



University of Vavuniya

Physical Education Unit

Criteria for Colours Awards for
Sportsmen and Sportswomen of
the University of Vavuniya

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Abbreviations

Sports Advisory Board:	SAB
Director of Physical Education:	DPE
Instructor in Physical Education:	IPE

The method of Preparing the Colours List

According to the criteria of Colours awards of the University of Vavuniya, the proposed colors list of the relevant game should be prepared by the relevant Instructor in Physical Education. The Instructor in Physical Education should prepare the list with the information and discussions of relevant Manager, Coach, Captain and Vice-Captain.

After preparing the Colours list it should be produced to the director of Physical Education. The Director of Physical Education should check with criteria and will be prepared the whole list of the relevant year. After that the DPE should publish the list at the Unit web site, notice board of the Unit and common notice boards in the University of Vavuniya to get the appeals from the students.

For the appeals it should be given minimum two weeks of period and appeals should take in writing to the Director of Physical Education.

After closing date for appeals the DPE Should produce the proposed Colours list with the appeals to the Sports Advisory board to consider the appeals and get approval to the list.

After approval of the Sports Advisory Board the DPE should publish the final list of the Colours for the relevant year of the University of Vavuniya.

Players did not reach to the Colours standard. But they are performed well and their skills are high then it can be considered to award the Half Colours for those members.

It should be given a Certificate, trophy and the University Crest for Colours winner.

It should be given a Certificate and a trophy for Half Colours winner.

Certificates for the Colours and Half Colours will be signed by the President Sports Advisory Board and the Director of Physical Education.

General Rules, Regulations and Requirements

Registered internal undergraduates of the University of Vavuniya will be eligible to obtain any awards (the period of validity from the date of 1st registration to date of final examination)

The tournament, Matches or Championship should recognize and approved by the Physical Education Unit and the Sports Advisory Board to consider the Colours.

It will be considered the Tournaments and Matches only participation through the Physical Education Unit, University of Vavuniya.

Students should not be found guilty by any disciplinary action taken by the University of Vavuniya.

The training attendance percentage should be as follows and training attendance is compulsory to consider for Colours.

Only one game, minimum attendance should 70%

Two games, minimum attendance should 60%

Three or more games, minimum attendance should 50%

The match attendance should be 100% (This condition will be relaxed for the end semester examination and reasonable illness situation. This type of information should inform to the DPE through the team captain).

Criteria for team sports (Volleyball, Netball, Basketball, Elle, Football, Rugby, Baseball, Kabaddi, Hockey)

with the basic requirements

A member of the Champion, 1st Runner up, 2nd Runner up or 3rd Runner up team at the Inter University tournament or Sri Lanka University Games. (Member should played at least one match in the whole tournament)

or

A member of the Champion, 1st Runner up or 2nd Runner up team at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

A member of the Champion team of recognized tournament by the Sports Advisory Board of the University of Vavuniya.

or

Considering the Basic skills such as the Playing ability, Match winning Contribution and leadership. (Under this category maximum 25% percent members can select from official team)

Criteria for Cricket

with the basic requirements

A member of the Champion, 1st Runner up, 2nd Runner up or 3rd Runner up team at the Inter University tournament or Sri Lanka University Games. (Member should played at least one match in the whole tournament)

or

A member of the Champion, 1st Runner up or 2nd Runner up team at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

A member of the Champion team of recognized tournament by the Sports Advisory Board of the University of Vavuniya. (Under this category maximum 25% percent members can select from official team)

or

At the Five matches recognized by the Physical Education Unit (First consider all the matches with universities and after that other matches)

1.100 runs with the average of 25 or above

2.10 wickets with the average 15 or below

3.75 runs with 7 wickets, batting average 15 or above and bowling average 25 or below

4. 75 runs with 7 catches, the batting average 15 or above

5. 7 wickets with 7 catches, the bowling average below 25

6.if wicket keeper 75 runs with the participation to 7 outs.

Criteria for Badminton, Carrom, Table Tennis and Tennis

with the basic requirements

A member of the Champion, 1st Runner up, 2nd Runner up or 3rd Runner up team at the Inter University tournament or Sri Lanka University Games. (Member should played at least one match in the whole tournament)

or

A member of the Champion, 1st Runner up or 2nd Runner up team at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

A member of the Champion team of recognized tournament by the Sports Advisory Board of the University of Vavuniya. (Under this category maximum 25% percent members can select from official team)

or

Considering the Basic skills such as the Playing ability, Match winning Contribution and leadership. (Under this category maximum 25% percent members can select from official team)

or

Win three singles or two singles and two doubles at the Inter University Championship, Sri Lanka University Games or other recognized tournament.

Criteria for Chess

with the basic requirements

A member of the Champion, 1st Runner up, 2nd Runner up or 3rd Runner up team at the Inter University tournament or Sri Lanka University Games. (Member should played at least one match in the whole tournament)

or

A member of the Champion, 1st Runner up or 2nd Runner up team at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

A member of the Champion team of recognized tournament by the Sports Advisory Board of the University of Vavuniya. (Under this category maximum 25% percent members can select from official team)

or

Considering the Basic skills such as the Playing ability, Match winning Contribution and leadership. (Under this category maximum 25% percent members can select from official team)

or

Win three boards at the Inter University, Sri Lanka University games or other recognized tournament.

Criteria for Wrestling

with the basic requirements

First, Second or Third at the Inter University tournament or Sri Lanka University Games.

or

First, Second or Third at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

First at the recognized tournament by the Sports Advisory Board of the University of Vavuniya.

Criteria for Road Race

with the basic requirements

First to Fifteen at the Inter University Tournament or Sri Lanka University Games

or

A member of the Champion, 1st Runner up, 2nd Runner up or 3rd Runner up team at the Inter University tournament or Sri Lanka University Games.

or

First to ten at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

First or Second place at the recognized tournament by the Sports Advisory Board of the University of Vavuniya.

Criteria for Karate and Taekwondo

with the basic requirements

First, Second, Third or Fourth at the Inter University tournament or Sri Lanka University Games.

or

First, Second or Third at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

First at the recognized tournament by the Sports Advisory Board of the University of Vavuniya.

Criteria for Weightlifting

with the basic requirements

First, Second, Third or Fourth at the Inter University tournament or Sri Lanka University Games.

or

First, Second or Third at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

First at the recognized tournament by the Sports Advisory Board of the University of Vavuniya.

or

Should have achieved to the required standard at the recognized tournament

Weightlifting Colours Standards

Weight Category	Total For Colours	Total For Half Colours
56kg	115Kg	110Kg
62kg	120 Kg	115 Kg
69kg	127 Kg	122 Kg
77kg	132 Kg	127 Kg
85kg	137 Kg	132 Kg
94kg	142 Kg	137 Kg
105kg	147 Kg	142 Kg
105+kg	150 Kg	145 Kg

Criteria for Swimming

with the basic requirements

First, Second, Third or Fourth at the Inter University tournament or Sri Lanka University Games.

or

First, Second or Third at the National tournament representing the University of Vavuniya.

or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

First at the recognized tournament by the SAB of the University of Vavuniya.

or

Should have achieved to the required standard at the recognized tournament

Swimming Colours Standards

Event	Men		Women	
	Colours	Half Colours	Colours	Half Colours
50 Freestyle	35.5 Sec.	36.5 Sec.	42.5 Sec.	45.5 Sec.
100 Freestyle	1.20.0 Min.	1.25.0 Min.	1.30.0 Min.	1.35.0 Min.
200 Freestyle	3.01.0 Min.	3.10.0 Min.	3.25.0 Min.	3.35.0 Min.
400 Freestyle	6.45.0 Min.	6.55.0 Min.	-	-
50 Back	40.0 Sec.	45.0 Sec.	50.0 Sec.	55.0 Sec.
100 Back	1.37.0 Min.	1.45.0 Min.	1.45.0 Min.	1.50.0 Min.
200 Back	3.20.0 Min.	3.30.0 Min.	-	-
50 Brest	45.0 Sec.	48.0 Sec.	51.0 Sec.	55.0 Sec.
100 Brest	1.40.0 Min.	1.45.0 Min.	1.57.0 Min.	2.00.0 Min.
200 Brest	3.55.0 Min.	4.00.0 Min.	-	-
50 Butterfly	42.00 Sec.	45.00 Sec.	47.0 Sec.	50.0 Sec.
100 Butterfly	1.36.0 Min.	1.40.0 Min.	1.42.0 Min.	1.47.0 Min.
200 Butterfly	4.00.0 Min.	4.07.0 Min.	-	-
200 Individual Medley	3.20.0 Min.	3.28.0 Min.	4.05.0 Min.	4.15.0 Min.
100x4 Freestyle	5.05.0 Min.	5.12.0 Min.	6.10.0 Min.	6.20.0 Min.
100x4 Medley	5.30.0 Min.	5.40.0 Min.	6.50.0 Min.	7.00.0

Criteria for Track & Field

with the basic requirements

First, Second, Third or Fourth at the Inter University tournament or Sri Lanka University Games. or

First, Second or Third at the National tournament representing the University of Vavuniya. or

A member of the Sri Lanka Universities team, Combined University team or winner of Sri Lanka Universities Colours.

or

First at the recognized tournament by the SAB of the University of Vavuniya.

or

Should have achieved to the required standard at the recognized tournament

Track & Field Colours Standards

Event	Men		Women	
	Colours	Half Colours	Colours	Half Colours
100m	11.7 Sec.	11.9 Sec.	13.8 Sec.	14.2 Sec.
200m	24.0 Sec.	25.0 Sec.	30.0 Sec.	30.7 Sec.
400m	54.0 Sec.	56.0 Sec.	70.5 Sec.	72.5 Sec.
800m	2.09.5 Min	2.13.5 Min	2.48.5 Min	2.52.5 Min
1500m	4.30.5 Min	4.45.0 Min	5.55.5 Min	6.02.5 Min
5000m	18.30.5 Min	19.45.0 Min	20.05.0 Min	21.20.0 Min
100m Hurdle	-	-	20.3 Sec.	21.0 Sec.
110m Hurdle	18.5 Sec.	19.3 Sec.	-	-
400m Hurdle	63.5 Sec.	67.5 Sec.	80.5 Sec.	85.0 Sec.
100x4m	46.0 Sec.	47.0 Sec.	58.5 Sec.	60.0 Sec.
400x4m	3.45.5 Min	3.50.5 Min	4.55.5 Min	5.05.0 Min
Long Jump	6.00 Meters	5.50 Meters	4.40 Meters	4.30 Meters
High Jump	1.70 Meters	1.65 Meters	1.26 Meters	1.22 Meters
Put Shot	10.25 Meters	10.10 Meters	7.60 Meters	7.25 Meters
Discuss	29.75 Meters	29.25 Meters	21.50 Meters	20.50 Meters
Javelin	45.75 Meters	44.25 Meters	22.50 Meters	21.50 Meters
Triple Jump	12.80 Meters	12.75 Meters	8.85 Meters	8.75 Meters
Pole Vault	2.95 Meters	2.75 Meters	-	-

Criteria for Best Player Awards

These awards will be made to those sportsmen/sportswomen who are considered to have performed best in the particular sport during the relevant year under consideration. Recommendation for those awards will be made by the coach, Ipe and DPE for the consideration of the SAB. To be the winner of such an award the player should qualify for Colours in the particular sport in relevant year.

- SLUSA Award will be considered as high performance in that particular game
- Dynamic performance in particular game in Inter University level and practice match should be certified by the IPE
- Well discipline and good sportsmanship
- Participation of all practice matches is compulsory, should be certified by the IPE
- If the player is unable to attend practice matches the reason should be informed to DPE through IPE with the proof written document.
- If he or she selected for World University Games, Asian University Games and combined University team it will be specially consider for this Colour
- If there are more than one athlete having same high performance in a same game committee can award more than one athlete for special award.

1) Athletic

Best Athlete (Men)
Best Athlete (Women)

2) Badminton

Best Badminton Player (Men)
Best Badminton Player (Women)

3) Baseball

Best Baseball Player

4) Basketball

Best Basketball Player (Men)
Best Basketball Player (Women)

5) Carrom

Best Carrom Player (Men)
Best Carrom Player (Women)

6) Chess

Best Chess Player (Men)
Best Chess Player (Women)

7) Cricket

Best All Rounder in Cricket

8) Elle

Best Elle Player (Men)
Best Elle Player (Women)

9) Football

Best Football Player

10) Hockey

Best Hockey Player (Men)

Best Hockey Player (Women)

11) Karate

Best Karate Player (Men)

Best Karate Player (Women)

12) Netball

Best Netball Player

13) Rugby

Ruggerite of the Year

14) Road Race

Best Road Race Runner

15) Swimming

Best Swimmer (Men)

Best Swimmer (Women)

16) Table Tennis

Best Table Tennis Player (Men)

Best Table Tennis Player (Women)

17) Taekwondo

Best Player Taekwondo (Men)

Best Player Taekwondo (Women)

18) Tennis

Best Tennis Player (Men)

Best Tennis Player (Women)

19) Volleyball

Best Volleyball Player (Men)

Best Volleyball Player (Women)

20) Weightlifting

Best Lifter

21) Wrestling

Best Wrestler

Criteria for Most Outstanding Sportsman/Sportswoman of the Year

The following will be considered to select the most outstanding sports man/woman

Winning of University Colours	05 points per sport
And	
Captaincy	Captain 05 points
	Vice- Captain 03 Points
Representation to University teams	01 point per team
Inter University Level Achievement	1 st place 07 points
	2 nd place 04 points
	3 rd place 02 points
SLUSA activities	Combined University team member 05 points per sport
	SLUSA Colours 05 points per Colour
International Level (World University Games Asian University/South Asian University games and Other recognized international tournament)	1 st place 15 points
	2 nd place 13 points
	3 rd place 10 points
	Participation 05 points
National Level Achievement	1 st place 07 points
	2 nd place 05 points
	3 rd place 03 points
	Participation 01 point
	Representation national team 12 points
Novices/Intermediate/Province	1 st place 03 points
	2 nd place 01 points
Practice/Match attendance Punctuality Conduct on & off the field Attitudes to team members Contribution to the team as well as Sports Council.	05 points

The award will be made to the sportsman and sportswoman receiving the highest aggregate of points computed on the above scheme provided he/she should be obtained a total aggregate over 20 points.

All the performance are considering during the year of awarding.

Note

The decision of the Sports Advisory Board on any matter specified and not specified regarding the awards Criteria is final.