

RHEOLAU RALI 2010 RALLY RULES

NEW! General Rules

- Members who fail to produce their membership card / do not have a photo on their membership card will be fined £5 which will not be refunded.
- Members must book in with the steward within half an hour of the start time of their competition, either in person or through a fellow club member on the competitors' behalf. Failure to do so will result in instant disqualification.

Newydd! Rheolau cyffredinol

- Bydd aelodau sydd heb garden aelodaeth, neu heb lun ar eu cerdyn aelodaeth yn cael cosb o £5. Ni fydd hwn yn cael ei ad-dalu
- Mae'n rhaid i'r aelodau gofrestru gyda stiward y gystadleuaeth o fewn i hanner awr o amser cychwyn y gystadleuaeth, unai yn uniongyrchol neu drwy aelod arall o'r un clwb. Byddwch yn cael eich diarddel o'r gystadleuaeth os na fydd hyn yn digwydd.

ADRAN 1 - AMAETHYDDIAETH / SECTION 1 - AGRICULTURE

1. BARNU GWARTHEG GODRO HOLSTEINS (SFC)

Tîm o bedwar aelod (un 26, 21, 18 ac 16 mlwydd oed neu iau ar y 1^{af} o Fedi 2009). Y cystadleuwyr i osod a rhoi rhesymau ar gylch o bedair buwch. Pob adran i feirniadu yn unol â phwyntiau'r brîd.

Amseru: 15 munud i archwilio a thrin y gwartheg.

Rhesymau: Caniateir dwy funud i bob cystadleuydd gyflwyno ei r/rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob pymtheg eiliad neu ran o hynny. Tynnir y marciau hyn o gyfanswm y cystadleuydd.

1. HOLSTEIN DAIRY JUDGING (RWS)

Team of four members (one of which will be 26, 21, 18 and 16 years of age or under on 1st September 2009). All competitors to place and give reasons on a ring of four cattle. All sections to be judged on breed points.

Timing: 15 minutes allowed for inspection and handling.

Reasons: 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.

2. BARNU MOCH CYMREIG (SFC)

Tîm o bedwar aelod (un 26, 21, 18 ac 16 mlwydd oed neu iau ar y 1^{af} o Fedi 2009). Y cystadleuwyr i osod a rhoi rhesymau ar gylch o bedwar o foch. Pob adran i feirniadu yn unol â phwyntiau'r brid.

Amseru: 15 munud i archwilio a thrin y moch.

Rhesymau: Caniateir dwy funud i bob cystadleuydd gyflwyno ei r/rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob pymtheg eiliad neu ran o hynny. Tynnir y marciau hyn o gyfanswm y cystadleuydd.

2. WELSH PIG JUDGING (RWS)

Team of four members (one of which will be 26, 21, 18 and 16 years of age or under on 1st September 2009). All competitors to place and give reasons on a ring of four pigs. All sections to be judged on commercial breeding points.

Timing: 15 minutes allowed for inspection and handling.

Reasons: 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 competitors total.

3. BARNU DEFAID MYNYDD DUON CYMREIG (SFC)

Tîm o bedwar aelod (un 26, 21, 18 ac 16 mlwydd oed neu iau ar y 1^{af} o Fedi 2009). Y cystadleuwyr i osod a rhoi rhesymau ar gylch o bedair ddafad. Pob adran i feirniadu yn unol â phwyntiau y brîd.

Amseru: 15 munud i archwilio a thrin y defaid.

Rhesymau: Caniateir dwy funud i bob cystadleuydd gyflwyno ei r/rhesymau. Cosbir cystadleuwyr sy'n mynd dros yr amser penodedig ar raddfa o ddau farc am bob pymtheg eiliad neu ran o hynny. Tynnir y marciau hyn o gyfanswm y cystadleuydd.

3. BLACK WELSH MOUNTAIN SHEEP JUDGING (RWS)

Team of four members (one of which will be 26, 21, 18 and 16 years of age or under on 1st September 2009). All competitors to place and give reasons on a ring of four sheep. All sections to be judged on breed points.

Timing: Fifteen minutes allowed for inspection and handling.

Reasons: 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.

4. CYSTADLEUAETH CNEIFIO (SFC)

Tîm o ddau aelod, dylai un aelod fod yn 26 mlwydd oed neu iau ar y 1^{af} o Fedi 2009 ac un aelod sy'n 21 mlwydd oed neu iau ar y 1^{af} o Fedi 2009. Dylai cystadleuwyr ddarparu pennau cneifio eu hunain. Bydd pob aelod i gneifio dau oen yr un. Rhaid i bob cystadleuydd sy'n cystadlu yng nghystadleuaeth cneifio CFFI fod wedi pasio Prawf Medrusrwydd NPTC neu Wobr Glas y Bwrdd Gwlân, a gofynnir am brawf o hyn ar ddiwrnod y gystadleuaeth. Bydd Rheolau 2010 BISCA yn weithredol.

4. SHEEP SHEARING COMPETITION (RWS)

Team of two members, one of which will be 26 years of age or under on the 1st September 2009 and one junior member who will be 21 years of age or under on the 1st September 2009. Competitors must provide their own shearing heads. Members will shear two lambs each. All members must have passed either a NPTC Proficiency Test or a BWMB Blue Seal in Sheep Shearing to compete in the YFC Sheep Shearing Competition, which will be checked on the day of the competition. The BISCA Rules for 2010 will apply.

5. CYSTADLEUAETH COEDWIGAETH (SFC)

Tim o ddau aelod 26 mlwydd oed neu'n iau ar y 1^{af} Medi 2009, i wneud cwt ci trwy ddefnyddio cynllun gwreiddiol. Dylai'r cwt fod yn addas ar gyfer ci defaid. Uchafswm y maint yw 1.2m mewn hyd, 1m mewn dyfnder, uchafswm yr uchder yw 1.10m.

Amodau: Caniateir dwy awr. Rhaid i gystadleuwyr ddod â'u hoffer eu hunain, ac ni chaniateir llifiau cadwyn. Caniateir driliau trydan "rechargeable" neu bateri. Gellir defnyddio sgriwiau a/neu fyllt, dim ond i'r cystadleuwyr darparu'r rhain eu hunain. Ni chaniateir drylliau hoelion. Caniateir gwn staplwr llaw.

Deunydd: Darperir y deunydd canlynol i gystadleuwyr:

7 darn o 50mm x 50mm (sawn treated) 2.4m long
12 darn o 100mm x 22mm (sawn treated) 2.4m long
1 darn 18mm 'shuttering plywood'
1 darn o 2m felt ar gyfer to (green mineral)

Cystadleuwyr i ddarparu hoelion eu hunain. Bydd y coed a ddarperir yn goed sydd wedi ei llifio a'i thrin.

System marcio: Ansawdd y saernïaeth, cryfder y fframwaith a chynllun - 80; Gwaith tîm - 10; Ansawdd yr offer a diogelwch wrth eu defnyddio - 10. Cyfanswm - 100 o farciau.

5. FORESTRY COMPETITION (RWS)

A team of two members who will be 26 years of age or under on the 1st September 2009, to make a dog kennel of their own design. The kennel should be suitable for housing a sheepdog. Maximum size 1.2m in length, 1m in width and a maximum height of 1.10m.

Conditions: Time allowed two hours. Competitors must supply their own tools, chainsaws will not be allowed. Battery or rechargeable electric drills will be allowed. Screws and/or bolts may be used but these must be supplied by the competitors. No nail guns allowed. Manual staple guns will be allowed.

Materials: Competitors will be supplied with:
7 of 50mm x 50mm sawn treated 2.4m long
12 of 150mm x 22mm sawn treated 2.4m long
1 sheet 18mm shuttering plywood
1 of 2m roofing felt

Competitors to supply their own nails. Timber provided will be sawn treated.

Marking system: Quality of workmanship, structural soundness and design 80; Team work 10; Quality of tools and safety in use 10 - Total 100 marks.

6. YMDRIN TRACTOR

Tim o ddau aelod, un bachgen ac un merch, un dan 26 ag un dan 21 ar 1af Medi, 2009 i yrru / bacio tractor a threilar dros gwrs a osodwyd gan y beirniad. Rhoddir marciau am ddiogelwch a thrafod y tractor, gwaharddir cystadleuwyr os darganfu ei bod yn defnyddio ymarfer anniogel. Cymerir amser mewn i ystyriaeth gan y beirniad.

6. TRACTOR HANDLING

Team of two members, one male and one female, one 26 years and under, one 21 years and under on the 1st September, 2009 to drive / reverse a tractor and trailer over a course set by the judge. Marks will be awarded for safety and handling of tractor and a competitor found to be using unsafe practices will be disqualified.

Time will be taken into account by the judge.

7. CAMPWYR CAMPUS CYMREIG (SFC)

Tîm o dri aelod 18 oed neu iau ar y 1^{af} o Fedi 2009 i gwblhau tasg cyfeiriadu yn y bore - manylion llawn i ddilyn. Yna yn erbyn y cloc, bydd gofyn iddynt i godi pabell a ffrio 3 selsig Gymreig! Wedi ffrio'r selsig, y cystadleuwyr i ddatgysylltu'r babell yn daclus ac yn gywir. Yr aelodau i ddarparu pebyll eu hunain, y selsig a'r holl offer arall. Bydd gweithio trefnus, effeithlonrwydd a'r amser a gymerir i wneud y tasgau yn cael ei ystyried. Caniateir ring gas campio. Bydd y beirniad yn asesu'r offer ar gyfer ffrio'r selsig cyn i'r gystadleuaeth ddechrau. Ni chaniateir tan agored. Wedi i'r holl bebyll gael eu cadw fe fydd ras gyfnewid i fwyta selsig.

System marcio - Cyfeiriadu 20, Codi a datgysylltu'r babell 40; Ffrio'r selsig 10; Amser 15; ras gyfnewid bwyta selsig 15; Cyfanswm 100 marciau.

7. WELSH CAPABLE CAMPERS (RWS)

Team of three members 18 years or under on the 1st of September 2009 will be required to undertake an orienteering exercise in the morning - full details to follow. Then against the clock, to pitch a tent and fry three Welsh Sausages! Following the frying of the sausages, competitors to dismantle the tent and pack tidily and correctly. Members to provide their own tent, sausages and all other equipment. Methodical working, efficiency and time taken to undertake the tasks will be taken into account. A single gas camping ring will be allowed. The judge will assess the equipment for frying the sausages before commencement of competition. No open fires allowed. After all tents are packed away there will be a sausage eating relay race!!

Marking system - Orienteering 20, Pitching and Dismantling of the tent 40; Frying the Sausages 10; Time 15, Sausage Eating Relay 15; Total 100 marks

8. Adnabod Wyau (16 NEU IAU)

8. Egg Identification (16 YEARS OR UNDER)

} Rules to follow

ADRAN 2 - CREFFT / SECTION 2 - CRAFT

1. ARDDANGOSFA FFEDERASIWN (SFC)

THEMA - 'Croeso I Gymru'

Tîm o hyd at chwe aelod a fydd yn 26 oed neu'n iau ar y 1^{af} o Fedi 2007 i osod arddangosfa sy'n dangos 'Croeso i Gymru'. Arddangosfeydd i'w llunio a'u paratoi gan dîm o ddim mwy na phedwar aelod, ynghyd â dau aelod ychwanegol i osod y ffrâm yn unig. Rhaid i bob aelod wisgo cotiau gwyn. Maint a ganiateir 6' (1m 82.9 cm) o uchder; 6' (1m 82.9 cm) o lêd; 4'6" (1m 37.1 cm) o ddyfnder - uchafswm mesuriadau allanol (Gweler rheolau cyffredinol parthed cosbau am arddangosfeydd nad ydynt o fewn y mesuriadau a ganiateir). Clybiau sy'n cymryd rhan i fod yn gyfrifol am labelu, a gall fod yn Gymraeg yn unig, yn Saesneg yn unig, neu'n ddwyieithog. Darperir arwyddion Clybiau ar ôl gorffen beirniadu. Yr holl waith saernïo i'w wneud gan yr aelodau. Y cystadleuwyr sy'n gyfrifol am holl eitemau'r arddangosfa. Ni chaniateir safleoedd cydradd yn y gystadleuaeth hon. Bydd trydan ar gael i'r arddangosfeydd. Ni ddylid defnyddio bwyd a all bydru yn yr arddangosfa.

System marcio: Dehongli'r thema - 30; Crefftwaith y cefndir a'r llwyfannu - 15; Crefftwaith y cynnwys - 20; Effaith gyffredinol a chyflwyniad - 25; Defnydd o'r lle a ganiateir - 10; Cyfanswm - 100 marc.

Rhaid i bob arddangosfa cael ei gosod ar Nos Wener 21ain Mai, 2010 rhwng 7yh a 9yh. (Gweler y rheolau cyffredinol am timau sy'n cyrraedd yn hwyr)

1. FEDERATION DISPLAY (RWS)

THEME - 'Welcome to Wales'

Team of up to six members all of whom will be 26 years of age or under on 1st September 2009 to stage a display which should depict 'Welcome to Wales. Displays to be staged and prepared by a team of not more than four members, plus two additional members who will be permitted to erect the frame only. All members must wear white coats. 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 which do not meet the necessary size specification). Participating Clubs to be responsible for all labelling, which may be in English only, Welsh only, or bilingual. Club numbers will be provided after the judging has taken place. All construction to be made by members. Competitors are responsible for all items on display. No equal placings allowed in overall position in this competition. Electricity will be available for displays. No perishable food to be included in the display.

Marking system: Interpretation of Theme - 30; Workmanship of Backing and Staging - 15; Workmanship of Content - 20; Overall Impression and Presentation - 25; Use of space allowed - 10; Total - 100 marks.

Framing of displays to be erected on Friday evening, 21st May, 2010 between 7pm and 9pm (See general rules on late-comers).

2. PECYN CROESO I GYMRU

Tîm o dri aelod, un aelod yn 26, 21 a 18 oed neu iau ar y 1^{af} o Fedi 2009, i gynhyrchu pecyn Croeso i Gymru a fyddai'n addas ar gyfer ei ddefnyddio gydag aelodau CFfl o dramor. Pecynnau i gynnwys poster A3 a thaflen wedi ei gyflwyno mewn ffolder A4. Gellir cynnwys eitemau hyrwyddo eraill. Bydd pob pecyn yn cael ei arddangos drwy gydol y dydd.

System marcio: Dehongli'r thema 20; Cynnwys 40, Cyflwyniad y pecyn 30; Effaith gyffredinol 10. Cyfanswm 100 marc.

2. WELCOME TO WALES PACK

Team of three members one of which will be 26, 21, 18 years of age or under on 1st September 2009 to produce a Welcome to Wales pack suitable for use with YFC Members from abroad. Packs to include an A3 poster, leaflet and presented in a A4 folder and can include further promotional items. All packs will be displayed throughout the day.

Marking system: Interpretation of theme 20; Contents 40; Presentation of Pack 30; Overall effect 10. Overall 100 marks.

3. CYSTADLEUAETH GOSOD BLODAU

26 OED NEU IAU (SFC)

Thema - Arddangosfa'n porrtreadu 'Tirwedd Cymru'

Un aelod 26 oed neu iau ar y 1^{af} o Fedi 2009 i baratoi arddangosfa i bortreadu Tirwedd Cymru gan ddefnyddio amrywiaeth o flodau a deunyddiau planhigion naturiol. (Ni chaniateir Blodau sydd wedi eu diogelu, gweler www.countrysideaccess.gov.uk am restr). Ni ddylai gostio mwy na £20 (ac eithrio dail). Dylid cyflwyno y costau. Gellir defnyddio ychwanegiadau a chefnlenni ond rhaid i'r cystadleuydd eu darparu. Lle gweithio - hanner bwrdd tresl. Uchafswm maint a ganiateir 2' 5.5" (75cm) o lêd x 2' 1.5" (65cm) o ddyfnder x 2' 11.5" (90cm) o uchder.

Amser a ganiateir - Caniateir 1 awr; a phum munud ychwanegol i sicrhau nad yw'r gosodiad wedi'i amharu wrth glirio. Cyfanswm 100 o farciau - i'w feirniadu yn unol â rheolau (gweler isod) Mudiad Cenedlaethol y Cymdeithas Gosod Blodau (N.A.F.A.S). Gellir cael copïau o lawlyfr cystadlaethau NAFAS (rhifyn cyntaf) o NAFAS Enterprises Ltd, Osborne House, 12 Devonshire

Square, London, EC2M 4TE. Tel: 02072475567.

1. Dilyn geiriad y gystadleuaeth.
2. Blaenoriaeth y deunydd planhigion dros unrhyw ddeunyddiau eraill.
3. Deunydd planhigion addas ac mewn cyflwr da a dilychwyn.
4. Dehongliad clir o'r teitl a'r thema ddewisedig. Dylai'r deunyddiau planhigion gynorthwyo i ddehongli'r thema gosod heb ddibynnu ar yr ychwanegiadau yn unig.
5. Defnydd da o egwyddorion cynllunio a'r lle a ganiateir. Defnyddio cydbwysedd, graddfa, llinell, maint, gwead, a lliw i gyfrannu at yr harmoni cyffredinol.
6. Os defnyddir lliain bwrdd neu sylfaen i'r arddangosfa, ynghyd ag unrhyw lestr ac unrhyw deitl, dylent fod mewn cyflwr arbennig o dda, yn addas i'r thema ddim yn dominyddu o ran maint a lliw.
7. Dylai unrhyw ychwanegiadau a ddefnyddir fod mewn harmoni â gweddill yr arddangosfa, ac yn cyd-fynd â'i gilydd a gweddill yr arddangosfa o ran graddfa maint.

21 OED NEU IAU (FFCCFFI)

Thema -Pen Cwir ar y thema 'Fy Sir I'

Un aelod 21 oed ac lau ar y 1^{af} o Fedi 2009 i baratoi eitem ar y thema 'pen cwir'. Rhaid bod modd ei hongian. Bydd byrddau arddangos yn cael eu darparu gan y sir er mwyn galluogi hyn. Bydd pob arddangosfa yn cael eu harddangos ar yr un uchder (bydd uchder pob arddangosfa yr un peth - 120cm oddi ar y llawr). Man gweithio - hanner Bwrdd trestl.

Amser a ganiateir - Caniateir 1 awr; a phum munud ychwanegol i sicrhau nad yw'r gosodiad wedi'i amharu wrth glirio. Cyfanswm 100 o farciau - i'w feirniadu yn unol â rheolau (gweler isod) Mudiad Cenedlaethol y Cymdeithas Gosod Blodau (N.A.F.A.S). Gellir cael copïau o lawlyfr cystadlaethau NAFAS (rhifyn cyntaf) o NAFAS Enterprises Ltd, Osborne House, 12 Devonshire Square, London, EC2M 4TE. Tel: 02072475567.

1. Dilyn geiriad y gystadleuaeth.
2. Blaenoriaeth y deunydd planhigion dros unrhyw ddeunyddiau eraill.
3. Deunydd planhigion addas ac mewn cyflwr da a dilychwyn.
4. Dehongliad clir o'r teitl a'r thema ddewisedig. Dylai'r deunyddiau planhigion gynorthwyo i ddehongli'r thema gosod heb ddibynnu ar yr ychwanegiadau yn unig.
5. Defnydd da o egwyddorion cynllunio a'r lle a ganiateir. Defnyddio cydbwysedd, graddfa, llinell, maint, gwead, a lliw i gyfrannu at yr harmoni cyffredinol.
6. Os defnyddir lliain bwrdd neu sylfaen i'r arddangosfa, ynghyd ag unrhyw lestr ac unrhyw deitl, dylent fod mewn cyflwr arbennig o dda, yn addas i'r thema ddim yn dominyddu o ran maint a lliw.
7. Dylai unrhyw ychwanegiadau a ddefnyddir fod mewn harmoni â gweddill yr arddangosfa, ac yn cyd-fynd â'i gilydd a gweddill yr arddangosfa o ran graddfa maint.

16 OED NEU IAU (FFCCFFI)

Thema - Arddangosfa ffenestr eglwys ar y thema 'Fy Sir I'

Un aelod 16 neu lau ar y 1af o Fedi 2009 i baratoi eitem i ddarlunio 'arddangosfa ffenestr eglwys'. Mae gan y cystadleuwr yr hawl i ddefnyddio ategolion neu cefnlen, ond rhaid i'r cystadleuwr ddarparu rhain ei hun. Man gweithio - hanner Bwrdd trestl. Maint lled o 75cm x dyfnder o 60cm (does dim terfyn ar uchder). Mae angen medru gweld yr eitem o 3 ongl.

Amser a ganiateir - Caniateir 1 awr; a phum munud ychwanegol i sicrhau nad yw'r gosodiad wedi'i amharu wrth glirio. Cyfanswm 100 o farciau - i'w feirniadu yn unol â rheolau (gweler isod) Mudiad Cenedlaethol y Cymdeithas Gosod Blodau (N.A.F.A.S). Gellir cael copïau o lawlyfr cystadlaethau NAFAS (rhifyn cyntaf) o NAFAS Enterprises Ltd, Osborne House, 12 Devonshire Square, London, EC2M 4TE. Tel: 02072475567.

1. Dilyn geiriad y gystadleuaeth.
2. Blaenoriaeth y deunydd planhigion dros unrhyw ddeunyddiau eraill.
3. Deunydd planhigion addas ac mewn cyflwr da a dilychwyn.
4. Dehongliad clir o'r teitl a'r thema ddewisedig. Dylai'r deunyddiau planhigion gynorthwyo i ddehongli'r thema gosod heb ddibynnu ar yr ychwanegiadau yn unig.
5. Defnydd da o egwyddorion cynllunio a'r lle a ganiateir. Defnyddio cydbwysedd, graddfa, llinell, maint, gwead, a lliw i gyfrannu at yr harmoni cyffredinol.
6. Os defnyddir lliain bwrdd neu sylfaen i'r arddangosfa, ynghyd ag unrhyw lestr ac unrhyw deitl, dylent fod mewn cyflwr arbennig o dda, yn addas i'r thema ddim yn dominyddu o ran maint a lliw.
7. Dylai unrhyw ychwanegiadau a ddefnyddir fod mewn harmoni â gweddill yr arddangosfa, ac yn cyd-fynd â'i gilydd a gweddill yr arddangosfa o ran graddfa maint.

3. FLORAL COMPETITION

26 YEARS OR UNDER (RWS)

Theme - An Exhibit to depict the Welsh Landscape

One member 26 years of age or under on the 1st September 2009 to prepare an exhibit to depict the Welsh Landscape using a selection of flowers and natural plant material (No Protected Flowers are allowed please see www.countrysideaccess.gov.uk for list of protected flowers). Cost not to exceed £20 (excluding Foliage). Costings to be submitted. Competitors are allowed to use accessories and back drops but are to supply these themselves. Working area - half a trestle table. Size allowed 2' 5.5" (75cm) wide x 2' 1.5" (65cm) deep x 2' 11.5" (90cm) high.

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

21 YEARS OR UNDER (NFYFC)

Theme - A Pew End to the theme 'My Home County'.

One member 21 years or under on 1st September 2009 to prepare an exhibit to the subject 'A Pew End', displays must be able to be hung. Boards will be provided by MYFC to enable this. All exhibits will be hung at the same height (the top of each display will be at the same height (the top of each display will be at a height of 120cm from the ground). Working area - half a trestle table.

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

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 (first 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.

16 YEARS OR UNDER (NFYFC)

Theme - A Church Window Display to the theme 'My Home County'

One member 16 years of age or under on the 1st September 2009 to prepare an exhibit to depict 'A Church Window Display'. Competitors are allowed to use accessories and back drops but are to supply these themselves. Working area - half a trestle table. Size allowed 75cm wide x 60cm deep (no limit on height). The exhibit is to be able to be viewed from three sides.

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

4. CYSTADLEUAETH CREFFT

26 NEU IAU

Thema - 'Unrhyw eitem yn defnyddio helygen'

Mae'r gystadleuaeth hon yn agored i UN aelod o bobl clwb sy'n 26 oed neu iau ar y 1af o Fedi, 2009. Mae'r cystadleuydd i greu un eitem dim mwy na 60cm³ yn defnyddio helygen. Ni chaniateir defnyddio offer trydanol / pŵer. Bydd gan pob cystadleuydd hyd at awr i arddangos y technegau a ddefnyddiwyd i greu'r eitem. Disgwylir i'r cystadleuydd ddarparu'r eitemau ar gyfer hyn.

Cystadleuwyr i ddod a'r un deunyddiau i gwblhau tasgau yn unol â dymuniadau'r beirniad a chaniateir un awr ar gyfer hyn. Caniateir 10 munud ychwanegol i aelodau i osod a chyflwyno eu eitem. Lle gweithio - hanner bwrdd tresl. Lle i gyflwyno'r eitem orffenedig - hanner bwrdd tresl.

System marcio: Gwreiddioldeb a dewis 15; Cynllun 15; Crefftwaith 30; Cyflwyniad ac ymddangosiad yr eitem orffenedig 15; Cyfanswm marciau 75. Prawf ymarferol 25; Cyfanswm terfynol 100 marc

21 NEU IAU (SFC)

Thema - Tlws yn addas ar gyfer Cystadleuaeth Cneifio'r Byd

Un aelod 21 oed neu iau ar y 1^{af} o Fedi 2009 i wneud Tlws ar gyfer Cystadleuaeth Cneifio'r Byd allan o ddeunyddiau o'ch dewis eich hun. Uchafswm maint yr eitem 45cm o lêd, 45cm o ddyfnder, 45cm o uchder. Ni ddylai gostio mwy na £20 (manylion i'w cyflwyno).

Cystadleuwyr i ddod a'r un deunyddiau i gwblhau tasgau yn unol â dymuniadau'r beirniad a chaniateir un awr ar gyfer hyn. Caniateir 10 munud ychwanegol i aelodau i osod a chyflwyno eu eitem. Lle gweithio - hanner bwrdd tresl. Lle i gyflwyno'r eitem orffenedig - hanner bwrdd tresl.

System marcio: Gwreiddioldeb a dewis 15; Cynllun 15; Crefftwaith 30; Cyflwyniad ac ymddangosiad yr eitem orffenedig 15; Cyfanswm marciau 75. Prawf ymarferol 25; Cyfanswm Terfynol 100 marc.

16 NEU IAU

Thema - 'Paper mache o dirlun Cymreig'

Mae'r gystadleuaeth hon yn agored i UN aelod o bob clwb, 16 oed neu iau ar y 1af o Fedi, 2009. Mae'r cystadleuydd i arddangos eitem o paper mache o dirlun Cymreig sydd ddim mwy na 50cm³. Bydd gan bob cystadleuydd hyd at awr i arddangos y technegau a ddefnyddiwyd i greu'r eitem. Disgwylir i'r cystadleuydd ddarparu'r eitemau ar gyfer hyn.

Cystadleuwyr i ddod a'r un deunyddiau i gwblhau tasgau yn unol â dymuniadau'r beirniad a chaniateir un awr ar gyfer hyn. Caniateir 10 munud ychwanegol i aelodau i osod a chyflwyno eu eitem. Lle gweithio - hanner bwrdd tresl. Lle i gyflwyno'r eitem orffenedig - hanner bwrdd tresl.

System marcio: Gwreiddioldeb a dewis 15; Cynllun 15; Crefftwaith 30; Cyflwyniad ac ymddangosiad yr eitem orffenedig 15; Cyfanswm marciau 75. Prawf ymarferol 25; Cyfanswm Terfynol 100 marc.

4. CRAFT COMPETITION

26 YEARS OR UNDER

Theme - 'Any Item out of Willow'

This competition is open to ONE member per club, aged 26 years or under on 1st September 2009. The competitor is to stage one item made from willow, not to exceed 60cm³. No power tools to be used. Each competitor will have a maximum time limit of one hour to demonstrate the techniques used to make the willow item displayed, competitors to provide own materials.

Competitors must bring replica materials to do the tasks as instructed by the judge for which one hour will be allowed. An additional 10 minutes will be given for members to display and present their item. Working area - half a trestle table. Presentation space for finished item - half a trestle table.

Marking system: Originality and choice 15; Design 15; Workmanship 30; Presentation and appearance of finished item 15; Sub Total 75 marks. Practical test 25; Overall Total 100 marks.

21 YEARS OR UNDER (RWS)

Theme - Trophy suitable for World Shearing Competition

One member 21 years of age or under on 1st September 2009 to make a Trophy suitable for the World Shearing Competition from materials of your own choice. Maximum size 45cm deep x 45cm height x 45cm width, with costs not exceeding £20 in total (details to be submitted).

Competitors must bring replica materials to do the tasks as instructed by the judge for which one hour will be allowed. An additional 10 minutes will be given for members to display and

present their item. Working area - half a trestle table. Presentation space for finished item - half a trestle table.

Marking system: Originality and choice 15; Design 15; Workmanship 30; Presentation and appearance of finished item 15; Sub Total 75 marks. Practical test 25; Overall Total 100 marks.

16 YEARS OR UNDER

Theme - 'Paper mache of a Welsh landmark'

This competition is open to ONE member per club, aged 16 years or under on 1st September 2009. The competitor is to stage a Welsh landmark made from Paper Mache, not to exceed 50cm³. Each competitor will have a maximum time limit of one hour to demonstrate the techniques used to make the Paper Mache landmark displayed, competitors to provide own materials.

Competitors must bring replica materials to do the tasks as instructed by the judge for which one hour will be allowed. An additional 10 minutes will be given for members to display and present their item. Working area - half a trestle table. Presentation space for finished item - half a trestle table.

Marking system: Originality and choice 15; Design 15; Workmanship 30; Presentation and appearance of finished item 15; Sub Total 75 marks. Practical test 25; Overall Total 100 marks.

5. CYSTADLEUAETH GOGINIO

26 OED NEU IAU (FFCCFFI)

Thema - 'Fy Sir I'

Un aelod 26 oed neu iau ar y 1af o Fedi 2009 i baratoi pryd sawrus ar gyfer dau berson ar y thema uchod - mae gan y cystadleuydd hawl i ddewis faint o lestri a ddefnyddir. Mae'r cystadleuydd i ddarparu popty eu hunain sydd ar un o'r cynlluniau canlynol: Gril a ring drydan bychan neu bopty â ring drydan bychan neu ddwy ring yn unig.

Ni chaniateir coginio o flaen llaw, ond mae hawl gennych i olchi'r llysiâu/ffrwythau a phwyso unrhyw gynhwysion o flaen llaw.

Amser a ganiateir - 1 awr. Man gweithio - 1 bwrdd trestl i gynnwys lle y popty. Bydd ½ Bwrdd trestl ychwanegol yn cael ei ddarparu ar gyfer arddangos y gwaith. Mae gan y cystadleuydd man arddangos o hyd at 90cm (Lled) x 60cm (dyfnder) er mwyn arddangos eu gwaith. Mae'n rhaid arddangos bwydlen a manylion y resait a chostau sydd i gynnwys tarddiad y cynhwysion ynghyd a gallu darparu'r pellter teithio yn ystod y sesiwn coginio ar gyfer y beirniad. Rhaid arddangos cerdyn maeth.

System farcio: Sgiliau coginio ymarferol 50; Canlyniad gorffenedig, addasrwydd ac amrywiaeth 15; dehongliad ac arddangos y thema 15; Blas 10; Holiadur 10. Cyfanswm - 100 marc.

21 OED NEU IAU (FFCCFFI)

Thema - 'Fy Sir I'

Un aelod 21 oed neu iau ar y 1^{af} o Fedi 2009 i baratoi pryd melys ar gyfer dau berson ar y thema uchod - mae gan y cystadleuydd hawl i ddewis faint o lestri a ddefnyddir. Mae'r cystadleuydd i ddarparu popty eu hunain sydd ar un o'r cynlluniau canlynol: Gril a ring drydan bychan neu bopty â ring drydan bychan neu ddwy ring yn unig.

Ni chaniateir coginio o flaen llaw, ond mae hawl gennych i olchi'r llysiâu/ffrwythau a phwyso unrhyw gynhwysion o flaen llaw.

Amser a ganiateir - 1 awr. Man gweithio - 1 bwrdd trestl i gynnwys lle y popty. Bydd ½ Bwrdd trestl ychwanegol yn cael ei ddarparu ar gyfer arddangos y gwaith. Mae gan y cystadleuydd man arddangos o hyd at 90cm (Lled) x 60cm (dyfnder) er mwyn arddangos eu gwaith ar eiddau. Mae'n rhaid arddangos bwydlen a manylion y resait a chostau sydd i gynnwys tarddiad y

cynhwysion ynghyd a gallu darparu'r pellter teithio yn ystod y sesiwn coginio ar gyfer y beirniad. Rhaid arddangos cerdyn maeth.

System farcio: Sgiliau coginio ymarferol 50; Canlyniad gorffenedig, addasrwydd ac amrywiaeth 15; dehongliad ac arddangos y thema 15; Blas 10; Holiadur 10. Cyfanswm - 100 marc.

16 NEU IAU (SFC)

Thema - 'Picnic ar gyfer y Cwpan Ryder'

Tîm o ddau aelod 16 oed neu iau ar y 1^{af} o Fedi 2009 i baratoi pryd picnic i ddau sydd yn ymweld â'r Cwpan Ryder 2010 gan gynnwys diod gartref di alcohol. Dylid defnyddio cynnyrch Cymraeg ac ni ddylai gostio mwy na £20. Cystadleuwyr i ddarpau popty eu hunain sydd ar un o'r cynlluniau canlynol: Gril a ring drydan bychan neu bopty â ring drydan bychan neu ddwy ring yn unig.

Ni chaniateir coginio o flaen llaw ond gellir pwyso cynhwysion a golchi ffrwythau/llysiau o flaen llaw. Rhaid dangos ryseitiau a phrisiau.

Amser a ganiateir - un awr ar gyfer coginio, i gynnwys gosod y pryd yn yr alcof gwyn a ddarperir (68.5 cm x 68.5cm x 61cm o uchder) (gellir gosod unrhyw ychwanegiadau a defnydd cefndir cyn i'r awr gychwyn a chaniateir i'r gystadleuaeth ddechrau ac ni chyfrifir hyn fel rhan o amser y gystadleuaeth). Rhaid i bob arddangosfa fod o fewn maint/gofod yr alcof gan gynnwys y deunyddiau a ddefnyddir, llestri i gyflwyno'r bwyd (i'w darparu gan y cystadleuwyr). Caniateir ychwanegiadau nad ydynt yn orbwysol ond sy'n cydweddu â gweddill yr arddangosfa ac o faint addas. Lle gweithio: Un bwrdd tresl sy'n cynnwys lle ar gyfer y popty.

System marcio: Paratoi o flaen llaw a chyflwyniad y bwrdd 5; Dull o weithio 15; Gwreiddioldeb, dewis o fwydlen 15; Cyflwyniad/arddangosfa yr alcof 10; Canlyniad gorffenedig yr eitemau a baratowyd (lliw/blas/gwead ayb) 40; Diod Gartref di alcohol 15; Cyfanswm 100 o farciau.

5. COOKERY COMPETITION

26 YEARS OR UNDER (NFYFC)

Theme - 'My Home County'

One member 26 years or under on the 1st September 2009 to prepare a Savoury dish to serve two people to the above theme - number of dishes at competitors' discretion. Competitors to provide their own cooker which must be operated in one of the following ways: Grill plus small ring or oven plus small ring or two rings only.

No cooking to be done beforehand, but ingredients may be weighed and vegetables/fruit washed beforehand.

Time allowed - 1 hour. Working area - 1 Trestle table including cooker space. An additional ½ trestle will be provided for display purposes. Competitors will be allowed a maximum display space of 90cm (width) by 60cm (depth) in which to display the dish(es) to their best advantage. A menu card must be displayed and details of recipes and costings which also is to include the provenance of the ingredients and estimated 'food miles' must be available throughout the practical session for judges to examine. Display a nutrient card.

Marking System: Practical cookery skills 50; Finished dishes, suitability and variety 15; Overall display and interpretation of theme 15; Taste 10; Questionnaire 10. Total - 100 marks.

21 YEARS OR UNDER (NFYFC)

Theme - 'My Home County'

One member 21 years of age or under on the 1st September 2009 to prepare a Sweet dish to the above theme, to serve two people - number of dishes at competitors' discretion. Competitors to provide their own cooker, which must be operated in one of the following ways: Grill plus small ring or oven plus small ring or two rings only.

No cooking to be done beforehand, but ingredients may be weighed and vegetables/fruit washed beforehand.

Time allowed - 1 hour. Working area - 1 Trestle table including cooker space. An additional ½ trestle will be provided for display purposes. Competitors will be allowed a maximum display space of 90cm (width) by 60cm (depth) in which to display the dish(es) to their best advantage. A menu card must be displayed and details of recipes and costings which also is to include the provenance of the ingredients and estimated 'food miles' must be available throughout the practical session for judges to examine. Display a nutrient card.

Marking System: Practical cookery skills 50; Finished dishes, suitability and variety 15; Overall display and interpretation of theme 15; Taste 10; Questionnaire 10. Total - 100 marks.

16 YEARS OR UNDER (RWS)

Theme - 'A Picnic suitable for the Ryder Cup'

Team of two members 16 years of age or under on the 1st September 2009 to prepare a picnic meal for two attending the Ryder Cup and to include a homemade non alcoholic drink. Welsh produce should be used and costs must not exceed £20 in total. Competitors to provide their own cooker which must be operated in one of the following ways: Grill plus small ring or oven plus small ring or two rings only.

No cooking to be done beforehand, but ingredients may be weighed and vegetables/fruit washed beforehand. Recipes and costing must be presented.

Time allowed - one hour for cooking, to include displaying of meal in the white alcove provided (68.5 cm x 68.5cm x 61cm high) (backing material and accessories may be arranged 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 in scale with it and each other, but not dominant, are allowed. Working area: One trestle table including cooker space.

Marking system: Previous preparation and presentation of table 5; Method of work 15; Originality, Choice of menu 15; Presentation/Display in alcove 10; Finished results of prepared items (colour/flavour/texture/etc) 40; home made drink 15; Total 100 marks.

6 CYSTADLEUAETH GWISGO - ARWR NEU ARWRES GYMREIG (SFC)

Tîm o ddau aelod 16 mlwydd oed neu iau ar y 1^{af} o Fedi 2009 i wisgo Arweinydd Clwb/Aelod Hŷn fel arwr neu arwres Gymreig. Yr holl wisgoedd i'w paratoi ar y diwrnod, felly ni chaniateir gwaith o flaen llaw (Cosbir timau os bydd gwaith wedi'i wneud o flaen llaw ar y gwisgoedd neu os ydynt wedi'u llogi). Bydd pob ymgais yn paredio.

Amser a ganiateir -1 awr.

System marcio: Gwreiddioldeb 25: Gwaith tîm 25: Effaith gyffredinol 50: Cyfanswm 100 marc.

6. DRESSING UP COMPETITION - A WELSH HERO / HEROINE (RWS)

Team of two members, who will be 16 years of age or under on the 1st September 2009 to dress up a Club Leader \ Senior Member as a Welsh hero or heroine. 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). All exhibits to parade.

Time allowed - 1 hour.

Marking system: Hair - Originality 25: Team work 25: Overall effect 50: Total 100 marks.

7. HYRWYDDO CLWB (SFC)

Tîm o bedwar aelod un cystadleuydd 16 mlwydd oed neu iau ar 1af Medi 2009, un cystadleuydd 21 mlwydd oed neu iau ar 1af Medi 2009, a dau gystadleuydd 26 mlwydd oed neu iau ar 1af Medi 2009. Bydd y gystadlueaeth yn canolbwyntio ar dri dull o waith hyrwyddo: Poster A3 & Taflen A4 wedi ei blygu; Byrddau Arddangos a Chyflwyniad. Poster A3 & Taflen A4 wedi ei blygu - i hyrwyddo'r clwb, dylai'r tîm ddanfôn y poster a'r daflen i mewn I Swyddfa'r CFFI erbyn 6ed o Fai. Byrddau Arddangos dylid defnyddio byrddau arddangos (o'r math sy'n sefyll i fyny yn annibynnol) i hyrwyddo'r clwb, ond ni ddylid eu defnyddio fel rhan o'r cyflwyniad. Cyflwyniad - y tîm o bedwar i roddi cyflwyniad a fyddai'n addas i'w gyflwyno i ddarpar aelodau, a'r cyflwyniad i'w lunio fel mae'r aelod yn gweld sy'n berthnasol i waith recriwtio aelodau newydd. Ni fydd trydan ar gael. Bydd technegydd sain CFFI Cymru yn gyfrifol am chwarae'r holl CD's/mp3 (ni chaniateir tapiau). Dylai cystadleuwyr ddarparu'r disgiau mini/CD's/mp3 ond bydd offer PA yn cael ei ddarparu, (cyfeiriad e-bost ar gyfer ffeiliau mp3 yw enquiries@redflame.co.uk).

Amseru - dim mwy na 10 munud ar y llwyfan. Cosbau amser o un marc am bob 30 eiliad neu ran ohono. Nid yw hyn yn cynnwys amser gosod a chlririo'r llwyfan.

System marcio: Cyflwyniad 40; Poster A3 a Thaflen A4 30; Byrddau Arddangos 30; Cyfanswm marciau 100.

7. CLUB PROMOTION (RWS)

Team of four members, two of which must be 26 years or under on the 1st September 2009, one must be 21 years of age or under on the 1st September 2009, and the other must be 16 years of age or under on 1 September 2009. The competition will concentrate on three areas of promotional activity: A3 Poster & A4 Folded Leaflet; Display Boards and Presentation.

A3 Poster & A4 Folded Leaflet - to promote the club, (the team are to forward a poster & leaflet to the YFC Office by the 6th of May); Display boards - a staged exhibit capable of a stand-alone display to promote the club which is not to be used as part of the presentation; Presentation - the team of four are to give a presentation as if to a group of potential members, taking what form they feel is relevant to work as a recruitment drive. No electricity will be supplied. The PA technician will be responsible for playing all CD's/mp3's (no tapes are allowed). Competitors to provide their own mini disc/CD's/mp3 but PA equipment will be provided, (e mail address for mp3 files is enquiries@redflame.co.uk).

Timing: Stage time not to exceed 10 minutes in duration. Time penalties of one mark per thirty seconds or part thereof above this time. This does not include setting and dismantling of stage.

Marking system: Presentation 40; Poster & Leaflet 30; Display Boards 30; Total 100_marks.

8. CYSTADLEUAETH TEILIO

Tim o ddau aelod, un bachgen ac un merch, un 26oed ac iau ar y 1af o Fedi 2009 ac un 21 oed ac iau ar y 1af o Fedi 2009. Disgwylir i'r cystadleuwyr deilio a growtio Bwrdd plastr 600mm x 600mm x 1200mm.

Bydd disgwyl i'r cystadleuwyr dorri'r teils a gosod beading ar y corneli. Mae teils i'w gosod fel brics (gweler llun isod)

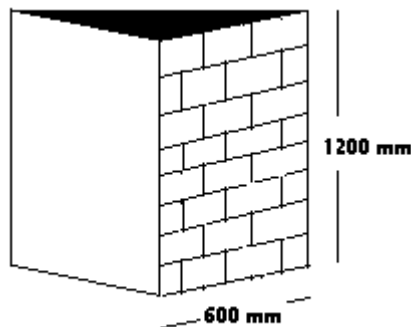
Bydd teils a bwrdd plastr yn cael eu darparu ar y dydd. Disgwylir i'r cystadleuwyr ddod a glud, growt a beading eu hunain.

Ni chaniateir peiriannau trydan /pwer.

Nodyn: Caniateir ychydig o ryddid creadigol, ond ni ddylid gwyro oddi ar y llun. Bydd barn y beirniad yn derfynol. Os bydd unrhyw bryder ynglyn a iechyd a diogelwch gall y beirniad atal tim rhag cario ymlaen er mwyn atal damwain.

Caniateir 1½ awr i orffen y gystadleuaeth, gyda phum munud ar ddechrau'r gystadleuaeth i ofyn cwestiynau.

System farcio: defnydd cywir a saff o'r offer - 20; Gallu i osod - 20; torri a growtio - 25; ansawdd y teilio - 25; Rhyddid creadigol - 10; Cyfanswm marciau 100.



8. TILING COMPETITION

Team of two members, one male & one female, one 26years of age or under on the 1st September 2009 and one aged 21 years and under on the 1st September 2009. Competitors will be asked to tile and grout a plasterboard wall 600mm x 600mm x 1200mm to the judge's satisfaction.

Tiles must be cut to fit and beading fitted in corner. Tiles to be laid in a "brick" layout (see image below).

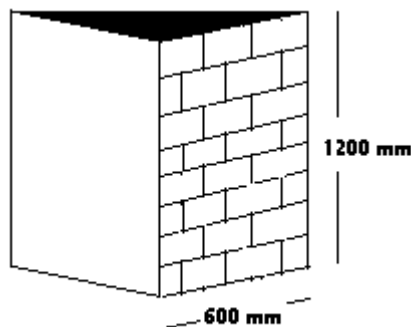
Tiles and boards will be supplied on the day but competitors to supply own adhesive, grout and beading.

Power tools will not be permitted.

Note: Some artistic licence will be allowed, but must not deviate from the drawing. The judge's decision will be final in all areas. If there are any issues regarding Health & Safety, the judge may ask a team to stop to prevent an accident from occurring.

Competitors will be allocated 1½ hours in order to complete the competition, with 5 minutes prior to the start of the competition for any questions.

Marking System: Correct and safe use of equipment - 20; Ability to set - 20; Cutting & Grouting - 25; Quality of tiling - 25; Artistic licence - 10; Total marks 100.



ADRAN 3 - HWYL / SECTION 3 - FUN

1. ORLHAIN EICH HANES - PERSON ENWOG O GYMRU (YN Y GORFFENNOL NEU'R PRESENNOL) (SFC)

Tîm o hyd at chwe aelod 26 oed neu iau ar y 1af o Fedi 2009 i lwyfannu rhaglen 'Orlhain eich Hanes' ar gyfer person enwog o Gymru (yn y gorffennol neu'r presennol). Dylai'r perfformiad fod yn isafswm o 5 munud o hyd ac uchafswm o 10 munud o hyd gan gynnwys gosod a chlirio'r llwyfan. Dylid cyflwyno 'Llyfr Coch' i Swyddfa'r CFFl erbyn yr 6ed o Fai yn barod i'w feirniadu ar gyfer y Rali. Dylid cyflwyno'r wybodaeth ar gyfer y llyfr mewn ring binder A4 a ni chaniateir unrhyw gyflwyniadau powerpoint a fideo/DVD. Caniateir cerddoriaeth a chystadleuwyr i ddarparu CD's/ ffeiliau mp3 (ni chaniateir tapiau) eu hunain ond darperir offer PA. (cyfeiriad e-bost ar gyfer ffeil mp3 yw enquiries@redflame.co.uk).

Amseru: Hyd at 15 eiliad dros amser - 2 marc cosb; Hyd at 30 eiliad dros amser - 5 marc cosb; Ynghyd a 5 marc ychwanegol am bob 15 eiliad ar ôl hynny.

System marcio: Y Rhaglen Orlhain eich Hanes 50; Y Llyfr Coch 30; Effaith gyffredinol 20; Cyfanswm 100 marc.

1. THIS IS YOUR LIFE - A WELSH CELEBRITY (PAST OR PRESENT) (RWS)

Team of up to six members 26 years of age or under on the 1st September 2009 to stage a This is Your Life programme for a Welsh Celebrity (past or present). The performance should be a minimum of 5 minutes and a maximum of 10 minutes including the setting and clearing of the stage. The team must also submit 'The Red Book' to the County YFC Office by 6th May ready for judging prior to the Rally. The information for the book must be displayed in a A4 ring binder and no powerpoint or video/DVD may be used. Music is allowed and competitors to provide their own CD's /mp3 files (no tapes are allowed) but PA equipment will be provided (e mail address for mp3 file is enquiries@redflame.co.uk).

Timing: 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.

Marking system: This is Your Life Programme 50; The Red Book 30; overall effect 20. Total 100 marks.

2. RHOI CYNNIG ARNI CYMREIG (SFC)

Tîm o ddau aelod 18 mlwydd oed neu iau ar y 1^{af} o Fedi 2009. Gofynnir i'r cystadleuwyr, yn unigol neu fel tîm, i gwblhau/perfformio tasg o fewn amser penodol fel y arddangosir gan y beirniad. CFFl Maldwyn i ddarparu'r holl offer.

Cyfanswm marciau: 100 marc

2. WELSH GENERATION GAME (RWS)

Team of two members 18 years of age or under on 1st September 2009. Competitors will be required, individually or as a team, to complete/perform a task as demonstrated by the Judge in a given amount of time. Montgomery YFC will supply all equipment.

Total marks - 100 marks.

3. SEREN WIB

Un aelod, 26 oed neu iau ar 1^{af} o Fedi 2009 (adran unawd) i ganu a pherfformio cân o'u dewis gan artist Cymreig. Hefyd tîm gyda uchafswm o 6 o ganwyr ac isafswm o 2 o ganwyr a fydd yn 26 oed neu iau ar 1^{af} o Fedi 2009 i ganu a berfformio un can o'u dewis gan Artist Cymreig.

Gall clybiau gystadlu un waith ym mhob adran yn Rali'r Sir - rhaid i un fod yn unawdwr a un ymgais tîm. Bydd y gystadleuaeth yn cael ei rannu fel bod yr unawdwyr yn cystadlu yn erbyn eu gilydd a'r un peth yn cystadleuaeth y tîm. Ni chaniateir cerddoriaeth fyw. Aelodau i ddarparu'r CD\ffeil mp3 (ni chaniateir tapiau) priodol a ddylai gynnwys lleisiau cefndir yn unig (bydd y disg mini\CD\mp3's yn cael ei weithredu gan dechnegydd sain CFFI) a rhaid eu danfon i Swyddfa'r CFFI erbyn 6ed o Fai (cyfeiriad e-bost ar gyfer ffeiliau mp3 yw enquiries@redflame.co.uk). Bydd meic radio law neu meic ar stand neu gyds gwifren ar gael i'w ddefnyddio. Nid oes cyfyngiad amser.

System marcio: Perfformiad 50; Tebygrwydd Gweledol 25; Tebygrwydd Lleisiol 25; Cyfanswm 100 marc.

3. STARS IN YOUR EYES

One member, 26 years of age or under on the 1st September 2009 (solo section) to sing and perform a song of their choice by a Welsh Artist. Also a team of up to 6 singers but not less than 2 singers who will be 26 years of age or under on the 1st September 2009 to sing and perform one song of their choice by a Welsh Artist.

Clubs may forward one entry in each section to compete at the County Rally - one of which must be a solo artist and one team entry. The competition will be split so that the solo artists compete against one another and likewise in the team competition. No live music allowed. Members to supply the appropriate CD\mp3 files (no tapes are allowed) which should include backing vocals only (mini disc\CD\mp3's will be operated by the YFC PA technician) to be forwarded to the County YFC Office by 6th May (e mail address for mp3 files is enquiries@redflame.co.uk). A hand held radio mic or microphone on stand or on lead will be available for use. No time restriction.

Marking system: Performance 50; Visual likeness 25; Vocal likeness 25; Total marks 100.

4. DAWNSIO

Tîm o hyd at wyth aelod sydd yn 26 mlwydd oed neu'n iau ar y 1^{af} o Fedi 2009. Clybiau i berfformio dau ddawns, rhaid i un bod y ddawns werin o'u dewis a'r llall yn dawns greadigol yn seiliedig ar chwedlau Cymreig. Dylai un aelod o'r tîm roi briff ar ddechrau'r ddawns greadigol er mwyn esbonio'r thema. Ni ddylai'r briff para mwy na 1 munud. Rhaid i holl aelodau'r tîm fod yn rhan o'r ddwy steil o ddawns. Bydd pob tîm yn dawnsio'r ddawns werin mewn olyniaeth gan ganiatáu amser ar gyfer newid cyn perfformio'r ail ddawns creadigol o'u dewis. Bydd y darparwr PA yn gyfrifol am chwarae'r CD/mp3 (ni chaniateir tapiau). Cystadleuwyr i ddarparu CD/ffeil mp3 eu hunain ond darperir offer PA, (cyfeiriad e bost ar gyfer danfon y ffeil mp3 yw enquiries@redflame.co.uk). Gall aelodau ddarparu offerynnau eu hunain neu gyfeilydd (gall cyfeilydd fod yn ychwanegol i'r wyth aelod ond rhaid bod yn aelod CFFI 26 oed neu iau, heblaw am un aelod gall fod dros 26 oed ar gyfer cyfeilio yn unig). Nid oes cyfyngder ar y nifer o ddarnau cerddoriaeth a ddefnyddir.

Amseru: Uchafswm amser a ganiateir i bob tîm yw 10 munud, a'r isafswm amser yw 5 munud. Caiff cosbau amser ar y raddfa o 2 marc cosb am bob 15 eiliad neu ran o hynny dros neu'n llai na'r amser.

System marcio: Dawns Werin Hunan Ddewisiad 50; Dawns Creadigol Hunan Ddewisiad 50; Cyfanswm 100 o farciau.

NI FYDD CFFI YN DARPARU PIANO. RHAID I'R CYSTADLEUWYR WISGO ESGIDIAU.

4. DANCING

A maximum team of eight members all of whom will be 26 years of age or under on the 1st September 2009. Teams to perform two contrasting styles of dance, one of which must be a folk dance of their choice, and the other a creative dance on Welsh myths and legends. One member of the team should give a brief at the beginning of the creative dance to explain the theme. The brief should be no longer than 1 minute. All teams will dance the folk dance in succession, with time allowed for changing before performing the second own choice creative dance. The PA technician will be responsible for playing all CD's/mp3's (no tapes are allowed). Competitors to provide their own CD's/mp3 but PA equipment will be provided, (e mail address for mp3 files is enquiries@redflame.co.uk). Members may provide their own instruments or an accompaniment (accompaniment may be additional to the eight members but must be YFC members 26 years of age or under, except for one member who may be over 26 years of age for accompaniment only. There is no restriction on the number of music pieces used.

Timing: Maximum time allowed for each team is ten minutes. Minimum time allowed for each team is five minutes. Penalty marks at a rate of 2 per 15 seconds or part thereof will be incurred if teams go over or under time.

Marking system: Folk Dance 50; Creative Dance; 50 - Total 100 marks.

YFC WILL NOT SUPPLY A PIANO. COMPETITORS MUST WEAR SHOES.

5. 'IT'S A KNOCKOUT' (DAN 18 OED)

Mae'r gystadleuaeth yma yn agored i UN tim o bob clwb sy'n cynnwys rhwng 2-6 aelod mewn tim sy'n 18 ac lau ar y 1af o Fedi 2009. Nod y gystadleuaeth yw gwblhau cwrs 'it's a knockout' yn yr amser cyflymaf.

Cam 1: DAU aelod i basio hanner dwsin o wyau heb eu torri dros bellter penodol. Bydd aelodau yn cael dwsin o wyau i daflu ac yn symud ymlaen i'r cam nesaf pan fyddant wedi cael hanner dwsin o wyau o un man i'r llall heb eu torri.

Cam 2: DAU aelod i gymryd eu tro i wisgo par o welis, eu llenwi a dwr o'r tanc, a teithio dros gwrs o bellter penodol a gwagu'r dwr o'r wellies i mewn i fwced. Mae'r broses yma yn digwydd hyd nes bydd y dwr wedi cyrraedd man penodol yn y bwced.

Cam 3: DAU aelod - Un wedi gwisgo dillad penodol fydd wedi eu gwlychu. Mae'r aelod arall i gynorthwyo'r aelod arall i roi'r dillad ymlaen. Unwaith y bydd y cystadleuydd yn gwisgo'r dillad i safon y beirniad bydd y cloc yn cael ei stopio.

5. IT'S A KNOCKOUT (UNDER 18)

This competition is open to ONE team per club, of 2 - 6 members in a team, to be aged 18 & under on the 1st September 2009. The aim of the competition is for your team to complete the "It's a Knockout" course in the fastest time.

STAGE 1: TWO members to pass half a dozen eggs unbroken to each other over an allotted distance. Members will be provided with 1dozen eggs to throw, until half a dozen full eggs have been successfully passed unbroken before moving onto the next stage.

STAGE 2: TWO members to take it in turns to wear a pair of wellies, fill the wellies with water from a tank, manoeuvre themselves over a specified distance where they will then empty the contents of their wellies into a bucket. This process is to be repeated until the marker level is reached on the bucket before competitors can move onto the next stage.

STAGE 3: TWO members are required - ONE to dress in the allocated clothes that will have been soaked in a liquid. The other member is to assist the competitor putting the clothes on. Once the competitor is wearing all of the clothes to the judges satisfaction, the timer will stop.

6. ARDDANGOSFA'R CYLCH GWARTHEG - 'CROESO I GYMRU (SFC)

Tîm o hyd at 10 aelod, a ddylai fod yn 26 oed neu iau ar y 1^{af} o Fedi 2009. Dylai'r holl aelodau gymryd rhan mewn seremoni agoriadol ar gyfer digwyddiad sy'n cymryd lle yng Nghymru yn ystod 2010. Gall aelodau greu seremoni drwy ddefnyddio amryw o ddulliau e.e. areithiau, dawnsio, canu, parade ayb er mwyn croesawu eu cynulleidfa mewn ffordd Gymreig go iawn! Bydd aelod ychwanegol, 26 oed neu iau ar y 1^{af} o Fedi 2009, yn actio fel sylwebydd. Bydd un meic llaw ar gael os bydd angen. Caniateir uchafswm o 5 munud i bob tîm. Bydd technegydd sain yn gyfrifol am chwarae'r holl ddisgiau mini/CD's/mp3 (ni chaniateir tapiau). Dylai cystadleuwyr ddarparu'r disgiau mini/CD's/mp3 ond bydd offer PA yn cael ei ddarparu, (cyfeiriad e-bost ar gyfer ffeiliau mp3 yw enquiries@redflame.co.uk). Gall timoedd gael uchafswm o 11 aelod os ydynt yn dymuno. Ni chaniateir i aelodau ddefnyddio fflam noeth na cherbydau yn ystod y perfformiad.

Amseru: Caniateir 5 munud. Os bydd timau yn mynd dros yr amser hwn fe fydd y marciau yn cael eu lleihau i 10 pwynt o dan y tîm sy'n cael eu gosod yn ddiwethaf.

System marcio: Amrywiaeth a Balans 40; Gwisg 20; Sylwebaeth 20; Effaith Gyffredinol 20. Cyfanswm 100 marc.

6. CATTLE RING DISPLAY - 'WELCOME TO WALES' (RWS)

A team of up to ten members, all of whom shall be under 26 years of age on 1st September 2009. All members to participate in an opening ceremony for an event happening in Wales during 2010. Members can create a ceremony involving an array of styles e.g. speeches, dancing, singing, parade etc to give the spectators a truly welsh welcome to their event! An additional member, 26 years of age or under on 1st September 2009, to act as a compere. One hand held radio mic will be supplied if required. Maximum time allowed for each team is 5 minutes. The PA technician will be responsible for playing all mini disc/CD's/mp3's (no tapes are allowed). Competitors to provide their own mini disc/CD's/mp3 but PA equipment will be provided, (e mail address for mp3 files is enquiries@redflame.co.uk). Teams can have a maximum of 11 members in total if they so wish. No naked flames to be used during the performance or motorised vehicles.

Timing: 5 minutes will be allowed. If teams go over this time their marks will be reduced to 10 points below the lowest place team.

Marking system: Variety and Balance 40; Costumes 20; Commentary 20; Overall effect 20; Total 100 marks.

7. TYNNU'R GELYN BECHGYN (SFC)

Timau o chwech aelod. Gall uchafswm o dau aelod o'r timau fod rhwng 15 ac 18 oed ar 1af o Fedi 2009, gyda'r gweddill o'r tîm i fod dros 18 oed ac yn 26 neu iau ar y 1af o Fedi 2009. Bydd rheolau tynnu rhaff 2011 FfCCFfl yn weithredol, un unol â chanllawiau'r A.A.A. Pwysau - 510kg. Aelodau'r timau i wisgo crysau o'r un lliw. Ni ddylid 'ffugio' esgidiau'r cystadleuwyr mewn unrhyw ffordd, h.y. dylai'r gwadn, 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 o dan sawdl yr esgidiau cyn belled â'u bod yn wastad ag ochr a gwaelod y sawdl. Mae gan y beirniaid y grym a'r cyfrifoldeb i ddiarddel tîm yn dilyn rhybudd neu eu diarddel heb rybudd os ydynt yn torri'r rheolau.

7. MALE TUG-OF-WAR COMPETITION (RWS)

Teams will consist of 6 pulling members. A maximum of two members of that team may be between the ages of 15 and 18 years on 1 September 2009, and the remainder of the team must be over 18 years and 26 years of age or under on the 1 September 2009. The 2011 N.F.Y.F.C. Tug-of-War Rules shall apply as set by the A.A.A. Weights - 510 kg Men. Members to wear the same colour shirt\jersseys. 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.

The judge(s) has the power and responsibility to disqualify a team or teams after a caution or disqualify without caution for any offence against the rules.

8. TYNNU'R GELYN MERCHED (SFC)

Timau o chwech aelod. Gall uchafswm o dau aelod o'r timau fod rhwng 15 ac 18 oed ar 1af o Fedi 2009, gyda'r gweddill o'r tîm i fod dros 18 oed ac yn 26 neu iau ar y 1af o Fedi 2009. Bydd rheolau tynnu rhaff 2011 FfCCFfl yn weithredol, un unol â chanllawiau'r A.A.A. Pwysau - 435kg. Aelodau'r timau i wisgo crysau o'r un lliw. Ni ddylid 'ffugio' esgidiau'r cystadleuwyr mewn unrhyw ffordd, h.y. dylai'r gwadn, 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 o dan sawdl yr esgidiau cyn belled â'u bod yn wastad ag ochr a gwaelod y sawdl. Mae gan y beirniaid y grym a'r cyfrifoldeb i ddiarddel tîm yn dilyn rhybudd neu eu diarddel heb rybudd os ydynt yn torri'r rheolau.

8. FEMALE TUG-OF-WAR COMPETITION (RWS)

Teams will consist of six pulling members. A maximum of two members of that team may be between the ages of 15 and 18 years on 1 September 2009, and the remainder of the team must be over 18 years and 26 years of age or under on the 1 September 2009. The 2011 N.F.Y.F.C. Tug-of-War Rules shall apply as set by the A.A.A. Weights - 435 kg Ladies. 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. The judge(s) has the power and responsibility to disqualify a team or teams after a caution or disqualify without caution for any offence against the rules.

ADRAN ORFODOL / COMPULSORY SECTION

1. LLYFR COFNODION A FFURFLENNI PRESENOLDEB

Beirniadir cofnodion a'ch ffurflenni presenoldeb ar gyfer y cyfnod 1af Medi 2009 hyd at 30ain Ebrill, 2010. Rhaid danfon y Llyfr Munudau a'r Ffurflenni Presenoldeb i Swyddfa'r Sir erbyn 6ed Mai, 2010. Bydd y rhifau presenoldeb yn cael eu marcio o'r ffurflenni presenoldeb sydd yn cael eu dychwelyd i Swyddfa'r CFFl trwy gydol y flwyddyn. Os na fydd Clybiau yn gallu cyflwyno eu Munudau a'r Ffurflenni Presenoldeb, bydd hyn yn arwain at ostyngiad o 10 pwynt oddi ar farciau terfynol y Clwb.

1. MINUTE BOOK AND ATTENDANCE SHEETS

Minutes and attendance sheets will be judged for the period 1st September, 2009 to 30th April, 2010. Minute Book and Attendance Sheets to be submitted to the YFC Office by 6th May 2010. The Attendance record will be marked on attendance sheets submitted throughout the year to the YFC office.

If clubs fail to submit their Minutes and Attendance Sheets this will result in the club being deducted 10 points from their overall Rally marks.

2. ARWYDD HYRWYDDOL

Pob Clwb i adeiladu a chodi arwydd i hyrwyddo'r Rali a'r Ddawns 2010. Mae'r arwydd i'w chodi oddi mewn ardal y Clwb erbyn Dydd Llun, 26ain Ebrill 2010.

- 1) Rhaid i'r arwydd cynnwys y geiriau:

CFFI Maldwyn / Montgomery YFC
Rali a Dawns Sir / County Rally & Dance
Glanmiheli, Kerry
22/05/2010

- 2) Rhaid i'r arwydd fod yn ddwyieithog a dylai gynnwys y gwybodaeth uchod neu tynnir pwyntiau i ffwrdd.
- 3) Rhaid i'r arwydd portreadu thema'r Rali '**Croeso I Gymru**'.
- 4) Rhaid i'r arwydd cael ei wneud allan o ddefnydd sy'n ddiogel rhag y tywydd garw.
- 5) Maint yr arwydd i fod dim llai na 1 medr x 1 medr a dim mwy na 4 medr x 4 medr. Mae'r mesuriadau hyn yn cyfeirio at gyfanswm arwynebedd yr arwydd a gall gynnwys fel mae'r Clwb yn dymuno gyda faint o ochrau, cyn belled â bod y cyfanswm arwynebedd **dim llai na 1 medr x 1 medr a dim mwy na 4 medr x 4 medr**. Gall yr arwyddion gael ei arddangos ar 'stand' o unrhyw ddisgrifiad ond ni fydd y 'stand' yn cael ei feirniadu fel rhan o'r gystadleuaeth.
- 6) Mae'r arwydd i'w gosod mewn lle amlwg ond ddim ar y ffordd fawr neu ar fin y ffordd.
- 7) Bydd yr arwydd yn aros yn y lle a godwyd tan Dydd Gwener, 21ain o Fai, 2010, wedyn bydd y Clybiau unigol yn tynnu yr arwydd i lawr a'i symud i'r Rali er mwyn ei arddangos i'r cyhoedd.
- 8) Rhaid i un aelod 26 mlwydd neu iau fod ar gael ar ddiwrnod y Rali i ateb cwestiynau i'r Beirniad.
- 9) Er mwyn i'r Beirniad/Beirniaid gwybod lle mae'r arwydd wedi cael ei osod mae angen danfon map o'r ardal neu arwyddion i'r safle i Swyddfa'r CFFI erbyn Dydd Llun, 26ain Ebrill, 2010.

2. PROMOTIONAL SIGN

Each Club to build and erect a sign to promote the Rally and Dance 2010. The sign is to be erected within the area of the Club by Monday 26th April 2010.

- 1) The sign must contain the words:

CFFI Maldwyn / Montgomery YFC
Rali a Dawns Sir / County Rally & Dance
Glanmiheli, Kerry
22/05/2010

- 2) The sign must be bilingual and have all the information stated above or points will be deducted.
- 3) The sign must depict the theme of the Rally '**Welcome to Wales**'.
- 4) The sign must be made of weatherproof material.
- 5) The size of the sign must be no less than 1 metre by 1 metre and no more than 4 metres by 4 metres. These measurements are for the total surface area of the sign and can be made up of as many sides as the club wishes, as long as the total surface area is **no less than 1 metre by 1 metre and no more than 4 metres by 4 metres**. The signs can be

mounted on a stand of any description but this will not be included in the judging of the competition.

- 6) The sign is to be erected in a prominent position but shall not be placed on a highway or a roadside verge.
- 7) The sign shall remain in place until Friday, 21st May 2010, when it will then be taken down by the individual Clubs and brought to the Rally to be on display for the general public.
- 8) One member 26 years or under needs to be available on Rally Day to answer questions from the Judges.
- 9) A map of the area or directions to the site of the sign is to be in the YFC Office by Monday 26th April 2010. This is so that the Judge(s) can find it!