes a lack of commitment in the season following the award.
- 4.8 All awards will be made on a simple majority vote of the members present at the Committee. A quorum shall constitute 40% of the members of the Committee. Exceptional cases may be considered under point 4.7.
- 4.9 The Chairman may, at his discretion, invite any person not already on the Committee and whose comments and advice may be helpful, to participate in discussion of particular nominations. Such a person shall not have a vote.
- 4.10 All awards are subject to the boy having fulfilled the basic expectation from the school regarding taking part in a primary sport in the season for which he is awarded colours. No award shall be made to a boy in a secondary sport if he has not been committed to and taken part in a primary sport in the same season. The Headmaster reserves the right to consider special cases on merit.

## 5. Meetings

- 5.1 Meetings shall take place at the end of each term.
- 5.2 Meetings can be called at the Chairman's discretion for the consideration of special matters. The Headmaster has to be notified timeously.
- 5.3 Awards can only be made once a season, a season constituting 2 terms i.e. 1<sup>st</sup> and 4<sup>th</sup>, 4<sup>th</sup> and 1<sup>st</sup> or 2<sup>nd</sup> and 3<sup>rd</sup>. Except debut Matrics / a new boy who may be considered for awards at the end of the 1st term if participating in 80% of the games and in the 4th term if attaining some special achievement.

- 5.4 Nominations for colours awards shall be made by the Head of the Sport concerned and should be submitted to the Secretary by 13h00 on the Friday preceding the meeting. An agenda is to be circulated to all members prior to the meeting.

## 6. Display/Wearing of Awards

- 6.1 When awards are announced, inscribed certificates shall be given to recipients of all awards.
- 6.2 Holders of a Full Blues award shall be entitled to purchase a special colours badge and or a special colours blazer.
- 6.3 Holders of a Half Blues award shall be entitled to purchase a special half colours badge.
- 6.4 Holders of a Team Award shall be entitled to wear a scroll.
- 6.5 Only the official “authority to purchase” slip obtained from the school shall be recognized by the school stockists in supplying colours badges or blazers.
- 6.6 Awardees may wear no more than 2 awards on a blazer.
- 6.7 Service to Sport awards are displayed as follows:

Full Blue – “ Pro Merito” on a Blue’s Blazer

Half Blue – “Pro Merito”

Scroll – “Service”

The name of the sport the awardee is serving does NOT appear on their award, as this is reserved for the actual players.

### 6.8 Triple Blues Qualifying Criteria

To qualify for a Triple Blues Award at SACS, a candidate must fulfil all three of the criteria listed below:

- Full Blue for Academics
- Full Blue for a Sport
- Full Blue for a Cultural Activity (Music, Debating, Drama)

Full Blue for Service, whether to a sport or society, is NOT taken into consideration.

**7. Availability of Constitution**

- 7.1 The Constitution shall be made available to all members who sit on the Committee so that informed decisions can be taken at each meeting.
- 7.2 Any changes to the constitution shall be made to the Chairman, circularized to members, at least 7 days before they are to be debated.
- 7.3 A vote of two-thirds of the fully constituted Committee is required for any changes to be made to the constitution, subject to ratification by the Headmaster.

## ATHLETICS

### Colours Awards Criteria

#### Team Award

Awarded to G10 and above. 66% of all meets over two terms. Top performer in SACS House athletics and Quadrangular. Shows commitment and dedication to the team at training and all meets. Has supported all meets if injured. Has been an excellent ambassador for SACS at training and meets.

#### Half Blues

Awarded to G11 and above. As per team award + Two half blue standards to be achieved.

#### Full Blues

Awarded to G11 and above. As per team award + Two full blue standards to be achieved.

Event	Full Blue	Half Blue	Team
100m	11,3	11,7	12,1
200m	23,0	23,9	24,6
400m	51,6	53,5	55,5
800m	2:03,0	2:07,0	2:12,0
1500m	4:14,0	4:21, 3	4:30,0
3000m	9:21,8	9:43,6	10:00,0
110m hurdles (98,1cm)	15,3	15,9	17,0
High Jump	1,85m	1,74m	1,65m
Long Jump	6,39m	6,00m	5,70m
Triple Jump	13,21m	12,40m	11,45m
Shot Put 6kg	12,50m	11,97m	10,40m
Discus 1,75kg	41,50m	39,72m	33,50m
Javelin 800g	53,55m	49,27m	45,20m

## **BASKETBALL**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and matches.

#### **Half Blues**

Awarded to G11 and above. As team award + Averages over 12 points a game over two terms. Defensive performance is rigorous over two terms.

#### **Full Blues**

Awarded to G11 and above. As per team award + Exceptional player who has played 3 terms for 1st team. Averages 16 points a game over two terms. Defensive performance is outstanding over two terms. Of WP U18A team standard in a normal year or selected to WP.



## **CRICKET**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and matches.

#### **Half Blues**

As per team award + Awarded to a G10 who has played two terms of First Team Cricket and selected for WP U16 A team. Grade 11/12 boys would be selected for a Southern Suburbs Trial Team prior to U18 Khaya Majola Week.

#### **Full Blues**

Awarded to G10 and above. As per team award + Exceptional player who has played two terms of 1st team. Selected for the WP U18A Khaya Majola Week team in a normal year.

## **CROSS COUNTRY Colours Award Criteria**

### **Team Award**

Awarded to G10 and above. 66% of all league races. Top 10 performer in SACS House cross country. Shows commitment and dedication to the team at training and all meets. Has supported all meets if injured. Has been an excellent ambassador for SACS at training and races.

### **Half Blues**

Awarded to G11 and above. As per team award + Average top 6 position in all league races at U17 level.

### **Full Blues**

Awarded to G11 and above. As per team award + Exceptional runner who has represented 2 years in 1st team. Average top 3 position in all league races. Represented Cape Metro champs.

## **GOLF**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at all matches.

#### **Half Blues**

Awarded to G11 and above. As per team award + Invited to play in WP tournaments. Has won 50% of all individual matches.

#### **Full Blues**

Awarded to G11 and above. As per team award + Exceptional golfer who has represented 2 years in 1st team. Represents Western Province U18 team in a normal year.

## **HOCKEY**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and matches.

#### **Half Blues**

Awarded to G11 and above. As per team award + WP U18B player in a normal year. Represented SA U17.

#### **Full Blues**

Awarded to G11 and above. As per team award + WP U18A player in a normal year.

## **MOUNTAIN BIKING**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. Shows commitment and dedication to the team at training and all meets. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and meets. Completed 66% of all WCSC XCO races or 66% registered DH/ ENDURO races. Places in top 20 of South City League.

#### **Half Blues**

Awarded to G11 and above. As per team award + Finishing in the top 20% WCSC XCO races or DH/ ENDURO races.

#### **Full Blues**

Awarded to G11 and above. As per team award + Finishing in the top 15% WCSC XCO races or DH/ ENDURO races.

**ROWING****Colours Award Criteria****Team Award**

Awarded to G10 and above. 66% of 1st team (1<sup>st</sup> VIII, 1<sup>st</sup> IV, 1<sup>st</sup> Pair, 1<sup>st</sup> Scull) races over two terms. Shows commitment and dedication to the team at training and all races. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and races.

**Half Blues**

Awarded to G11 and above As per team award + Selected for Western Cape Tier 1 or Tier 2 to compete at SA National Champs.

**Full Blues**

Awarded to G11 and above. As per team award + Selected to attend the selection camp for the U19 South African Rowing squad. This squad, when selected, attends the Junior Worlds Regatta.

## **RUGBY**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 50% of 1st team games over two terms and participants would have played 50% if not for injury but already played a minimum of 25% of games before injury. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities. Has been an excellent ambassador for SACS at training and matches.

#### **Half Blues**

Awarded to G11 and above. As per team award + 66% of 1st team games over two terms but a minimum of 50% due to injury. Stronger than average 1st XV player who consistently contributes to the team and is considered an important member of the team.

#### **Full Blues**

Awarded to GR11 and above. As per team award + Exceptional player who has played 2 or more years for the 1st team or plays WP Craven Week A or SA Schools. (There is a circumstance where an exceptional player can be discussed for a Full Blue award for only playing one year for the 1st XV despite not making a Provincial side due to the nature and criteria of selection).

**SAILING****Colours Award Criteria****Team Award**

Awarded to G10 and above. 66% of 1st team regattas over two terms. Shows commitment and dedication to the team at all regattas. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at all regattas.

**Half Blues**

Awarded to G11 and above. As per team award + 66% of all regattas. Finished in top 3 of the Western Province Championships in their official SAS class.

**Full Blues**

Awarded to G11 and above. As per team award + Finished in top 3 of the SAS Youth Championship of their official SAS class or finished within the top 5 of U18 class at a National championship event (SAS sanctioned).



**SQUASH****Colours Award Criteria****Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and matches.

**Half Blues**

Awarded to G11 and above. As per team award + WP U18B player in a normal year.

**Full Blues**

Awarded to G11 and above. As per team award + WP U18A team in a normal year.

## **SURFING**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at all fixtures. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at fixtures.

#### **Half Blues**

Awarded to G11 and above. As per team award + Top 8 WP ranking.

#### **Full Blues**

Awarded to G11 and above. As per team award + Represented WP U18 at short board. Finalist at SA Champs on longboard.

## SWIMMING

### Colours Award Criteria

#### Team Award, Half Blues and Full Blues

Awarded to Grade 10 and above. Participated in at least 66% of all galas over two terms including A-League and Super-League Galas. Top performer in SACS Inter-House Gala. Showed commitment and dedication to the team at training and all galas, and remained an active participant in all team activities if injured. Is an excellent ambassador for SACS at training and galas, and displays team spirit of the highest order.

Achieved **TWO** time standards (see table below) for the same event. These times may be taken from Thursday Galas, A-League Gala, Inter-House Gala and any Swimming South Africa (SSA) or Western Cape Aquatics (WCA) accredited Galas. Official results from the SSA database must be submitted timorously in order to be considered for awards.

2024 - 2025	Team Award		Half Blues		Full Blues	
	<u>SC</u>	<u>LC</u>	<u>SC</u>	<u>LC</u>	<u>SC</u>	<u>LC</u>
<b>Freestyle</b>						
50m	29,30	30,10	26,44	27,24	24,49	25,29
100m	1:05,42	1:07,02	59,16	1:00,76	53,90	55,50
200m	2:25,69	2:28,89	2:10,99	2:14,19	2:00,17	2:03,37
400m	5:13,84	5:20,24	4:38,51	4:44,91	4:19,79	4:26,19
<b>Backstroke</b>						
50m	33,95	34,55	31,10	31,70	28,14	28,74
100m	1:15,24	1:16,44	1:07,40	1:08,60	1:01,70	1:02,90
200m	2:44,54	2:46,94	2:28,54	2:30,94	2:18,37	2:20,77
<b>Breaststroke</b>						
50m	37,24	38,24	33,72	34,72	31,06	32,06
100m	1:23,30	1:25,30	1:14,65	1:16,65	1:08,50	1:10,50
200m	3:01,50	3:05,50	2:44,36	2:48,36	2:32,33	2:36,33
<b>Butterfly</b>						
50m	32,00	32,70	28,97	29,67	26,48	27,18
100m	1:12,97	1:14,37	1:05,30	1:06,70	59,32	1:00,72
200m	2:40,23	2:43,03	2:24,99	2:27,79	2:19,11	2:21,91
<b>Individual Medley</b>						
100m	1:12,81		1:05,54		1:00,51	
200m	2:44,38	2:47,58	2:27,16	2:30,36	2:15,93	2:19,13
400m	5:51,90	5:58,30	5:18,73	5:25,13	4:53,96	5:00,36

Long Course (LC) and Short Course (SC) time standards to be updated annually.

Only events swum at School Galas or SA Schools' Championships are included.

Team Award: WCA B Champs LC qualifying times for Men 15 years or appropriate alternatives.

Half Blues: WCA A Champs or SSA Level 3 Regional Champs LC qualifying times for Men 16-19 years.

Full Blues: SA National Junior Swimming Champs LC qualifying times for Men 17-19 years or appropriate alternatives.

SC times generated using converter on WCA website.

## **TENNIS**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and matches.

#### **Half Blues**

Awarded to G11 and above. As per team award + WP U19 'A' player in a normal year. SA U17 representation if in G10.

#### **Full Blues**

Awarded to G11 and above. As per team award + WP U19 DISA team in a normal year. SA U19 representation if in G10.

## **WATERPOLO**

### **Colours Award Criteria**

#### **Team Award**

Awarded to G10 and above. 66% of 1st team games over two terms. Shows commitment and dedication to the team at training and all matches. Has remained an active participant in all team activities if injured. Has been an excellent ambassador for SACS at training and matches.

#### **Half Blues**

Awarded to G10 and above. As per team award + of WP U18B standard in a normal year. Represented SA U17.

#### **Full Blues**

Awarded to G10 and above. As per team award + of WP U18A standard in a normal year.

## **SERVICE TO SPORT**

All service to sports include varying levels of dedication, commitment and responsibility over the years of service.

**In general it will take time to earn the award and as such**

Scroll award is grade 10 and above

Half Blue is grade 11 and above

Full Blue is grade 11 and above

The awarding of these awards can be different in exceptional circumstances as nominated by the head of the sport code.

## **SERVICE TO BASKETBALL**

### **Colours Award Criteria**

#### **Scroll**

Regular committed assistance with duties. Was always responsible and reliable. eg scored for 80% of the matches of lower teams for a year / Regular refereeing of games and always refereed whenever required to.

#### **Half Blues**

As per scroll but has demonstrated a greater technical knowledge at a higher level; called on to perform duties where efficiency and reliability are of a high priority. Would have generally scored a minimum of 80% of the matches in two years or refereed for 80% of games two years.

#### **Full Blues**

As above, but demonstrate superior technical knowledge. Assuming responsibility for the team of scorers / referees and organisation of them. Demonstrates unfailing dedication, superior commitment and application over a prolonged period, generally over three years. Leadership role was also fulfilled. Would have generally scored a minimum of 80% of the matches in three years and has gained FIBA qualifications or refereed at a WP League standard. Only considered if refereed at 1<sup>st</sup> Team level.

## **SERVICE TO CRICKET (Scoring and umpiring)**

### **Colours Award Criteria**

#### **Scroll**

Regular committed assistance with duties. Was always responsible and reliable. eg scored for 80% of the matches of lower teams for a year / Regular umpiring of games and always umpired whenever required to.

#### **Half Blues**

As per scroll but has demonstrated a greater technical knowledge at a higher level; called on to perform duties where efficiency and reliability are of a high priority. Would have generally scored a minimum of 80% of the matches in two years or umpired for 80% of games two years.

#### **Full Blues**

As above, but demonstrated superior technical knowledge. Assumed responsibility for the team of scorers / umpires and organisation of them. Demonstrates unfailing dedication, superior commitment and application over a prolonged period, generally over three years. Leadership role was also fulfilled. Would have generally scored a minimum of 80% of the matches in three years and has gained qualifications or umpired at a WP League standard.

## **SERVICE TO HOCKEY**

### **Colours Award Criteria**

Service to hockey can take the form of umpiring (mainly), video analysis, working in the tuck shop or assisting coaches of junior teams with coaching or management duties.

#### **Scroll**

Regular committed assistance with duties. Was always responsible and reliable. e.g. umpired for 80% of the matches of lower teams for a year and always umpired whenever required to / assisted in the tuckshop at 80% of home games / helped with downloading and basic coding in video analysis.

#### **Half Blues**

As per scroll but has demonstrated a greater technical knowledge at a higher level; called on to perform duties where efficiency and reliability are of a high priority. Would have generally umpired for 80% of games at a high level / assisted and organised others in the tuckshop at 80% of home games / helped with downloading and basic coding in video analysis for two years. Would have gained level 1 umpiring qualification from SAHA.

#### **Full Blues**

As above, but demonstrated superior technical knowledge. Assumed responsibility for the team of umpires and organisation of them. Demonstrates unfailing dedication, superior commitment and application over a prolonged period, generally over three years. Leadership role was also fulfilled. Would have generally umpired a minimum of 80% of the matches in three years and has gained level 2 SAHA qualifications or umpired at a WP League standard / organised others in the tuckshop at 80% of home games / responsible for coding games to a first team requirement level in video analysis for two or more years.

## **SERVICE TO RUGBY**

### **Colours Award Criteria**

Service to rugby can take the form of coaching, refereeing, technical duty (filming/coding/analysis), working in catering van on Saturday home games or management duties.

#### **Scroll**

Regular committed assistance with duties. Was always responsible and reliable. e.g. referred / lines-judge for 80% of the matches of lower teams for a year and always

refereed whenever required to / assisted in the tuckshop at 80% of home games / helped with downloading and basic coding in video analysis.

### **Half Blues**

As per scroll but has demonstrated a greater technical knowledge at a higher level; called on to perform duties where efficiency and reliability are of a high priority. Would have generally refereed for 80% of games at a high level / assisted and organised others in the tuckshop at 80% of home games / helped with downloading and basic coding in video analysis for two years. Would have gained level 1 umpiring qualification from SARU.

### **Full Blues**

As above, but demonstrated superior technical knowledge. Assumed responsibility for the team of umpires and organisation of them. Demonstrates unfailing dedication, superior commitment and application over a prolonged period, generally over three years. Leadership role was also fulfilled. Would have generally refereed a minimum of 80% of the matches in three years and has gained level 2 SARU qualifications or refereed at a WP League standard / organised others in the tuckshop at 80% of home games / responsible for coding games to a first team requirement level in video analysis for two or more years.

## **SERVICE TO WATERPOLO Colours Award Criteria**

### **Scroll**

Regular and committed assistance with duties. Responsible and reliable.

### **Half Blues**

As per scroll, but has demonstrated a greater technical knowledge at a higher level and as a senior member of the team with more responsibility; called on to perform duties where efficiency and reliability are of a high priority.

### **Full Blues**

As above, but demonstrated superior technical knowledge. Assumed responsibility for the team of umpires / table officials and organisation of them. Demonstrates unfailing dedication, superior commitment and application over a prolonged period,