

**CLYBIAU FFERMWYR IFANC SIR GÂR**  
**CARMARTHENSHIRE YOUNG FARMERS CLUBS**



# RALI / RALLY

Maes y Sioe Nantyci Show Ground

11/05/2024



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<p><b><u>COMPULSORY</u></b></p> <ul style="list-style-type: none"> <li>• Generation Game (RWAS)</li> <li>• Federation Display or Main Ring (RWAS)</li> </ul>	<p><b><u>COMPULSORY</u></b></p> <ul style="list-style-type: none"> <li>• Generation Game (RWAS)</li> <li>• Federation Display or Main Ring (RWAS)</li> </ul>

**\*- Rules are located in the Senior Section, however Juniors are welcome to enter a team and if the club wants the competition counted towards the shield then all members need to be under 18.**

**DYDDIAD CAU / CLOSING DATE: 29/04/2024**

**LLYFYR LLOFFION I'W GYFLWYNO I'R SWYDDFA ERBYN /  
SCRAPBOOK TO BE PRESENTED TO THE OFFICE: 29/04/2024**

**Cystadlaethau Angenrheidiol / Compulsory Competitions**

**Federation Display (1 comp)**

<p><b>TEITL</b> 200 mlynedd o'r RNLI</p> <p><b>TÎM</b> Hyd at chwech aelod (28 mlwydd oed neu'n iau). Ni chaniateir mwy na phedwar aelod i lwyfannu a pharatoi'r arddangosfeydd. Caniateir i ddau aelod ychwanegol i godi'r ffrâm yn unig.</p> <p><b>MESURIADAU</b> Caniateir y mesuriadau canlynol: 6' (1m 82.9 cm) o uchder; 6' (1m 82.9 cm) o led; 4'6" (1m 37.1 cm) o ddyfnder – uchafswm y mesuriadau allanol (gweler y rheolau cyffredinol ynglŷn â'r cosbau cysylltiedig ar gyfer arddangosfeydd sydd ddim yn bodloni'r gofynion maint angenrheidiol)</p> <p><b>AMSER</b> Caniateir i aelodau i gyrraedd am 8yb, er mwyn ei fod wedi cwblhau y dasg erbyn 9yb.</p> <p><b>CYFLENWAD TRYDAN</b> Bydd un soced drydan ar gael ar gyfer pob arddangosfa, a chaniateir un wifren drydan yn unig i bob arddangosfa. Mae'n ofynnol fod unrhyw blygiau a ddefnyddir gan y cystadleuwyr wedi cael prawf PAT.</p> <p><b>NODIADAU</b> Rhaid i bob aelod wisgo côt wen. Bydd y Clwb sy'n cymryd rhan yn gyfrifol am unrhyw labeli; gallant fod yn Gymraeg yn unig, yn Saesneg yn unig, neu'n ddwyieithog. Rhaid i'r holl adeiladu gael ei wneud gan yr aelodau. Fydd angen gadael yr arddangosfa yn y safle tan ddechrau'r seremoni. Ni chaniateir unrhyw fwydydd darfodus. Mae'r cystadleuwyr yn gyfrifol am yr holl eitemau yn eu harddangosfa.</p> <p>Ni ddylid defnyddio ffonau symudol wrth baratoi, cystadlu a gosod.</p> <p><b>Rhaid i'r timau gofio y dylai'r arddangosfa fod yn addas i'w gweld gan blant a phobl o bob oedran.</b></p> <p><b>SYSTEM FARCIO</b> Dehongli'r thema 30 Saernïaeth y cefndir a'r llwyfannu 15</p>	<p><b>TITLE</b> 200 Years of the RNLI</p> <p><b>TEAM</b> Up to six members (28 years of age or under). No more than four members to stage and prepare displays. The two additional members are only permitted to erect the frame.</p> <p><b>MEASUREMENTS</b> Space allowed 6' (1m 82.9 cm) high; 6' (1m 82.9 cm) wide; 4'6" (1m 37.1 cm) deep - maximum outside measurements (please see general rules regarding penalties for displays that do not meet the necessary size specification).</p> <p><b>TIME</b> Members will be allowed to arrive at 8am, to complete the task by 9am.</p> <p><b>ELECTRIC</b> One electric socket will be available per display, and only one trailing lead is allowed from the display. It is a requirement that any plugs being used by competitors are PAT tested.</p> <p><b>NOTES</b> All members must wear white coats. Participating Club to be responsible for all labelling, this may be in English only, Welsh only, or bilingual. All construction is to be made by members. The display will not be cleared until the beginning of the ceremony. No perishable foods are allowed. Competitors are responsible for all items on display.</p> <p>No mobile phones are to be used during preparation, competition, and setting up.</p> <p><b>Teams must remember that the exhibit should be suitable for viewing by all ages.</b></p> <p><b>SCALE OF MARKS</b> Interpretation of theme 30</p>
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Ansawdd y cynnwys	20	Workmanship of backing and staging	15
Argraff a chyflwyniad cyffredinol	25	Quality of content	20
Defnydd o'r lle a ganiateir	10	Overall impression and presentation	25
<b>Cyfanswm</b>	<b><u>100</u></b>	Use of space allowed	10
		<b>TOTAL</b>	<b>100</b>

## Main Ring (1 comp)

<p><b>TÎM</b> Tîm o bedwar aelod (aelod o dan 28, aelod o dan 21, aelod o dan 18 ac aelod o dan 16).</p> <p><b>TASG</b> Pob aelod o'r tîm i gystadlu mewn ras arddull 'It's a Knockout', gyda'r holl aelodau wedi gwisgo i fyny gan ddefnyddio'r thema 'Gwasanaethau Brys'. Un aelod o'r tîm i wneud sylwebaeth fyw cyn y ras, lle gofynnir iddynt gyflwyno eu tîm (fel cymeriadau neu fel aelodau). Bydd un meic radio llaw yn cael ei gyflenwi ar gyfer y sylwebaeth.</p> <p><b>AMSER</b> Ni ddylai'r arddangosfa fod yn hirach na 3 munud.</p> <p>Hyd at 15 eiliad dros amser - 2 farc cosb; Hyd at 30 eiliad dros amser - 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p>Bydd pob tîm wedyn yn cystadlu mewn ras Gemau heb Ffiniau lle bydd y tîm cyflymaf yn ennill y nifer uchaf o bwyntiau.</p> <p><b>NODYN</b> Caniateir i aelodau newid eu hesgidiau ar gyfer y ras gyfnewid, ond rhaid gwisgo gweddill y wisg yn llawn.</p> <p><b>SYSTEM FARCIO</b></p> <table> <tr> <td>Ras Gemau heb Ffiniau</td> <td>50</td> </tr> <tr> <td>Sylwebaeth ac effaith gyffredinol</td> <td>30</td> </tr> <tr> <td>Gwisg</td> <td>10</td> </tr> <tr> <td>Gwreiddioldeb</td> <td>10</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> </tr> </table>	Ras Gemau heb Ffiniau	50	Sylwebaeth ac effaith gyffredinol	30	Gwisg	10	Gwreiddioldeb	10	<b>TOTAL</b>	<b>100</b>	<p><b>TEAM</b> A Team of four members (one 28, one 21, one 18, and one 16 years of age and under).</p> <p><b>TASK</b> All members of the team compete in an 'It's a Knockout' style race, with all members dressed up using the theme 'Emergency Services'. One member of the team is to do a live commentary before the race, where they are asked to introduce their team (as characters or as members). One handheld radio mic will be supplied for the commentary.</p> <p><b>TIME</b> The maximum time allowed for the commentary is 3 minutes.</p> <p>Up to 15 seconds overtime - 2 penalty marks; Up to 30 seconds overtime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p>Each team will then compete in an It's a Knockout style race where the fastest team will gain the highest number of points.</p> <p><b>NOTE</b> Members are allowed to change their footwear for the relay race; however the rest of the costume must be worn in full.</p> <p><b>SCALE OF MARKS</b></p> <table> <tr> <td>It's a Knockout Race</td> <td>50</td> </tr> <tr> <td>Commentary and Overall Effect</td> <td>30</td> </tr> <tr> <td>Costumes</td> <td>10</td> </tr> <tr> <td>Originality</td> <td>10</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> </tr> </table>	It's a Knockout Race	50	Commentary and Overall Effect	30	Costumes	10	Originality	10	<b>TOTAL</b>	<b>100</b>
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## Gem y Cenedlaethau Hŷn / Senior Generation Game (1 comp)

<p><b>THEMA</b> Gwasanaethau Brys</p> <p><b>TÎM</b> Dau aelod (rhwng 18 a 28 oed)</p> <p><b>TASG</b> Gofynnir i'r cystadleuwyr, yn unigol neu fel tîm, i wneud/perfformio tasg o fewn amser penodol fel a ddangosir gan y beirniad ar y diwrnod.</p> <p><b>SGORIO</b> Cyfanswm marciau 100.</p>	<p><b>THEME</b> Emergency Services</p> <p><b>TEAM</b> Two members (between 18 and 28 years of age)</p> <p><b>TASK</b> Competitors will be required, individually or as a team, to complete/perform a task in a given amount of time as demonstrated by the judge on the day.</p> <p><b>SCORING</b> Total marks 100.</p>
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## Gem y Cenedlaethau Iau / Junior Generation Game (1 comp)

<p><b>THEMA</b> Gwasanaethau Brys</p> <p><b>TÎM</b> Dau aelod (18 neu iau)</p> <p><b>TASG</b> Gofynnir i'r cystadleuwyr, yn unigol neu fel tîm, i wneud/perfformio tasg o fewn amser penodol fel a ddangosir gan y beirniad ar y diwrnod.</p> <p><b>SGORIO</b> Cyfanswm marciau 100.</p>	<p><b>THEME</b> Emergency Services</p> <p><b>TEAM</b> Two members (18 years of age or under)</p> <p><b>TASK</b> Competitors will be required, individually or as a team, to complete/perform a task in a given amount of time as demonstrated by the judge on the day.</p> <p><b>SCORING</b> Total marks 100.</p>
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# Adran Hŷn / Senior Section

## Barnu Stoc Gwartheg Limousin Hŷn / Limousin Cattle Stock Judging Seniors (1 comp)

<p><b>TÎM</b> Dau Aelod (Dau aelod 28 oed neu'n iau).</p> <p><b>TASG</b> Cystadleuwyr i osod a rhoi rhesymau ar ddau gylch o bedwar o wartheg.</p> <p><b>SYLWER</b> Caiff pob adran eu beirniadu ar bwyntiau'r brîd.</p> <p><b>AMSERU</b> Caniateir 15 munud ar gyfer arolygiad.</p> <p><b>RHESYMAU</b> Caniateir dwy funud i bob cystadleuydd gyflwyno eu rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob 15 eiliad neu ran o hynny. Bydd y marciau yn cael eu tynnu o gyfanswm y gystadleuydd.</p>	<p><b>TEAM</b> Two members (Two members 28 years of age or under).</p> <p><b>TASK</b> Competitors to place and give reasons on two rings of four cattle.</p> <p><b>NOTE</b> Cattle are to be judged on breed points.</p> <p><b>TIMING</b> 15 minutes allowed for inspection.</p> <p><b>REASONS</b> Each competitor will be allowed two minutes to state his/her reasons. Competitors who exceed this time limit will incur penalties at a rate of two marks for each 15 seconds or part thereof. The marks will be deducted from the competitor's total.</p>
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## Barnu Stoc Defaid Texels Hŷn / Texel Sheep Stock Judging Seniors (1 comp)

<p><b>TÎM</b> Dau Aelod (Dau aelod 28 oed neu'n iau).</p> <p><b>TASG</b> Cystadleuwyr i osod a rhoi rhesymau ar ddau gylch o bedwar o ddefaid.</p> <p><b>SYLWER</b> Caiff pob adran eu beirniadu ar bwyntiau'r brîd.</p> <p><b>AMSERU</b> Caniateir 15 munud ar gyfer arolygiad.</p> <p><b>RHESYMAU</b> Caniateir dwy funud i bob cystadleuydd gyflwyno eu rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob 15 eiliad neu ran o hynny. Bydd y marciau yn cael eu tynnu o gyfanswm y gystadleuydd.</p>	<p><b>TEAM</b> Two members (Two members 28 years of age or under).</p> <p><b>TASK</b> Competitors to place and give reasons on two rings of four sheep.</p> <p><b>NOTE</b> Cattle are to be judged on breed points.</p> <p><b>TIMING</b> 15 minutes allowed for inspection.</p> <p><b>REASONS</b> Each competitor will be allowed two minutes to state his/her reasons. Competitors who exceed this time limit will incur penalties at a rate of two marks for each 15 seconds or part thereof. The marks will be deducted from the competitor's total.</p>
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## Barnu Cobiau Adran D Cymreig Hŷn / Section D Cob Stock Judging Seniors (1 comp)

<p><b>TÎM</b> Dau Aelod (Dau aelod 28 oed neu'n iau).</p> <p><b>TASG</b> Cystadleuwyr 28 a 21 oed neu iau i osod a rhoi rhesymau ar ddau gylch o bedwar cob.</p> <p><b>SYLWER</b> Caiff y cobiau eu beirniadu ar Bwyntiau'r Brîd.</p> <p><b>AMSERU</b> Caniateir 15 munud ar gyfer adolygiad y cobiau.</p> <p><b>RHESYMAU</b> Caniateir dwy funud i bob cystadleuydd gyflwyno eu rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob 15 eiliad neu ran o hynny. Bydd y marciau yn cael eu tynnu o gyfanswm y gystadleuydd.</p>	<p><b>TEAM</b> Two members (Two members 28 years of age or under).</p> <p><b>TASK</b> The 28 and 21 years of age and under competitors to place and give reasons on two rings of four cobs.</p> <p><b>NOTES</b> Cobs to be judged on Breed Points.</p> <p><b>TIMING</b> 15 minutes allowed for inspection of the cobs.</p> <p><b>REASONS</b> Each competitor will be allowed two minutes to state his/her reasons. Competitors who exceed this time limit will incur penalties at a rate of two marks for each 15 seconds or part thereof. The marks will be deducted from the competitor's total.</p>
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## Coginio / Cooking RWAS (1 comp)

<p><b>THEMA</b> Cinio Dathlu'r Gwasanaethau Brys</p> <p><b>TÎM</b> Dau aelod (28 mlwydd oed neu iau).</p> <p><b>TASG</b> Tîm o 2 aelod i goginio pryd dau gwrs a osodwyd gan y beirniad. Rhoddir y dull/rysâit ar y diwrnod i aelodau eu dilyn. Fe fydd yr aelodau yn derbyn rhestr cynhwysion 1 wythnos cyn y gystadleuaeth. Bydd un pryd yn sawrus ac un yn felys.</p> <p><b>OFFER</b> Bydd rhestr o'r offer sydd ei angen yn cael ei ddosbarthu 1 wythnos cyn y gystadleuaeth, gan gynnwys pryddau arddangos.</p> <p>Aelodau i ddod a halen a phapur.</p> <p><b>AMSER</b> Caniateir awr i goginio, gan gynnwys arddangos y pryd yn yr alcof gwyn (68.5cm X 68.5cm X 61cm o uchder) (gellir gosod deunydd cefndir ac ategolion cyn i'r awr gychwyn ac ni fydd yn cael ei gynnwys yn yr amser).</p> <p>Rhoddir 15 munud i ddarllen a deall y rysâit. Caniateir 1 awr i goginio'r rysâit - yn ogystal â phwyso a pharatoi'r cynhwysion. Caniateir 15 munud ychwanegol i aelodau gwblhau holiadur hylendid bwyd.</p>	<p><b>THEME</b> Emergency Services Celebration Dinner</p> <p><b>TEAM</b> Two members (28 years of age or under).</p> <p><b>TASK</b> A team of 2 members to cook a two-course meal set by the judge. Members will be given a a method/recipe on the day for members to follow. Members will receive the ingredient list 1 week prior to the competition. One dish will be savoury and one will be sweet.</p> <p><b>EQUIPMENT</b> A list of equipment needed will be circulated 1 week before the competition, including display dishes.</p> <p>Members are to bring salt and pepper.</p> <p><b>TIME</b> One hour is allowed for cooking, including displaying the dishes in the white alcove (68.5cm X 68.5cm X 61cm high) (background material and accessories can be arranged before the hour starts and will not be included in the time).</p> <p>15 minutes will be given to read and understand the recipe. 1 hour will be allowed to cook the recipe- as well as weigh and prepare the ingredients. An additional 15 minutes will be allowed for members to complete a food hygiene questionnaire.</p>
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**COSBAU AMSER**

Os na fydd timau'n gorffen o fewn yr awr ar gyfer coginio (15 munud ychwanegol ar gyfer holiadur), bydd 1 pwynt y funud yn cael ei dynnu o'r sgôr terfynol.

**LLE GWEITHIO**

Un bwrdd trestl gan gynnwys lle i goginio.

**ARDDANGOSFA**

Rhaid arddangos y pryd yn yr alcof gwyn (68.5cm x 68.5cm x 61cm o uchder) (gellir gosod deunydd cefndir ac ategolion cyn i'r awr gychwyn ac ni fydd yn cael ei gynnwys yn yr amser). Rhaid i'r arddangosfeydd fod o fewn y maint/llae a ddarparir gan gynnwys unrhyw orchuddion neu leinin mewn/ar unrhyw lestri gweini/cynhwysyddion (cystadleuwyr i'w darparu). Gellir defnyddio ategolion sydd yn cydfynd a gweddill yr arddangosfa gyda gweddill yr arddangosfa a hynny ar raddfa gydag ef a'i gilydd, ond ddim yn flaenllaw.

**NODIADAU**

Ni ddylid defnyddio ffonau symudol wrth baratoi, cystadlu a gosod.

**SYSTEM FARCIO**

Gwaith Tîm a Dull	35
Cyflwyniad / Arddangosfa	15
Canlyniad terfynol yr eitem a baratowyd (lليw / blas / gwedd / ayyb.)	40
Holiadur	10
<b>CYFANSWM</b>	<b>100</b>

**TIME PENALTIES**

Should teams not finish within the hour for cooking (an additional 15 minutes for the questionnaire), 1 point per minute will be deducted from the overall score.

**WORKSPACE**

One trestle table including cooking space.

**DISPLAY**

Meal to be displayed in the white alcove (68.5cm x 68.5cm x 61cm high) (backing material and accessories may be arranged by the competitors before the commencement of the one hour and will be outside of this time). All exhibits are to be within the alcove size\space including any drapes or lining, in\on serving dishes\containers (competitors to supply). Accessories that are in harmony with the rest of the exhibit and that are in scale with it and each other, but not dominant, are allowed.

**NOTES**

No mobile phones are to be used during preparation, competition, and setting up.

**SCALE OF MARKS**

Teamwork and Method	35
Presentation / Display	15
Finished results of prepared item (colour /flavour / texture / etc.)	40
Questionnaire	10
<b>TOTAL</b>	<b>100</b>

**Crefft / Craft RWAS (1/2 comp)****TÎM**

Un aelod. (21 mlwydd oed neu iau).

**TASG**

Rhoddd neu wobwr am wasanaeth hir neu ymdeoliad o fewn y Gwasanaethau Brys.

Bydd angen i gystadleuwyr ddarparu clip fideo yn dangos sut y gwnaethant greu eu rhoddd. Rhaid i'r clip fideo ddangos elfennau allweddol o weithgynhyrchu'r anrheg a rhaid iddo fod o leiaf 2 funud ac uchafswm o 5 munud.

**TEAM**

One member. (21 years of age or under).

**TASK**

A gift or award for long service or retirement within the Emergency Services.

Competitors will need to provide a video clip demonstrating how they created their gift. The video clip must show key elements of the manufacture of the gift and must be a minimum of 2 minutes and a maximum of 5 minutes.

<p>Bydd angen i gystadleuwyr gyflwyno cod QR i'w arddangos er mwyn i'r cyhoedd allu sganio a gwyllo'r fideo.</p> <p>Ar ddiwrnod y gystadleuaeth gofynnir cwestiynau i'r aelod am y crefftwaith.</p> <p>Ni ddylai'r fideo fod yn sioe sleidiau o ddelweddau, rhaid iddo fod yn gyfres o glipiau fideo amser real, neu'n fideo treigl amser i ddangos yr aelod sy'n gweithgynhyrchu'r eitem.</p> <p><b>MESURIADAU</b> Lle arddangos – Hanner bwrdd trestl i gynnwys yr eitem orffenedig a'r cod QR.</p> <p><b>COSTAU</b> Ni ddylai'r gost fod yn fwy na £20 - costau i'w harddangos. Bydd hygreddd cost yn cael ei ystyried gan y barnwr.</p> <p><b>AMSER</b> 15 munud i arddangos yr arddangosfa.</p> <p><b>NODIADAU</b> Ni ddylid defnyddio ffonau symudol wrth baratoi, cystadlu a gosod.</p> <p><b>SYSTEM FARCIO</b></p> <table border="0"> <tr><td>Gwreiddioldeb a dewis crefft</td><td>15</td></tr> <tr><td>Cynllun</td><td>15</td></tr> <tr><td>Saerñaeth</td><td>30</td></tr> <tr><td>Cyflwyniad a golwg yr eitem orffenedig</td><td>15</td></tr> <tr><td>Cynnwys y Fideo</td><td>15</td></tr> <tr><td>Cwestiynau'r Beirniaid</td><td>10</td></tr> <tr><td><b>CYFANSWM</b></td><td><b>100</b></td></tr> </table>	Gwreiddioldeb a dewis crefft	15	Cynllun	15	Saerñaeth	30	Cyflwyniad a golwg yr eitem orffenedig	15	Cynnwys y Fideo	15	Cwestiynau'r Beirniaid	10	<b>CYFANSWM</b>	<b>100</b>	<p>Competitors will need to present a QR code to be displayed for the public to scan and watch the video.</p> <p>On competition day the member will be asked questions on the workmanship.</p> <p>The video must not be a slideshow of images, it must a series of real-time video clips, or a time-lapse video to demonstrate the member manufacturing the item.</p> <p><b>MEASUREMENTS</b> Display space – Half a trestle table to include the finished item and QR code.</p> <p><b>COSTINGS</b> Not to exceed £20 in total- costings to be displayed. Credibility of cost will be considered by the judge.</p> <p><b>TIME</b> 15 minutes to display the exhibit.</p> <p><b>NOTES</b> No mobile phones to be used during competition.</p> <p><b>SCALE OF MARKS</b></p> <table border="0"> <tr><td>Originality and choice of craft used</td><td>15</td></tr> <tr><td>Design</td><td>15</td></tr> <tr><td>Workmanship</td><td>30</td></tr> <tr><td>Presentation and appearance of the finished item</td><td>15</td></tr> <tr><td>Content of Video</td><td>15</td></tr> <tr><td>Judges Questions</td><td>10</td></tr> <tr><td><b>TOTAL</b></td><td><b>100</b></td></tr> </table>	Originality and choice of craft used	15	Design	15	Workmanship	30	Presentation and appearance of the finished item	15	Content of Video	15	Judges Questions	10	<b>TOTAL</b>	<b>100</b>
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### Cneifio Defaid / Sheep Shearing RWAS (1 comp)

<p><b>TÎM</b> Dau aelod (un 28 ac un 21 oed neu iau).</p> <p><b>TASG</b> Aelodau i gneifio dau oen yr un.</p> <p><b>NODIADAU</b> Mae'n rhaid i gystadleuwyr ddarparu eu pen cneifio eu hunain.</p> <p>Rhaid i bob cystadleuydd sy'n cystadlu yng nghystadleuaeth cneifio CFFI fod wedi pasio Prawf Medrusrwydd NPTC neu Wobr Glas y Bwrdd Gwlân, <b>rhaid danfon copi o'r dystysgrif i Swyddfa CFFI Sir Gar cyn y diwrnod.</b></p>	<p><b>TEAM</b> Two members (one 28 and one 21 years of age or under).</p> <p><b>TASK</b> Members to shear two lambs each.</p> <p><b>NOTES</b> Competitors must provide their own shearing heads.</p> <p>All members must have passed either an NPTC Proficiency Test or a BWMB Blue Seal in Sheep Shearing to compete in the YFC Sheep Shearing Competition, a copy of the certificate <b>must be supplied to the Carmarthenshire YFC office in advance of the day.</b></p>
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<p><b>SYSTEM FARCIO</b> Bydd rheolau a system farcio BISCA 2024 yn weithredol ar gyfer y gystadleuaeth.</p>	<p><b>SCORING SYSTEM</b> The BISCA Rules and marking system for 2024 will apply.</p>
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### Trin Gwlân / Wool Handling RWAS (1/2 comp)

<p><b>CYSTADLEUAETH 6</b> TRIN GWLÂN</p> <p><b>TÎM</b> Un aelod (28 mlwydd oed neu iau).</p> <p><b>TASG</b> Un aelod i drîn dau gnu o wîlan.</p> <p><b>NODIADAU</b> Cystadleuwyr i fod yn gyfrifol am ddarparu eu hysgubell (brwsh) eu hunain.</p> <p><b>SYSTEM FARCIO</b> Bydd rheolau a system farcio BISCA 2024 yn weithredol ar gyfer y gystadleuaeth.</p>	<p><b>COMPETITION 6</b> WOOL HANDLING</p> <p><b>TEAM</b> One member (28 years of age or under).</p> <p><b>TASK</b> One member to handle two fleeces.</p> <p><b>NOTES</b> Competitors are responsible for supplying their own broom.</p> <p><b>SCORING SYSTEM</b> The BISCA Rules and marking system for 2024 will apply.</p>
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### Canu Unigol / Solo Singing RWAS (1/2 comp)

<p><b>UNIGOL</b> – Un aelod (28 mlwydd oed neu iau).</p> <p><b>TASG</b> Cân neu gymysgedd sy'n defnyddio caneuon sy'n cynnwys 'môr' neu 'ddŵr' yn y teitl neu'r geiriau gyda'r thema 'dŵr'</p> <p><b>CYFEILIANT</b> Traciau Cefndirol yn unig ar ffurf MP3. Ni chaniateir cyfeiliant byw.</p> <p><b>AMSER</b> Caniateir uchafswm o 5 munud. Caniateir isafswm o 2 munud.</p> <p><b>COSB AMSER</b> Hyd at 15 eiliad dros neu o dan amser – 2 farc cosb; Hyd at 30 eiliad dros neu o dan amser – 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p><b>OFFER</b> Dylai aelodau ddarparu ffeiliau MP3 priodol ar ffon USB a ddylai gynnwys lleisiau cefndir yn unig (bydd technegydd y CFFI yn gyfrifol am chwarae'r ffeiliau MP3).</p> <p>Meicroffonau – Bydd gan y cystadleuwyr hyd at chwech meic llaw.</p>	<p><b>Solo</b> - One member (28 years of age or under).</p> <p><b>TASK</b> A song or medley using songs that include 'sea' or 'water' in the title or lyrics with the theme 'Water'.</p> <p><b>ACCOMPANIMENT</b> Backing track only in MP3 Format. No live accompaniment is allowed.</p> <p><b>TIME</b> The maximum time allowed is 5 minutes. The minimum time allowed is 2 minutes.</p> <p><b>TIME PENALTIES</b> Up to 15 seconds overtime or undertime - 2 penalty marks; Up to 30 seconds overtime or undertime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>EQUIPMENT</b> Members are to supply the MP3 files on a USB stick which should include backing vocals only (MP3s will be operated by the YFC technician).</p> <p>Microphones – Competitors will have up to six handheld radio mics.</p>
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<b>SYSTEM FARCIO</b>		<b>SCALE OF MARKS</b>	
Perfformio	35	Performance	35
Lleisiol	35	Vocal	35
Gwisg	10	Costume	10
Effaith Gyffredinol	20	Overall Effect	20
<b>CYFANSWM</b>	<b>100</b>	<b>TOTAL</b>	<b>100</b>

### Canu Grŵp / Group Singing RWAS (1 comp)

<p><b>GRŴP</b> – Hyd at 6 aelod a dim llai na 2 aelod (28 mlwydd oed neu iau).</p> <p><b>TASG</b> Cân neu gymysgedd o ganeuon gyda'r thema 'Arwr'</p> <p><b>CYFEILIANT</b> Traciau Cefndirol yn unig ar ffurf MP3. Ni chaniateir cyfeiliant byw.</p> <p><b>AMSER</b> Caniateir uchafswm o 5 munud. Caniateir isafswm o 2 munud.</p> <p><b>COSB AMSER</b> Hyd at 15 eiliad dros neu o dan amser – 2 farc cosb; Hyd at 30 eiliad dros neu o dan amser – 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p><b>OFFER</b> Dylai aelodau ddarparu ffeiliau MP3 priodol ar ffon USB a ddylai gynnwys lleisiau cefndir yn unig (bydd technegydd y CFFI yn gyfrifol am chwarae'r ffeiliau MP3).</p> <p>Meicroffonau – Bydd gan y cystadleuwyr hyd at chwech meic llaw.</p>	<p><b>Group</b> – Up to 6 singers but no less than 2 singers (28 years of age or under).</p> <p><b>TASK</b> A song or medley of songs with the theme 'Hero'</p> <p><b>ACCOMPANIMENT</b> Backing track only in MP3 Format. No live accompaniment is allowed.</p> <p><b>TIME</b> The maximum time allowed is 5 minutes. The minimum time allowed is 2 minutes.</p> <p><b>TIME PENALTIES</b> Up to 15 seconds overtime or undertime - 2 penalty marks; Up to 30 seconds overtime or undertime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>EQUIPMENT</b> Members are to supply the MP3 files which should include backing vocals only (MP3s will be operated by the YFC technician).</p> <p>Microphones – Competitors will have up to six handheld radio mics.</p>																																																
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## Dawnsio / Dancing RWAS (1 comp)

<p><b>TÎM</b> Un tîm, pob tîm o rhwng 4 ac 8 aelod (28 oed neu iau) i berfformio un ddawns.</p> <p><b>TASG</b> Un dîm i berfformio un ddawns yr un gan ddefnyddio dwy neu fwy o arddulliau dawnσιο cyferbyniol.</p> <p><b>AMSER</b> Caniateir uchafswm o 6 munud, ac isafswm o 4 munud i bob tîm.</p> <p><b>Cosb Amser</b> Hyd at 15 eiliad dros neu o dan amser – 2 farc cosb; Hyd at 30 eiliad dros neu o dan amser – 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p><b>OFFER</b> Fydd technegydd CFFI yn gyfrifol am chwarae pob ffeil MP3. Dylai cystadleuwyr ddarparu ffeiliau MP3 priodol ar ffon.</p> <p><b>SYSTEM FARCIO</b> Dawns 1 100</p> <p><b>CYFANSWM</b> 100</p>	<p><b>TEAM</b> A team between 4 and 8 members (28 years of age or under) to perform one dance.</p> <p><b>TASK</b> One team to perform one dance each using two or more contrasting styles of dance.</p> <p><b>Time Penalties</b> Up to 15 seconds overtime or undertime - 2 penalty marks; Up to 30 seconds overtime or undertime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>EQUIPMENT</b> The YFC technician will be responsible for playing all mp3s. Competitors to submit their MP3 files on phone.</p> <p><b>SCALE OF MARKS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Dance 1</td> <td style="text-align: right;">100</td> </tr> </table> <p><b>TOTAL</b> <span style="float: right;"><b>100</b></span></p>	Dance 1	100
Dance 1	100		

## Sgets / Sketch RWAS (1 comp)

<p><b>CYSTADLEUAETH 13</b> SGETS GYDA THEMA ARGYFWNG</p> <p><b>TÎM</b> Tîm o rhwng dau a chwech aelod. (28 oed ac iau).</p> <p><b>TASG</b> Tîm o hyd at chwe aelod i berfformio sgets gan ddefnyddio'r thema 'Argyfwng'. Rhaid bod yn addas ar gyfer gwyllo gan bob oed.</p> <p><b>CYFEILIAINT</b> Caniateir traciau/seiniau cefndir, dylai aelodau ddarparu'r rhain ar USB neu ffeil MP3.</p> <p><b>AMSER</b> Dylai'r perfformiad fod yn isafswm o 2 funud ac yn uchafswm o 5 munud gan gynnwys gosod a chlirio'r llwyfan.</p>	<p><b>COMPETITION 13</b> A SKETCH WITH THE THEME OF EMERGENCY</p> <p><b>TEAM</b> Team of between two and six members. (28 years of age or under).</p> <p><b>TASK</b> Team of up to six members to perform a sketch using the theme of 'Emergency'. Must be suitable for viewing by all ages.</p> <p><b>ACCOMPANIMENT</b> Backing tracks / sounds are allowed, members must supply these on a USB or MP3 file.</p> <p><b>TIME</b> The performance should be a minimum of 2 minutes and a maximum of 5 minutes including the setting and clearing of the stage.</p>
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<p><b>COSB AMSER</b> Hyd at 15 eiliad dros neu o dan amser - 2 farc cosb; Hyd at 30 eiliad dros amser - 5 marc cosb Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p><b>OFFER</b> Caniateir traciau/seiniau cefndir. Dylai aelodau ddarparu ffeiliau MP3 priodol (bydd technegydd y CFFI yn gyfrifol am chwarae'r ffeiliau o USB/MP3). Bydd gan y cystadleuwyr hyd at chwech meic llaw.</p> <p><b>SYSTEM FARCIO</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Perfformio</td> <td style="text-align: right;">50</td> </tr> <tr> <td>Set a Gwisg</td> <td style="text-align: right;">30</td> </tr> <tr> <td>Effaith Gyffredinol</td> <td style="text-align: right;">20</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Perfformio	50	Set a Gwisg	30	Effaith Gyffredinol	20	<b>CYFANSWM</b>	<b>100</b>	<p><b>TIME PENALTIES</b> Up to 15 seconds overtime or undertime- 2 penalty marks; Up to 30 seconds overtime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>EQUIPMENT</b> Backing tracks / sounds are allowed. Members to supply the appropriate Mp3 files (USB \ Mp3 will be operated by the YFC technician). Competitors will have up to six handheld radio mics.</p> <p><b>SCALE OF MARKS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Performance</td> <td style="text-align: right;">50</td> </tr> <tr> <td>Set &amp; Costume</td> <td style="text-align: right;">30</td> </tr> <tr> <td>Overall Effect</td> <td style="text-align: right;">20</td> </tr> <tr> <td><b>TOTAL</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Performance	50	Set & Costume	30	Overall Effect	20	<b>TOTAL</b>	<b>100</b>
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### Tynnu'r Gelyn Bechgyn a Merched / Male and Female Tug-of-War (1 comp)

<p><b>TÎM</b> Tîm o wyth aelod. Ni chaniateir mwy na <b>dau (2)</b> aelod o'r tîm i fod rhwng 15 oed a throsodd, ac o dan 17 oed ar 1 Medi 2023 a RHAID i weddill y tîm fod rhwng 17 oed a hŷn, a 28 oed neu iau ar 1 Medi 2023. Dylai'r holl gystadleuwyr fod yn aelodau llawn o glwb Sir Gâr. Ni allwch gystadlu i fwy nag un clwb a sir o fewn un flwyddyn aelodaeth.</p> <p>Un tîm o fechgyn ac un tîm o ferched.</p> <p>Caniateir eilyddion, gweler rheolau FfCCFFI.</p> <p><b>DILLAD AR ADEG Y PWYSO</b> Gall timau bechgyn wisgo siorts o faint priodol sydd ddim yn dryloyw yn unig.</p> <p>Gall timau merched wisgo siorts o faint priodol sydd ddim yn dryloyw a chrysau neu dopiau chwaraeon priodol yn unig.</p> <p>Nid oes angen cario na gwisgo'r esgidiau ar y glorian yn ystod y pwysu.</p> <p><b>NODIADAU</b> Bydd rheolau Tynnu Rhaff FfCCFFI 2024 yn weithredol, yn unol â chanllawiau Cymdeithas Tynnu'r Gelyn. Pwysau; 680 kg dynion, 560 kg merched.</p> <p>Dylai aelodau wisgo crysau o'r un lliw.</p>	<p><b>TEAM</b> A team shall consist of eight pulling members. No more than <b>two (2)</b> members of a team shall be between the ages of 15 and over, and under 17 years on 1 September 2023 and the remainder of the team <b>MUST</b> be between 17 years and over, and 28 years of age or under on 1 September 2023. All competitors must be full members of a Club based in Carmarthenshire. You cannot compete for more than one club and county in one membership year.</p> <p>One male and one female team.</p> <p>Substitutions are allowed please refer to the NFYFC Rules.</p> <p><b>DRESS AT WEIGH-IN</b> Male teams may weigh-in in proper sized non-transparent shorts only.</p> <p>Female teams may weigh-in in proper sized non transparent shorts and shirts or suitable sports tops only.</p> <p>Boots need not be carried or worn on the scale during weigh-in.</p> <p><b>NOTES</b> The 2024 NFYFC Tug-of-War Rules shall apply as set by the TOWA.</p> <p>Weights; 680 kg Men, 560 kg Ladies.</p> <p>Members to wear the same colour shirt / jerseys.</p>
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<p>Ni ddylid 'ffugio' esgidiau'r cystadleuwyr mewn unrhyw ffordd h.y. dylai'r wadn, y sawdl, ac ochr y sawdl fod yn wastad â'i gilydd. Ni chaniateir blaenau esgidiau metel neu blatiau metel ar flaen yr esgidiau. Caniateir platiau metel sy'n wastad ag ochr a gwaelod y sawdl yn unig.</p> <p>Mae gan y beirniad yr hawl a'r cyfrifoldeb i ddiarddel tîm / timau ar ol rybudd neu ddiarddel heb rybudd os byddant yn torri rheolau.</p> <p>Yn ddibynol ar niferoedd o tîmoedd bydd yn cystadlu bydd y gystadluaeth yn rhedeg ar ffurf 'pools'.</p>	<p>Competitors' boots or shoes must not be 'faked' in any way, i.e. the sole, heel and side of the heel shall be perfectly flush. No metal toecaps or metal toe plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted.</p> <p>The judge(s) has / have the power and responsibility to disqualify a team or teams after a caution or disqualify without caution for any offence against the rules.</p> <p>Entry dependant – pools will be run if over 6 teams are competing.</p>
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## Gwaith Coed / Woodwork - RWAS (1 comp)

<p><b>TÎM</b> Dau aelod (28 oed neu'n iau)</p> <p><b>TASG</b> Creu Fainc Gofeb neu Mainc Siarad.</p> <p><b>AMSER</b> Caniateir 2 awr i gwblhau'r dasg.</p> <p><b>OFFER</b> Mae'n rhaid i gystadleuwyr ddarparu eu hoffer eu hunain. Ni chaniateir defnyddio llif gadwyn. Caniateir driliau batri ond ni chaniateir unrhyw offer batri arall. Ni chaniateir atodiadau llafn i'r dril. Gellir defnyddio sgriwiau a/neu foltau, ond rhaid i'r cystadleuwyr ddarparu'r rhain eu hunain. Ni chaniateir gynnau hoelio. Ni chaniateir gynnau styffylu.</p> <p><b>DEUNYDD</b> Mae'n rhaid i gystadleuwyr ddarparu deunydd eu hunain:</p> <p style="color: red;">2no 3.6 metres of 90mm x 38mm 8no 2.4 metres of 90mm x 38mm 4no 2.4 metres of 140mm x 38mm</p> <p style="color: red;">Yr holl bren i fod yn CLS wedi'i Tanaleiddio.</p> <p style="color: red;">Dylai cystadleuwyr ddod â'u hoelion a chaeadwyr eraill fel colfachau eu hunain.</p> <p style="color: red;">Ni fydd deunydd arall yn cael eu caniatu.</p> <p><b>SYSTEM FARCIO</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Ansawdd y crefftwaith,</td> <td style="text-align: right;">60</td> </tr> <tr> <td>cryfder y fframwaith a'r cynllun</td> <td></td> </tr> <tr> <td>Gwaith tîm</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Gweithio yn ddiogel</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Gwreiddioldeb</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Addasrwydd yr eitem</td> <td style="text-align: right;">10</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Ansawdd y crefftwaith,	60	cryfder y fframwaith a'r cynllun		Gwaith tîm	10	Gweithio yn ddiogel	10	Gwreiddioldeb	10	Addasrwydd yr eitem	10	<b>CYFANSWM</b>	<b>100</b>	<p><b>TEAM</b> Two members (28 years of age or under)</p> <p><b>TASK</b> Make a Memorial or Talking Bench.</p> <p><b>TIME</b> 2 hours is allowed to complete the task.</p> <p><b>EQUIPMENT</b> Competitors must supply their own tools. Chainsaws will not be allowed. Only battery powered drills will be allowed no other battery-operated tools are allowed. No blade attachments on the drill is allowed. Screws and/or bolts may be used but these must be supplied by the competitors. No nail guns allowed. No staple guns allowed.</p> <p><b>MATERIALS</b> Competitors must supply their own materials:</p> <p style="color: red;">2no 3.6 metres of 90mm x 38mm 8no 2.4 metres of 90mm x 38mm 4no 2.4 metres of 140mm x 38mm</p> <p style="color: red;">All wood to be Tanalised CLS. Competitors shall bring their own nails and other fasteners such as hinges.</p> <p style="color: red;">No other materials will be allowed.</p> <p><b>SCORING</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Quality of workmanship,</td> <td style="text-align: right;">60</td> </tr> <tr> <td>structural soundness and design</td> <td></td> </tr> <tr> <td>Teamwork</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Safeworking</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Orginality</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Fit for purpose</td> <td style="text-align: right;">10</td> </tr> <tr> <td><b>TOTAL</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Quality of workmanship,	60	structural soundness and design		Teamwork	10	Safeworking	10	Orginality	10	Fit for purpose	10	<b>TOTAL</b>	<b>100</b>
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**Cynnig prosiect neu gynnyrch diogelwch fferm newydd / Pitch a new farm safety project or product - RWAS (1 Comp)**

**CYSTADLAETHAU 19**

**TÎM**

Hyd at 2 aelod (28 mlwydd oed neu iau).

**TASG**

Cyflwyno cysyniad newydd ar gyfer prosiect neu gynnyrch Diogelwch Fferm mewn cyflwyniad steil 'Dragon's Den' ar y llwyfan. Caniateir deunyddiau hyrwyddo. Dim byrddau arddangos.

Bydd y beirniad yn gofyn un cwestiwn i bob tîm.

**AMSER**

Caniateir lleiafswm o 2 funud ac uchafswm o 5 munud i gwblhau'r dasg, heb gynnwys y cwestiwn a'r ateb.

**DIRWY AMSER**

Hyd at 15 eiliad dan/dros amser - 2 farc; hyd at 30 eiliad dan/dros amser- 5 marc a thynnir 5 marc dirwy bellach am bob 15 eiliad wedi hynny.

**MARCIAU**

Ymchwil a Chysyniad	30
Cyflwyniad	40
Gwreiddioldeb	20
Cwestiwn y Beirniad	10

**CYFANSWM** **100**

**COMPETITION 19**

**TEAM**

Up to 2 members (28 years of age or under).

**TASK**

To pitch a new concept for a Farm Safety project or product in a 'Dragon's Den' style pitch on stage. Promotion materials will be allowed. No display boards.

The judge will ask one question to each team.

**TIME**

A minimum of 2 minutes and maximum of 5 minutes will be allowed to complete the task, not to include the question and answer.

**TIME PENALTIES**

Up to 15 seconds overtime or undertime – 2 penalty marks; up to 30 seconds over or under time – 5 penalty marks, and a further 5 penalty marks will be deducted for every 15 seconds thereafter.

**SCALE OF MARKS**

Research and Concept	30
Presentation	40
Originality	20
Judge's Question	10
<b>TOTAL</b>	<b>100</b>

## Llyfr Lloffion / Scrapbook (1 Comp)

<p><b>TÎM</b> Unigolyn neu dîm (28 oed neu iau)</p> <p><b>TASG</b> Llunio llyfr lloffion clwb i ddarlunio'r flwyddyn ddiwethaf y clwb gan gynnwys toriadau o adroddiadau wasg, ffotograffau, gwaith o fewn y gymuned ac ati.</p> <p><b>ARDDANGOSFA</b> Arddangosir y llyfr lloffion ar hanner bwrdd trestl.</p> <p><b>NODIADAU</b> Mae'n bwysig fod gwybodaeth y Clwb yn cael ei harddangos drwy'r llyfr.</p> <p><b>SYSTEM FARCIO</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Clawr Blaen</td> <td style="text-align: right;">20</td> </tr> <tr> <td>Cynnwys</td> <td style="text-align: right;">80</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Clawr Blaen	20	Cynnwys	80	<b>CYFANSWM</b>	<b>100</b>	<p><b>TEAM</b> An individual or a team (28 years of age or under)</p> <p><b>TASK</b> To compile a club Scrapbook to depict a club's year, to incorporate press cuttings, photographs, work within the Community etc.</p> <p><b>DISPLAY</b> Half a trestle table will be available for the displaying of the Scrapbook.</p> <p><b>NOTES</b> It is emphasised that Club information is displayed throughout.</p> <p><b>SCALE OF MARKS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Cover Design</td> <td style="text-align: right;">20</td> </tr> <tr> <td>Content</td> <td style="text-align: right;">80</td> </tr> <tr> <td><b>TOTAL</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Cover Design	20	Content	80	<b>TOTAL</b>	<b>100</b>
Clawr Blaen	20												
Cynnwys	80												
<b>CYFANSWM</b>	<b>100</b>												
Cover Design	20												
Content	80												
<b>TOTAL</b>	<b>100</b>												

## Ar y Newyddion / On the News - RWAS (1 comp)

<p><b><u>CYSTADLEUAETH 22</u></b> AR Y NEWYDDION</p> <p><b>TÎM</b> Tri aelod (28 mlwydd oed neu'n iau)</p> <p><b>TASG</b> Darlledu adroddiad newyddion yn fyw ar y llwyfan.</p> <p>Bydd pob tîm yn cael briff a phhecyn i'r gwasg yn cynnwys sawl ffynonellau gwybodaeth.</p> <p>Bydd y stori'n ymwneud mewn rhyw ffordd â'r Gwasanaethau Brys.</p> <p><b>OFFER</b> Caniateir cerddoriaeth a bydd technegydd y CFFI yn gyfrifol am chwarae pob ffeil MP3. Dylai cystadleuwyr ddarparu eu ffeiliau MP3 eu hunain, ond darperir offer PA.</p> <p><b>NODIADAU</b> Bydd CFFI yn darparu bwrdd – gall cystadleuwyr ddod â'u gwisgoedd a'u propiau eu hunain ayyb. Ni chaniateir byrddau arddangos.</p> <p><b>AMSER</b> 30 munud o amser paratoi.</p>	<p><b><u>COMPETITION 22</u></b> ON THE NEWS</p> <p><b>TEAM</b> Three members (28 years of age or under)</p> <p><b>TASK</b> Broadcast a news report live on stage.</p> <p>Each team will be issued with a brief and press pack containing various sources of information.</p> <p>The story will relate in some way to the Emergency Services.</p> <p><b>EQUIPMENT</b> Music is allowed and the PA technician will be responsible for playing all the mp3's. Competitors to provide their own mp3 but PA equipment will be provided.</p> <p><b>NOTES</b> YFC will provide a table and chairs – competitors can bring their own costumes, props etc. No set will be allowed.</p> <p><b>TIME</b> 30 minutes preparation time.</p>
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<p>Caniateir 3 munud ar gyfer yr adroddiad newyddion byw. Caniateir 2 funud ar gyfer paratoadau llwyfan cyn y darllediad byw.</p> <p><b>COSBAU</b> Hyd at 15 eiliad dros yr amser a ganiateir – 2 farc cosb; hyd at 30 eiliad dros yr amser a ganiateir – 5 marc cosb; a thynnir 5 marc cosb am bob 15 eiliad ar ben hynny.</p> <p><b>SYSTEM FARCIO</b></p> <table> <tr> <td>Arddull a Chyflwyniad</td> <td>25</td> </tr> <tr> <td>Cynnwys</td> <td>25</td> </tr> <tr> <td>Dehongli'r Brîff</td> <td>15</td> </tr> <tr> <td>Defnyddio'r brîff a'r pecyn i'r wasg</td> <td>20</td> </tr> <tr> <td>Gwaith tîm</td> <td>15</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td><b>100</b></td> </tr> </table>	Arddull a Chyflwyniad	25	Cynnwys	25	Dehongli'r Brîff	15	Defnyddio'r brîff a'r pecyn i'r wasg	20	Gwaith tîm	15	<b>CYFANSWM</b>	<b>100</b>	<p>3 minutes will be allowed for the live news report. 2 minutes will be allowed for stage preparation prior to the live broadcast.</p> <p><b>PENALTIES</b> Up to 15 seconds overtime / undertime - 2 penalty marks; Up to 30 seconds overtime / undertime - 5 penalty marks; a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>SCALE OF MARKS</b></p> <table> <tr> <td>Style and Presentation</td> <td>25</td> </tr> <tr> <td>Content</td> <td>25</td> </tr> <tr> <td>Interpretation of Brief</td> <td>15</td> </tr> <tr> <td>Use of brief and press pack</td> <td>20</td> </tr> <tr> <td>Teamwork</td> <td>15</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> </tr> </table>	Style and Presentation	25	Content	25	Interpretation of Brief	15	Use of brief and press pack	20	Teamwork	15	<b>TOTAL</b>	<b>100</b>
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### Paratoi Llo Godro / Prepare a Dairy Calf (1/2 comp)

<p><b>TÎM</b> Un aelod 28 oed neu iau.</p> <p><b>TASG</b> Paratoi ac arwain Llo Godro sydd ddim dros 12 mis oed ar ddiwrnod y Rali. DIM golchi na chlipio i'w wneud o flaen llaw (arwahan i glipio'r pen).  Aelodau i wisgo'r dillad cywir ar gyfer arddangos.  Bydd hawl i aelod ychwanegol ddal pen y llo yn ystod adeg paratoi y llo ond NI FYDD HAWL GAN YR AIL AELOD WNEUD UNRHYW GWAITH.  FE FYDD TRYDAN AR GAEL. Sicrhewch bod holl offer trydanol yn wedi cael prawf PAT.</p> <p><b>AMSER</b> 1 awr- Golchi 1 awr- Clipio ac Arddangos ar ôl hynny</p> <p><b>NODIADAU</b> Rhaid bod tocwyr wedi cael prawf a thystysgrif i ddangos eu bod yn ddiogel i'w defnyddio cyn y Rali.  Sicrhewch y byddwch yn gallu rheoli llo sydd ychydig yn afreolus a sicrhewch bod maint y llo yn addas at eich oedran.  COFIWCH BASBORT Y LLO. Bydd angen gwisgo dillad addas.</p> <p><b>MARCIO</b></p> <table> <tr> <td>Paratoi</td> <td>50</td> </tr> <tr> <td>Trin ac arwain</td> <td>50</td> </tr> <tr> <td>CYFANSWM</td> <td>100</td> </tr> </table>	Paratoi	50	Trin ac arwain	50	CYFANSWM	100	<p><b>TEAM</b> One member 28 years or under.</p> <p><b>TASK</b> To prepare and handle a Dairy Calf not exceeding 12 months of age on Rally Day. NO washing or clipping to be done beforehand (except the clipping of the head).  Correct showing dress must be worn.  A 2nd YFC member will be allowed to hold the head of the calf during preparation only but will NOT BE ALLOWED TO UNDERTAKE ANY WORK.  ELECTRICITY WILL BE AVAILABLE! Make sure all electrical equipment are PAT tested.</p> <p><b>TIME</b> 1 hour – Washing 1 hour – Clipping and Showing following the hour.</p> <p><b>NOTES</b> Clippers must be safety checked and certified before Rally Day.  Please ensure that you will be able to control a slightly unruly calf if necessary and that you have selected a calf of suitable size for your age.  PLEASE REMEMBER YOUR CATTLE PASSPORT. Appropriate clothing to be worn.</p> <p><b>MARKS:</b></p> <table> <tr> <td>Preparation</td> <td>50</td> </tr> <tr> <td>Handling/ Leading</td> <td>50</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> </tr> </table>	Preparation	50	Handling/ Leading	50	<b>TOTAL</b>	<b>100</b>
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Handling/ Leading	50												
<b>TOTAL</b>	<b>100</b>												



## Paratoi Llo Bïff / Prepare a Beef Calf (1/2 comp)

<p><b>TÎM:</b> Un aelod 28 oed neu iau.</p> <p><b>TASG</b> Paratoi ac arwain Llo Bïff sydd ddim dros 12 mis oed ar ddiwrnod y Rali. DIM golchi na chlipio i'w wneud o flaen llaw (arwahan i glipio'r pen).</p> <p>Aelodau i wisgo'r dillad cywir ar gyfer arddangos.</p> <p>Bydd hawl i aelod ychwanegol ddal pen y llo yn ystod adeg paratoi y llo ond NI FYDD HAWL GAN YR AIL AELOD WNEUD UNRHYW GWAITH.</p> <p>FE FYDD TRYDAN AR GAEL. Sicrhewch bod holl offer trydanol yn wedi cael prawf PAT.</p> <p><b>AMSER</b> 1 awr- Golchi 1 awr- Clipio ac Arddangos ar ôl hynny</p> <p><b>NODIADAU</b> Rhaid bod tocwyr wedi cael prawf a thystysgrif i ddangos eu bod yn ddiogel i'w defnyddio cyn y Rali.</p> <p>Sicrhewch y byddwch yn gallu rheoli llo sydd ychydig yn afreolus a sicrhewch bod maint y llo yn addas at eich oedran.</p> <p>COFIWCH BASBORT Y LLO. Bydd angen gwisgo dillad addas.</p> <p><b>MARCIO</b></p> <table> <tr> <td>Paratoi</td> <td>50</td> </tr> <tr> <td>Trin ac arwain</td> <td>50</td> </tr> <tr> <td>CYFANSWM</td> <td>100</td> </tr> </table>	Paratoi	50	Trin ac arwain	50	CYFANSWM	100	<p><b>TEAM:</b> One member 28 years or under.</p> <p><b>TASK</b> To prepare and handle a Beef Calf not exceeding 12 months of age on Rally Day. NO washing or clipping to be done beforehand (except the clipping of the head).</p> <p>Correct showing dress must be worn.</p> <p>A 2nd YFC member will be allowed to hold the head of the calf during preparation only but will NOT BE ALLOWED TO UNDERTAKE ANY WORK.</p> <p>ELECTRICITY WILL BE AVAILABLE! Make sure all electrical equipment are PAT tested.</p> <p><b>TIME</b> 1 hour – Washing 1 hour – Clipping and Showing following the hour.</p> <p><b>NOTES</b> Clippers must be safety checked and certified before Rally Day.</p> <p>Please ensure that you will be able to control a slightly unruly calf if necessary and that you have selected a calf of suitable size for your age.</p> <p>PLEASE REMEMBER YOUR CATTLE PASSPORT. Appropriate clothing to be worn.</p> <p><b>MARKS:</b></p> <table> <tr> <td>Preparation</td> <td>50</td> </tr> <tr> <td>Handling/ Leading</td> <td>50</td> </tr> <tr> <td>TOTAL</td> <td>100</td> </tr> </table>	Preparation	50	Handling/ Leading	50	TOTAL	100
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Trin ac arwain	50												
CYFANSWM	100												
Preparation	50												
Handling/ Leading	50												
TOTAL	100												

## NFYFC Clay Pigeon Shooting (1/2 comp)

<p><b>CYSTADLEUAETH 26 / COMPETITION 26</b> NFYFC Clay Pigeon Shooting 28 &amp; under, and 17 &amp; under.</p> <p><b>RULES</b> Competition aim: to encourage gun safety, improve YFC member's skills in shooting a moving target whilst improving accuracy, concentration, and ability to perform under pressure.</p> <p>Learning Outcomes: adhering to gun safety laws, improving performance of hitting a moving target with improved, accuracy, concentration, ability to perform under pressure.</p> <p>REMINDER: Please read these rules in conjunction with <b>NFYFC General Rules</b> and familiarise all competitors with the <b>Fine System in place for withdrawal from competitions</b>. Further information can be found at <a href="https://nfyfc.org.uk/competition-organisers-resources">https://nfyfc.org.uk/competition-organisers-resources</a></p>
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## **ELIGIBILITY**

**28 & Under Category:** Competitors to be 28 years of age or under on 1 September 2023 and a full member of a Club affiliated to the NFYFC.

**17 & Under Category:** Competitors to be aged between 14 years and over and 17 years of age and under on 1<sup>st</sup> September 2023 (this age range must be adhered to), and full members of a Club affiliated to NFYFC. **This means competitors have attained their 14<sup>th</sup> birthday on 1<sup>st</sup> September 2023 and may be 18 on the day of the national final. Under 14's are not allowed to take part in the Competition at County/National Finals due to NFYFC Insurance.**

## **PROCEDURE**

The Competitor is required to hit a moving target in the form of a clay pigeon from traps positioned in different places to encourage a range of speed, distance, height and positioning of the clays.

Competitors are to always ensure the safety of their gun and a valid shotgun licence must be available on demand.

One licence holder **MUST** supervise one gun only. Competitors without their own licence are still able to compete but must be supervised by one noncompeting licence holder. Anyone aged under 15 must be closely always supervised by someone over 21.

Competitors must either have their own gun or have a supervisor who has a gun – there are no guns available on the day from the shooting ground.

Travelling with a shotgun. If you need to stop, park where the vehicle can be seen and reverse up to a wall making potential access to the guns difficult. The vehicle should be locked and alarmed. You might also use security cables, vehicle mounted gun safes and other precautions, such as removing parts as an additional security measure.

Firearms Legislation must be always adhered to. Competitors are responsible for the safety and insurance of their gun.

Suitable head, ear and eye protection must be worn throughout the competition by both competitors and spectators.

One entry per shooter.

Maximum 12 bore to be used with barrel length of between 28" and 32".

Maximum load of 28gram/ 1oz.

Fibre or plastic wad cartridges are permitted.

If targets have been unseen, competitors will have the option to view targets as a single or pairs (once only).

Coaching is strictly forbidden.

No live quarry to be shot or shot at.

Competitors must not touch any traps or equipment belonging to the shooting ground.

No loading of ammunition outside the cages. When moving between cages, all guns must be empty and carried broken or in a gun slip. Any ammunition found in the gun outside the cages leads to automatic disqualification.

## **SCALE OF MARKS**

Points accrued for targets shot.

In the event of a tie a shoot off will determine the overall winner.

## **NOTES**

Further information on gun licensing can be found at [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/518193/Guidance\\_on\\_Firearms\\_Licensing\\_Law\\_April\\_2016\\_v20.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/518193/Guidance_on_Firearms_Licensing_Law_April_2016_v20.pdf) and at the Clay Pigeon Shooting Association <https://www.cpsa.co.uk/forms-downloads>  
The BASC safe shot theory test is it available for free. Please follow link to BASC website to complete: <https://basc.org.uk/training-and-education/basc-training-courses/basc-shotgun-safe-shot/shotgun-safe-shot-theory-test/>

## **NFYFC Cooking (1 comp)**

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.  
Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

### **ELIGIBILITY**

Teams to consist of three members, one must be 28 years of age or under, one must be 21 years of age or under and one must be 16 years of age or under, on 1 September 2023, and full members of a Club affiliated to NFYFC.

### **SUBSTITUTION**

If two or more of the original team are unable to go forward to subsequent rounds, then the next highest placed team will represent the County.

### **PROCEDURE**

Each team will be required to prepare a three-course meal for a Seasonal Event e.g. Special Birthday, Christmas, Harvest Supper etc.

Teams must promote local produce within their displays.

The menu must include three courses, one starter, one main and one dessert. Each course will be required to serve two people. A drink does not count as a course and will not be scored.

Teams must ensure each course involves a cooked element, prepared from raw ingredients, demonstrating cookery skills. (It is advised that the combination of smoked salmon and cream cheese is not included).

At the National final, 3 mystery ingredients will be provided to each team by NFYFC which must be incorporated into the menu. The mystery ingredients can be used in either of the courses or all in one course.

Competitors are allowed to bring their own recipe/cookery books with them for reference (**the use of mobile phones will not be permitted**).

### **TIMING**

Teams will be given 1 hour to create their dishes which includes preparation and tidying of the site and to finish their exhibit.

Competitors will be penalised at the rate of one mark per minute or part thereof over allotted time.

At the NFYFC final, teams will be allocated their workspace and display space. Display bays may be set up **before** the one-hour preparation and cooking time and teams may unpack their equipment and ingredients onto the worktable before the one-hour practical session. At the end of the one hour preparation and cooking time, teams should have tidied the site leaving a clear (wiped) work table with only the gas stoves on it – i.e. they should have packed away their equipment and wiped down the work table. The gas stoves should be left on the worktable to cool before being packed away.

### **EQUIPMENT**

Competing teams are required to provide:

All ingredients (these may be brought to the competition already weighed out and vegetables ready washed – **all other work must be executed on site in the practical session**).  
Two (2) butane gas stoves (currently available from approx. £15.00 from camping and outdoor retailers/Argos/Amazon). The stoves must be like the images below and be fuelled by butane cartridges:



### **DISPLAYS**

At the NFYFC final, competitors will be allowed a maximum display space of 90cm (width) X 60cm (depth) X height optional (i.e. no height limit) which to display the courses to their best advantage. Please note these are the EXTERNAL dimensions. If teams use back and/or side boards the whole of the board must be within the dimensions given. Any accessories or drapes used on the outside walls will be included in the overall size limit of the exhibit. **Displays which exceed the above dimensions will be disqualified.**

Teams must:

- Display a menu card.
- Display details of recipes.

There are no limitations on the contents of the display. Menu cards, recipes and display accessories (non-food items) etc may be brought to the competition ready prepared.

Displays must remain in position throughout the day of the competition. Any entry removed before the Presentation of Awards will be disqualified.

All displays and competitor's property will be at the risk of the competitor and NFYFC cannot accept liability for any loss or damage sustained – therefore, competitors are advised to use items of little established value.

NFYFC will provide a County Name and Number label for each display.

**Note:** County Federations are reminded that they may adapt these rules at County level.

### **SCALE OF MARKS**

Practical cookery skills, including teamwork	40
Taste	40
Incorporation of 3 mystery ingredients into menu	20
Finished courses, suitability, choice of menu and variety	20
Overall display and interpretation of theme	20
Suitable clothing (white coats, headwear, shoes etc)	10

**TOTAL 150**

### **NOTES:**

Competitors must wear white coats or equivalent and be thoroughly smart in their appearance. Club, County and Sponsor logos are permitted on either the front or back of the coats.  
Competitors will be required to wear hairnets/ beard nets or hats.

## NFYFC Flower Arranging (1/2 comp)

### 1. ELIGIBILITY

#### 1.1. Competitors to be:

- 1.1.1. **16 & under section:** 16 years of age or under on the 1 September 2023.
- 1.1.2. **21 & under section:** 21 years of age or under on the 1 September 2023.
- 1.1.3. **28 & under section:** 28 years of age or under on the 1 September 2023.

### 2. THEME/PROCEDURE. Overall Theme:

- 2.1. At the NFYFC final, the Competitor will have one (1) hour to individually create a piece as described in the following **Floral Art Schedules**:

#### OVERALL THEME – CHRISTMAS

#### 1.1. 16 & Under

- 1.1.1. **Exhibit Title: “Table Decoration” Centre Piece** - should be viewed from all angles to the theme Christmas.
- 1.1.2. The maximum display area for each competitor **MUST NOT exceed 76cm wide x 60cm deep x optional height** (i.e. no limitations to height). Exhibits to be composed of natural plant material, with or without accessories.
- ~~1.1.3.~~ Exhibit is to be viewed from all sides. Backboards are not required. If baseboards are used, they must be within the size stated as above.
- 1.1.4. At the national finals, the exhibit will be displayed on a table with a white table covering.
- 1.1.5. NFYFC will follow the NAFAS Rules on the day of the Finals – i.e. that this class is foam free and alternatives such as eco-friendly or non-biodegradable foam must not be used.

#### 1.2. 21 & Under

- 1.2.1. **Exhibit Title: “Door Wreath”** A Front Facing Exhibit to the theme Christmas.
- ~~1.2.2.~~ The maximum display area for each competitor **MUST NOT exceed 76cm wide x 60cm deep x optional height** (i.e. no limitations to height).
- 1.2.3. Exhibit is to be viewed from the front. Competitors own backboard and base boards are allowed and must be provided by the competitor if required and must adhere to the size limitations. The reverse of these backboards **MUST** complement the theme and be neat and tidy.
- 1.2.4. For Clarification 22.2.2024 (red) At the NFYFC Finals competitors are allowed to bring their wreath ring already constructed - no decoration to be added before the competition commences. The wreath will be judged on the decoration and not the construction.
- 1.2.5. Each Exhibit must be suitable to be hung freely from a hook/bar. Competitors must ensure that the size and weight of their exhibit is practical to be used as a door display. At the NFYFC Finals, the exhibit will be displayed on a table with a white covering.
- 1.2.6. If competitors wish to display their exhibits hung, they must provide their own structure to be placed on the table.
- 1.2.7. Exhibits to be composed of natural material, with or without accessories.
- 1.2.8. Exhibits to be viewed from the front.
- 1.2.9. NFYFC will follow the NAFAS Rules on the day of the Finals – i.e. that this class is foam free and alternatives such as eco-friendly or non-biodegradable foam must not be used.

#### 1.3. 28 & Under

- 1.3.1. **Exhibit Title: “Bouquet”** viewed from all sides to theme Christmas.
- 1.3.2. The maximum display area for each competitor **MUST NOT exceed 76cm wide x 60cm deep x optional height** (i.e. no limitations to height). Exhibits to be composed of natural plant material, with or without accessories.
- 1.3.3. Exhibit is to be viewed from all sides no backboards allowed.
- 1.3.4. At the national finals, the exhibit will be displayed on a table with a white table covering.
- 1.3.5. For Clarification 22.2.2024 – Each exhibit must be suitable to stand freely with stems and binding clearly visible.

- 1.3.6. Exhibits must be displayed in water – using a suitable water container.
- 1.3.7. Marks will be awarded on a spiralling technique as part of the technical mark.

**2. DISPLAY**

- 2.1. A worktable will be provided close to the display area – approx half a trestle table to be allocated per competitor.
- 2.2. Each exhibit will be displayed to their best advantage with the space allocation.
- 2.3. All exhibits must be the unaided work of the competitors and must be assembled in the hall.
- 2.4. During the period of the competition, competitors must not communicate directly or indirectly with any person other than Judges or Stewards, under penalty of instant disqualification. No other person, other than the competitors, will be allowed in the competing area.
- 2.5. At the NFYFC final, the NFYFC will provide a County Name and Number label for each display and workspace.
- 2.6. Competitors may use a battery-operated glue gun or any other form of adhesive. There will no mains power supply available
- 2.7. Any exhibit exceeding the maximum measurements will be disqualified. The measurement will be from the outside edges of the back board or base board (i.e. the thickness of the backboard will be included in the size restrictions). Any accessories or drapes used on the outside of the back board or base board will be included in the overall measurement of the exhibit and should be within the size restrictions. The external side of the back board will be taken into account for the attractiveness of the exhibit marks and so should be covered to compliment the overall exhibit.
- 2.8. Exhibits must remain in position throughout the day of the competition. Any entry removed before the Presentation of Awards will be disqualified.
- 2.9. All exhibits and competitor’s property will be at the risk of the competitor and NFYFC cannot accept liability for any loss or damage sustained – therefore, competitors are advised to use items of little established value.

**6. TIMING**

- 6.0. Allowance of **one hour to include final checks and measurement of the exhibit**. Before leaving the competing area, competitors will be given a further 5 minutes to clear and tidy the work site.
- 6.1. Competitors may unpack their equipment and plant material/flowers onto the worktable before the one-hour practical session commences.
- 6.2. No floral foam is allowed - Eco friendly alternatives **MUST NOT** be used. See the NAFAS Guide to Mechanics for ideas on alternative methods to use.
- 6.3. Competitors may set up their Eco-friendly flower arranging support material/mechanics in position prior to the one-hour practical session if required.
- 6.4. Competitors are able to set up their display bay before the one-hour practical session commences.

**7. MARKS**

If a very high number of entries are received, on the day of the NFYFC final, the NFYFC reserves the right to use the NFYFC ‘Standards Judging’ system. i.e exhibits will be in the Excellent, Proficient or Competent categories.

<b>Idea</b>	<b>20</b>	
<b>Colour</b>		<b>20</b>
<b>Composition</b>	<b>30</b>	
<b>Technical</b>	<b>30</b>	
<b>TOTAL MARKS</b>	<b>100</b>	

**8. AWARDS**

- 8.0. **16 & under - Lady Northcliffe Cup** and Prize Card will be awarded to competitors placed 1<sup>st</sup>
- 8.1. **21 & under - Millers’ Mutual Cup** and Prize Card will be awarded to competitors placed 1<sup>st</sup>

- 8.2. **26 & under - London Flowers Perpetual Challenge Trophy** and Prize Card will be awarded to competitors placed 1<sup>st</sup>
- 8.3. NFYFC Prize Cards will be awarded to competitors placed 2<sup>nd</sup> and 3<sup>rd</sup> in each section.
- 8.4. NFYFC Certificate of Achievement will be awarded to competitors placed 1<sup>st</sup> – 10<sup>th</sup> in each section.
9. **NOTES:**
- 9.0. **Competitors to note that all buckets will be checked by Stewards on arrival for pre-arranged foliage**
- 9.1. **Competitors must not bring photographs/diagrams of previously arranged Floral Exhibits into the competing arena. Any competitor found doing so may be disqualified.**
- 9.2. **Competitors must wear white coats during the period of the competition. Club, County and Sponsor logos are permitted on either the front or the back of the coats.**
- 9.3. A “Competitions Manual” is available from NAFAS Enterprises Ltd. [www.nafas.org.uk](http://www.nafas.org.uk)
- 9.4. ALL EXHIBITS WILL BE JUDGED STRICTLY IN ACCORDANCE WITH THE NAFAS COMPETITIONS MANUAL 2023. A “Competitions Manual” is available from [www.nafas.org.uk](http://www.nafas.org.uk) to visit the NAFAS on-line shop.
10. **NAFAS Definitions** (*The National Association of Flower Arranging Societies of Great Britain*) From the NAFAS Competitions Manual (Fourth Edition 2023).
- 10.0. **An EXHIBIT:**
- 10.0.1. *Is composed of natural plant material in all its forms, contained within a space as specified in a show schedule.*
- 10.0.2. *Accessories need to go in front of backgrounds, bases, containers, drapes, exhibit titles and mechanics may always be included in an exhibit, unless otherwise stated.*
- 10.0.3. *More than one placement may always be included, unless otherwise stated.*
- 10.0.4. *In all exhibits natural plant material must predominate. Plant material must now predominate in all Still Life Exhibits*
- 10.1. **NATURAL PLANT MATERIAL**
- 10.1.1. *Natural plant material is any vegetable matter*
- 10.1.2. *It includes fresh, dried, garden, wild, foliage, fungi, vegetables and seaweed or made-up plant material.*
- 10.1.3. *It is acceptable to enhance plant material by the application of oil, milk, wax, leaf shine or other similar products.*
- 10.2. **ARTIFICIAL PLANT MATERIAL**
- 10.2.1. *Artificial plant material is realistic or fantasy plant-forms, made wholly or partly from non-plant material. This includes, clay, glass, metal, plastic, plaster, polyester, shells, silk, wax, etc. This also includes fabric and ribbon made from a non-plant source, which is used as a substitute for natural plant material in an exhibit.*
- 10.2.2. *Artificial plant material is **not allowed** unless specifically permitted in a show schedule (see reasons for disqualification).*
- 10.2.3. *Artificial plant material or artificial plant forms that are an integral part of a container, base, background or accessory are permitted.*
- 10.2.4. **Artificial grass turf must not be used for any purpose including bases.**
- 10.3. **An ACCESSORY**
- 10.3.1. *Anything other than natural plant material in an exhibit, such as, feathers, shells, stones, wax candles*
- 10.3.2. *The following are not accessories and may also be used unless prohibited by the show schedule: backgrounds, bases, containers holding plant material, drapes, exhibit titles and mechanics. These may be decorated in any way but greater credit should be given for use of natural plant material where appropriate.*
- 10.4. **REASONS FOR DISQUALIFICATION**

- 10.4.1. *Failure to comply with any specific requirements of a class as stated in a show schedule, i.e. the measurements or the components. (Just remember – it is better to aim to be at least several cms smaller than the size allowed as the size stated is the MAXIMUM size).*
- 10.4.2. *Inclusion of artificial plant material (unless specifically allowed by a show schedule)*
- 10.4.3. *Inclusion of fresh plant material that does not have roots or the cut ends of stems in water or water-retaining material. Exceptions: Air Plants, Cacti, Fruits, Grass Turf, Lichen, Moss, Succulents, Vegetables and long lasting plant material which will remain turgid for the duration of a show. (Definition of turgid – the state of firmness of plant tissue resulting from adequate moisture, causing the plant cells to be fully expanded).*

**NOT ACCORDING TO SCHEDULE DISQUALIFICATION:** *the term used when an exhibit does not comply with the requirements of the schedule – see NAFAS reasons for disqualification above. The judge will write ‘Not according to schedule’ and the reason.*

## Gyrru Tractor / Tractor Handling (1 comp)

<p><b>TÎM:</b> Dau aelod (Un Ferch ac Un Bachgen) 28 mlwydd oed neu'n iau ar y 1af o Fedi 2023.</p> <p><b>TASG:</b> Cymryd rhan mewn tasg yrru tractor.</p> <p><b>PWYSIG:</b> Rhaid i aelodau o'r tîm fod â thrwydded yrru lawn neu drwydded dractor ddilys.</p> <p><b>MARCIAU:</b></p> <table> <tr> <td><b>Diogelwch</b></td> <td><b>20</b></td> </tr> <tr> <td><b>Sgiliau</b></td> <td><b>30</b></td> </tr> <tr> <td><b>Cyflawni y Tasg</b></td> <td><b>50</b></td> </tr> <tr> <td><b>Cyfanswm</b></td> <td><b><u>100</u></b></td> </tr> </table>	<b>Diogelwch</b>	<b>20</b>	<b>Sgiliau</b>	<b>30</b>	<b>Cyflawni y Tasg</b>	<b>50</b>	<b>Cyfanswm</b>	<b><u>100</u></b>	<p><b>TEAM:</b> Two members (One Female and One Male) 28 years of age or under on the 1<sup>st</sup> of September 2023.</p> <p><b>TASK:</b> To participate in a tractor handling task.</p> <p><b>IMPORTANT</b> Members of the team must have a valid driving licence or tractor licence.</p> <p><b>SCALE OF MARKING:</b></p> <table> <tr> <td><b>Safety</b></td> <td><b>20</b></td> </tr> <tr> <td><b>Skills</b></td> <td><b>30</b></td> </tr> <tr> <td><b>Completion of Task</b></td> <td><b>50</b></td> </tr> <tr> <td><b>Total</b></td> <td><b><u>100</u></b></td> </tr> </table>	<b>Safety</b>	<b>20</b>	<b>Skills</b>	<b>30</b>	<b>Completion of Task</b>	<b>50</b>	<b>Total</b>	<b><u>100</u></b>
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# Adran Iau / Junior Section

## Barnu Stoc Gwartheg Limousin Iau / Limousin Cattle Stock Judging Juniors (1 comp)

<p><b>TÎM</b> Dau Aelod (Dau aelod 18 neu iau).</p> <p><b>TASG</b> Cystadleuwyr 18 oed neu iau i osod dau gylch o bedwar a rhoi rhesymau ar un cylch o bedwar o wartheg.  Cystadleuwyr 16 oed neu iau i osod a rhoi rhesymau ar un cylch o bedwar o wartheg.</p> <p><b>SYLWER</b> Caiff pob adran eu beirniadu ar bwyntiau'r brîd.</p> <p><b>AMSERU</b> Caniateir 15 munud ar gyfer arolygiad.</p> <p><b>RHESYMAU</b> Caniateir dwy funud i bob cystadleuydd gyflwyno eu rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob 15 eiliad neu ran o hynny. Bydd y marciau yn cael eu tynnu o gyfanswm y gystadleuydd.</p>	<p><b>TEAM</b> Two members (Two members 18 years of age or under).</p> <p><b>TASK</b> The 18 years of age and under competitor to place two rings of four cattle and give reasons on one ring.  The 16 years of age and under competitor to place and give reasons on one ring of four cattle.</p> <p><b>NOTE</b> Cattle to be judged on breed points.</p> <p><b>TIMING</b> 15 minutes allowed for inspection.</p> <p><b>REASONS</b> Each competitor will be allowed two minutes to state his/her reasons. Competitors who exceed this time limit will incur penalties at a rate of two marks for each 15 second or part thereof. The marks will be deducted from the competitor's total.</p>
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## Barnu Stoc Defaid Texels Iau / Texel Sheep Stock Judging Juniors (1 comp)

<p><b>TÎM</b> Dau Aelod (Dau aelod 18 neu iau).</p> <p><b>TASG</b> Cystadleuwyr 18 oed neu iau i osod dau gylch o bedwar a rhoi rhesymau ar un cylch o bedwar o ddefaid.  Cystadleuwyr 16 oed neu iau i osod a rhoi rhesymau ar un cylch o bedwar o ddefaid</p> <p><b>SYLWER</b> Caiff pob adran eu beirniadu ar bwyntiau'r brîd.</p> <p><b>AMSERU</b> Caniateir 15 munud ar gyfer arolygiad.</p>	<p><b>TEAM</b> Two members (Two members 18 years of age or under).</p> <p><b>TASK</b> The 18 years of age and under competitor to place two rings of sheep and give reasons on one ring.  The 16 years old and under competitor to place and give reasons on one ring of four sheep.</p> <p><b>NOTE</b> Sheep to be judged on breed points.</p> <p><b>TIMING</b> 15 minutes allowed for inspection.</p>
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<p><b>RHESYMAU</b> Caniateir dwy funud i bob cystadleuydd gyflwyno eu rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob 15 eiliad neu ran o hynny. Bydd y marciau yn cael eu tynnu o gyfanswm y gystadleuydd.</p>	<p><b>REASONS</b> Each competitor will be allowed two minutes to state his/her reasons. Competitors who exceed this time limit will incur penalties at a rate of two marks for each 15 second or part thereof. The marks will be deducted from the competitor's total.</p>
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### **Barnu Cobiau Adran D Cymreig Iau / Section D Cob Stock Judging Juniors (1 comp)**

<p><b>TÎM</b> Dau Aelod (Dau aelod 18 neu iau).</p> <p><b>TASG</b> Cystadleuwyr 18 oed neu iau i osod dau gylch o bedwar a rhoi rhesymau ar un cylch o bedwar cob (cylch i'w benodi cyn y gystadlueaeth).  Cystadleuwyr 16 oed neu iau i osod a rhoi rhesymau ar un cylch o bedwar cob.</p> <p><b>SYLWER</b> Caiff y cobiau eu beirniadu ar Bwyntiau'r Brîd.</p> <p><b>AMSERU</b> Caniateir 15 munud ar gyfer adolygiad y cobiau.</p> <p><b>RHESYMAU</b> Caniateir dwy funud i bob cystadleuydd gyflwyno eu rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob 15 eiliad neu ran o hynny. Bydd y marciau yn cael eu tynnu o gyfanswm y gystadleuydd.</p>	<p><b>TEAM</b> Two members (Two members 18 years of age or under).</p> <p><b>TASK</b> The 18 years of age and under competitor to place two rings of four cobs and give reasons on one ring (the ring to be specified prior to the competition).  The 16 years of age and under competitor to place and give reasons on one ring of four cobs.</p> <p><b>NOTES</b> Cobs to be judged on Breed Points.</p> <p><b>TIMING</b> 15 minutes allowed for inspection of the cobs.</p> <p><b>REASONS</b> Each competitor will be allowed two minutes to state his/her reasons. Competitors who exceed this time limit will incur penalties at a rate of two marks for each 15 second or part thereof. The marks will be deducted from the competitor's total.</p>
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### **Arddangos Blodau Dan 16 / Flower Arranging Under 16 RWAS (1/2 comp)**

<p><b>CYSTADLEUAETH 2</b> CYSTADLEUAETH BLODAU</p> <p><b>THEMA</b> Tusw ar gyfer gweithiwr GIG</p> <p><b>TÎM</b> Un aelod (16 mlwydd oed neu'n iau).</p> <p><b>TASG</b> Paratoi arddangosfa i ddarlunio'r thema 'Tusw ar gyfer gweithiwr GIG' gan ddefnyddio amrywiaeth o flodau a deunydd planhigion naturiol.</p> <p><b>COSTAU</b> Dim mwy na £30 (heb gynnwys y Dail). Dylid arddangos y costau yn ogystal â derbynebaw gwreiddiol.</p>	<p><b>COMPETITION 2</b> FLORAL COMPETITION</p> <p><b>THEME</b> A Bouquet for an NHS worker</p> <p><b>TEAM</b> One member (16 years of age or under).</p> <p><b>TASK</b> Prepare an exhibit to depict the theme of 'A bouquet for an NHS worker' using a selection of flowers and natural plant material.</p> <p><b>COSTINGS</b> Not to exceed £30 (excluding Foliage). Costings as well as original receipts to be displayed.</p>
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**ARDDANGOSFEYDD**

Gall cystadleuwyr ddefnyddio cefnwrdd os dymunant, ond rhaid iddynt eu darparu eu hunain. Rhaid i bob coesyn fod mewn dŵr.

**LLE GWEITHIO**

Hanner bwrdd trestl – gofod gwaith.  
Mesuriadau: Lled o 76cm x dyfnder o 60 cm x unrhyw uchder a ddymunant.

**AMSER**

1 awr a 5 munud ychwanegol i sicrhau nad yw'r trefniadau wedi cael eu hamharu wrth glirio.

**NODIADAU**

Ni ddylid defnyddio ffonau symudol wrth baratoi, cystadlu a gosod.

**Cyfanswm o 100** - i'w feirniadu yn unol â'r canllawiau (a amlinellir isod) a bennwyd gan Gymdeithas Genedlaethol y Cymdeithasau Gosod Blodau (N.A.F.A.S.). Gellir cael copïau o Lawlyfr Cystadlaethau NAFAS (trydydd rhifyn) gan NAFAS Enterprises Ltd, Osborne House, 12 Devonshire Square, Llundain, EC2M 4TE. Rhif ffôn: 02072475567.

1. Cadw at eiriad y gystadleuaeth.
2. Y deunydd planhigion yn amlycach na'r holl elfennau eraill.
3. Deunydd planhigion sy'n ddi-nam, mewn cyflwr da ac yn briodol.
4. Dehongliad clir o'r teitl a'r thema a ddewiswyd. Dylai deunydd y planhigion helpu i ddehongli'r thema a ddewiswyd heb ddibynnu'n llwyr ar yr ategolion.
5. Defnydd da o egwyddorion dylunio a'r lle a ganiateir. Y defnydd o gydbwysedd, graddfa, llinellau, lle, gwead a lliw yn cyfrannu at harmoni'r cyfanwaith.
6. Dylai unrhyw lieiniau bwrdd a sylfeini a ddefnyddir, yn ogystal â'r cynhwysydd ac unrhyw deitl, fod mewn cyflwr perffaith, yn addas i'r thema, a ddim yn amlycach na phopeth arall o ran maint neu liw.
7. Dylai ategolion, os yn eu defnyddio, fod mewn harmoni gyda gweddill yr arddangosfa a hynny ar raddfa gydag ef a'r ategolion eraill.

**DISPLAY**

Competitors are allowed to use back boards but are to supply these themselves. All stems must be in water.

**WORKSPACE**

Half a trestle table – working space.  
Display space - 76cm wide x 60cm deep x unlimited height.

**TIME**

1 hour plus a further 5 minutes to check that arrangements have not been disturbed during cleaning up operations.

**NOTES**

No mobile phones to be used during preparation, competition and setting up.

**Total 100 marks** - to be judged according to the guidelines (outlined below) laid down by the National Association of Flower Arrangement Societies (N.A.F.A.S.). Copies of the NAFAS Competitions Manual (third edition) may be obtained from NAFAS Enterprises Ltd, Osborne House, 12 Devonshire Square, London, EC2M 4TE. Tel: 02072475567.

1. Adherence to the competition wording.
2. Predominance of plant material over all other components.
3. Plant material that is unblemished, well-conditioned and appropriate.
4. Clear interpretation of the title and chosen theme. Plant material should help to interpret the chosen theme without the sole reliance on accessories.
5. Good use of design principles and of the space allowed. The use of balance, scale, line, space, texture, and colour contribute to the total harmony.
6. Tablecloth and bases if used, as well as container and any title, in immaculate condition, suitable to the theme and not dominant in size or colour.
7. Accessories if used that are in harmony with the rest of the exhibit and that are in scale with it and with each other.

## Coginio / Cooking RWAS (1 comp)

### THEMA

Cinio Dathlu'r Gwasanaethau Brys

### TÎM

Dau aelod (18 mlwydd oed neu iau).

### TASG

Tîm o 2 aelod i goginio pryd dau gwrs a osodwyd gan y beirniad. Rhoddir y dull/rysâit ar y diwrnod i aelodau eu dilyn. Fe fydd yr aelodau yn derbyn rhestr cynhwysion 1 wythnos cyn y gystadleuaeth. Bydd un pryd yn sawrus ac un yn felys.

### OFFER

Bydd rhestr o'r offer sydd ei angen yn cael ei ddosbarthu 1 wythnos cyn y gystadleuaeth, gan gynnwys pryddau arddangos.

Aelodau i ddod a halen a phupur.

### AMSER

Caniateir awr i goginio, gan gynnwys arddangos y pryd yn yr alcof gwyn (68.5cm X 68.5cm X 61cm o uchder) (gellir gosod deunydd cefndir ac ategolion cyn i'r awr gychwyn ac ni fydd yn cael ei gynnwys yn yr amser).

Rhoddir 15 munud i ddarllen a deall y rysâit. Caniateir 1 awr i goginio'r rysâit - yn ogystal â phwyso a pharatoi'r cynhwysion. Caniateir 15 munud ychwanegol i aelodau gwblhau holiadur hylendid bwyd.

### COSBAU AMSER

Os na fydd timau'n gorffen o fewn yr awr ar gyfer coginio (15 munud ychwanegol ar gyfer holiadur), bydd 1 pwynt y funud yn cael ei dynnu o'r sgôr terfynol.

### LLE GWEITHIO

Un bwrdd trestl gan gynnwys lle i goginio.

### ARDDANGOSFA

Rhaid arddangos y pryd yn yr alcof gwyn (68.5cm x 68.5cm x 61cm o uchder) (gellir gosod deunydd cefndir ac ategolion cyn i'r awr gychwyn ac ni fydd yn cael ei gynnwys yn yr amser). Rhaid i'r arddangosfeydd fod o fewn y maint/lle a ddarparir gan gynnwys unrhyw orchuddion neu leinin mewn/ar unrhyw lestri gweini/cynhwysyddion (cystadleuwyr i'w darparu). Gellir defnyddio ategolion sydd yn cydfynd a gweddill yr arddangosfa gyda gweddill

### THEME

Emergency Services Celebration Dinner

### TEAM

Two members (18 years of age or under).

### TASK

A team of 2 members to cook a two-course meal set by the judge. Members will be given a method/recipe on the day for members to follow. Members will receive the ingredient list 1 week prior to the competition. One dish will be savoury and one will be sweet.

### EQUIPMENT

A list of equipment needed will be circulated 1 week before the competition, including display dishes.

Members are to bring salt and pepper.

### TIME

One hour is allowed for cooking, including displaying the dishes in the white alcove (68.5cm X 68.5cm X 61cm high) (background material and accessories can be arranged before the hour starts and will not be included in the time).

15 minutes will be given to read and understand the recipe.

1 hour will be allowed to cook the recipe- as well as weigh and prepare the ingredients.

An additional 15 minutes will be allowed for members to complete a food hygiene questionnaire.

### TIME PENALTIES

Should teams not finish within the hour for cooking (additional 15 minutes for questionnaire), 1 point per minute will be deducted from the overall score.

### WORKSPACE

One trestle table including cooking space.

### DISPLAY

Meal to be displayed in the white alcove (68.5cm x 68.5cm x 61cm high) (backing material and accessories may be arranged by the competitors prior to the commencement of the one hour and will be outside of this time). All exhibits to be within the alcove size\space including any drapes or lining, in\on serving dishes\containers (competitors to supply). Accessories that are in harmony with the rest of the exhibit and that are

<p>yr arddangosfa a hynny ar raddfa gydag ef a'i gilydd, ond ddim yn flaenllaw.</p> <p><b>NODIADAU</b> Ni ddylid defnyddio ffonau symudol wrth baratoi, cystadlu a gosod.</p> <p><b>SYSTEM FARCIO</b></p> <table> <tr> <td>Gwaith Tîm a Dull</td> <td>35</td> </tr> <tr> <td>Cyflwyniad / Arddangosfa</td> <td>15</td> </tr> <tr> <td>Canlyniad terfynol yr eitem a baratowyd (lliw / blas / gwead / ayyb.)</td> <td>40</td> </tr> <tr> <td>Holiadur</td> <td>10</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td><b>100</b></td> </tr> </table>	Gwaith Tîm a Dull	35	Cyflwyniad / Arddangosfa	15	Canlyniad terfynol yr eitem a baratowyd (lliw / blas / gwead / ayyb.)	40	Holiadur	10	<b>CYFANSWM</b>	<b>100</b>	<p>in scale with it and each other, but not dominant, are allowed.</p> <p><b>NOTES</b> No mobile phones to be used during preparation, competition and setting up.</p> <p><b>SCALE OF MARKS</b></p> <table> <tr> <td>Teamwork and Method</td> <td>35</td> </tr> <tr> <td>Presentation / Display</td> <td>15</td> </tr> <tr> <td>Finished results of prepared item (colour /flavour / texture / etc.)</td> <td>40</td> </tr> <tr> <td>Questionnaire</td> <td>10</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> </tr> </table>	Teamwork and Method	35	Presentation / Display	15	Finished results of prepared item (colour /flavour / texture / etc.)	40	Questionnaire	10	<b>TOTAL</b>	<b>100</b>
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### Canu Unigol / Solo Singing RWAS (1/2 comp)

<p><b>UNIGOL</b> – Un aelod (18 mlwydd oed neu iau).</p> <p><b>TASG</b> Cân neu gymysgedd sy'n defnyddio caneuon sy'n cynnwys <del>'môr' neu 'ddŵr' yn y teitl neu'r geiriau gyda'r thema 'dŵr'</del></p> <p><b>CYFEILIANT</b> Traciau Cefndirol yn unig ar ffurf MP3. Ni chaniateir cyfeiliant byw.</p> <p><b>AMSER</b> Caniateir uchafswm o 5 munud. Caniateir isafswm o 2 munud.</p> <p><b>COSB AMSER</b> Hyd at 15 eiliad dros neu o dan amser – 2 farc cosb; Hyd at 30 eiliad dros neu o dan amser – 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p><b>OFFER</b> Dylai aelodau ddarparu ffeiliau MP3 priodol ar ffon USB a ddylai gynnwys lleisiau cefndir yn unig (bydd technegydd y CFFI yn gyfrifol am chwarae'r ffeiliau MP3).</p> <p>Meicroffonau – Bydd gan y cystadleuwyr hyd at chwech meic llaw.</p> <p><b>SYSTEM FARCIO</b></p> <table> <tr> <td>Perfformio</td> <td>35</td> </tr> <tr> <td>Lleisiol</td> <td>35</td> </tr> <tr> <td>Gwisg</td> <td>10</td> </tr> </table>	Perfformio	35	Lleisiol	35	Gwisg	10	<p><b>Solo</b> - One member (18 years of age or under).</p> <p><b>TASK</b> A song or medley using songs that include <del>'sea' or 'water' in the title or lyrics with the theme 'Water'.</del></p> <p><b>ACCOMPANIMENT</b> Backing track only in MP3 Format. No live accompaniment is allowed.</p> <p><b>TIME</b> Maximum time allowed is 5 minutes. Minimum time allowed is 2 minutes.</p> <p><b>TIME PENALTIES</b> Up to 15 seconds overtime or undertime - 2 penalty marks; Up to 30 seconds overtime or undertime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>EQUIPMENT</b> Members to supply the Mp3 files via phone which should include backing vocals only (Mp3's will be operated by the YFC technician).</p> <p>Microphones – Competitors will have up to six handheld radio mics.</p> <p><b>SCALE OF MARKS</b></p> <table> <tr> <td>Performance</td> <td>35</td> </tr> <tr> <td>Vocal</td> <td>35</td> </tr> <tr> <td>Costume</td> <td>10</td> </tr> </table>	Performance	35	Vocal	35	Costume	10
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Effaith Gyffredinol <b>CYFANSWM</b>	20 <b>100</b>	Overall Effect <b>TOTAL</b>	20 <b>100</b>
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### Canu Grŵp / Group Singing RWAS (1 comp)

<p><b>GRŴP</b> – Hyd at 6 aelod a dim llai na 2 aelod (18 mlwydd oed neu iau).</p> <p><b>TASG</b> Cân neu gymysgedd o ganeuon gyda'r thema 'Arwr'</p> <p><b>CYFEILIANT</b> Traciau Cefndirol yn unig ar ffurf MP3. Ni chaniateir cyfeiliant byw.</p> <p><b>AMSER</b> Caniateir uchafswm o 5 munud. Caniateir isafswm o 2 munud.</p> <p><b>COSB AMSER</b> Hyd at 15 eiliad dros neu o dan amser – 2 farc cosb; Hyd at 30 eiliad dros neu o dan amser – 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.</p> <p><b>OFFER</b> Dylai aelodau ddarparu ffeiliau MP3 priodol ar ffon USB a ddylai gynnwys lleisiau cefndir yn unig (bydd technegydd y CFFI yn gyfrifol am chwarae'r ffeiliau MP3).</p> <p>Meicroffonau – Bydd gan y cystadleuwyr hyd at chwech meic llaw.</p> <p><b>SYSTEM FARCIO</b></p> <table> <tr><td>Perfformio</td><td>35</td></tr> <tr><td>Lleisiol</td><td>35</td></tr> <tr><td>Gwisg</td><td>10</td></tr> <tr><td>Effaith Gyffredinol</td><td>20</td></tr> <tr><td><b>CYFANSWM</b></td><td><b>100</b></td></tr> </table>	Perfformio	35	Lleisiol	35	Gwisg	10	Effaith Gyffredinol	20	<b>CYFANSWM</b>	<b>100</b>	<p><b>Group</b> – Up to 6 singers but no less than 2 singers (18 years of age or under).</p> <p><b>TASK</b> A song or medley of songs with the theme 'Hero'</p> <p><b>ACCOMPANIMENT</b> Backing track only in MP3 Format. No live accompaniment is allowed.</p> <p><b>TIME</b> Maximum time allowed is 5 minutes. Minimum time allowed is 2 minutes.</p> <p><b>TIME PENALTIES</b> Up to 15 seconds overtime or undertime - 2 penalty marks; Up to 30 seconds overtime or undertime - 5 penalty marks; And a further 5 penalty marks will be deducted for every 15 seconds thereafter.</p> <p><b>EQUIPMENT</b> Members to supply the Mp3 files via phone which should include backing vocals only (Mp3's will be operated by the YFC technician).</p> <p>Microphones – Competitors will have up to six handheld radio mics.</p> <p><b>SCALE OF MARKS</b></p> <table> <tr><td>Performance</td><td>35</td></tr> <tr><td>Vocal</td><td>35</td></tr> <tr><td>Costume</td><td>10</td></tr> <tr><td>Overall Effect</td><td>20</td></tr> <tr><td><b>TOTAL</b></td><td><b>100</b></td></tr> </table>	Performance	35	Vocal	35	Costume	10	Overall Effect	20	<b>TOTAL</b>	<b>100</b>
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### Gwisgo Fyny / Dressing up RWAS (1 comp)

<p><b>THEMA</b> Gwasaneuthau Brys</p> <p><b>TÎM</b> Dau aelod. (un 18 oed ac un 16 oed neu iau).</p> <p><b>TASG</b> Dau aelod i wisgo i fyny Arweinydd Clwb / Aelod Hŷn fel rhywbeth sy'n gysylltiedig â'r Gwasanaethau Brys gan ddefnyddio deunyddiau wedi'u hailgylchu'n sylweddol.</p>	<p><b>THEME</b> Emergency Services</p> <p><b>TEAM</b> Two members (One 18 years and one 16 years of age or under).</p> <p><b>TASK</b> Two members to dress up a Club Leader / Senior member as something associated with the Emergency Services using predominantly recycled materials.</p>
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<p><b>NODIADAU</b> Yr holl wisgoedd i'w gwneud adeg y gystadleuaeth felly ni ellir gwneud unrhyw waith ymlaen llaw (Cosbir y timau os caiff y gwisgoedd eu gwneud ymlaen llaw neu os cânt eu llogi). Atgoffir timau na chaniateir unrhyw ategolion megis wigiau sydd wedi'u gwneud / eu prynu ymlaen llaw.</p> <p>Ni ddylid defnyddio ffonau symudol wrth baratoi, cystadlu a gosod.</p> <p><b>AMSER</b> Caniateir 1 awr.</p> <p><b>SYSTEM FARCIO</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Gwreiddioldeb</td> <td style="text-align: right;">25</td> </tr> <tr> <td>Gwaith Tîm</td> <td style="text-align: right;">25</td> </tr> <tr> <td>Effaith Gyffredinol</td> <td style="text-align: right;">50</td> </tr> <tr> <td><b>CYFANSWM</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Gwreiddioldeb	25	Gwaith Tîm	25	Effaith Gyffredinol	50	<b>CYFANSWM</b>	<b>100</b>	<p><b>NOTES</b> All costumes to be made on the day and therefore no work to be undertaken beforehand (Teams will be penalised if costumes have been made beforehand or if they have been hired). Teams are reminded that accessories such as wigs that have been made / purchased beforehand are therefore not permitted.</p> <p>No mobile phones to be used during preparation, competition and setting up.</p> <p><b>TIME</b> Time allowed – 1 hour.</p> <p><b>SCALE OF MARKS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Originality</td> <td style="text-align: right;">25</td> </tr> <tr> <td>Teamwork</td> <td style="text-align: right;">25</td> </tr> <tr> <td>Overall Effect</td> <td style="text-align: right;">50</td> </tr> <tr> <td><b>TOTAL</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Originality	25	Teamwork	25	Overall Effect	50	<b>TOTAL</b>	<b>100</b>
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### Tynnu'r Gelyn Iau / Junior Tug-of-War RWAS (1 comp)

<p><b>TÎM</b> Bydd tîm yn cynnwys rhwng 7 a 10 aelod tynnu, bechgyn neu ferched, a rhaid iddynt fod rhwng 12 oed a 17 oed ac iau ar 1af Medi 2023. Mae hyn yn golygu RHAID i gystadleuwyr fod wedi cyrraedd eu penblwydd yn 12 oed ar 1af Medi 2023 a gallant fod yn 18 ar ddiwrnod y gystadleuaeth. (Ni allwch gystadlu i fwy nag un clwb a sir o fewn un flwyddyn aelodaeth). Caniateir eilyddion - gweler rheolau FfCCFFI.</p> <p>Dylai'r holl gystadleuwyr fod yn aelodau llawn o glwb yng Sir Gâr.</p> <p><b>DILLAD AR ADEG Y PWYSO</b> Gall timau bechgyn wisgo siorts o faint priodol sydd ddim yn dryloyw yn unig.</p> <p>Gall timau merched wisgo siorts o faint priodol sydd ddim yn dryloyw a chrysau neu dopiau chwaraeon priodol yn unig.</p> <p>Nid oes angen cario na gwisgo'r esgidiau ar y glorian yn ystod y pwyso.</p> <p><b>NODIADAU</b> Bydd rheolau Tynnu'r Gelyn FfCCFFI 2024 yn weithredol, yn unol â chanllawiau Cymdeithas Tynnu'r Gelyn.</p>	<p><b>TEAM</b> A team shall consist of between 7 and 10 pulling members, male or female, who must be between 12 years &amp; 17 years of age and under on 1st September 2023. This means competitors MUST have attained their 12th birthday on 1st September 2023 and may be 18 on the day of the competition. (You cannot compete for more than one club and county in one membership year.) Substitutes are allowed please see NFYFC rules.</p> <p>And all competitors must be full members of a Club based in Carmarthenshire.</p> <p><b>DRESS AT WEIGH-IN</b> Male - may weigh-in in proper sized non-transparent shorts only.</p> <p>Female - may weigh-in in proper sized non transparent shorts and shirts or suitable sports tops only.</p> <p>Boots need not be carried or worn on the scale during weigh-in.</p> <p><b>NOTES</b> The 2024 NFYFC Tug-of-War rules shall apply as set by the TOWA.</p> <p>The members of the team will be weighed as one and will not exceed: -</p>
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<p>Pwysir aelodau'r tîm gyda'i gilydd ac ni chânt bwyso mwy na:- 560 kg Rheolau GENSB</p> <p>Bydd cynnwys merched mewn tîm yn rhoi bonws o 10kg am bob merch, hyd at uchafswm o 600kg.</p> <p>Aelodau i wisgo crysau o'r un lliw. Ni ddylid 'ffugio' esgidiau'r cystadleuwyr mewn unrhyw ffordd h.y. dylai'r wadn, y sawdl, ac ochr y sawdl fod yn wastad â'i gilydd. Ni chaniateir blaenau esgidiau metel neu blatiau metel ar flaen yr esgidiau. Caniateir platiau metel sy'n wastad ag ochr a gwaelod y sawdl yn unig.</p> <p>Mae gan y beirniad yr hawl a'r cyfrifoldeb i ddiarddel tîm / timau heb rybudd os byddant yn torri rheolau.</p> <p><b>DYSGWYR A HYFFORDDWYR</b> Un hyfforddwr yn unig fydd yn cael ei ganiatáu gyda phob tîm wrth dynnu. Caniateir un hyfforddwr neu Ddyn Dwr yn unig gyda phob tîm. Yn ystod y tynnu rhaid i'r hyfforddwr gadw draw oddi wrth y ddau dîm ac nid oes ganddo/ganddi hawl i ddweud dim wrthynt yn ystod y tynnu.</p> <p>Gwelir rheolau FfCCFFI am ragor o wybodaeth ynghylch Eilyddion a Manylion Penodol.</p>	<p>560 kg GENSB rules</p> <p>'Lining up women in the team will give a bonus of 10 kg for each on the weight allowance, limited to a maximum team weight of 600 kg'.</p> <p>Members to wear the same colour shirt/jerseys. Competitors' boots or shoes must not be 'faked' in any way, i.e the sole, heel and side of the heel shall be perfectly flush. No metal toecaps or metal toe plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted.</p> <p>The judge(s) has/have the power and responsibility to disqualify a team or teams after a caution or disqualify without caution for any offence against the rules.</p> <p><b>COACHES AND TRAINERS</b> Only one Coach is permitted with each team during pulling. Only one Trainer or "Water Carrier" is permitted with each team. During pulling the Trainer shall take up position well clear of both teams and is not permitted to address any remark to them during actual pulling.</p> <p>See NFYFC rules for further information on Substitution and Technicalities.</p>
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### **GWAITH COED IAU / JUNIOR WOODWORK (1 COMP)**

<p><b>TÎM</b> Dau aelod (18 oed neu'n iau)</p> <p><b>TASG</b> Timau i ddylunio a chreu 'Blwch Post'.</p> <p><b>AMSER</b> Caniateir 2 awr i gwblhau'r dasg.</p> <p><b>OFFER</b> Mae'n rhaid i gystadleuwyr ddarparu eu hoffer eu hunain. Ni chaniateir defnyddio llif gadwyn. Caniateir driliau batri ond ni chaniateir unrhyw offer batri arall. Ni chaniateir atodiadau llafn i'r dril. Gellir defnyddio sgriwiau a/neu folltau, ond rhaid i'r cystadleuwyr ddarparu'r rhain eu hunain. Ni chaniateir gynnau hoelio. Ni chaniateir gynnau styffylu.</p> <p><b>DEUNYDD</b> Rhaid i'r cystadleuwyr darparu deunydd eu hun:  Darn o bren FSC 15cm x 1.4m o hyd a 1.5-1.8cm o drwch a heb ei drin.</p>	<p><b>TEAM</b> Two members (18 years of age or under)</p> <p><b>TASK</b> Teams to design and create a 'Postbox'.</p> <p><b>TIME</b> 2 hours is allowed to complete the task.</p> <p><b>EQUIPMENT</b> Competitors must supply their own tools. Chainsaws will not be allowed. Only battery powered drills will be allowed no other battery operated tools are allowed. No blade attachments on the drill is allowed. Screws and/or bolts may be used but these must be supplied by the competitors. No nail guns allowed. No staple guns allowed.</p> <p><b>MATERIALS</b> All competitors must supply their own materials:</p>
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Dylai cystadleuwyr ddod â'u hoelion eu hunain.	A plank of FSC wood 15cm x 1.4m long x 1.5-1.8cm thick and not pressure treated
<b>SYSTEM FARCIO</b>	Competitors shall bring their own nails.
Ansawdd y crefftwaith,	<b>SCORING</b>
cryfder y fframwaith a'r cynllun	Quality of workmanship,
Gwaith tîm	structural soundness and design
Gweithio yn ddiogel	Team work
Gwreiddioldeb	Safeworking
Addasrwydd yr eitem	Originality
<b>CYFANSWM</b>	Fit for purpose
	<b>TOTAL</b>

### Paratoi Llo Godro / Prepare a Dairy Calf (1/2 comp)

<b>TÎM</b> Un aelod 18 oed neu iau.	<b>TEAM</b> One member 18 years or under.
<b>TASG</b> Paratoi ac arwain Llo Godro sydd ddim dros 12 mis oed ar ddiwrnod y Rali. DIM golchi na chlipio i'w wneud o flaen llaw (arwahan i glipio'r pen).  Aelodau i wisgo'r dillad cywir ar gyfer arddangos.  Bydd hawl i aelod ychwanegol ddal pen y llo yn ystod adeg paratoi y llo ond NI FYDD HAWL GAN YR AIL AELOD WNEUD UNRHYW GWAITH.  FE FYDD TRYDAN AR GAEL. Sicrhewch bod holl offer trydanol yn wedi cael prawf PAT.	<b>TASK</b> To prepare and handle a Dairy Calf not exceeding 12 months of age on Rally Day. NO washing or clipping to be done beforehand (except the clipping of the head).  Correct showing dress must be worn.  A 2nd YFC member will be allowed to hold the head of the calf during preparation only but will NOT BE ALLOWED TO UNDERTAKE ANY WORK.  ELECTRICITY WILL BE AVAILABLE! Make sure all electrical equipment are PAT tested.
<b>AMSER</b> 1 awr- Golchi 1 awr- Clipio ac Arddangos ar ôl hynny	<b>TIME</b> 1 hour – Washing 1 hour – Clipping and Showing following the hour.
<b>NODIADAU</b> Rhaid bod tocwyr wedi cael prawf a thystysgrif i ddangos eu bod yn ddiogel i'w defnyddio cyn y Rali.  Sicrhewch y byddwch yn gallu rheoli llo sydd ychydig yn afreolus a sicrhewch bod maint y llo yn addas at eich oedran.  COFIWCH BASBORT Y LLO. Bydd angen gwisgo dillad addas.	<b>NOTES</b> Clippers must be safety checked and certified before Rally Day.  Please ensure that you will be able to control a slightly unruly calf if necessary and that you have selected a calf of suitable size for your age.  PLEASE REMEMBER YOUR CATTLE PASSPORT. Appropriate clothing to be worn.
<b>MARCIO</b> Paratoi	<b>MARKS:</b> Preparation
Trin ac arwain	Handling/ Leading
CYFANSWM	TOTAL

## Paratoi Llo Bîff / Prepare a Beef Calf (1/2 comp)

### TÎM:

Un aelod 18 oed neu iau.

### TASG

Paratoi ac arwain Llo Bîff sydd ddim dros 12 mis oed ar ddiwrnod y Rali. DIM golchi na chlipio i'w wneud o flaen llaw (arwahan i glipio'r pen).

Aelodau i wisgo'r dillad cywir ar gyfer arddangos.

Bydd hawl i aelod ychwanegol ddal pen y llo yn ystod adeg paratoi y llo ond NI FYDD HAWL GAN YR AIL AELOD WNEUD UNRHYW GWAITH.

FE FYDD TRYDAN AR GAEL. Sicrhewch bod holl offer trydanol yn wedi cael prawf PAT.

### AMSER

1 awr- Golchi

1 awr- Clipio ac Arddangos ar ôl hynny

### NODIADAU

Rhaid bod tocwyr wedi cael prawf a thystysgrif i ddangos eu bod yn ddiogel i'w defnyddio cyn y Rali.

Sicrhewch y byddwch yn gallu rheoli llo sydd ychydig yn afreolus a sicrhewch bod maint y llo yn addas at eich oedran.

COFIWCH BASBORT Y LLO.

Bydd angen gwisgo dillad addas.

### MARCIO

Paratoi	50
Trin ac arwain	50
CYFANSWM	100

### TEAM:

One member 18 years or under.

### TASK

To prepare and handle a Beef Calf not exceeding 12 months of age on Rally Day. NO washing or clipping to be done beforehand (except the clipping of the head).

Correct showing dress must be worn.

A 2nd YFC member will be allowed to hold the head of the calf during preparation only but will NOT BE ALLOWED TO UNDERTAKE ANY WORK.

ELECTRICITY WILL BE AVAILABLE! Make sure all electrical equipment are PAT tested.

### TIME

1 hour – Washing

1 hour – Clipping and Showing following the hour.

### NOTES

Clippers must be safety checked and certified before Rally Day.

Please ensure that you will be able to control a slightly unruly calf if necessary and that you have selected a calf of suitable size for your age.

PLEASE REMEMBER YOUR CATTLE PASSPORT.

Appropriate clothing to be worn.

### MARKS:

Preparation	50
Handling/ Leading	50
TOTAL	100

## Adeiladu BBQ / Build a BBQ (1 comp)

<p><b>Tîm</b> Dau aelod 18 oed neu'n iau.</p> <p><b>Tasg</b> Dimensiynau mwyaf ar gyfer y barbeciw i fod yn 4 troedfedd o uchder x 4 troedfedd o led a 2 troedfedd 4 modfedd o ddyfnder</p> <p>Dylid adeiladu'r barbeciw ar eich sylfaen eich hun a dylid darparu sylfaen ar gyfer cymysgu'r sment. Holl ddeunyddiau i'w clirio o safle'r Rali ar ddiwedd y dydd.</p> <p>Rhaid i'r holl ddeunyddiau ac offer ar gyfer y gystadleuaeth gael eu darparu gan y cystadleuwyr.</p> <p>Caniateir ategolion</p> <p>Rhaid cymysgu sment â llaw.</p> <p><b>NI</b> fydd trydan ar gael, hefyd <b>NI</b> fydd hawl ddefnyddio cymysgeddau sment disel/petrol.</p> <p><b>AMSER:</b> 2 awr</p> <p><b>Marciau</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Gweithio Diogel</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Gwaith Tîm</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Crefftwaith</td> <td style="text-align: right;">30</td> </tr> <tr> <td>Ymddangosiad a thaclusrwydd cyffredinol o'r dasg gorffenedig</td> <td style="text-align: right;">50</td> </tr> <tr> <td><b>Cyfanswm</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Gweithio Diogel	10	Gwaith Tîm	10	Crefftwaith	30	Ymddangosiad a thaclusrwydd cyffredinol o'r dasg gorffenedig	50	<b>Cyfanswm</b>	<b>100</b>	<p><b>Team</b> Two members 18 and under.</p> <p><b>Task</b> Maximum dimensions for the BBQ to be 4ft high x 4ft wide and 2ft 4inches deep</p> <p>The BBQ should be built on your own base and a base should be supplied for mixing the cement. All materials to be cleared from Rally site at the end of the day.</p> <p>All materials and tools for the competition must be supplied by the competitors.</p> <p>Accessories are allowed</p> <p>Cement must be mixed by hand.</p> <p><b>NO</b> electricity will be available and <b>NO</b> diesel/petrol cement mixtures either.</p> <p><b>TIME:</b> 2 hours</p> <p><b>MARKS:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Safe working</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Teamwork</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Workmanship</td> <td style="text-align: right;">30</td> </tr> <tr> <td>Overall appearance and neatness of finished task</td> <td style="text-align: right;">50</td> </tr> <tr> <td><b>Total</b></td> <td style="text-align: right;"><b>100</b></td> </tr> </table>	Safe working	10	Teamwork	10	Workmanship	30	Overall appearance and neatness of finished task	50	<b>Total</b>	<b>100</b>
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## Gwersyllwyr Medrus / Capable Campers (1 comp)

### Sylwch – dim ond 2 dîm o bob clwb a ganiateir.

### Please note – only 2 teams from each club are allowed.

<p><b>TÎM:</b> Tri aelod 18 mlwydd oed neu iau ar y 1af o Fedi 2023.</p> <p><b>TASG:</b> Bydd angen i'r aelodau, yn erbyn y cloc, i godi pabell 4-person ac i goginio 1 wy a 1 selsig.</p> <p>Bydd C.Ff.I Sir Gaerfyrddin yn darparu pebyll ond rhaid i'r holl gystadleuwyr ddarparu'r holl offer arall ar gyfer coginio'r selsig a'r wŷ. Bydd gweithio'n drefnus, effeithlonrwydd ac amser a gymerir i wneud y tasgau yn cael eu hystyried.</p>	<p><b>TEAM:</b> Team of three members 18 years or under on 1st of September 2023.</p> <p><b>TASK:</b> The members will be required against the clock, to pitch a 4-person tent and cook 1 egg and 1 sausage.</p> <p>Carmarthenshire YFC will provide tents but all other equipment for cooking the sausages and egg must be provided by the competitors. Methodical working, efficiency and time taken to undertake the tasks will be considered.</p>
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**OFFER:**

Bydd yn rhaid i'r tîmoedd ddarparu'r holl offer a'r holl gynhwysion. Mae'n ofynnol i dimau sy'n cystadlu darparu un stôf nwy bwtan. Rhaid i'r stofiau fod fel y lluniau isod ac wedi'u tanio gan getris bwtan:



Bydd y beirniad yn asesu'r offer ar gyfer coginio'r selsig cyn cychwyn y gystadleuaeth.

Ni chaniateir tanau agored.

**AMSER:**

Caniateir uchafswm o 15 munud sy'n cynnwys coginio'r selsig, wŷ a chodi'r tent. Ni fydd datgymalu'r babell yn cael ei gynnwys yn y 15 munud.

**MARCAU:**

Codi'r babell	30
Sut mae'r Selsig a'r wy wedi eu coginio	30
Amser	40
<b>CYFANSWM</b>	<b><u>100</u></b>

**EQUIPMENT:**

Competing teams are required to provide all equipment and all ingredients. Competing teams are required to provide one butane gas stoves. The stoves must be like the images below and be fuelled by butane cartridges:



The judge will assess the equipment for cooking the sausages before commencement of the competition.

No open fires allowed.

**TIME:**

A maximum of 15 minutes is allowed which includes cooking the sausage, egg and pitching the tent. Dismantling of the tent will not be included within the 15 minutes.

**SCALE OF MARKS:**

Pitching of the tent	30
Cooking of Egg and Sausage	30
Time	40
<b>TOTAL</b>	<b><u>100</u></b>

**Helpa Sborion / Scavenger Hunt (1 comp)****Tîm**

Dau aelod 18 oed neu'n iau.

**Tasg**

Bydd pob tîm yn cael rhestr o eitemau lle byddant yn archwilio safle'r Rali i ddod o hyd iddynt. Yr holl eitemau\gwybodaeth i'w dychwelyd i ddesg y CFFI i'w harchwilio a'u marcio gan y beirniad.

**Cotiau gwyn i'w gwisgo drwy gydol y gystadlaeth.**

**AMSER:**

1 ½ awr

**Marciau**

**Cyfanswm 100**

**Team**

Two members 18 and under.

**Task**

Each team will be issued with a list of items for which they will explore the Rally site in which to find. All items\information to be brought to the YFC desk for inspection and marking by the judge.

**White coat to be worn throughout the competition.**

**TIME:**

1 ½ hours

**MARKS:**

**Total 100**