

# **RHEOLAU DIWRNOD CHWARAEON**

## **2022**

### **SPORTS DAY RULES**

Nos Fercher, 25<sup>ain</sup> o Fai 2022 / *Wednesday evening, 25<sup>th</sup> of May 2022*

**I'W GYNNAL YN: / TO BE HELD AT: TREGIB SPORTS FACILITIES, LLANDEILO**

**RHAID I GYSTADLEUWYR DDARPARU EU CARDIAU AELODAETH AR DDIWRNOD Y GYSTADLEUAETH.**  
**COMPETITORS MUST SUPPLY THEIR MEMBERSHIP CARDS ON THE DAY OF THE COMPETITION.**

#### **HOCI 'RUSH' MERCHED / LADIES RUSH HOCKEY**

##### **CYMHWYSTRA**

Sgwad o 10 aelod, a bydd 5 ohonynt ar y cae ar y tro. Bydd rhaid i bob chwaraewr fod rhwng 17 a 28 mlwydd oed ar 1 Medi 2021. Mae hyn yn golygu y bydd yr aelodau wedi cael eu pen-blwydd yn 17 ar 1 Medi 2021 a gall aelodau fod yn 29 ar ddiwrnod y rownd derfynol genedlaethol.

Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.

##### **TREFN**

Caiff y gêm ei chwarae rhwng dau dîm. Bydd gan bob un uchafswm o ddeg (10) o chwaraewyr. Caniateir pump (5) ar y cae ar unrhyw un adeg. Mae pob chwaraewr yn cymryd rhan ym mhob gêm, gan ddefnyddio eilyddion treigl ar unrhyw adeg ac mor aml ag sy'n ofynnol.

Nid oes gôl-geidwad.

Caiff y gemau eu chwarae naill ai mewn 2 gynghrair gydag enillydd pob cynghrair yn chwarae am y safle 1af a'r 2il safle, neu fel twrnaint gornest gron, yn dibynnu ar y nifer o dimau sy'n cymryd rhan.

Rhaid i bob cystadleuydd fod wedi gwisgo'n addas, h.y. esgidiau hoci, sanau, padiau shin, siorts/sgertiau a chrysau.

Bydd chwaraewr y dangosir cerdyn melyn iddo yn cael ei anfon i ffwrdd am dri (3) munud neu weddill y gêm os bydd llai na thri munud ar ôl ac ni fydd chwaraewr y dangosir y cerdyn coch iddo yn cymryd rhan bellach yng ngemau'r diwrnod hwnnw.

##### **EILYDDION**

##### **ELIGIBILITY**

A squad of up to 10 members, 5 of those players must be on the field at any one time. All players must be aged between 17 years and 28 and under on 1st September 2021. This means competitors have attained their 17th birthday on 1st September 2021 competition and may be 29 on the day of the Wales final.

Competitors will be required to show their membership cards.

##### **PROCEDURE**

The game is played between two teams. They shall each have a maximum of ten (10) players. Five (5) are permitted on the pitch at any one time. All players take part in each game using rolling substitutes at any time and as frequently as is required.

There is no goalkeeper.

The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part.

All competitors must be suitably dressed, i.e. hockey boots, socks, shin pads, shorts/skirts and shirts.

A player who is shown a yellow card will be sent off for three (3) minutes or the remainder of the game if less than three minutes remain and a player who is shown the red card will take no further part in that day's games.

##### **SUBSTITUTIONS**

Caniateir eilyddion ar unrhyw adeg. Mae'r nifer o eilyddion yn ddiderfyn.

### **CAPTEINIAID**

Mae'r Capteiniaid yn taflu darn arian i ddewis o ochr o'r cae neu feddiant o'r bêl ar ddechrau'r gêm.

### **Y CAE**

Gellir chwarae gêm Hoci Rush ar gaeau o amrywiaeth o feintiau, yn amrywio o gae chwarter i gae maint llawn.

### **Y GÔL**

Lled: 6 troedfedd

Uchder: 2 droedfedd

Rhaid ei leoli yn erbyn ymyl allanol y llinell gefn, mewn llinell â chanol y cae.

### **Y BÊL**

Mae'n well defnyddio pêl ysgafnach a mwy nag a ddefnyddir mewn gêm lawn hoci. Mae pêl yn pwyso oddeutu 110 gram ac yn mesur oddeutu 100mm. Gellir codi'r bêl oddi ar y cae, ond rhaid iddi aros yn is na lefel y pen-glin.

### **Y FFFON**

Bydd y ffon yn ffon hoci safonol. Bydd ganddi ochr wyneb gwastad ac ochr gron. Gellir chwarae'r bêl gydag ochr wyneb gwastad y ffon neu ymyl yr ochr gron, ar yr amod bod yr ochr wastad yn weladwy (h.y. ddim yn fflat i'r llawr/cae). Rhaid i'r ffon aros yn is na lefel y pen-glin. Mae chwarae'r bêl gydag ymyl yr ochr gron bob amser yn chwarae peryglus (h.y. caiff ei gosbi gan y dyfarnwyr os bernir ei fod yn beryglus neu'n arwain at chwarae peryglus). Bydd y dyfarnwyr yn gwahardd defnyddio unrhyw ffon nad yw'n cydymffurfio â Rheolau Hoci.

### **OFFER A DILLAD CHWARAEWYR**

Argymhellir yn gryf bod padiau crimogau a gorchudd dannedd yn cael eu gwisgo gan bob chwaraewr bob amser, (gan gynnwys sesiynau/gemau hyfforddi).

Ni chaiff unrhyw chwaraewr wisgo unrhyw offer a allai fod yn beryglus i'w hunan neu chwaraewyr eraill. Mae hyn yn cynnwys gemwaith dyrchafedig, capiau pig caled a/neu unrhyw wrthrych miniog.

Rhaid gwisgo esgidiau priodol ar gyfer yr arwyneb chwarae (esgidiau ymarfer neu esgidiau AstroTurf). Bydd y dyfarnwyr yn gwahardd gwisgo unrhyw offer nad yw'n cydymffurfio â'r Rheol hon.

### **OFFER GÔL-GEIDWAD**

Nid oes angen gôl-geidwad.

### **DECHRAU AC AILDDECHRAU'R GÊM**

Mae'r gêm yn dechrau gyda ergyd neu wthiad o ganol y cae. Mae'n dilyn chwiban y dyfarnwr ar ddechrau'r chwarae ym mhob hanner o'r gêm ac ar ôl i gôl gael ei sgorio. Rhaid i bob tîm sefyll yn ei hanner ei hun o'r cae tan y pas o'r canol. Gellir

Substitutions are allowed at any time. Number of substitutions is unlimited.

### **CAPTAINS**

The Captains toss a coin for choice of ends or possession of the ball at the start of the game.

### **THE PITCH**

The game of Rush Hockey can be played on a variety of pitch sizes ranging from quarter pitch to full size pitch.

### **THE GOAL**

Width: 6 foot

Height: 2 foot

It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

### **THE BALL**

It is preferable to use a lighter and larger ball than is used in the full game of hockey. A ball weighs approximately 110 grams and measures approximately 100mm. The ball may be lifted off the pitch but must remain below knee level.

### **THE STICK**

The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf / pitch). The stick must remain below knee level. Playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play). The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.

### **PLAYER EQUIPMENT & CLOTHING**

It is strongly recommended that shin-protectors and mouth-guards are worn by all players at all times, (inclusive of training sessions/games).

No player shall wear any equipment that may be dangerous to the self or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.

The use of appropriate footwear for the playing surface (trainers or turf shoes) is required. The umpires shall forbid the wearing of any equipment that does not comply with this Rule.

### **GOALKEEPER EQUIPMENT**

No goalkeeper is required.

### **STARTING & RE-STARTING THE GAME**

The game is started with a hit or push taken from the centre of the pitch. It follows the umpires whistle at the commencement of play in each half of the game and after a goal has been scored. Each team must be positioned in their own half of the

chwarae'r bêl ymlaen, yn ôl neu i'r ochr, a rhaid iddi symud o leiaf 1 metr cyn i chwaraewr o'r un tîm ei tharo. Gall y cymerwr gymryd hunan-bas h.y. pasio'r bêl i'w hun. Rhaid i'r pas gynnwys dau gam gwahanol h.y. rhaid i'r sawl sy'n pasio ei tharo ymlaen, yn ôl neu i'r ochr yn gyntaf, yna ei chwarae ailwaith naill ai i'w phasio neu i ddriblo.

### **SGORIO GÔL**

Mae gôl yn cael ei sgorio pan fydd y bêl wedi'i tharo neu'n gwyro oddi ar ymosodwr drwy ergyd o unrhyw le ar y cae. Rhaid iddi groesi'r llinell yn llawn rhwng y pyst ac o dan y croesfar.

### **RHWYSTRO GÔL**

Os yw aelod o'r tîm sy'n amddiffyn yn defnyddio ei gorff yn fwriadol i atal gôl, dyfernir gôl gosb i'r tîm sy'n ymosod.

### **PÊL AR Y CAE CHWARAE AC ODDI ARNO**

Dros y llinell ochr: Pan fydd y bêl yn pasio'n llwyr dros y llinell ochr, caiff ei dychwelyd i'r chwarae drwy chwaraewr o'r gwrthwynebwyr yn ei tharo, ei gwthio neu hunan-bas ar hyd y llawr mewn unrhyw gyfeiriad. Gelwir hyn yn ergyd llinell ochr i mewn.

Dros y llinell ôl oddi ar ymosodwr: Pan fydd y bêl yn pasio dros y llinell ôl oddi ar ymosodwr, ac nid oes gôl, mae'r gêm yn aildechrau gydag ergyd gan y tîm sy'n amddiffyn. Gellir taro, gwthio neu hunan-basio'r bêl. Caiff ei gymryd o 2 fetr i mewn i'r cae o'r llinell ôl a chyferbyn â'r man lle croesodd y llinell gefn.

Dros y llinell ôl oddi ar amddiffynnwr: Os caiff y bêl ei chwarae'n ddamweiniol dros y llinell ôl gan amddiffynnwr ac nad oes gôl, caiff y gêm ei haildechrau â chic gornel i'r tîm ymosod. Gellir taro, gwthio neu hunan-basio'r gornel. Caiff y gornel ei chymryd ar y llinell ochr, 3 metr o gornel y cae.

### **CHWARAE TEG**

Ni chaniateir chwarae brwnt neu beryglus, nac unrhyw ymddygiad sydd, ym marn y dyfarnwr, yn gyfystyr â chamymddwyn. Bydd y dyfarnwr yn anfon unrhyw chwaraewr sy'n parhau i dorri'r Rheol hon o'r cae.

Rhaid i chwaraewyr beidio â defnyddio unrhyw ran o'u corff yn fwriadol i chwarae'r bêl (ac eithrio'r llaw i ddiogelu'i hun mewn sefyllfa beryglus).

Rhaid i chwaraewyr beidio â defnyddio ochr gron y ffon wrth chwarae'r bêl, ac wrth daro'r bêl ni ddylai'r ffon achosi perygl mewn unrhyw ffordd, nac arwain at chwarae peryglus, na bod yn fygythiol i unrhyw wrthwynebydd.

Ni chaiff chwaraewr ddefnyddio'i ffon i daro ffon gwrthwynebydd, naill ai'n fwriadol neu'n anfwriadol (a elwir yn dacl ffon).

pitch until the centre pass is played. The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team. The taker can use a self-pass (i.e. pass the ball self.) The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it.

### **SCORING A GOAL**

A goal is scored when the ball has been struck by, or deflected off, an attacker while hit (the ball) from anywhere on the pitch. It must cross completely over the goal-line between the goal-posts and under the cross-bar.

### **BLOCKING A GOAL**

If a member of the defending team deliberately uses their body to prevent the goal from going in, then a penalty goal is awarded to the attacking team.

### **BALL OUTSIDE THE FIELD OF PLAY**

Over the side-line: When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit, a push or a self-pass taken by an opponent of the player who last touched it. This is called a side-line hit in.

Over the back-line off an attacker: When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit from the defending team. The ball can be hit, pushed or a self-pass can be played. It is to be taken from 2 metres into the pitch from the backline and opposite the place where it crossed over the back-line.

Over the back-line off a defender: If the ball is accidentally played over the back-line by a defender and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed or a self-pass can be played. The corner is taken on the side-line, 3 metres from the corner of the pitch.

### **FAIR PLAY**

Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct. The umpires shall send any player who persists in breaking this Rule, off the pitch.

Players must not intentionally use any part of their body to play the ball (except the hand to protect the self in a dangerous situation).

Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent. A player must not use their stick to hit an opponent's stick, either intentionally or unintentionally (known as a stick tackle).

Ni chaiff chwaraewyr gicio'r bêl. Nid yw'n drosedd os yw'r bêl yn taro troed chwaraewr, a dylid chwythu'r chwiban dim ond os yw'r digwyddiad yn achosi toriad llwyr mewn chwarae a/neu anfantais. Y dyfarnwyr fydd yr unig feirniaid.

Ni chaiff chwaraewyr rwystro drwy redeg rhwng gwrthwynebydd a'r bêl, gan atal y gwrthwynebydd rhag chwarae'r bêl yn annheg. Ni ddylent ychwaith ddefnyddio unrhyw ran o'u corff na'u ffon i rwystro chwaraewr.

Rhaid i chwaraewyr beidio â dal, gwthio, cicio, baglu'n fwriadol na bwrw unrhyw chwaraewr neu ddyfarnwr.

### **ERGYD RHYDD**

Caiff ergyd rhydd ei chymryd yn agos at ble y digwyddodd y drosedd. Gellir chwarae'r rheol Hunan-bas ar unrhyw ergyd rhydd. Rhaid i'r bêl fod yn sefydlog ar ergyd rhydd, ac os caiff ei phasio i chwaraewr arall o'r un tîm (h.y. nid hunan-bas), rhaid iddi symud o leiaf 1 metr cyn cael ei chwarae gan chwaraewr arall o'r un tîm. Os yw'r ergyd rhydd yn hunan-bas, rhaid i gamau cymryd yr ergyd rhydd a chwarae'r bêl nesaf fod yn ddwy weithred ar wahân. Hyd nes y cymerir yr ergyd rhydd, rhaid i holl chwaraewyr y gwrthwynebwyr fod o leiaf 5 metr o'r bêl.

### **DIGWYDDIAD**

Os caiff y gêm ei hatal dros dro oherwydd damwain neu anaf lle na fu unrhyw drosedd, caiff ei hailddechrau gyda bwli yn agos at y fan lle digwyddodd y digwyddiad. Rhaid i chwaraewyr sefyll yn sgwâr o'i gilydd, a chyn chwarae'r bêl ac yn dilyn chwiban y dyfarnwr, byddant yn tapio'r llawr â'u ffon unwaith ac yn tapio ffon ei gilydd uwchben y bêl unwaith.

Rhaid i chwaraewyr sy'n torri'u croen neu'n gwaedu adael y cae ar unwaith, ac ni chaniateir iddynt ddychwelyd nes bod y gwaedu wedi'i atal neu wedi stopio.

### **DYFARNWYR**

Caiff Hoci Rush ei hunan-ddyfarnu, ond argymhellir bod 2 berson cymwys sy'n gwybod y rheolau yn rheoli'r gêm.

### **CRYNODEB O'R RHEOLAU**

Mae'r timau'n 5 bob ochr, gyda charfanau yn cynnwys hyd at 10 chwaraewr. Gellir eilyddio chwaraewyr mor aml ag sy'n ofynnol.

Mewn gêm, ni ellir gwneud na defnyddio'r canlynol yn fwriadol:

- Traed
- Cefn y ffon
- Taclo ffon
- Cyffwrdd â chwaraewyr eraill

Ni ddylid codi'r ffon na'r bêl uwchben uchder y pen-glin. Cymerir pêl ochr o'r pwynt y gadawodd y cae. Gellir pasio'r bêl naill ai i aelod o'r tîm neu ei chymryd i chwarae i'ch hun (a elwir yn hunan-bas).

Players must not kick the ball. It is not an offence if the ball hits a player's foot and the whistle should only be blown if the incident causes a total breakdown in play and / or a disadvantage. The umpires shall be the sole judges.

Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.

Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

### **FREE HIT**

Free hits are to be taken close to where the offence occurred. The Self Pass rule can be played at any free hit. The ball must be stationary at a free hit and if passed to another player of the same team (i.e. it is not a self-pass) it must move a minimum of 1 metre before being played by another player of the same team. If the free hit is a self-pass the actions of taking the free hit and of next playing the ball must clearly be two separate actions. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.

### **INCIDENT**

If the game is temporarily suspended because of an accident or injury where no offence occurred, it shall be re-started with a bully close to the spot where the incident occurred. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.

Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

### **UMPIRES**

Rush Hockey is self umpired, but it is recommended that 2 competent persons with knowledge of the rules control the game.

### **RULES SUMMARY**

Teams are 5-a-side with squads made up of up to 10 players. Players can be substituted when and as frequently as is required.

The game involves no deliberate:

- Feet
- Using the back of the stick
- Stick tackling
- Contact with other players

Neither the stick or the ball should be raised above knee height. A sideline ball is taken from the point of exit. The ball can either be passed to a team member or taken into play yourself (known as a self-pass).

Gall chwaraewyr saethu o unrhyw le.

Players can shoot from anywhere.

Pan gaiff rheol ei thorri, rhoir y bêl i'r gwrthwynebwyd, lle gellir naill ai ei phasio i aelod o'r tîm neu ei phasio i'ch hun (hunan-bas).

When a rule is broken the ball will be awarded to the opposing team where it can either be passed to a team member or taken into play yourself (known as a self-pass).

Dim gôl-geidwad.

No goalkeeper.

Ar ôl gôl, mae'r chwarae'n aildechrau o ganol y cae gan y tîm a ildiodd y gôl.

After a goal is scored, play is restarted from the centre of the pitch by the conceding team.

**CYFFREDINOL**

Mae penderfyniad y dyfarnwr yn derfynol.

**GENERAL**

The referee's decision is final.

Mae CFFI Sir Gâr yn cadw'r hawl i addasu neu hepgor unrhyw rai o'r rheolau hyn.

Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.

# DODGEBALL DYNION / MENS' DODGEBALL

## CYMHWYSTR

Sgwad o 10 aelod, a dylai pob un ohonynt fod rhwng 17 mlwydd oed a 28 mlwydd oed ar 1 Medi 2021. Mae hyn yn golygu y bydd rhaid i gystadleuwyr wedi troi'n 17 mlwydd oed ar 1 Medi 2021 a gallant fod yn 29 ar ddiwrnod y rownd derfynol genedlaethol.

## TREFN

Caiff y gemau eu chwarae naill ai mewn 2 gynghrair gydag enillydd pob cynghrair yn chwarae am y safle 1af a'r 2il safle, neu fel twrnaint gornest gron, yn dibynnu ar y nifer o dimau sy'n cymryd rhan a'r nifer o gaeau sydd ar gael ar y diwrnod.

## CHWARAEWYR

6 chwaraewr ar dîm, 10 chwaraewr ar y mwyaf mewn carfan

## AMSERIADAU

- Hyd Set = 3 munud
- Hyd Gêm = 2 hanner o 15 (8 munud mewn rhai cystadlaethau)

## ENNILL SET

Gwaredu'r holl wrthwynebwyr neu fod â mwy o chwaraewyr ar ôl ar eich ochr chi ar ddiwedd set.

## ENNILL GÊM

Mae tîm yn ennill gêm os oes ganddynt fwy o bwyntiau.

Rhoir 2 bwynt am ennill set, 1 pwynt am set gyfartal, 0 pwynt am golli set.

Os ceir gêm gyfartal yn y gemau dileu neu ail gyfle, chwaraeir set goramser 1 munud lle mae timau'n aildechrau gyda 6 chwaraewr. Os yw'r gêm yn gyfartal o hyd, yna chwaraeir marwolaeth sydyn.

## DECHRAU CHWARAE

Gosodir 5 pêl ar hyd y llinell ganol. Y 2 bêl ar ochr chwith tîm yw eu peli dynodedig nhw. Y bêl yn y canol yw'r unig un y cystadleuir amdani.

Nid yw pêl yn fyw tan iddi gael ei phasio'n ôl y tu hwnt i'r llinell ddychwelyd.

## GWAREDU GWRTHWYNEBWYR

Peli byw: Mae pêl yn fyw tan iddi daro'r llawr, wal neu unrhyw arwyneb arall o'i hamgylch. Mae chwarae lluosog yn bosib gyda phêl fyw.

Ergydion: Bydd unrhyw chwaraewr sy'n cael ei daro â phêl fyw gan wrthwynebydd yn cael ei alw allan.

Daliadau: Bydd unrhyw ddaliad pêl fyw yn ddilys. Bydd y chwaraewr a daflodd y bêl a ddaliwyd yn cael ei alw allan, a bydd y tîm sy'n dal yn ennill un chwaraewr yn ôl.

Blocio: Gall chwaraewyr ddefnyddio pêl yn eu meddiant i flocio pêl newydd. Os yw'r bêl maent yn ei dal yn cael ei tharo o'u meddiant, byddant yn cael eu galw allan.

## ELIGIBILITY

A squad of 10 members, from whom 6 will be chosen to form a team for each game. All players must be aged between 17 years and 28 and under on 1st September 2021. This means competitors have attained their 17th birthday on 1st September 2021 competition and may be 29 on the day of the Wales final.

## PROCEDURE

The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part and number of courts available on the day.

## PLAYERS

6 players on a team, 10 players maximum in a squad

## TIMINGS

- Set Length = 3 minutes
- Match Length = 2 halves of 15 (8 minutes in some competitions)

## WINNING A SET

Eliminate all opposing players or have more players remaining on your side at the end of a set.

## WINNING A MATCH

A team wins a match if they have more points.

2 points awarded for a set won, 1 point for a set drawn, 0 points for a set lost.

If a match is drawn in knockout or play-off matches, a 1 minute overtime set will be played where teams restart with 6 players. If a match is still drawn, then sudden death will be played.

## START OF PLAY

5 balls are placed along the centre line. The 2 balls on a team's left are your designated balls. The centre ball is the only contested ball.

A ball is not live until it is passed back beyond the return line.

## ELIMINATING OPPOSING PLAYERS

Live balls: A ball is live until it hits a floor, wall or any other surrounding surface. Multiple play is possible with a live ball.

Hits: Any player struck with a live ball by an opposing player will be called out.

Catches: Any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one player from the outbox.

Blocking: Players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.

## **LLINELLAU**

Caiff Dodgeball oedolion ei chwarae ar gae Dodgeball. Gelwir chwaraewyr "allan" am gamu dros y llinell ochr/gefn. Ni chaiff chwaraewyr adael y cae i gasglu peli. Mae pob tîm yn enwebu dau adferwr, sy'n dychwelyd peli i'r chwarae.

## **OEDI**

Ni ddylai chwaraewyr oedi'r gêm yn fwriadol. Unwaith y bydd gan dîm 3, 4 neu 5 pêl, dylent geisio gwneud ymdrech gydag o leiaf un o'r peli hynny. Pan fydd dyfarnwr yn galw "Chwarae", mae gan dîm 5 eiliad i daflu pêl. Os nad ydynt yn gwneud hynny, caiff y chwaraewyr sy'n dal pêl eu galw allan. Gall timau gadw un bêl yn ôl ar ôl galwad "Chwarae", a rhaid taflu'r gweddill.

## **CHWARAE LLUOSOG**

Mae'r canlynol yn enghreifftiau o chwarae lluosog:

- Caiff chwaraewr ei alw allan os caiff ei daro gan bêl sydd wedi gwyro oddi ar gyd-chwaraewr pan fo'r bêl yn fyw.
- Mae daliad yn ddilys os yw'r bêl yn gwyro oddi ar gyd-chwaraewr ac mae dal yn fyw – o dan yr amgylchiadau hyn, bydd y chwaraewr a darwyd a'r taflwr yn cael eu galw allan. Os mai'r chwaraewr a darwyd yw'r cyntaf allan, bydd yn dychwelyd i'r cae ar unwaith.

## **LINES**

Adult dodgeball is played on a dodgeball court. Players are called "out" for stepping over the side/back lines. Players may not leave the court to collect balls. Each team nominates two retrievers who put off-court balls back into play.

## **STALLING**

Players should not intentionally stall the game. Once a team has possession of 3,4 or 5 balls, they should look to make an attempt with at least one of those balls. When a referee calls "Play Ball", a team has 5 seconds to throw. If they do not then players holding balls will be called out. Teams can keep one ball after "Play Ball" has been called, and must throw the rest.

## **MULTIPLE PLAY**

The following are examples of multiple play:

- A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live
- A catch is valid if it has deflected off a teammate whilst it is still live – in this circumstance the hit player plus the thrower will be called out – If the hit player is the first one out, then they will immediately return to the court.

# ULTIMATE FRISBEE

## CYMHWYSTRA

Mae angen o leiaf 6 chwaraewr mewn sgwad, a gellir cael hyd at 10 chwaraewr mewn sgwad. O blith y sgwad, dewisir 5 chwaraewr i fod ar y maes ar unrhyw adeg. RHAID i hyn gynnwys o leiaf un chwaraewr benywaidd ar y cae ar unrhyw adeg.

Rhaid bod chwaraewyr rhwng 10 ac 16 oed ar 1 Medi 2021. Mae hyn yn golygu bod rhaid bod cystadleuwyr wedi cyrraedd eu pen-blwydd yn 10 ar 1 Medi 2021, a gall aelodau fod yn 17 ar ddiwrnod y gystadluaeth.

## TREFN

Mae 'Ultimate Frisbee' yn gêm i ddau dîm o bum chwaraewr ar y maes, a bydd gan bob tîm o leiaf 1 chwaraewr wrth gefn ger yr ystlys a hyd at 5 chwaraewr wrth gefn ar yr ystlys.

Bydd pob gêm yn para 12 mud, a bydd y sgôr nesaf fydd yn digwydd yn cwblhau'r gêm neu nes cwblheir uchafswm amser o 15 munud, h.y. bydd y chwiban olaf yn dynodi 12 munud o chwarae, ac yna, bydd y gêm yn parhau tan y sgôr nesaf, ac wedi hynny, bydd y gêm yn dod i ben. Os na fydd sgôr, daw'r gêm i ben wedi 15 munud.

Sgorir gôl pan deflir y ddisgen at aelod o'ch tîm yn sefyll (neu fwy na thebyg, yn rhedeg) yn y geisfa (y rhan olaf ym mhen draw'r maes) y bydd eich tîm yn ei hymosod.

Y tîm sy'n sgorio'r nifer uchaf o bwyntiau fydd yr enillydd. Os bydd y ddau dîm wedi sgorio'r un nifer o bwyntiau ar ddiwedd y gêm, bydd yn gêm gyfartal.

Dyfernir pwyntiau fel a ganlyn mewn cynghrair: Ennill 3, Gêm Gyfartal 2, Colli 1

Ar ddechrau'r gêm, bydd aelodau'r ddau dîm yn sefyll yn y geisfa a amddiffynnir ganddynt ac yn wynebu eu gwrthwynebwyr. Pan fydd y ddau dîm yn barod, bydd y tîm sydd â'r ddisgen yn ei daflu cyn belled ag y gallant tuag at aelodau'r tîm arall, a fydd i mewn yn y chwarae yn awtomatig pan fyddant wedi cael gafael yn y ddisgen.

Ni all chwaraewyr redeg â'r ddisgen. Pan fydd chwaraewr yn dal disgen, caniateir hyd at 3 cham iddo arafu, ac yna bydd rhaid iddo ddewis troed i droi arni, a'i chadw'n llonydd. Os na fydd y chwaraewr wedi taflu'r ddisgen a bydd yn cymryd camau ychwanegol, bydd rhaid i'r chwaraewr dychwelyd ei droed cylchdroi yn ôl i ble ddylai fod, cyn taflu'r ddisgen. Os bydd yn taflu disgen wedi'r 3 cham a bydd ei dîm yn dal y ddisgen, bydd rhaid dychwelyd y ddisgen i'r taflwr. Fodd bynnag, os bydd y tîm arall yn dal y ddisgen, bydd y trosiant yn ddilys.

## ELIGIBILITY

A minimum of 6 players are required to make a squad, there is a maximum of 10 players in a squad. From the squad 5 players are selected to be on the pitch at any one time. This MUST include a minimum of 1 female player on the pitch at any one time.

All players must be aged between 10 years and over and 16 and under on 1st September 2021. This means competitors have attained their 10th birthday on 1st September 2021 competition and may be 17 on the competition day.

## PROCEDURE

Ultimate is a game for two teams of five players on the pitch, each team having a minimum of 1 reserve player on the sideline up to a maximum of 5 reserve players on the sideline.

Each game will last for 12 minutes with the next score to occur completing the game or until a maximum time limit of 15 minutes is reached. I.e. The final whistle will signal 12 minutes of play, the game will then continue until the next score, after which the game will end. If no score is made the game will end at 15 minutes.

A goal is scored when you throw the disc to a member of your team standing (or more likely running) in the last section at the end of the field known as the "endzone", your team is attacking.

The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.

League points will be awarded as follows:  
Win 3, Draw 2, Loss 1

At the beginning of the game, each team stands in the endzone which they are defending and faces the opposite team. When both teams are ready, the team with the disc throws it as far as they can towards the opposite team who will automatically be in play once they have retrieved it.

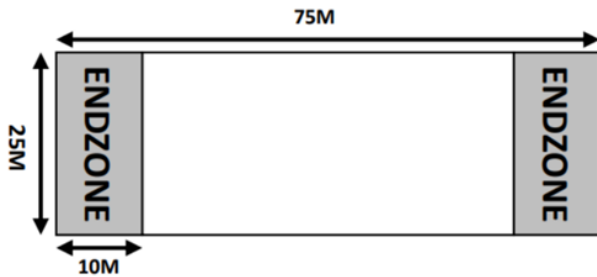
Players cannot run with the disc. When a player catches, they have up to 3 steps to slow down and then they must choose a pivot foot and keep this still before throwing the disc. If the player has not thrown the disc and takes additional steps, the player must return their pivot foot back to where it should be, before throwing the disc. If they did make a throw after the 3 steps and the disc was caught by their team, the disc must be returned to the thrower however if the opposition caught the disc the turnover stands.



<p>Felly, ni allan tîm symud y ddisgen i fyny'r cae ond trwy ei thafu o'r naill chwaraewr i'r llall.</p>	<p>A team can therefore only move the disc up-field by throwing it from player to player.</p>
<p>Bydd y tîm sy'n amddiffyn yn ennill meddiant os bydd y ddisgen yn cyffwrdd y llawr, yn mynd tu hwnt i derfynau'r maes, neu os byddant yn rhyng-gipio trwy ddal y ddisgen neu ei bwrw i'r llawr pan fydd yn hedfan.</p>	<p>The defending team takes possession if the disc touches the ground, if it goes out of bounds or if they make an interception by catching the disc or knocking it to the ground in mid-flight.</p>
<p>Hynny yw, bydd y tîm sy'n sgorio yn aros yn y geisfa ble byddant newydd sgorio.</p>	<p>Teams change ends between each point. I.e. the scoring team stays in the end zone where they have just scored.</p>
<p>Gall tîm eilyddio faint bynnag o weithiau ag y byddant yn dymuno, ond dim ond yn ystod oedi yn y chwarae ar ôl i gôl gael ei sgorio a chyn i'r gêm ailgychwyn. Nid oes cyfyngiad ar y nifer o weithiau y gall timau eilyddio chwaraewyr yn ystod pob gêm.</p>	<p>A team may make unlimited substitutions, but only in the break of play after a goal has been scored and before the game restarts. Teams are allowed an unlimited number of substitutions in each game.</p>
<p>Ni chaniateir cyswllt corfforol yn y gamp, a phan fydd hynny'n digwydd, gellir ei ystyried yn drosedd.</p>	<p>The game is noncontact but when contact between players does occur; it may be deemed a foul.</p>
<p>Defnyddir hunanddyfarnu yn ystod y gêm a dylai chwaraewyr gyfaddef pan fyddant wedi achosi trosedd. Bydd y gwrthwynebwyr yn rhoi sgôr i lefel y chwarae teg ar ddiwedd pob gêm.</p>	<p>The game is self-regulating, and players should admit when they have caused a foul. The level of sportsmanship will be rated by the opposition at the end of each game.</p>
<p>Rhaid i holl aelodau'r tîm gyfrannu at sgorio Ysbryd y Gêm gan y gwrthwynebwyr.</p>	<p>All members of the team must be involved in scoring the opposition's Spirit of the Game.</p>
<p>Bydd timau yn rhoi sgôr i'w gwrthwynebwyr gan roi pwyntiau am bob un o'r canlynol:</p> <ul style="list-style-type: none"> <li>• Gwybodaeth am y Rheolau a Defnydd Ohonynt</li> <li>• Troseddau a Chyswllt Corfforol</li> <li>• Ymdrechu i Sicrhau Tegwch</li> <li>• Agwedd Gadarnhaol a Hunanreolaeth</li> <li>• Ein Hysbryd o'i gymharu â'u hysbryd hwy</li> </ul>	<p>Teams will rate their opposition awarding points under the following headings:</p> <ul style="list-style-type: none"> <li>• Rules Knowledge and Use</li> <li>• Fouls and Body Contact</li> <li>• Fair-Mindedness</li> <li>• Positive Attitude and Self Control</li> <li>• Our Spirit compared to theirs</li> </ul>
<p>Mae sgôr o 10 yn sgôr dda ar y cyfan.</p>	<p>A score of 10 is a normal good score</p>
<p>Pan fydd timau wedi llenwi eu Taflen Sgôr Ysbryd y Gêm, dylent ei roi yn uniongyrchol i stiward y twrnamaint a wnaiff gyfrifo sgôr cyfartalog cyffredinol i ganfod y tîm sydd â'r sgôr gorau am Ysbryd y Gêm.</p>	<p>Once teams have completed their Spirit of the Game Score Sheet, they should hand it directly to the tournament steward who will calculate an overall average score to determine the team with the best spirit of the game score.</p>
<p>Mae taflen sgorio Ysbryd y Gêm isod. Dylid ei chwblhau gan bob tîm ar ddiwedd pob gêm.</p>	<p>Please find a Spirit of the Game Score sheet below. This should be completed by each team at the end of each game.</p>
<p>Bydd y tîm â'r sgôr gorau ar y cyfan ar ddiwedd y twrnamaint yn cael gwobrau ychwanegol. Mae'n fuddiol i bob tîm chwarae'n onest ac yn deg a thrin eu gwrthwynebwyr fe yr hoffent gael eu trin.</p>	<p>The team with the best overall rating at the end of the tournament will receive additional awards. It is in each team's best interest to play honestly and fairly and treat their opposition as they would expect to be treated.</p>
<p>Cynghorir hefyd y dylid defnyddio Hyfforddwr Ultimate Frisbee cymwysedig, neu chwaraewr lleol, i weithredu fel "ymgyngorydd y twrnamaint". Fe wnaiff hyn leihau ymhellach y risg i aelodau, a bydd hefyd yn unigolyn a all ateb</p>	<p>It is also advised that where possible a qualified Ultimate Coach or local player, in the role of "tournament advisor" be used. This will further reduce risk to members and also provide an</p>

cwestiynau ynghylch rheolau, cadw sgôr, a chynorthwyo chwaraewyr i hunanddyfarnu os bydd angen hynny.

Gall dimensiynau amrywio i weddu eu lleoliad, a gellir hyd yn oed chwarae ar gaeau pob tywydd, gwair neu dan do.



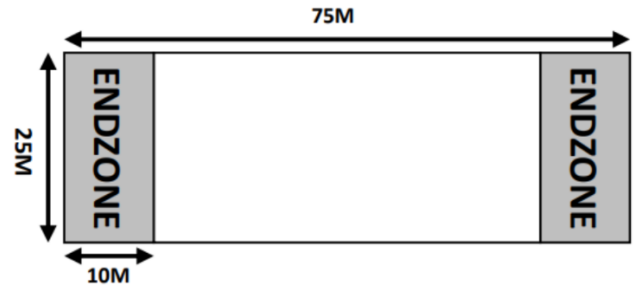
Defnyddir disgen Ultimate 175g e.e. Ultrastar.

Rhaid i'r holl gystadleuwyr fod wedi'u gwisgo'n addas i chwarae'r gamp, a dylent wisgo lliwiau/crysau eu tîm.

Mae'r rhain yn rheolau wedi'u symleiddio ac nid ydynt yn cwmpasu pob sefyllfa. Dylai egwyddorion sylfaenol tegwch ddynodi'r canlyniad mewn sefyllfaoedd na thrafodir yn benodol. Ceisiwch ailgychwyn y chwarae mewn modd priodol, megis sicrhau nad yw'r tîm sy'n tramgwyddo yn elwa. Mae'r rheolau hyn yn ganllaw a dim arall, a hyderir y bydd chwaraewyr yn ceisio chwarae'r gêm syml hon yn y modd y dylai gael ei chwarae, nid chwilio am wendidau yn y rheolau neu ddulliau o elwa ohonynt.

individual that can answer rules questions, keep score and help players with self-refereeing if needed.

Dimensions may vary to suit the venue and may even play on an all-weather pitch, grass or indoors.



175g Ultimate disk will be used, e.g., an Ultrastar.

All competitors must be suitably dressed for playing sport and be wearing their team's colours/shirt.

These are simplified rules and do not cover every situation. Basic principles of fairness should govern the outcome in situations not explicitly covered. Try to restart play in an appropriate manner such that the infringing team does not benefit. These rules are merely a guide and it is trusted that players will play this simple game in the way it is obviously meant to be played rather than looking for loopholes or ways to exploit the rules.



# Spirit of the Game Score Card

Spirit of the Game is a fundamental part of Ultimate Frisbee. This sheet is designed to educate teams and help them achieve a better understanding of their strengths and weaknesses in terms of Spirit.

Your whole team should be involved in the rating of the other team, immediately after the game has finished.

Simply circle one box in each of the five lines and put the total points to determine the Spirit score for the other team

Hand this sheet to the competition organiser on completion

Team Name	Opposition Team Name
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## 1. Rules Knowledge and Use

Eg: They did not make unjustified calls. They did not purposefully misinterpret the rules. They kept to time limits. They were willing to teach and/or learn the rules

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

## 2. Fouls and Body Contact

Eg: They avoided fouling, contact, and dangerous plays

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

## 3. Fair-Mindedness

Eg: They apologized for their own fouls. They informed teammates when they made wrong or unnecessary calls. They were willing to admit that we were right and retracted their call

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

## 4. Positive Attitude and Self-Control

Eg: They communicated without aggressive language. They complimented us on our good plays. They left an overall positive impression during and after the game, e.g. during the Spirit circle

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

## 5. Our Spirit compared to theirs

Eg: How did their team compare to ours with regards to rules knowledge, body contact, fair-mindedness, positive attitude and self-control?

0	1	2	3	4
Our spirit was much better	Our spirit was slightly better	Our spirit was the same	Our spirit was slightly worse	Our spirit was much worse

## Total Points

(Good score = 10 Points, Maximum = 20 Points)

←	0	+	+	+	+
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Originally produced and approved by:



# **RHEOLAU DIWRNOD CHWARAEON**

## **2022**

### **SPORTS DAY RULES**

Nos Iau, 26<sup>ain</sup> o Fai 2022 / *Thursday evening, 26<sup>th</sup> of May 2022*

**I'W GYNNAL YN: / TO BE HELD AT: CLWB RYGBI NANTGAREDIG / NANTGAREDIG RUGBY CLUB**

**RHAID I GYSTADLEUWYR DDARPARU EU CARDIAU AELODAETH AR DDIWRNOD Y GYSTADLEUAETH.**  
**COMPETITORS MUST SUPPLY THEIR MEMBERSHIP CARDS ON THE DAY OF THE COMPETITION.**

#### **RYGBI 'TOUCH' CYMYSG / MIXED TOUCH RUGBY**

##### **CYMHWYSTER**

Sgwad o ddeg (10) chwaraewr, ac o'u plith, bydd chwech (6) ohonynt ar y maes ar unrhyw adeg. Rhaid i o leiaf tair (3) geneth a thri (3) bachgen fod ar y maes yn ystod pob gêm. Rhaid i bob chwaraewr fod rhwng 14 mlwydd oed a throsodd ac 17 mlwydd oed ac iau ar 1 Medi 2021.

##### **TREFN**

Chwaraeir y gemau naill ai fel 2 gynghair, ag enillydd bob cynghair yn chwarae am y safle cyntaf a'r ail safle, neu fel twrnamaint gornest gron, yn dibynnu ar nifer y timau fydd yn cyfranogi a nifer y meysydd chwarae fydd ar gael.

Yn ystod pob gêm, chwaraeir 7 munud bob ochr, a bydd egwyl o 1-minute munud rhwng y ddau hanner.

Dyfernir pwyntiau fel â ganlyn mewn cynghair:

Ennill	3
Cyfartal â Sgôr	2
Cyfartal Di-sgôr	1
Colli	Dim

Bydd y chwarae yn cychwyn ac yn ailgychwyn yn y canol trwy dapio'r bêl. Bydd ciciau cosb yn dilyn yr un drefn. Pan ailgychwynnir a phan fydd cig gosb, rhaid i'r tîm sy'n amddiffyn encilio o leiaf 10 metr.

Caniateir Chwech (6) chwaraewr ar y cae ar unrhyw adeg. Gellir eilyddio yn barhaus ar unrhyw adeg o un ochr y cae. Rhaid i'r chwaraewr a gaiff eu heilio wneud cyswllt â'i gilydd y tu ôl i'r llinell ystlys.

Sgorir cais trwy dirio'r bêl ar y llinell gais neu y tu ôl iddi. Dyfernir un pwynt mewn cynghreiriau cymysg. Bydd cais a sgorir gan aelod gwrywaidd o'r

##### **ELIGIBILITY**

A squad of ten (10) players, from whom six (6) players will be on the pitch at any one time. There must be a minimum of three (3) females and three (3) males on the pitch during each match. All players must be aged between 14 years and over and 17 years of age and under on 1st September 2021.

##### **PROCEDURE**

The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part and the number of pitches available.

Each game will be played seven (7) minutes each way, with a 1 minute interval.

League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	Nil

Play starts and restarts at the centre with a "tap". Penalties are performed by the same procedure. On both a re-start and penalty the defending team must retreat at least 10 metres.

Six (6) players are allowed on the field at any one time. Reserves can be continuously substituted at any time from one side of the field. The substituting players must make contact with each other behind the sideline.

A try is scored by grounding the ball on, or behind, the try-line. One point is awarded in mixed leagues.

tîm yn werth un (1) pwynt, ac i annog timau cymysg i basio'r bêl, bydd cais a sgorir gan aelod benywaidd yn werth dau (2) bwynt.

Bydd cyffyrddiad cyfreithlon ag unrhyw ran o'r corff, y dillad a'r bêl. Rhaid i'r chwaraewr hawlio cyffyrddiad trwy godi llaw a gweiddi "Cyffwrdd". Y dyfarnwr yw'r unig un a gaiff feirniadu'r cyffyrddiad, ac mae ganddo'r hawl i wrthod hawliad o'r fath. Gall chwaraewr o'r tîm sy'n ymosod effeithio ar y cyffyrddiad trwy gyffwrdd gwrthwynebydd yn fwriadol.

Pan gyffyrddir â chwaraewr sydd â'r bêl yn ei feddiant, rhaid iddo roi'r bêl ar y llawr yn yr union fan ble cafodd ei gyffwrdd. Ailddechreuir y gêm trwy gamu dros y bêl. Gellir ei reoli â llaw neu droed. Rholio'r bêl yw hyn. Ni all y bêl rollo mwy nag 1 medr. Ni all chwaraewr rollo'r bêl oni chaiff ei gyffwrdd.

Gall y chwaraewr sy'n codi'r bêl (yr hanerwr ffugio neu'r hanerwr gweithredol) redeg, ond os caiff ei gyffwrdd, byddir yn newid drosodd. Ni all yr hanerwr ffugio sgorio a byddir yn newid drosodd (rholi'r bêl) os bydd hyn yn digwydd.

Wedi chwe chyffyrddiad, bydd y meddiant yn newid. Bydd y tîm sy'n ymosod yn cychwyn y chwarae ar y llinell gychwyn, gan gychwyn trwy rollo'r bêl.

Rhaid i'r holl chwaraewyr sy'n amddiffyn encilio mwy na 5 medr o'r fan ble digwyddodd y cyffyrddiad. Ni all y tîm sy'n amddiffyn symud ymlaen nes bydd y chwarae'n ailgychwyn, nac ymyrryd â'r chwarae tra byddant yn encilio. Ailgychwynir pan gaiff y bêl ei thapio neu phan fydd yr hanerwr ffugio yn cyffwrdd y bêl pan gaiff ei rholio. Os na fydd hanerwr yn ei safle (o fewn 1 medr o'r cyffyrddiad), gall amddiffynwyr symud ymlaen o safle iawnochr.

Os yw'r chwaraewr ymosod, sydd yn cymryd dechreuad cyflym, yn cael ei gyffwrdd gan yr amddiffynnydd sydd yn camsefyll bydd y gêm yn parhau. Os nad oes unrhyw fantais i'r ochr ymosod, rhoddir tap cosb am y tro cyntaf.

Pan gaiff y bêl ei rholio o fewn 5 medr o'r llinell sgorio, rhaid i'r chwaraewyr sy'n amddiffyn encilio â'u dwy droed y tu ôl i'w llinell sgorio hwy cyn gallant gyffwrdd. Os cyffyrddir â chwaraewr yn y parth llorio cyn tiro'r bêl, bydd y cyffyrddiad yn cyfrif a chychwynir y chwarae ar y llinell 5 medr. Gwaherddir oedi'r gêm trwy oedi'n fwriadol wrth rollo'r bêl.

Os gollyngir y bêl neu os bydd chwaraewr yn croesi'r llinell ystlys cyn cael ei gyffwrdd, newidir y meddiant. Gwneir hyn trwy rholi'r bêl.

A try by a male member of the team if worth one (1) point, to encourage mixed teams to pass the ball around a try scored by a female is worth two (2) points.

A legal touch is on any part of the body, clothing and ball. A player must claim a touch by raising a hand and shouting, "Touch". The referee is the sole judge of the touch and has the discretion to overrule a claim. An attacking player may affect the touch by deliberately touching the opposition.

When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a ROLLBALL. The ball may not roll more than 1 metre. A player may not perform a rollball unless touched.

The player picking up the ball (the dummy-half or acting half) may run, but if touched a changeover occurs. The dummy-half may not score and a changeover (rollball) will be awarded if this occurs.

After 6 touches possession changes. The attacking team begins play on the "first down", starting with a "rollball".

All defending players must retire more than 5 metres in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the dummy-half touches the ball at the roll ball. If there is no dummy-half in position (within 1 metre of the mark) defenders may advance from an on-side position.

If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap for the first down will be given.

When a rollball is taken within 5 metres of the score line the defending players must retreat with both feet to behind their score line before they can make the touch. If a player is touched in the touchdown zone before grounding the ball the touch counts and play is restarted on the 5 metre line. At all times no team may delay the game by deliberately delaying a rollball.

If the ball is dropped or if a player crosses the sideline before being touched, change of possession will occur. This is by means of a rollball.

Dyfernir cic gosb am y troseddau canlynol: pas ymlaen, camsefyll, rholio'r bêl dros y marc, hawlio Cyffyrddiad na wnaed, ymyrryd pan gaiff y bêl ei rholio (rhedeg o amgylch y ryc) a chwaraewr yn pasio'r bêl ar ôl cael ei gyffwrdd. Pan ddyfernir cig gosb, bydd y dyfarnwr yn symud ymlaen 10 medr o ble ddigwyddodd y drosedd. Rhaid i'r dyfarnwr nodi ble yn union ddylid tapio'r bêl. Rhaid i'r tîm sy'n amddiffyn encilio 10 medr o'r marc neu y tu ôl i'r llinell gais.

Os bydd y tîm sy'n amddiffyn yn rhyng-gipio'r bêl yn aflwyddiannus neu os caiff ei bwrw i lawr yn fwiadol, bydd y tîm sy'n ymosod yn cychwyn trwy rollo'r bêl ar y llinell gychwyn.

Gweithredir yr egwyddor o fantais.

Ni chaniateir unrhyw rwystro, cyswllt gormodol, iaith anwedus na chwarae brwnt - y dyfarnwr yw'r unig feirniad. Dyfernir cic gosb mewn achosion o'r fath a gellir anfon chwaraewr oddi ar y cae am 2 funud. Gall chwarae brwnt difrifol neu barhaus o unrhyw natur arwain at anfon y chwaraewr o'r cae am weddill y gêm ac ni chaniateir eilydd yn ei le.

Rhaid i chwaraewyr wisgo esgidiau a dillad priodol, yn cynnwys crysau/lliwiau eu tîm. Rhaid i grysau fod wedi'u gwisgo'n addas bob amser. Ni chaniateir i chwaraewyr wisgo unrhyw beth a allai niweidio chwaraewyr eraill, e.e. gemwaith neu oriawr.

A penalty is awarded for the following infringements; a forward pass, offside play, performing a roll ball over the mark, claiming a Touch when none was made, interfering with the roll ball (running around the ruck) and passing the ball once touched. When a penalty is awarded, the referee will advance 10 metres from where the infringement occurred. The referee must give the exact mark from where the Tap Ball must be taken. The defending team must retire 10 metres from the mark or behind the try-line.

If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team starts from a "first down" roll ball.

The principle of advantage will be applied.

No obstruction, excessive contact, verbal abuse or foul play will be tolerated – the referee is sole judge. A penalty will be awarded in such cases and a player can receive two (2) minutes in the SIN BIN. Serious or continual foul play of any nature will result in the player being sent off without a replacement.

Players must wear appropriate footwear and clothing, including team shirts/colours. Shirts must be tucked in at all times. Players are not allowed to wear anything that may prove dangerous to other players e.g. jewellery or watches.

## **RYGBI 7-BOB OCHR/ 7 A SIDE RUGBY**

Bydd y gemau'n cael eu chwarae yn unol â chyfreithiau'r IRB.

### **CYMHWYSEDD**

Carfan o 10 dyn, gyda hwy oll yn aelodau a rhaid bod yn 28 oed neu iau ar 1af o Fedi 2021. Mae'n ofynnol fod pob chwaraewr yn 18 oed ar y 18fed o Orffennaf 2022 i allu chwarae.

### **TREFN**

Fydd y gemau yn chwarae ar ffurf 'knockout'.

Hyd y chwarae bydd 7 munud bob hanner.

Os fydd y sgor yn gyfartal ar yr amser terfynol yn y gemau oll, yna bydd hi'n ofynnol i chwarae amser ychwanegol. Bydd yr amser ychwanegol yn cael ei chwarae mewn cyfnod o 5 munud bob ochr a'r timau yn newid ochr chwarae heb egwyl. Bydd y capteniaid ar ddechrau yr amser ychwanegol yn penderfynu ar dafliaid ar y gic neu parhau gyda'r chwarae. Yn yr amser ychwanegol, y tîm fydd yn sgorio gyntaf yn datgan yn enillwyr ar unwaith heb ragor o chwarae.

Mae'n ofynnol bod holl chwaraewyr yn gwisgo'n addas e.e. siorts, sannau ac esgidiau rygbi. Bydd y dyfarnwyr yn goruchwilio ar y dechrau os ydynt yn cyrraedd rheolau Undeb Rygbi Cymru.

Os bydd y dyfarnwr yn danfon chwaraewr oddi ar y cae, ni fydd y chwaraewr yn cael ail-ymuno gyda'r chwarae yn y gystadleuaeth.

Os fod unrhyw aelod yn chwarae ar ddylanwad alcohol, fydd hawl gan y stiwardiaid awdurdod i wrthod yr aelod i gystadlu.

The games shall be played in accordance with the laws of the IRB.

### **ELIGIBILITY**

A squad of ten male members, all of whom must be 28 years of age or under on the 1<sup>st</sup> September 2021. All players must be 18 years of age on 18<sup>th</sup> July 2022 to be eligible to play.

### **PROCEDURE**

All games will be played on a knockout basis.

Duration of play will be 7 minutes each way.

In all games, if the scores are level at full time, then extra time will be played. Such extra time will be in periods of five minutes when teams will change ends without an interval. Before commencement of extra time the captains shall toss for the right to kick off or the choice of ends. In extra time the team which scores first will immediately be declared the winner without further play.

All competitors will be suitably dressed, i.e. shorts, socks and boots. Referee will check that all boots conform with the regulations of the Welsh Rugby Union.

A player who is 'sent off' by the referee shall take no further part in the competition. The referee shall be the sole arbiter on points of dispute.

If any member is believed to be under the influence of alcohol, stewards will have the authority to refuse the member from competing.

# **RHEOLAU DIWRNOD CHWARAEON**

## **2022**

### ***SPORTS DAY RULES***

Dyddiad / Date: TBC

**I'W GYNNAL YN: / TO BE HELD AT: TBC**

**RHAID I GYSTADLEUWYR DDARPARU EU CARDIAU AELODAETH AR DDIWRNOD Y GYSTADLEUAETH.**  
**COMPETITORS MUST SUPPLY THEIR MEMBERSHIP CARDS ON THE DAY OF THE COMPETITION.**

#### **ATHLETAU / ATHLETICS**

##### **TREFN**

Bydd y gystadleuaeth Athletau yn cynnwys campau trac a maes. Ar gyfer y campau trac, bydd dwy ras gynderfynol ac un ras derfynol. Bydd 6 categori i bob camp:

14 neu iau – Bechgyn  
14 neu iau – Merched  
16 neu iau – Bechgyn  
16 neu iau – Merched  
21 neu iau – Dynion  
21 neu iau – Menywod  
28 neu iau – Dynion  
28 neu iau – Menywod

##### **CAMPAU TRAC**

Ras 1 – 100m  
Ras 2 – 800m

##### **CAMPAU MAES**

Camp 1 – Taflu'r Pwysau  
Camp 2 – Disgen  
Camp 3 – Naid Hir  
Camp 4 – Naid Uchel

##### **RAS GYFNEWID**

4x100m

Er mwyn dod o hyd i'r tim Athletau buddugol, fe fydd marciau fel a ganlyn;  
1af - 4 pwynt; 2il - 3 pwynt; 3ydd - 2 bwynt; ac 1 pwynt am gyfranogi.

##### **PROCEDURE**

The Athletics competition will include both track and field events. For each track event there will be two semi finals and a final. All events will be held in 6 categories –

14 or under – Male  
14 or under – Female  
16 or under – Male  
16 or under – Female  
21 or under – Male  
21 or under – Female  
28 or under – Male  
28 or under – Female

##### **TRACK EVENTS**

Race 1 – 100m  
Race 2 – 800m

##### **FIELD EVENTS**

Event 1 – Shot Put  
Event 2 – Discuss  
Event 3 – Long Jump  
Event 4 – High Jump

##### **RELAY RACE**

4 x 100m

In order to find the overall winning Athletics teams, points will be awarded as follows:  
1<sup>st</sup> – 4 points, 2<sup>nd</sup> – 3 points, 3<sup>rd</sup> – 2 points; 1 point for participation.