

**FFEDERASIWN CLYBIAU FFERMWYR IEUAINC SIR GÂR**  
**CARMARTHENSHIRE FEDERATION OF YOUNG FARMERS CLUBS**

**RHEOLAU SIARAD CYHOEDDUS CYMRAEG A SAESNEG**  
**2018/2019**

**WELSH & ENGLISH PUBLIC SPEAKING RULES**

Darllen Cymraeg a Saesneg / Welsh and English Reading  
Adran Iau Cymraeg a Saesneg / Welsh and English Junior  
Seit Holi Adran Ganol Gymraeg / Welsh Intermediate Brainstrust  
Seit Holi Adran Ganol Saesneg / English Intermediate Brainstrust  
Dadl Adran Hŷn Cymraeg / Welsh Senior Debating  
Siarad Ar Ôl Cinio Hŷn Saesneg / English Senior After Dinner Speaking

**ENGLISH PUBLIC SPEAKING:**

***Saturday, 24<sup>th</sup> November 2018 / Dydd Sadwrn 24<sup>ain</sup> o Dachwedd 2018***

**NANTGAREDIG PRIMARY SCHOOL / YSGOL GYNRADD NANTGAREDIG**

**Closing Dates: 31-10-2018**

**SIARAD CYHOEDDUS CYMRAEG:**

***Saturday, 26<sup>th</sup> January 2019 / Dydd Sadwrn 26<sup>ain</sup> o Ionawr 2019***

**YSGOL GYNRADD NANTGAREDIG / NANTGAREDIG PRIMARY SCHOOL**

**Closing Dates: 05-01-2019**

**DARLLEN ADRAN IAU CYMRAEG A SAESNEG /**  
**WELSH AND ENGLISH JUNIOR READING**

<b><u>CYNYCHOLAETH</u></b> Gall unrhyw faint o dîmau gystadlu o bob Clwb.	<b><u>REPRESENTATION</u></b> Clubs may enter as many teams as they wish.
<b><u>CYMHWYSTR</u></b> Bydd tîm yn cynnwys tri aelod, a bydd rhaid iddynt oll fod yn <u>14 mlwydd oed</u> neu'n iau ar 1 Medi 2018 ac yn aelodau llawn o Glwb CFfl yng Nghymru sy'n gysylltiedig â CFfl Sir Gâr neu FfCCFfl. Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.	<b><u>ELIGIBILITY</u></b> A team shall consist of three members, each of whom must be <u>14 years of age</u> or under on 1 September 2018 and full members of a YFC Club based in Carmarthenshire and affiliated to either Wales YFC or NFYFC. Competitors will be required to show their membership cards.
<b><u>TREFN</u></b> Bydd y tîm o dri yn darllen darn a ddewisir ac a ddarperir gan y Beirniad.	<b><u>PROCEDURE</u></b> The team of three members to read a passage selected and provided by the Judge.

<p>Bydd angen i gystadleuwyr ddarllen yn llafar, yn Gymraeg / Saesneg ac o flaen cynulleidfa.</p> <p>Caiff bob tîm wybod enw'r llyfr a ddefnyddir (yn cynnwys y rhif ISBN) 3 wythnos cyn diwrnod y rownd derfynol.</p> <p>Bydd y Prif Stiward yn rhoi'r detholiadau a ddarllenir (oddeutu un ochr neu dudalen o'r llyfr a ddewisir) i'r cystadleuwyr <b>ar ddiwrnod y rownd derfynol</b>.</p> <p>Pennir trefn y cystadlu trwy dynnu enwau o het cyn y gystadleuaeth.</p> <p>Bydd bob tîm yn aros yn yr ystafell baratoi nes daw eu tro hwy i gystadlu i osgoi mantais annheg, oherwydd bydd yr holl dimau yn darllen yr un detholiad. Felly, ni chaniateir i gystadleuwyr na hyfforddwyr fod yn yr ystafell ble cynhelir y gystadleuaeth cyn iddynt hwy gystadlu.</p> <p>Bydd cystadleuwyr yn gallu dewis darllen o lyfr neu o'r cerdyn a ddarperir.</p> <p>Bydd y Cadeirydd yn cyflwyno'r tîm ac yn amlinellu cefndir y llyfr yn gryno.</p> <p>Bydd angen i bob aelod o'r tîm (gan gynnwys y Cadeirydd) ddarllen darn gwahanol o'r llyfr, ond bydd bob tîm yn darllen yr un detholiadau â'r timau eraill.</p> <p>Caiff timau 10 munud cyn iddynt gystadlu i ddarllen y detholiadau gyda'u hyfforddwyr yn yr ystafell baratoi. Cofiwch y bydd bob tîm yn rhannu'r ystafell baratoi.</p> <ul style="list-style-type: none"> <li>• Gall aelodau ddarllen y detholiadau a roddir iddynt yn yr ystafell baratoi.</li> <li>• Caniateir llyfrau yn yr ystafell baratoi ymlaen llawn.</li> <li>• Caniateir i bob tîm gael un hyfforddwr yn yr ystafell baratoi.</li> </ul>	<p>Competitors will be required to read aloud, in Welsh / English and in front of an audience.</p> <p>The title of the book (including ISBN number) to be used will be notified to each team 3 weeks before the day of the competition Final.</p> <p>The passages to be read (approximately one side or a page from the chosen book) will be given to finalists by the Chief Steward <b>on the day of the final</b>.</p> <p>A draw will be made for the order of appearance prior to the competition.</p> <p>All teams will be held in the preparation room until it is their turn to compete to avoid an unfair advantage as all teams are reading the same text. Therefore competitors and trainers will not be allowed into the room where the competition is taking place before competing.</p> <p>Competitors have the choice to read from the book.</p> <p>The Chairman to introduce the team and give a brief background about the book.</p> <p>Each member of the team (including the Chairman) will be required to read a different passage from the book, but each team will read the same set of passages as the other teams.</p> <p>Teams will be given 10 minutes before they compete to read through the passages with their trainer in the preparation room. Please bear in mind that the preparation room will be shared by all teams.</p> <ul style="list-style-type: none"> <li>• Members may read through their given passages in the preparation room.</li> <li>• Books are allowed in the preparation room beforehand.</li> <li>• One trainer per team is allowed into the preparation room.</li> </ul>
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<p><b><u>AMSERU</u></b> Cadeirydd (agor) 2 funud</p> <p><b>COSBAU</b> Bydd y cosbau amser yn un marc am bob hanner munud (neu ran o hanner munud) dros yr amser a ganiateir.</p> <p>Ni roddir amser penodol i'r aelodau sy'n darllen.</p>	<p><b><u>TIMING</u></b> Chairman (opening) 2 minutes</p> <p><b>PENALTIES</b> Time deductions are one mark for each half-minute (or part thereof) over the allocated time.</p> <p>Members reading will not have an allocated time.</p>
<p><b><u>MARCIO</u></b></p> <p><b>CADEIRYDD</b> Cyflwyniad Agoriadol 15</p> <p><b>DARLLENYDD 1 - CADEIRYDD</b> Geirio 10 Eglurder 10 Synnwyr a Mynegiant (ystyr dramatig) 10 <b>Cyfanswm 30</b></p> <p><b>DARLLENYDD 2</b> Geirio 10 Eglurder 10 Synnwyr a Mynegiant (ystyr dramatig) 10 <b>Cyfanswm 30</b></p> <p><b>DARLLENYDD 3</b> Geirio 10 Eglurder 10 Synnwyr a Mynegiant (ystyr dramatig) 10 <b>Cyfanswm 30</b></p> <p>Gwaith tîm Cyflwyniad Cyffredinol Argraff 15</p> <p><b>CYFANSWM 120</b></p>	<p><b><u>SCALE OF MARKS</u></b></p> <p><b>CHAIRMAN</b> Opening Introduction 15</p> <p><b>READER 1 - CHAIRMAN</b> Diction 10 Clarity 10 Sense &amp; Expression (dramatic meaning) 10 <b>Total 30</b></p> <p><b>READER 2</b> Diction 10 Clarity 10 Sense &amp; Expression (dramatic meaning) 10 <b>Total 30</b></p> <p><b>READER 3</b> Diction 10 Clarity 10 Sense &amp; Expression (dramatic meaning) 10 <b>Total 30</b></p> <p>Teamwork Overall Presentation Appearance 15</p> <p><b>TOTAL 120</b></p>
<p><b><u>CYFFREDINOL</u></b> Bydd penderfyniad y beirniad yn derfynol.</p> <p>Mae CFFI Sir Gâr yn cadw'r hawl i newid neu ddiddymu unrhyw un o'r rheolau uchod.</p>	<p><b><u>GENERAL</u></b> The adjudicator's decision will be final.</p> <p>Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.</p>

Bydd tîm o DRI aelod, a ddewiswyd gan y beirniad, yn cynrychioli'r Sir ar lefel Cymru ar 30 <sup>ain</sup> o Fawrth 2019 yn Llanelwedd.	A team of THREE members, selected by the Judge, will go on to represent the County at Wales level on the 30 <sup>th</sup> of March 2019 at Llanelwedd.
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**SIARAD CYHOEDDUS IAU CYMRAEG A SAESNEG /**  
**WELSH AND ENGLISH JUNIOR PUBLIC SPEAKING**

<p><b><u>CYNYRCHIOLAETH</u></b>  Gall unrhyw faint o dîmau gystadlu o bob Clwb.</p>	<p><b><u>REPRESENTATION</u></b>  Clubs may enter as many teams as they wish.</p>
<p><b><u>CYMHWYSTRA</u></b>  Bydd tîm yn cynnwys tri aelod, a bydd rhaid iddynt oll fod yn <u>16 mlwydd oed</u> neu'n iau ar 1 Medi 2018 ac yn aelodau llawn o Glwb CFFI yn Sir Gâr sy'n gysylltiedig â CFFI Cymru neu FfCCFFI. Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.</p>	<p><b><u>ELIGIBILITY</u></b>  A team shall consist of three members, each of whom must be <u>16 years of age</u> or under on 1 September 2018 and full members of a YFC Club based in Carmarthenshire and affiliated to either Wales YFC or NFYFC. Competitors will be required to show their membership cards.</p>
<p><b><u>TREFN</u></b>  Bydd tîm yn cynnwys Cadeirydd, Siaradwr a Chynigydd y Diolchiadau. Caniateir i gystadleuwyr fod yn ystafell y gystadleuaeth cyn ac wedi iddynt gystadlu.</p> <p>Bydd y drefn yn dilyn trefn cyfarfod cyffredinol.</p> <p>Cyflwynir y Cadeirydd i'r Siaradwr bymtheg munud cyn bydd tîm y Cadeirydd yn cystadlu.</p> <p>Bydd y Siaradwr yn darparu nodiadau ysgrifenedig â manylion y pwnc a ddewiswyd a manylion personol (ee. Ysgol, diddordebau arbennig, aelodaeth CFFI, swyddi yn y Clwb, gweithgareddau o fewn y Clwb, ac ati). Dylid ysgrifennu'r nodiadau hyn ar y cerdyn a ddarperir a'u cyflwyno i'r Prif Stiward ar ddechrau'r gystadleuaeth a bydd y nodiadau <b>ar gael</b> i'r Cadeirydd a'r beirniad. Sylwer y gellir defnyddio PowerPoint fel cymhorthyn gweledol i'r Siaradwr, ond ni ddylid ei ddefnyddio trwy gydol yr araith a gellir ei ddefnyddio i ychwanegu at yr araith yn unig. h.y. <b>NID</b> cystadleuaeth cyflwyniad busnes yw hon.</p>	<p><b><u>PROCEDURE</u></b>  The team shall consist of a Chairman, Speaker and Proposer of the Vote of Thanks. Competitors before and after competing may be admitted to the competition room.</p> <p>The procedure will follow that of a normal meeting.</p> <p>Fifteen minutes before his or her team is due to compete; the Chairman will be introduced to the speaker.</p> <p>The Speaker will provide written notes giving the subject chosen and personal background (e.g. school, special interests, YFC membership, Club Offices held, activities within the Club, etc.). These notes to be written on the card provided and handed to the Chief Steward at the beginning of the competition and will be <b>available</b> for the Chairman and Judges. To note that Power Point may be used as a visual aid for the Speaker but they are not to be used for the whole speech and can only be used to enhance the speech. i.e. this is <b>NOT</b> a business presentation competition.</p>

<p>Bydd y Siaradwr, a fydd yn westai i dîm arall, yn dewis ei bwnc ei hun. Yna bydd y Siaradwr yn ateb cwestiwn a ofynnir gan y Cynigydd ac yna cwestiwn gan y panel beirniad.</p> <p>Bydd y cadeirydd yn gwahodd y beirniad i ofyn cwestiwn/cwestiynau i'r siaradwr, a fydd yn ymateb.</p> <p>Bydd y Cynigydd yn eistedd yn ystafell y gystadleuaeth. Bydd yn codi pwynt penodol o anerchiad y siaradwr ac yn rhoi sylwadau, cytuno neu anghytuno ac yn gofyn un cwestiwn sy'n berthnasol i bwnc yr anerchiad. Bydd yn cynnig diolchiadau i'r Siaradwr ar ôl i'r holl gwestiynau gael eu trafod.</p> <p>Ni chaniateir unrhyw gyfathrebu, yn ysgrifenedig neu ar lafar rhwng aelodau'r tîm neu'r gynulleidfa, a bydd gwneud hynny yn arwain at eich <b><u>diarddel o'r gystadleuaeth yn syth</u></b>.</p> <p>Caniateir i'r cystadleuwyr ysgrifennu nodiadau i GYFEIRIO ATYNT wrth gystadlu cyn belled bod y nodiadau hyn wedi'u hysgrifennu a'r GARDIAU POST. Fodd bynnag, cosbir cystadleuwyr am ddefnydd gormodol ac amlwg o nodiadau. Ni chaniateir i'r timau ddefnyddio unrhyw gyfeirlyfrau na phapurau eraill wrth gystadlu, oni bai am gymhorthion gweledol er mwyn cynorthwyo'r gynulleidfa i ddeall y pwnc dan sylw.</p>	<p>The Speaker, who will be the guest of another team, will choose his/her own subject. The Speaker will then answer a question put by the Proposer and then a question from the judge. There is to be no questions asked from the floor/audience. A total of two questions will be asked.</p> <p>The chairman will invite the judge to put one question to the speaker who will then respond.</p> <p>The Proposer will be seated in the body of the hall. He/she will take up some point in the Speaker's address, comment, agree or disagree and ask one pertinent question on the subject matter of the address. He/she will give the Vote of Thanks to the Speaker after all questions have been dealt with.</p> <p>No communication, written or verbal between any of the team members, or the audience, will be permitted, and to do so will result in <b><u>immediate disqualification</u></b>.</p> <p>Competitors may take notes FOR REFERENCE on to the platform as long as these notes are written on POSTCARDS. However, excessive and obvious use of notes will be penalised. No other reference books or papers may be used by teams while on the platform, except for visual aids intended to add to the understanding of the subject by the audience.</p>
<p><b><u>AMSERU</u></b>  CADEIRYDD (cyflwyniad agoriadol): 2 funud  SIARADWR: 6 munud  CYNIGYDD Y DIOLCHIADAU (cwestiwn): Dim cyfyngiad amser  CYNIGYDD Y DIOLCHIADAU (diolchiadau): 1 munud 30 eiliad</p> <p><b><u>COSBAU</u></b>  Bydd y cosbau amser yn un marc am bob hanner munud (neu ran o hanner munud) dros yr amser a ganiateir gan unrhyw aelod o'r tîm. Gall y beirniaid</p>	<p><b><u>TIMING</u></b>  CHAIRMAN (Opening): 2 minutes  SPEAKER: 6 minutes  PROPOSER OF VOTE OF THANKS (question): No time limit  PROPOSER OF VOTE OF THANKS (thanks): 1 minute and 30 seconds</p> <p><b><u>PENALTIES</u></b>  Time deductions are one mark for each half-minute (or part thereof) over the allocated time by any member of the team. The judges may also deduct</p>

hefyd dynnu marciau os bydd y timau yn defnyddio llai o amser na'r hyn a ganiateir.	marks if the timings are below half of what is expected.
<p><b>MARCIO</b></p> <p><b>SIARADWR</b></p> <p>Cyflwyno'r anerchiad a'r gallu i siarad 20</p> <p>Cynnwys yr anerchiad/gwybodaeth am y pwnc 20</p> <p>Ateb y cwestiynau 10</p> <p><b>Cyfanswm 50</b></p> <p><b>CADEIRYDD 30</b></p> <p><b>CYNIGYDD Y DIOLCHIADAU 20</b></p> <p><b>CYFANSWM 100</b></p>	<p><b>SCALE OF MARKS</b></p> <p><b>SPEAKER</b></p> <p>Presentation of speech &amp; ability to speak 20</p> <p>Content of speech &amp; knowledge of subject 20</p> <p>Answer to questions 10</p> <p><b>Total 50</b></p> <p><b>CHAIRMAN 30</b></p> <p><b>PROPOSER OF VOTE OF THANKS 20</b></p> <p><b>TOTAL 100</b></p>
<p><b>CYFFREDINOL</b></p> <p>Caniateir i gystadleuwyr fod yn Ystafell y Gystadleuaeth cyn ac wedi iddynt gystadlu.</p> <p>Mae penderfyniad y Beirniad yn derfynol.</p> <p>Mae CFFl Sir Gâr yn cadw'r hawl i newid neu ddiddymu unrhyw un o'r rheolau uchod.</p> <p><b>Bydd tîm o DRI aelod, a ddewiswyd gan y beirniad, yn cynrychioli'r Sir ar lefel Cymru ar 30<sup>ain</sup> o Fawrth 2019 yn Llanelwedd.</b></p>	<p><b>GENERAL</b></p> <p>Competitors before and after competing may be admitted to the Competition Room.</p> <p>The Judge's decision is final.</p> <p>Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.</p> <p><b>A team of THREE members, selected by the Judge, will go on to represent the County at Wales level on the 30<sup>th</sup> of March 2019 at Llanelwedd.</b></p>

## "HOW TO" GUIDE – JUNIORS PUBLIC SPEAKING

**The Team** – Note different shapes/colours for different team members.

The Chair and Speaker to sit at the Table at the front of the room and the Proposer to the Vote of Thanks sits in the body of the hall (normally in the front row)



### **Format**

Timing	Chair	Speaker	Proposer to the Vote of Thanks
Start	Welcome & introduction of Speaker		

	(2 minutes)		
02:00		Speaks on a topic (6 Minutes)	
08:00	Thanks Speaker & explains procedure for questions Introduces Proposer (approx. 1 minute)		
09:00			Summarises Speakers Speech with comments & asks a Question to the speaker (approx. 2 minutes)
11:00	Repeats question (approx. 30 seconds)		
11:30		Speaker answers Question (approx. 1 min)	
12:30	Asks for further questions takes a question from the judges (approx. 1 min)		
13:30	Repeats Judges question (approx. 30 sec)		
14:00		Speaker answers Question (approx. 1 min)	
15:00	Introduces the vote of thanks (approx. 30 seconds)		
15:30			Delivers vote of thanks to the speaker (1 minute 30 seconds)
16:30	Chair concludes (approx. 30 seconds)		
17:00	END		

## **Role descriptions**

### **Chairman:**

The Chairman – set the scene and ensures it all runs smoothly.

(Time penalty if Chair goes over 2 minutes in Opening speech, rest of Chair duties not timed.)

You will to have an air of authority – but keep the panel and audience relaxed, remaining in control and attentive throughout

In your introduction you have 2 minutes to set the scene for the audience – the event they are attending

Briefly introduce yourself the proposer of the vote of thanks and the main speaker

Work out a skeleton introduction for your Speaker – make them sound as interesting as possible

During the competition introduce each speaker in turn, thanking them with a brief comment when they finish

Chair Concludes - add your final comments and close the meeting.

### **The Speaker:**

The Speaker has 6 minutes to talk on any topic – it's their choice!

(Time penalty if speaker goes over time)

You are to give a speech on a topic of your choice

Keep the wording of your speech simple and natural as if in conversation

Allow as much of your personality to show as possible – give ideas, opinions and views

The speech should be a mixture of humour and fact where possible

End your speech by thanking the audience and the chair

### **Proposer of the Vote of Thanks:**

Have two key roles – Comment with question & Vote of Thanks

#### **Comment with question**

Proposer to comment on the Speaker's address, agree or disagree and ask one pertinent question on the subject matter of the address

Ask a question to the speaker through the chairman – try and link the question to something you picked out in the summary

#### **Vote of Thanks** (Time penalty if go over 1 minute)

Prepare a skeleton speech so you have a rough idea of what you want to say – comment on the speakers speech to show you have listened

Thank the guest speaker for their speech sincerely

### **Pre-Competition Time: 15 minutes**

Chairman to gain information from the speaker in order to introduce them correctly and give a brief overview of their speech

Use any remaining time to run through individual speeches

Speaker to give the Chief Steward their written notes giving the subject chosen and personal background.

The written notes to be available to the Chair and Judges

## **SEIAT HOLI ADRAN GANOL CYMRAEG / WELSH INTERMEDIATE BRAINSTRUST**

<b><u>CYNRYCHOLAETH</u></b> Gall unrhyw faint o dîmau gystadlu o bob Clwb.	<b><u>REPRESENTATION</u></b> Clubs may enter as many teams as they wish.
<b><u>CYMHWYSTR</u></b> Bydd tîm yn cynnwys pedwar aelod, a bydd rhaid iddynt oll fod yn <u>21 oed</u> neu'n iau ar 1 Medi 2018 ac yn aelodau llawn o Glwb CFFl yn Sir Gâr sy'n gysylltiedig â FfCCFFl/CFfl Cymru. Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.	<b><u>ELIGIBILITY</u></b> A team shall consist of four members, each of whom must be <u>21 years</u> of age or under on 1 September 2018 and full members of a YFC Club based in Carmarthenshire and affiliated to either Wales YFC or NFYFC. Competitors will be required to show their membership cards.
<b><u>TREFN</u></b> Bydd tîm yn cynnwys Cadeirydd a phanel o dri aelod. Tynnir enwau o het i bennu trefn y cystadlu cyn diwrnod y gystadleuaeth.  Bydd rhaid i bob cystadleuydd fod yn bresennol 20 munud cyn mynd ar y llwyfan. Rhoddir dewis o amlenni wedi'u selio i'r Cadeirydd. Dewisir un amlen, a bydd yn cynnwys chwe chwestiwn, tri chwestiwn cyffredinol a thri ynghylch materion gweledig, a bydd y cadeirydd yn dewis tri chwestiwn i'w trafod gan y tîm. Rhaid dewis o leiaf un cwestiwn o bob adran ac un arall.	<b><u>PROCEDURE</u></b> The team shall consist of a Chairman and a panel of three members. The draw for order of appearance will be made prior to the day.  All competitors must be present 20 minutes before going onto the platform; the Chairman will be given a choice of sealed envelopes. One will be chosen which will contain six question topics, three of a general nature and three on rural affairs, from which he/she will select three for discussion by the team. One question must be selected from each section plus one other.



<p>Ni fydd y Cadeirydd yn gallu cyfathrebu ymlaen llaw â'r tîm ynghylch y cwestiynau a ddewisir ganddo/ganddi. <b>Ni ellir rhoi unrhyw fanylion ysgrifenedig i'r Panel ynghylch y testunnau i'w trafod, ac ni ellir defnyddio ffôn symudol <u>ar unrhyw adeg</u>.</b> Y gosb fydd diarddel awtomatig.</p> <p>Bydd y Cadeirydd yn gyfrifol am gyflwyno'r panel i'r gynulleidfa, gofyn pob cwestiwn i'r panel, crynhoi eu hatebion, cloi y cyfarfod, amseru, rheoli'r panel a sicrhau fod pob cwestiwn yn cael ei drafod.</p> <p>Dylid ymdrin â'r gystadleuaeth fel cyfarfod ffurfiol.</p> <p>Gall cystadleuwyr ddefnyddio eu nodiadau eu hunain ar y llwyfan AT DDIBENION CYFEIRIO, ond cosbir defnydd gormodol ac amlwg o nodiadau. Ni all cystadleuwyr ddefnyddio unrhyw gyfeirlyfrau na phapurau eraill tra byddant ar y llwyfan.</p>	<p>The Chairman will have no prior communication with the team about the questions he/she has selected to be discussed. <b>No written communication on the topics to be discussed may be given to the Panel or any use of a mobile phone <u>at any time</u>.</b> The penalty will be automatic disqualification.</p> <p>The Chairman will be responsible for introducing the panel to the audience, putting each question to the panel, summarizing their answers, concluding the meeting, timing, control of the panel and coverage of each question.</p> <p>The competition should be treated as a formal meeting.</p> <p>Competitors may make their own notes FOR REFERENCE on the platform, but excessive and obvious use of notes will be penalized. No other reference books or papers may be used while on the platform.</p>																																
<p><b><u>AMSERU</u></b> Caniateir 20 munud i bob tîm o ddechrau cyflwyniad y Cadeirydd a bydd disgwyl i dimau gadw at yr amser a ganiateir.</p> <p><b><u>COSBAU</u></b> Bydd y cosbau amser yn un marc am bob hanner munud (neu ran o hanner munud) dros yr amser a ganiateir.</p>	<p><b><u>TIMING</u></b> 20 minutes will be allowed for each team from the commencement of the Chairman's introduction and the teams will be expected to keep to the timing stated.</p> <p><b><u>PENALTIES</u></b> Time deductions are one mark for each half minute (or part thereof) over the allotted time.</p>																																
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<b>Cyfanswm</b> 35 x 3	<b>35</b> 105	<b>Total</b> 35 x 3	<b>35</b> 105
<b>PANEL - CYFFREDINOL</b>		<b>PANEL – GENERAL</b>	
Ymddygiad ac arddull cyffredinol	15	General deportment & Style	15
Clywadwyedd	10	Audibility	10
Argraff cyffredinol y tîm	20	Overall impression of team	20
<b>Cyfanswm</b>	<b>45</b>	<b>Total</b>	<b>45</b>
<b>CYFANSWM</b>	<b>200</b>	<b>TOTAL</b>	<b>200</b>
<b><u>CYFFREDINOL</u></b>		<b><u>GENERAL</u></b>	
Caniateir i gystadleuwyr fod yn Ystafell y Gystadleuaeth cyn ac wedi iddynt gystadlu.  Mae penderfyniad y Beirniad yn derfynol.  Mae CFFI Sir Gâr yn cadw'r hawl i newid neu ddiddymu unrhyw un o'r rheolau uchod.  Bydd tîm o <b>BEDWAR</b> aelod, a ddewiswyd gan y beirniad, yn cynrychioli'r Sir ar lefel Cymru ar 30 <sup>ain</sup> o Fawrth 2019 yn Llanelwedd.		Competitors before and after competing may be admitted to the Competition Room.  The Judge's decision is final.  Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.  <b>A team of FOUR members, selected by the Judge, will go on to represent the County at Wales level on the 30th of March 2019 at Llanelwedd.</b>	

### **SEIAT HOLI ADRAN GANOL SAESNEG / ENGLISH INTERMEDIATE BRAINSTRUST**

<b><u>CYNRYCHIOLAETH</u></b> Gall unrhyw faint o dîmau gystadlu o bob Clwb.	<b><u>REPRESENTATION</u></b> Clubs may enter as many teams as they wish.
<b><u>CYMHWYSTRA</u></b> Bydd tîm yn cynnwys pedwar aelod, a bydd rhaid iddynt oll fod yn <u>21 mlwydd oed</u> neu'n iau ar 1 Medi 2018 ac yn aelodau llawn o Glwb CFFI yn Sir Gâr sy'n gysylltiedig â CFFI Cymru neu FfCCFFI. Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.	<b><u>ELIGIBILITY</u></b> A team shall consist of four members, each of whom must be <u>21 years of age</u> or under on 1 September 2018 and full members of a YFC Club based in Carmarthenshire and affiliated to either Wales YFC or NFYFC. Competitors will be required to show their membership cards.
<b><u>TREFN</u></b> Bydd y tîm yn cynnwys Cadeirydd a phanel o dri aelod. Tynnir enwau o het i bennu trefn y cystadlu cyn diwrnod y gystadleuaeth.	<b><u>PROCEDURE</u></b> The team shall consist of a Chairman and a panel of three members. The draw for order of appearance will be made prior to the day.

<p>Bydd rhaid i bob cystadleuydd fod yn bresennol 20 munud cyn mynd ar y llwyfan. Rhoddir dewis o amlenni wedi'u selio i'r Cadeirydd. Dewisir un amlen, a bydd yn cynnwys chwe chwestiwn, tri chwestiwn cyffredinol a thri ynghylch materion gweledig, a bydd y cadeirydd yn dewis tri chwestiwn i'w trafod gan y tîm. Rhaid dewis o leiaf un cwestiwn o bob adran ac un arall.</p> <p>Ni fydd y Cadeirydd yn gallu cyfathrebu ymlaen llaw â'r tîm ynghylch y cwestiynau a ddewisir ganddo/ganddi. <b>Ni ellir rhoi unrhyw fanylion ysgrifenedig i'r Panel ynghylch y testunnau i'w trafod, ac ni ellir defnyddio ffôn symudol <u>ar unrhyw adeg</u>.</b> Y gosb fydd diarddel awtomatig.</p> <p>Bydd y Cadeirydd yn gyfrifol am gyflwyno'r panel i'r gynulleidfa, gofyn pob cwestiwn i'r panel, crynhoi eu hatebion, cloi y cyfarfod, amseru, rheoli'r panel a sicrhau fod pob cwestiwn yn cael ei drafod.</p> <p>Dylid ymdrin â'r gystadleuaeth fel cyfarfod ffurfiol.</p> <p>Gall cystadleuwyr ddefnyddio eu nodiadau eu hunain ar y llwyfan AT DDIBENION CYFEIRIO, ond cosbir defnydd gormodol ac amlwg o nodiadau. Ni all cystadleuwyr ddefnyddio unrhyw gyfeirlyfrau na phapurau eraill tra byddant ar y llwyfan.</p>	<p>All competitors must be present 20 minutes before going onto the platform; the Chairman will be given a choice of sealed envelopes. One will be chosen which will contain six question topics, three of a general nature and three on rural affairs, from which he/she will select three for discussion by the team. One question must be selected from each section plus one other.</p> <p>The Chairman will have no prior communication with the team about the questions he/she has selected to be discussed. <b>No written communication on the topics to be discussed may be given to the Panel or any use of a mobile phone <u>at any time</u>.</b> The penalty will be automatic disqualification.</p> <p>The Chairman will be responsible for introducing the panel to the audience, putting each question to the panel, summarizing their answers, concluding the meeting, timing, control of the panel and coverage of each question.</p> <p>The competition should be treated as a formal meeting.</p> <p>Competitors may make their own notes FOR REFERENCE on the platform, but excessive and obvious use of notes will be penalized. No other reference books or papers may be used while on the platform.</p>												
<p><b><u>AMSERU</u></b> Caniateir 20 munud i bob tîm o ddechrau cyflwyniad y Cadeirydd a bydd disgwyl i dimau gadw at yr amser a ganiateir.</p> <p><b><u>COSBAU</u></b> Bydd y cosbau amser yn un marc am bob hanner munud (neu ran o hanner munud) dros yr amser a ganiateir.</p>	<p><b><u>TIMING</u></b> 20 minutes will be allowed for each team from the commencement of the Chairman's introduction and the teams will be expected to keep to the timing stated.</p> <p><b><u>PENALTIES</u></b> Time deductions are one mark for each half minute (or part thereof) over the allotted time.</p>												
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Cloi y cyfarfod	5	Closure of Meeting	5
Gallu ac arddull	10	Ability & Style	10
<b>Cyfanswm</b>	<b>50</b>	<b>Total</b>	<b>50</b>
<b>PANEL – POB CWESTIWN</b>		<b>PANEL – EACH QUESTION</b>	
Ansawdd, perthnasedd ac amrywiaeth y drafodaeth	20	Quality, Relevance & Range of discussion	20
Cydweithio a gweithio fel tîm	15	Co-operation & Team work	15
<b>Cyfanswm</b>	<b>35</b>	<b>Total</b>	<b>35</b>
35 x 3	105	35 x 3	105
<b>PANEL - CYFFREDINOL</b>		<b>PANEL – GENERAL</b>	
Ymddygiad ac arddull cyffredinol	15	General deportment & Style	15
Clywadwyedd	10	Audibility	10
Argraff cyffredinol y tîm	20	Overall impression of team	20
<b>Cyfanswm</b>	<b>45</b>	<b>Total</b>	<b>45</b>
<b>CYFANSWM</b>	<b>200</b>	<b>TOTAL</b>	<b>200</b>
<b><u>CYFFREDINOL</u></b>		<b><u>GENERAL</u></b>	
Caniateir i gystadleuwyr fod yn Ystafell y Gystadluaeth cyn ac wedi iddynt gystadlu.		Competitors before and after competing may be admitted to the Competition Room.	
Mae penderfyniad y Beirniad yn derfynol.		The Judge's decision is final.	
Mae CFFI Sir Gâr yn cadw'r hawl i newid neu ddiddymu unrhyw un o'r rheolau uchod.		Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.	
Bydd tîm o BEDWAR aelod, a ddewiswyd gan y beirniad, yn cynrychioli'r Sir ar lefel Cymru ar 30 <sup>ain</sup> o Fawrth 2019 yn Llanelwedd.		A team of FOUR members, selected by the Judge, will go on to represent the County at Wales level on the 30 <sup>th</sup> of March 2019 at Llanelwedd.	

### **DADL ADRAN HŶN CYMRAEG / WELSH LANGUAGE SENIOR DEBATING**

<b><u>CYNRYCHIOLAETH</u></b> Gall unrhyw faint o dîmau gystadlu o bob Clwb.	<b><u>REPRESENTATION</u></b> Clubs may enter as many teams as they wish.
<b><u>CYMHWYSTRA</u></b> Bydd tîm yn cynnwys tri aelod, a bydd rhaid iddynt oll fod yn <u>26 mlwydd oed</u> neu'n iau ar 1 Medi 2018 ac yn	<b><u>ELIGIBILITY</u></b> A team shall consist of three members, each of whom must <u>be 26 years of age</u> or under on 1 September

<p>aelodau llawn o Glwb CFFl yn Sir Gâr sy'n gysylltiedig â CFFl Cymru neu FfCCFFl. Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.</p>	<p>2018 and full members of a YFC Club based in Carmarthenshire and affiliated to either Wales YFC or NFYFC. Competitors will be required to show their membership cards.</p>
<p><b><u>TREFN</u></b>  Bydd tîm yn cynnwys Cadeirydd, Cynigydd a Gwrthwynebydd.  Gwahanir y tîm: bydd y Cadeirydd, y Cynigydd a'r Gwrthwynebydd yn gweithredu o fewn gwahanol dimau.  Hysbysir pob tîm dair wythnos cyn y gystadlaeth ynghylch pynciau eu dadl.</p> <p>Dylai'r sefyllfa fod yn debyg i gyfarfod ffurfiol.</p> <p>Gall cystadleuwyr ddefnyddio nodiadau, ond gellir eu cosbi am wneud defnydd gormodol ohonynt.</p> <p><b><u>FFORMAT</u></b></p> <p>a) Bydd y Cadeirydd yn agor y cyfarfod, yn cyflwyno'r ddadl a'r dadleuwr ac yna bydd gwahodd y Cynigydd i gyflwyno'i gynnig i'w drafod Yna, bydd yn gwahodd y Gwrthwynebydd i ymateb.</p> <p>b) Yna bydd y Cadeirydd yn agor y ddadl gan ganiatâu pum munud yn unig i siaradwyr o'r gynulleidfa.</p> <p>c) Yna, bydd y Cadeirydd yn gofyn i'r GWRTHWYNEBYDD GRYNHOI.</p> <p>d) Yna, bydd y Cynigydd yn siarad am y tro olaf.</p> <p>e) Bydd y Cadeirydd, mor gryno a diduedd a phosib, yn crynhoi'r ddadl gan gloi drwy atgoffa aelodau o union eiriad y cynnig.</p> <p>f) Caniateir i'r Cadeirydd benodi cyfrifwyr pleidleisiau os yw'n dymuno.</p> <p>g) Pleidleisir trwy godi dwylo.</p>	<p><b><u>PROCEDURE</u></b></p> <p>Team to consist of a Chairman, Proposer and Opposer.  The team will be separated; the Chairman, Proposer and Opposer will act within different teams.</p> <p>All teams will be notified three weeks before competing of their debating subjects.</p> <p>The situation should be that of a formal meeting.</p> <p>Competitors may use notes but may be penalized if these are excessive.</p> <p><b><u>FORMAT</u></b></p> <p>a) The Chairman opens the meeting, introduces the debate and the debater and then calls upon the Proposer to put the motion for debate. He / she will then invite the Opposer to reply.</p> <p>b) The Chairman shall then open the debate and will limit speakers from the floor of the house to five minutes.</p> <p>c) The Chairman will then ask for the OPPOSER TO SUM UP.</p> <p>d) The Proposer then speaks for the last time.</p> <p>e) The Chairman, as concisely and impartially as possible, shall sum up the debate ending by reminding members of the exact teams of the motion.</p> <p>f) The Chairman at his/her discretion may appoint tellers.</p> <p>g) The vote shall be taken by show of hands.</p> <p>h) The Chairman shall announce the result of the vote</p>

<p>h) Bydd y Cadeirydd yn cyhoeddi canlyniad y bleidlais ac yn cyhoeddi bod y cyfarfod ar ben.</p>	<p>and declare the meeting closed.</p>										
<p><b><u>AMSERU</u></b> Rhennir yr amser fel y ganlyn:</p> <p>Cadeirydd (Agor) 3 munud Dadl 5 munud ar y mwyaf Cynigydd 4 munud Gwrthwynebydd 4 munud Gwrthwynebydd (ymateb terfynol) 4 munud Cynigydd (ymateb terfynol) 4 munud</p> <p><b><u>COSBAU</u></b> Bydd y cosbau amser yn un marc am bob hanner munud (neu ran o hanner munud) dros yr amser a ganiateir.</p>	<p><b><u>TIMING</u></b> Time shall be allocated as follows.</p> <p>Chairman (Opening) 3 minutes Debate 5 minutes maximum Proposer 4 minutes Opposer 4 minutes Opposer (final reply) 4 minutes Proposer (final reply) 4 minutes</p> <p><b><u>PENALTIES</u></b> Time deductions are one mark for each half minutes (or part thereof) over the allotted time.</p>										
<p><b><u>MARCIO</u></b></p> <p><b>CADEIRYDD</b></p> <table data-bbox="119 1037 774 1160"> <tr> <td>Cyflwyniad agoriadol a Crynhoi</td> <td>25</td> </tr> <tr> <td><b>Cyfanswm</b></td> <td><b>40</b></td> </tr> </table> <p><b>CYNIGYDD 25</b></p> <p><b>GWRTHGWYNEBYDD 25</b></p> <p><b>CINYGYDD – ANSAWDD Y CRYNHOI 30</b></p> <p><b>GWRTHWYNEBYDD – ANSAWDD Y CRYNHOI 30</b></p> <p><b>CYFANSWM 150</b></p>	Cyflwyniad agoriadol a Crynhoi	25	<b>Cyfanswm</b>	<b>40</b>	<p><b><u>SCALE OF MARKS</u></b></p> <p><b>CHAIRMAN</b></p> <table data-bbox="842 1037 1412 1160"> <tr> <td>Opening and Handling of Debate</td> <td>25</td> </tr> <tr> <td>Summary</td> <td>15</td> </tr> <tr> <td><b>Total</b></td> <td><b>40</b></td> </tr> </table> <p><b>PROPOSER 25</b></p> <p><b>OPPOSER 25</b></p> <p><b>PROPOSER – QUALITY OF SUMMARY 30</b></p> <p><b>OPPOSER – QUALITY OF SUMMARY 30</b></p> <p><b>TOTAL 150</b></p>	Opening and Handling of Debate	25	Summary	15	<b>Total</b>	<b>40</b>
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<p><b><u>CYFFREDINOL</u></b> Caniateir i gystadleuwyr fod yn Ystafell y Gystadleuaeth cyn ac wedi iddynt gystadlu.</p> <p>Mae penderfyniad y Beirniad yn derfynol.</p> <p>Mae CFFI Sir Gâr yn cadw'r hawl i newid neu ddi-ddymu unrhyw un o'r rheolau uchod.</p>	<p><b><u>GENERAL</u></b> Competitors before and after competing may be admitted to the Competition Room.</p> <p>The Judge's decision is final.</p> <p>Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.</p>										

Bydd tîm o TRI aelod, a ddewiswyd gan y beirniad, yn cynrychioli'r Sir ar lefel Cymru ar 30 <sup>ain</sup> o Fawrth 2019 yn Llanelwedd.	A team of THREE members, selected by the Judge, will go on to represent the County at Wales level on the 30 <sup>th</sup> of March 2019 at Llanelwedd.
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## **SIARAD AR ÔL CINIO ADRAN HYN SAESNEG / ENGLISH SENIOR AFTER DINNER SPEAKING**

<b><u>CYNRYCHIOLAETH</u></b> Gall unrhyw faint o dîmau gystadlu o bob Clwb.	<b><u>REPRESENTATION</u></b> Clubs may enter as many teams as they wish.
<b><u>CYMHWYSTR</u></b> Bydd tîm yn cynnwys tri aelod, a bydd rhaid iddynt oll fod yn <u>26 mlwydd oed</u> neu'n iau ar 1 Medi 2018 ac yn aelodau llawn o Glwb CFFl yn Sir Gâr sy'n gysylltiedig â CFFl Cymru neu FfCCFFl. Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.	<b><u>ELIGIBILITY</u></b> A team shall consist of three members, each of whom must be 26 years of age or under on 1 September 2018 and full members of a YFC Club based in Carmarthenshire and affiliated to either Wales YFC or NFYFC. Competitors will be required to show their membership cards.
<b><u>TREFN</u></b> Bydd y tîm yn cynnwys Cadeirydd, Siaradwr (a fydd yn cynnig y prif llwncdestun) ac Ymatebydd i ymateb ar ran yr Ymwelwyr.  Bydd y Cadeirydd yn cyfarch y ciniawyr ac yn cyflwyno'r Siaradwyr yn y drefn byddant yn ymddangos.  Bydd y timau'n cael eu rhannu fel y bydd y Cadeirydd a'r atebdydd i'r siaradwr gwadd o dîm A a bydd y siaradwr gwadd o dîm B.  Hysbysir pob tîm pedwar wythnos cyn y gystadleuaeth beth fydd eu llwncdestun am y noson. Ar ôl tynnu enwau o het i bennu trefn y cystadlu ac anfon y testunnau at y cystadleuwyr, ni chaniateir i neb dynnu'n ôl.  Gall cystadleuwyr ddefnyddio nodiadau, ond gellir eu cosbi am wneud defnydd gormodol ohonynt.  Bydd timau yn cael cyfle i gwrdd er mwyn cyfnewid nodiadau 15 munud cyn ymddangos ar y llwyfan.	<b><u>PROCEDURE</u></b> The team shall consist of a Chairman, Guest Speaker (who will propose the main toast) and a Respondent to Guest Speaker.  The Chairman will address the diners and introduce the Speakers in order of appearance.  Teams will be split so that the Chairman and Respondent to Guest Speaker will be from Team A and the Guest Speaker will be from Team B.  All teams will be notified four weeks before competing of their toast for the evening. Once the draw is done and topics have been issued, no withdrawals will be accepted.  Competitors may use notes but may be penalized if these are excessive.  Teams will be given the opportunity of meeting to exchange notes 15 minutes before appearing on the platform.

<p><b><u>MARCIO</u></b></p> <table border="0"> <tr> <td>CADEIRYDD</td> <td>40</td> </tr> <tr> <td>SIARADWR GWADD</td> <td>30</td> </tr> <tr> <td>YMATEBYDD</td> <td>30</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td><b>100</b></td> </tr> </table> <p>Bydd beirniaid yn ystyried gwreiddioldeb, cyflwyniad yr araith, hiwmor, amseru, clywadwyedd, gwybodaeth am y pwnc, defnyddio nodiadau a gwisgoedd.</p> <p><b><u>Cosbir timau am unrhyw jôcs di-chwaeth ac iaith anweddus.</u></b></p>	CADEIRYDD	40	SIARADWR GWADD	30	YMATEBYDD	30	<b>CYFANSWM</b>	<b>100</b>	<p><b><u>SCALE OF MARKS</u></b></p> <table border="0"> <tr> <td>CHAIRMAN</td> <td>40</td> </tr> <tr> <td>SPEAKER</td> <td>30</td> </tr> <tr> <td>RESPONDENT TO GUEST SPEAKER</td> <td>30</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> </tr> </table> <p>Judges will take into consideration originality, presentation of speech, humor, timing, audibility, knowledge of subject, use of notes and dress.</p> <p><b><u>Teams will be penalized for using distasteful jokes or bad language.</u></b></p>	CHAIRMAN	40	SPEAKER	30	RESPONDENT TO GUEST SPEAKER	30	<b>TOTAL</b>	<b>100</b>
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<p><b><u>CYFFREDINOL</u></b></p> <p>Caniateir i gystadleuwyr fod yn Ystafell y Gystadlaeth cyn ac wedi iddynt gystadlu.</p> <p>Mae penderfyniad y Beirniad yn derfynol.</p> <p>Mae CFFI Sir Gâr yn cadw'r hawl i newid neu ddiddymu unrhyw un o'r rheolau uchod.</p> <p><b>Bydd tîm o BUMP aelod, a ddewiswyd gan y beirniad, yn cynrychioli'r Sir ar lefel Cymru ar 30<sup>ain</sup> o Fawrth 2019 yn Llanelwedd.</b></p>	<p><b><u>GENERAL</u></b></p> <p>Competitors before and after competing may be admitted to the Competition Room.</p> <p>The Judge's decision is final.</p> <p>Carmarthenshire YFC reserves the right to amend or cancel any of the foregoing rules.</p> <p><b>A team of FIVE members, selected by the Judge, will go on to represent the County at Wales level on the 30<sup>th</sup> of March 2019 at Llanelwedd.</b></p>																