CFfI CYMRU
WALES YFC

Diwrnod Chwaraeon
Sports Day

Aberhonddu
Brecon

19/06/2022

Cystadlaethau a Rheolau
Competitions and Rules

Dyddiad Cau
Closing Date

01/06/2022

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Amended – 09/03/2022

*** Fe fydd cosb o £25 i bob tim sydd ddim yn troi lan i gystadlaethau'r Diwrnod Chwaraeon. Ni dderbynir umrhyw geisiadau hwyr.**

*** Sports Day competitions will incur a £25 per team penalty if the team does not turn up to compete. No late entries will be accepted**

DIWRNOD CHWARAEON | SPORTS DAY

HOCI "RUSH" MERCHED
LADIES RUSH HOCKEY

LLEOLIAD
Cynhelir y Rownd Derfynol yn Canolfan Hamdden Aberhonddu, ar ddydd Sul, 19 Mehefin, 2022.

VENUE
The Final will be held at a Brecon Leisure Centre on Sunday, 19th June, 2022.

CYNRYCHIOLAETH
Un tîm o bob Ffederasiwn Sirol i gystadlu yn rownd derfynol Cymru.

REPRESENTATION
Counties may enter one team for the Wales final.

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

Rhaid i bob cystadleuydd fod yn aelodau llawn o Glwb CFfI yng Nghymru sy'n gysylltiedig â CFfI Cymru neu FfCCFfI.

Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.

Bydd methu dangos cerdyn aelodaeth dilys (angen llun) yn arwain at gosb o £10. <u>Ni</u> chaniateir i aelodau gystadlu os nad yw eu henwau ar y rhestr o'r sawl sydd wedi talu i fod yn aelod o'r Ffederasiwn ac os na fyddant yn gallu dangos cerdyn aelodaeth ar ddechrau'r gystadleuaeth.

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

All competitors must be full members of a YFC Club based in Wales and affiliated to either Wales YFC or NFYFC.

Competitors will be required to show their membership cards.

Failure to produce a valid membership card (will need photo) will result in a £10 penalty charge. Any member whose name is not listed as a current paid up member of the Federation and who cannot produce a membership card at the start of the competition will <u>not</u> be allowed to compete.

EILYDDION
Os bydd mwy na hanner y tîm gwreiddiol yn methu cystadlu mewn rowndiau dilynol, bydd y tîm yn y safle nesaf (sy'n aelod cyswllt o FfCCFfI) yn cynrychioli Cymru.

Bydd rhaid i'r eilyddion fod yn gymwys i fod wedi cystadlu yn y gystadleuaeth sirol.

SUBSTITUTION
If more than half of the original team members are unable to go forward to subsequent rounds, then the next highest placed team (affiliated to NFYFC) will represent Wales.

All substitutes must have been eligible to compete in the County final.

TREFN
Caiff y gêm ei chwarae rhwng dau dîm. Bydd gan bob un uchafswm o ddeg (10) o chwaraewyr. Caniateir pump (5) ar y cae ar unrhyw un adeg.

PROCEDURE
The game is played between two teams. They shall each have a maximum of ten (10) players. Five (5) are permitted on the pitch at any one time.

DIWRNOD CHWARAEON | SPORTS DAY

Mae pob chwaraewr yn cymryd rhan ym mhob gêm, gan ddefnyddio eilyddion treigl ar unrhyw adeg ac mor aml ag sy'n ofynnol.
Nid oes gôl-geidwad.

Yn Nhwrnamaint CFfI Cymru bydd y gemau yn para pum (5) munud bob ffordd gyda dau (2) funud hanner amser a newid dau ben llinyn ynghyd.
Caiff y gemau eu chwarae naill ai mewn 2 gynghrair gydag enillydd pob cynghrair yn chwarae am y safle 1af a'r 2il safle, neu fel twrnamaint gornest gron, yn dibynnu ar y nifer o dimau sy'n cymryd rhan a'r nifer o gaeau sydd ar gael ar ddiwrnod Rownd Derfynol CFfI Cymru.

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

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

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

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

Y CAE
Yn Rownd Derfynol CFfI Cymru, defnyddir cae traean maint cae AstroTurf ar gyfer pob gêm.
Gellir chwarae gêm Hoci Rush ar gaeau o amrywiaeth o feintiau, yn amrywio o gae chwarter i gae maint llawn. Bydd trefnwyr lleol yn cynghori timau cyn rowndiau'r sir a'r ardal.

Y GÔL
Lled: 6 troedfedd
Uchder: 2 droedfedd
Rhaid ei leoli yn erbyn ymyl allanol y llinell gefn, mewn llinell â chanol y cae.

Y BÊL
Mae'n well defnyddio pêl ysgafnach a mwy nag a ddefnyddir mewn gêm lawn hoci. Mae pêl yn pwyso oddeutu 110 gram ac yn mesur oddeutu 100mm.

All players take part in each game using rolling substitutes at any time and as frequently as is required.
There is no goalkeeper.

At the Wales YFC Final Tournament the games will last five (5) minutes each way with a two (2) minute half time and change of ends.
The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part and number of courts available on the day of the Wales YFC Final.

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

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

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

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

THE PITCH
At the Wales YFC Final one third of a full sized all weather astro turf pitch will be used for each game.
The game of Rush Hockey can be played on a variety of pitch sizes ranging from quarter pitch to full size pitch. Local organisers will advise teams ahead of the county and area rounds.

THE GOAL
Width: 6 foot
Height: 2 foot
It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

THE BALL
It is preferable to use a lighter and larger ball than is used in the full game of hockey. A ball weighs approximately 110 grams and measures

Gellir codi'r bêl oddi ar y cae, ond rhaid iddi aros yn is na lefel y pen-glin.

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

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

Ni chaiff unrhyw chwaraewr wisgo unrhyw offer a allai fod yn beryglus i'w hunan neu chwaraewyr eraill. Mae hyn yn cynnwys gemwaith dyrchafedig, capiau pig caled a/neu unrhyw wrthrych miniog.
Rhaid gwisgo esgidiau priodol ar gyfer yr arwyneb chwarae (esgidiau ymarfer neu esgidiau AstroTurf). Bydd y dyfarnwyr yn gwahardd gwisgo unrhyw offer nad yw'n cydymffurfio â'r Rheol hon.

OFFER GÔL-GEIDWAD
Nid oes angen gôl-geidwad.

DECHRAU AC AILDDECHRAU'R GÊM
Mae'r gêm yn dechrau gyda ergyd neu wthiad o ganol y cae. Mae'n dilyn chwiban y dyfarnwr ar ddechrau'r chwarae ym mhob hanner o'r gêm ac ar ôl i gôl gael ei sgorio. Rhaid i bob tîm sefyll yn ei hanner ei hun o'r cae tan y pas o'r canol. Gellir chwarae'r bêl ymlaen, yn ôl neu i'r ochr, a rhaid iddi symud o leiaf 1 metr cyn i chwaraewr o'r un tîm ei tharo. Gall y cymerwr gymryd hunan-bas h.y. pasio'r bêl i'w hun. Rhaid i'r pas gynnwys dau gam gwahanol h.y. rhaid i'r sawl sy'n pasio ei tharo ymlaen, yn ôl neu i'r ochr yn gyntaf, yna ei chwarae eilwaith naill ai i'w phasio neu i ddriblo.

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

approximately 100mm. The ball may be lifted off the pitch but must remain below knee level.

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

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

No player shall wear any equipment that may be dangerous to the self or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.
The use of appropriate footwear for the playing surface (trainers or turf shoes) is required. The umpires shall forbid the wearing of any equipment that does not comply with this Rule.

GOALKEEPER EQUIPMENT
No goalkeeper is required.

STARTING & RE-STARTING THE GAME
The game is started with a hit or push taken from the centre of the pitch. It follows the umpires whistle at the commencement of play in each half of the game and after a goal has been scored. Each team must be positioned in their own half of the pitch until the centre pass is played. The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team. The taker can use a self-pass (i.e. pass the ball self.) The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it.

SCORING A GOAL
A goal is scored when the ball has been struck by, or deflected off, an attacker while hit (the ball) from anywhere on the pitch. It must cross completely

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

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

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

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

CHWARAE TEG
Ni chaniateir chwarae brwnt neu beryglus, nac unrhyw ymddygiad sydd, ym marn y dyfarnwr, yn gyfystyr â chamymddwyn. Bydd y dyfarnwyr yn anfon unrhyw chwaraewr sy'n parhau i dorri'r Rheol hon o'r cae.
Rhaid i chwaraewyr beidio â defnyddio unrhyw ran o'u corff yn fwriadol i chwarae'r bêl (ac eithrio'r llaw i ddiogelu'i hun mewn sefyllfa beryglus).
Rhaid i chwaraewyr beidio â defnyddio ochr gron y ffon wrth chwarae'r bêl, ac wrth daro'r bêl ni ddylai'r ffon achosi perygl mewn unrhyw ffordd, nac arwain at chwarae peryglus, na bod yn fygythiol i unrhyw wrthwynebydd.
Ni chaiff chwaraewr ddefnyddio'i ffon i daro ffon gwrthwynebydd, naill ai'n fwriadol neu'n anfwriadol (a elwir yn dacl ffon).
Ni chaiff chwaraewyr gicio'r bêl. Nid yw'n drosedd os yw'r bêl yn taro troed chwaraewr, a dylid chwythu'r chwiban dim ond os yw'r digwyddiad yn achosi toriad llwyr mewn chwarae a/neu anfantais. Y dyfarnwyr fydd yr unig feirniaid.

over the goal-line between the goal-posts and under the cross-bar.

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

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

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

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

FAIR PLAY
Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct. The umpires shall send any player who persists in breaking this Rule, off the pitch.
Players must not intentionally use any part of their body to play the ball (except the hand to protect the self in a dangerous situation).
Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.
A player must not use their stick to hit an opponent's stick, either intentionally or unintentionally (known as a stick tackle).
Players must not kick the ball. It is not an offence if the ball hits a player's foot and the whistle should only be blown if the incident causes a total break-

Ni chaiff chwaraewyr rwystro drwy redeg rhwng gwrthwynebydd a'r bêl, gan atal y gwrthwynebydd rhag chwarae'r bêl yn annheg. Ni ddylent ychwaith ddefnyddio unrhyw ran o'u corff na'u ffon i rwystro chwaraewr.
Rhaid i chwaraewyr beidio â dal, gwthio, cicio, baglu'n fwriadol na bwrw unrhyw chwaraewr neu ddyfarnwr.

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

DIGWYDDIAD
Os caiff y gêm ei hatal dros dro oherwydd damwain neu anaf lle na fu unrhyw drosedd, caiff ei hailddechrau gyda bwli yn agos at y fan lle digwyddodd y digwyddiad. Rhaid i chwaraewyr sefyll yn sgwâr o'i gilydd, a chyn chwarae'r bêl ac yn dilyn chwiban y dyfarnwr, byddant yn tapio'r llawr â'u ffon unwaith ac yn tapio ffon ei gilydd uwchben y bêl unwaith.
Rhaid i chwaraewyr sy'n torri'u croen neu'n gwaedu adael y cae ar unwaith, ac ni chaniateir iddynt ddychwelyd nes bod y gwaedu wedi'i atal neu wedi stopio.

DYFARNWYR
Caiff Hoci Rush ei hunan-ddyfarnu, ond argymhellir bod 2 berson cymwys sy'n gwybod y rheolau yn rheoli'r gêm.
Yn Rownd Derfynol CFfI, defnyddir dyfarnwyr hoci cymwys. Mae'r dyfarnwyr yn gyfrifol am bob penderfyniad a chosb.

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

down in play and / or a disadvantage. The umpires shall be the sole judges.
Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.
Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

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

INCIDENT
If the game is temporarily suspended because of an accident or injury where no offence occurred, it shall be re-started with a bully close to the spot where the incident occurred. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.
Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

UMPIRES
Rush Hockey is self umpired, but it is recommended that 2 competent persons with knowledge of the rules control the game.
At the Wales YFC Final qualified hockey umpires will be used. The umpires are responsible for all decisions and penalties.

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

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

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

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

Gall chwaraewyr saethu o unrhyw le.

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

Dim gôl-geidwad.

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

The game involves no deliberate:

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

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

Players can shoot from anywhere.

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

No goalkeeper.

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

GWOBRAU
Cyflwynir tystysgrifau CFfI Cymru i'r tîm buddugol.

AWARDS
Wales YFC certificates will be awarded to the winning team.

CYFFREDINOL
Ni fydd CFfI Cymru yn gyfrifol am unrhyw gostau a ddaw i ran cystadleuwyr nac am drefniadau llety.

Mae penderfyniad y dyfarnwr yn derfynol.

Mae CFfI Cymru yn cadw'r hawl i addasu neu hepgor unrhyw rai o'r rheolau hyn.

GENERAL
Wales YFC will not be responsible for any expenses incurred by competitors nor for arrangements for accommodation

The referee's decision is final.

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

DIWRNOD CHWARAEON | SPORTS DAY

DODGEBALL DYNION
MENS' DODGEBALL

LLEOLIAD
Cynhelir y Rownd Derfynol yn Canolfan Hamdden Aberhonddu, ar ddydd Sul, 19 Mehefin, 2022.

VENUE
The Final will be held at Brecon Leisure Centre on Sunday, 19th June, 2022.

CYNRYCHIOLAETH
Un tîm o bob Ffederasiwn Sirol i gystadlu yn rownd derfynol Cymru.

REPRESENTATION
Counties may enter one team for the Wales final.

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

Bydd rhaid i bob cystadleuydd fod yn aelodau llawn o Glwb CFfI yng Nghymru sy'n gysylltiedig â CFfI Cymru neu FfCCFfI.

Bydd yn ofynnol i gystadleuwyr ddangos eu Cardiau Aelodaeth CFfI. Bydd methu dangos cerdyn aelodaeth dilys (â llun) yn arwain at gosb o £10. Ni chaniateir i aelodau gystadlu os nad yw eu henwau ar y rhestr o'r sawl sydd wedi talu i fod yn aelod o'r Ffederasiwn ac os na fyddant yn gallu dangos cerdyn aelodaeth ar ddechrau'r gystadleuaeth.

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

All competitors must be full members of a YFC Club based in Wales and affiliated to either Wales YFC or NFYFC.

Competitors will be required to show their YFC Membership Cards. Failure to produce a valid membership card (will need photo) will result in a £10 penalty charge. Any member whose name is not listed as a current paid up member of the Federation and who cannot produce a membership card at the start of the competition will not be allowed to compete.

EILYDDION
Os bydd mwy na hanner y tîm gwreiddiol yn methu cystadlu mewn rowndiau dilynol, bydd y tîm yn y safle nesaf (sy'n aelod cyswllt o FfCCFfI) yn cynrychioli Cymru.

Bydd rhaid i'r eilyddion fod yn gymwys i fod wedi cystadlu yn y gystadleuaeth sirol.

SUBSTITUTION
If more than half of the original team members are unable to go forward to subsequent rounds, then the next highest placed team (affiliated to NFYFC) will represent Wales.

All substitutes must have been eligible to compete in the County final.

TREFN
Yn rowndiau terfynol CFfI Cymru, caiff y gystadleuaeth ei chwarae dan do.

Caiff y gemau eu chwarae naill ai mewn 2 gynghrair gydag enillydd pob cynghrair yn chwarae am y safle 1af a'r

PROCEDURE
At the Wales YFC finals the competition will be played indoors.

The matches will be played either in 2 leagues with the winner of each league playing for 1st and

2il safle, neu fel twrnamaint gornest gron, yn dibynnu ar y nifer o dimau sy'n cymryd rhan a'r nifer o gaeau sydd ar gael ar ddiwrnod Rownd Derfynol CFfI Cymru.

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

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

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

ENNILL GÊM
Mae tîm yn ennill gêm os oes ganddynt fwy o bwyntiau.
Rhoir 2 bwynt am ennill set, 1 pwynt am set gyfartal, 0 pwynt am golli set.
Os ceir gêm gyfartal yn y gemau dileu neu ail gyfle, chwaraeir set goramser 1 munud lle mae timau'n ailddechrau gyda 6 chwaraewr. Os yw'r gêm yn gyfartal o hyd, yna chwaraeir marwolaeth sydyn.

DECHRAU CHWARAE
Gosodir 5 pêl ar hyd y llinell ganol. Y 2 bêl ar ochr chwith tîm yw eu peli dynodedig nhw. Y bêl yn y canol yw'r unig un y cystadleuir amdani.
Nid yw pêl yn fyw tan iddi gael ei phasio'n ôl y tu hwnt i'r llinell ddychwelyd.

GWAREDU GWRTHWYNEBWYR
Peli byw: Mae pêl yn fyw tan iddi daro'r llawr, wal neu unrhyw arwyneb arall o'i hamgylch. Mae chwarae lluosog yn bosib gyda phêl fyw.
Ergydion: Bydd unrhyw chwaraewr sy'n cael ei daro â phêl fyw gan wrthwynebydd yn cael ei alw allan.
Daliadau: Bydd unrhyw ddaliad pêl fyw yn ddilys. Bydd y chwaraewr a daflodd y bêl a ddaliwyd yn cael ei alw allan, a bydd y tîm sy'n dal yn ennill un chwaraewr yn ôl.
Blocio: Gall chwaraewyr ddefnyddio pêl yn eu meddiant i flocio pêl newydd. Os yw'r bêl maent yn ei dal yn cael ei tharo o'u meddiant, byddant yn cael eu galw allan.

LLINELLAU
Caiff Dodgeball oedolion ei chwarae ar gae Dodgeball. Gelwir chwaraewyr "allan" am gamu

2nd place, or as a round robin tournament depending on the number of teams taking part and number of courts available on the day of the Wales YFC Final.

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

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

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

WINNING A MATCH
A team wins a match if they have more points.
2 points awarded for a set won, 1 point for a set drawn, 0 points for a set lost.
If a match is drawn in knockout or play-off matches, a 1 minute overtime set will be played where teams restart with 6 players. If a match is still drawn, then sudden death will be played.

START OF PLAY
5 balls are placed along the centre line. The 2 balls on a team's left are your designated balls. The centre ball is the only contested ball.
A ball is not live until it is passed back beyond the return line.

ELIMINATING OPPOSING PLAYERS
Live balls: A ball is live until it hits a floor, wall or any other surrounding surface. Multiple play is possible with a live ball.
Hits: Any player struck with a live ball by an opposing player will be called out.
Catches: Any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one player from the outbox.
Blocking: Players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.

LINES
Adult dodgeball is played on a dodgeball court. Players are called "out" for stepping over the side/back lines. Players may not leave the court to

dros y llinell ochr/gefn. Ni chaiff chwaraewyr adael y cae i gasglu peli. Mae pob tîm yn enwebu dau adferwr, sy'n dychwelyd peli i'r chwarae.

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

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

collect balls. Each team nominates two retrievers who put off-court balls back into play.

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

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

GWOBRAU
Cyflwynir tystysgrifau CFfI Cymru i'r tîm buddugol.

AWARDS
Wales YFC certificates will be awarded to the winning team.

CYFFREDINOL
Ni fydd CFfI Cymru yn gyfrifol am unrhyw gostau a ddaw i ran y cystadleuwyr nac am drefniadau llety.

Mae penderfyniad y dyfarnwr yn derfynol.

Mae CFfI Cymru yn cadw'r hawl i addasu neu hepgor unrhyw rai o'r rheolau hyn.

GENERAL
Wales YFC will not be responsible for any expenses incurred by competitors nor for arrangements for accommodation.

The referee's decision is final.

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

DIWRNOD CHWARAEON | SPORTS DAY

ULTIMATE FRISBEE

LLEOLIAD
Cynhelir y Rownd Derfynol yn Canolfan Hamdden Aberhonddu, ar ddydd Sul, 28 Mehefin, 2020.

VENUE
The Final will be held at Brecon Leisure Centre on Sunday, 19h June, 2022.

CYNRYCHIOLAETH
Un tîm o bob Ffederasiwn Sirol i gystadlu yn rownd derfynol Cymru.

REPRESENTATION
Counties may enter one team for the Wales final.

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

Rhaid bod chwaraewyr rhwng 10 ac 16 oed ar 1 Medi 2021 (rhaid cadw at yr ystod oedran hon). Mae hyn yn golygu bod rhaid bod cystadleuwyr wedi cyrraedd eu pen-blwydd yn 10 ar 1 Medi 2021, a gall aelodau fod yn 17 ar ddiwrnod y Rownd Derfynol CFfI Cymru.

Bydd rhaid i bob cystadleuydd fod yn aelodau llawn o Glwb CFfI yng Nghymru sy'n gysylltiedig â CFfI Cymru neu FfCCFfI.

Bydd yn ofynnol i gystadleuwyr ddangos eu Cardiau Aelodaeth CFfI. Bydd methu dangos cerdyn aelodaeth dilys (â llun) yn arwain at gosb o £10. Ni chaniateir i aelodau gystadlu os nad yw eu henwau ar y rhestr o'r sawl sydd wedi talu i fod yn aelod o'r Ffederasiwn ac os na fyddant yn gallu dangos cerdyn aelodaeth ar ddechrau'r gystadleuaeth.

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

All players must be aged between 10 years and over and 16 and under on 1st September 2021 (this age range must be adhered to). This means competitors have attained their 10th birthday on 1st September 2021 competition and may be 17 on the day of the Wales YFC final.

All competitors must be full members of a YFC Club based in Wales and affiliated to either Wales YFC or NFYFC.

Competitors will be required to show their YFC Membership Cards. Failure to produce a valid membership card (will need photo) will result in a £10 penalty charge. Any member whose name is not listed as a current paid up member of the Federation and who cannot produce a membership card at the start of the competition will not be allowed to compete.

DIWRNOD CHWARAEON | SPORTS DAY

EILYDDION

Os bydd mwy na hanner y tîm gwreiddiol yn methu cystadlu mewn rowndiau dilynol, bydd y tîm yn y safle nesaf (sy'n aelod cyswllt o FfCCFfI) yn cynrychioli Cymru.

Bydd rhaid i'r eilyddion fod yn gymwys i fod wedi cystadlu yn y gystadleuaeth sirol.

SUBSTITUTION

If more than half of the original team members are unable to go forward to subsequent rounds, then the next highest placed team (affiliated to NFYFC) will represent Wales.

All substitutes must have been eligible to compete in the County final.

TREFN

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

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

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

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

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

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

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

PROCEDURE

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

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

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

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

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

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

Players cannot run with the disc. When a player catches, they have up to 3 steps to slow down and then they must choose a pivot foot and keep this still before throwing the disc. If the player has not thrown the disc and takes additional steps, the player must return their pivot foot back to where it should be, before throwing the disc. If they did

cyn taflu'r ddisgen. Os bydd yn taflu disgen wedi'r 3 cham a bydd ei dîm yn dal y ddisgen, bydd rhaid dychwelyd y ddisgen i'r taflwr. Fodd bynnag, os bydd y tîm arall yn dal y ddisgen, bydd y trosiant yn ddilys.

Felly, ni allan tîm symud y ddisgen i fyny'r cae ond trwy ei thaflu o'r naill chwaraewr i'r llall.

Bydd y tîm sy'n amddiffyn yn ennill meddiant os bydd y ddisgen yn cyffwrdd y llawr, yn mynd tu hwnt i derfynau'r maes, neu os byddant yn rhyng-gipio trwy ddal y ddisgen neu ei bwrw i'r llawr pan fydd yn hedfan.

Hynny yw, bydd y tîm sy'n sgorio yn aros yn y geisfa ble byddant newydd sgorio.

Gall tîm eilyddio faint bynnag o weithiau ag y byddant yn dymuno, ond dim ond yn ystod oedi yn y chwarae ar ôl i gôl gael ei sgorio a chyn i'r gêm ailgychwyn. Nid oes cyfyngiad ar y nifer o weithiau y gall timau eilyddio chwaraewyr yn ystod pob gêm.

Ni chaniateir cyswllt corfforol yn y gamp, a phan fydd hynny'n digwydd, gellir ei ystyried yn drosedd.

Defnyddir hunanddyfarnu yn ystod y gêm a dylai chwaraewyr gyfaddef pan fyddant wedi achosi trosedd. Bydd y gwrthwynebwyr yn rhoi sgôr i lefel y chwarae teg ar ddiwedd pob gêm.

Rhaid i holl aelodau'r tîm gyfrannu at sgorio Ysbryd y Gêm gan y gwrthwynebwyr.

Bydd timau yn rhoi sgôr i'w gwrthwynebwyr gan roi pwyntiau am bob un o'r canlynol:
- Gwybodaeth am y Rheolau a Defnydd Ohonynt
- Troseddau a Chyswllt Corfforol
- Ymdrechu i Sicrhau Tegwch
- Agwedd Gadarnhaol a Hunanreolaeth
- Ein Hysbryd o'i gymharu â'u hysbryd hwy

Mae sgôr o 10 yn sgôr dda ar y cyfan.

Pan fydd timau wedi llenwi eu Taflen Sgôr Ysbryd y Gêm, dylent ei roi yn uniongyrchol i stiward y twrnamaint a wnaiff gyfrifo sgôr cyfartalog cyffredinol i ganfod y tîm sydd â'r sgôr gorau am Ysbryd y Gêm.

make a throw after the 3 steps and the disc was caught by their team, the disc must be returned to the thrower however if the opposition caught the disc the turnover stands.

A team can therefore only move the disc upfield by throwing it from player to player.

The defending team takes possession if the disc touches the ground, if it goes out of bounds or if they make an interception by catching the disc or knocking it to the ground in mid–flight.

Teams change ends between each point. I.e. the scoring team stays in the end zone where they have just scored.

A team may make unlimited substitutions, but only in the break of play after a goal has been scored and before the game restarts. Teams are allowed an unlimited number of substitutions in each game.

The game is noncontact but when contact between players does occur; it may be deemed a foul.

The game is self-regulating, and players should admit when they have caused a foul. The level of sportsmanship will be rated by the opposition at the end of each game.

All members of the team must be involved in scoring the opposition's Spirit of the Game.

Teams will rate their opposition awarding points under the following headings:
- Rules Knowledge and Use
- Fouls and Body Contact
- Fair-Mindedness
- Positive Attitude and Self Control
- Our Spirit compared to theirs

A score of 10 is a normal good score

Once teams have completed their Spirit of the Game Score Sheet, they should hand it directly to the tournament steward who will calculate an overall average score to determine the team with the best spirit of the game score.

MUDIAD FFERMWYR IFANC CYMRU
WALES FEDERATION OF YOUNG FARMERS' CLUBS

RHEOLAU 2021-22 RULES

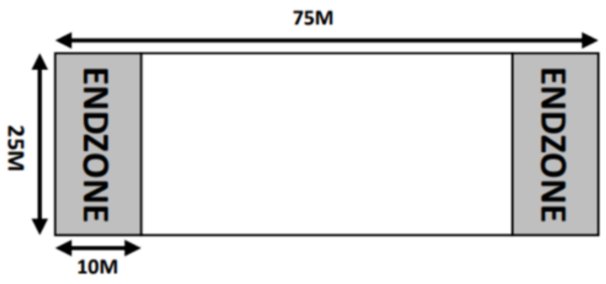
DIWRNOD CHWARAEON | SPORTS DAY

Mae taflen sgorio Ysbryd y Gêm isod. Dylid ei chwblhau gan bob tîm ar ddiwedd pob gêm.

Bydd y tîm â'r sgôr gorau ar y cyfan ar ddiwedd y twrnamaint yn cael gwobrau ychwanegol. Mae'n fuddiol i bob tîm chwarae'n onest ac yn deg a thrin eu gwrthwynebwyr fe yr hoffent gael eu trin.

Cynghorir hefyd y dylid defnyddio Hyfforddwr Ultimate Frisbee cymwysedig, neu chwaraewr lleol, i weithredu fel "ymgynghorydd y twrnamaint". Fe wnaiff hyn leihau ymhellach y risg i aelodau, a bydd hefyd yn unigolyn a all ateb cwestiynau ynghylch rheolau, cadw sgôr, a chynorthwyo chwaraewyr i hunanddyfarnu os bydd angen hynny. Fe wnaiff UK Ultimate, Cyrff Llywodraethu Ultimate Frisbee in y Deyrnas Unedig, yn cynnig cymorth ble gellir gwneud hynny, a bydd yn ceisio canfod unigolion sy'n gallu helpu fel hyn.

Chwaraeir y gamp y tu allan ar faes chwarae glaswellt a ddylai fod yn uchafswm o 75m o hyd a 25m o led; bydd y partha sgorio yn uchafswm o 10m o ddyfnder. Gall siroedd amrywio'r dimensiynau hyn i weddu eu lleoliad, a gellir hyd yn oed chwarae ar gaeau pob tywydd, gwair neu dan do.
Llun i ddangos dimensiynau mwyaf cae. Sylwer: dyma'r maint MWYAF a ganiateir, gall caeau fod yn llai ar gyfer chwaraewyr iau neu ddechreuwyr.



Defnyddir disgen Ultimate 175g yn Rownd Derfynol CFfI Cymru, e.e. Ultrastar.

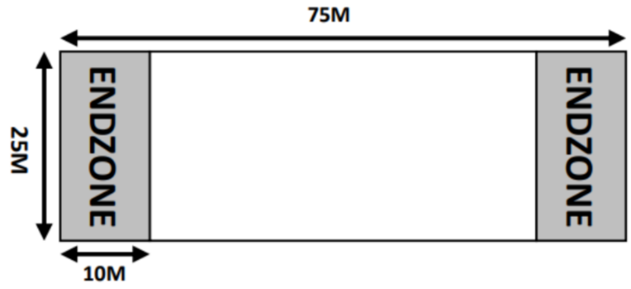
Rhaid i'r holl gystadleuwyr fod wedi'u gwisgo'n addas i chwarae'r gamp, a dylent wisgo lliwiau/crysau eu tîm.

Please find a Spirit of the Game Score sheet below. This should be completed by each team at the end of each game.

The team with the best overall rating at the end of the tournament will receive additional awards. It is in each team's best interest to play honestly and fairly and treat their opposition as they would expect to be treated.

It is also advised that where possible a qualified Ultimate Coach or local player, in the role of "tournament advisor" be used. This will further reduce risk to members and also provide an individual that can answer rules questions, keep score and help players with self-refereeing if needed. UK Ultimate, the National Governing Body for Ultimate Frisbee, will offer support where possible and will try to find individuals that are able to help in this capacity.

Field Dimensions: At the Wales YFC Final, the pitch will be outside on grass and will be no bigger than 75m by 25m; the endzones will be no more than 10m deep. Counties may vary these dimensions to suit their venue and may even play on an all-weather pitch, grass or indoors.
Image to show maximum pitch dimensions. To note: this is the MAXIMUM size, pitches may be smaller to accommodate Younger Players or Beginners.



At the Wales YFC Final a 175g Ultimate disk will be used, e.g., an Ultrastar.

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

DIWRNOD CHWARAEON | SPORTS DAY

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

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

Mae rhagor o wybodaeth ar gael trwy droi at http://www.ukultimate.com/ ond cedwir at y rheolau a nodir uchod yn rownd derfynol CFfI Cymru.

Further information can be found at http://www.ukultimate.com/ however the rules stated above will be adhered to at the Wales YFC Final.

GWOBRAU
Cyflwynir tystysgrifau CFfI Cymru i'r tîm buddugol.

AWARDS
Wales YFC certificates will be awarded to the winning team.

CYFFREDINOL
Ni fydd CFfI Cymru yn gyfrifol am unrhyw gostau a ddaw i ran y cystadleuwyr nac am drefniadau llety.

Mae penderfyniad y Dyfarnwr yn derfynol.

Mae CFfI Cymru yn cadw'r hawl i addasu neu hepgor unrhyw ran o'r rheolau hyn.

GENERAL
Wales YFC will not be responsible for any expenses incurred by competitors nor for arrangements for accommodation.

The referee's decision is final.

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

Spirit of the Game Score Card

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

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

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

Hand this sheet to the competition organisor on completion

Team Name	*Opposition Team Name*

	0	1	2	3	4
1. Rules Knowledge and Use Eg: They did not make unjustified calls. They did not purposefully misinterpret the rules. They kept to time limits. They were willing to teach and/or learn the rules	Poor	Not so good	Good	Very good	Excellent
2. Fouls and Body Contact Eg: They avoided fouling, contact, and dangerous plays	Poor	Not so good	Good	Very good	Excellent
3. Fair-Mindedness Eg: They apologized for their own fouls. They informed teammates when they made wrong or unnecessary calls. They were willing to admit that we were right and retracted their call	Poor	Not so good	Good	Very good	Excellent
4. Positive Attitude and Self-Control Eg: They communicated without aggressive language. They complimented us on our good plays. They left an overall positive impression during and after the game, e.g. during the Spirit circle	Poor	Not so good	Good	Very good	Excellent
5. Our Spirit compared to theirs Eg: How did their team compare to ours with regards to rules knowledge, body contact, fair-mindedness, positive attitude and self-control?	Our spirit was much better	Our spirit was slightly better	Our spirit was the same	Our spirit was slightly worse	Our spirit was much worse

Total Points (Good score = 10 Points, Maximum = 20 Points) ←	0 + + + +

Originally produced and approved by:

WFDF WORLD FLYING DISC FEDERATION & BULA

DIWRNOD CHWARAEON | SPORTS DAY

RYGBI 'TOUCH' CYMYSG
MIXED TOUCH RUGBY

LLEOLIAD
Cynhelir y Rownd Derfynol yn Canolfan Hamdden Aberhonddu, ar ddydd Sul, 19 Mehefin, 2022.

VENUE
The Final will be held at Brecon Leisure Centre on Sunday, 19th June, 2022.

CYNRYCHIOLAETH
Un tîm o bob Ffederasiwn Sirol i gystadlu yn rownd derfynol Cymru.

REPRESENTATION
Counties may enter one team for the Wales final.

CYMHWYSTER
Sgwad o ddeg (10) chwaraewr, ac o'u plith, bydd chwech (6) ohonynt ar y maes ar unrhyw adeg. Rhaid i o leiaf tair (3) geneth a thri (3) bachgen fod ar y maes yn ystod pob gêm. Rhaid i bob chwaraewr fod rhwng 14 mlwydd oed a throsodd ac 17 mlwydd oed ac iau ar 1 Medi 2021 (rhaid cadw at y rheol oedran), a gellir enwebu aelodau llawn o glwb sy'n aelod cyswllt i CffI Cymru neu FfCCFfI. Mae hyn yn golygu y bydd rhaid i gystadleuwyr wedi troi'n 14 mlwydd oed ar 1 Medi 2021 a gallant fod yn 18 ar ddiwrnod y rownd derfynol genedlaethol.

Bydd yn ofynnol i gystadleuwyr ddangos eu Cardiau Aelodaeth CFfI. Bydd methu dangos cerdyn aelodaeth dilys (yn cynnwys llun) yn arwain at gosb o £10 ynghyd â gwiriad ar gronfa ddata'r CFfI cyn cael caniatâd i gystadlu. Ni chaniateir i aelodau gystadlu os nad yw eu henwau ar y rhestr o'r sawl sydd wedi talu i fod yn aelod o'r Ffederasiwn ac os na fyddant yn gallu dangos cerdyn aelodaeth ar ddechrau'r gystadleuaeth.

ELIGIBILITY
A squad of ten (10) players, from whom six (6) players will be on the pitch at any one time. There must be a minimum of three (3) females and three (3) males on the pitch during each match. All players must be aged between 14 years and over and 17 years of age and under on 1st September 2021 (this age range must be adhered to), and full members of a Club affiliated to either Wales YFC or NFYFC may be nominated. This means competitors have attained their 14th birthday on the 1st September 2021 and may be 18 on the day of the national final.

Competitors will be required to show their YFC Membership Cards. Failure to produce a valid membership card (will need photo) will result in a £10 penalty charge plus verification on the YFC database prior to being allowed to compete. Any member whose name is not listed as a current paid up member of the Federation and who cannot produce a membership card at the start of the competition will <u>not</u> be allowed to compete.

TREFN
Chwaraeir y gemau naill ai fel 2 gynghrair, ag enillydd bob cynghrair yn chwarae am y safle cyntaf a'r ail safle, neu fel twrnamaint gornest gron, yn dibynnu ar nifer y timau fydd yn cyfranogi a nifer y meysydd chwarae fydd ar gael ar ddiwrnod rownd derfynol CFfI Cymru.

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

Dyfernir pwyntiau fel â ganlyn mewn cynghrair:

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

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

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

League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	Nil

DIWRNOD CHWARAEON | SPORTS DAY

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

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

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

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

Sgorir cais trwy dirio'r bêl ar y llinell gais neu y tu ôl iddi. Dyfernir un pwynt mewn cynghreiriau cymysg. Bydd cais a sgorir gan aelod gwrywaidd o'r tîm yn werth un (1) pwynt, ac i annog timau cymysg i basio'r bêl, bydd cais a sgorir gan aelod benywaidd yn werth dau (2) bwynt.

A try is scored by grounding the ball on, or behind, the try-line. One point is awarded in mixed leagues. A try by a male member of the team if worth one (1) point, to encourage mixed teams to pass the ball around a try scored by a female is worth two (2) points.

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

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

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

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

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

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

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

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

Rhaid i'r holl chwaraewyr sy'n amddiffyn encilio mwy na 5 medr o'r fan ble digwyddodd y cyffyrddiad. Ni all y tîm sy'n amddiffyn symud ymlaen nes bydd y chwarae'n ailgychwyn, nac ymyrryd â'r chwarae tra byddant yn encilio. Ailgychwynir pan gaiff y bêl ei thapio neu phan

All defending players must retire more than 5 metres in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the dummy-half touches the ball at the roll ball. If there

fydd yr hanerwr ffugio yn cyffwrdd y bêl pan gaiff ei rholio. Os na fydd hanerwr yn ei safle (o fewn 1 medr o'r cyffyrddiad), gall amddiffynwyr symud ymlaen o safle iawnochr.

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

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

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

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

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

Gweithredir yr egwyddor o fantais.

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

is no dummy-half in position (within 1 metre of the mark) defenders may advance from an on-side position.

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

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

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

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

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

The principle of advantage will be applied.

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

Players must wear appropriate footwear and clothing, including team shirts/colours. Shirts must

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

Yn y rownd derfynol CFfI Cymru bydd y cae yn hanner maint cae llawn. Awgrymir fod y gemau sirol yn cymryd lle ar gae o'r un maint

GWOBRAU
Cyflwynir tystysgrifau CFfI Cymru i'r tîm buddugol.

CYFFREDINOL
Ni fydd CFfI Cymru yn gyfrifol am unrhyw gostau a ddaw i ran y cystadleuwyr nac am drefniadau llety.

Mae penderfyniad y Dyfarnwr yn derfynol.

Mae CFfI Cymru yn cadw'r hawl i addasu neu hepgor unrhyw ran o'r rheolau hyn.

be tucked in at all times. Players are not allowed to wear anything that may prove dangerous to other players e.g. jewellery or watches.

At the Wales YFC Final the maximum pitch dimension will be half a full size pitch. It is advised that Counties use dimensions to suit the space they have available.

AWARDS
Wales YFC certificates will be awarded to the winning team.

GENERAL
Wales YFC will not be responsible for any expenses incurred by competitors nor for arrangements for accommodation

The umpires' decision is final.

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

DIWRNOD CHWARAEON | SPORTS DAY

ATHLETICS
ATHLETAU

LLEOLIAD
Cynhelir y Rownd Derfynol yn Canolfan Hamdden Aberhonddu, ar ddydd Sul, 19 Mehefin, 2022.

VENUE
The Final will be held at Brecon Leisure Centre on Sunday, 19th June, 2022.

CYNRYCHIOLAETH
Un tîm o bob Ffederasiwn Sirol i gystadlu yn rownd derfynol Cymru.

Gall aelod gystadlu mewn UN Trac, UN cystadleuaeth Maes ac UN Ras gyfnewid.

REPRESENTATION
Counties may enter one team for the Wales final.

A member may compete in ONE race, ONE field event and ONE relay.

CYMHWYSTRA

Rhaid i bob cystadleuydd fod yn aelodau llawn o Glwb CFfI yng Nghymru sy'n gysylltiedig â CFfI Cymru neu FfCCFfI.

Bydd yn ofynnol i gystadleuwyr ddangos eu cardiau aelodaeth.

Bydd methu dangos cerdyn aelodaeth dilys (angen llun) yn arwain at gosb o £10. Ni chaniateir i aelodau gystadlu os nad yw eu henwau ar y rhestr o'r sawl sydd wedi talu i fod yn aelod o'r Ffederasiwn ac os na fyddant yn gallu dangos cerdyn aelodaeth ar ddechrau'r gystadleuaeth.

ELIGIBILITY

All competitors must be full members of a YFC Club based in Wales and affiliated to either Wales YFC or NFYFC.

Competitors will be required to show their membership cards.

Failure to produce a valid membership card (will need photo) will result in a £10 penalty charge. Any member whose name is not listed as a current paid up member of the Federation and who cannot produce a membership card at the start of the competition will not be allowed to compete.

TREFN

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

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

PROCEDURE

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

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

CAMPAU TRAC
Ras 1 – 100m
Ras 2 – 800m

TRACK EVENTS
Race 1 – 100m
Race 2 – 800m

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

RAS GYFNEWID
4x100m

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

GWOBRAU
Cyflwynir tystysgrifau CFfI Cymru i'r tîm buddugol.

CYFFREDINOL
Ni fydd CFfI Cymru yn gyfrifol am unrhyw gostau a ddaw i ran y cystadleuwyr nac am drefniadau llety.

Mae penderfyniad y Dyfarnwr yn derfynol.

Mae CFfI Cymru yn cadw'r hawl i addasu neu hepgor unrhyw ran o'r rheolau hyn.

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

RELAY RACE
4 x 100m

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

AWARDS
Wales YFC certificates will be awarded to the winning team.

GENERAL
Wales YFC will not be responsible for any expenses incurred by competitors nor for arrangements for accommodation

The umpires' decision is final.

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