

TREFN Y CYSTADLU

1. RHAIID I BAWB DDYCHWELYD Y FFURFLEN GAIS I SWYDDOG DATBLYGU'R URDD.
2. i) Ni chaniateir mwy na dau nofiwr o un gangen i gystadlu mewn ras unigol.
ii) Ni chaniateir i nofiwr gystadlu mewn mwy na dwy ras unigol (gan gynnwys Cymysg Unigol) a dwy ras gyfnewid.
3. Ar ôl derbyn y ceisiadau, trefnir gala nofio, boed ar lefel cylch neu ranbarth. Dibynna hyn ar y nifer o ymgeiswyr ledled y ranbarth. Yn achos cystadlaethau ar lefel cylch, y Pwyllgor Rhanbarth/Swyddog Datblygu fydd â'r hawl i benderfynu sawl nofiwr fydd yn mynd ymlaen o'r cychoedd i'r Gala Rhanbarthol.
4. Daw un nofiwr ymlaen i gynrychioli'r Rhanbarth yng Ngala Nofio Cenedlaethol yr Urdd.

RHEOLAU CYFFREDINOL

1. Dilynir Rheolau Nofio Cymru. Gellir cael copi o'r rheolau o'i gwefan.
2. Os bydd ymgeisydd anghymwys wedi cystadlu, bydd hawl gan drefnydd y gystadleuaeth i dorri'r ymgeisydd neu'r tîm yn achos ras gyfnewid, allan o'r gystadleuaeth.
3. 25m yw hyd y pwll yn y Gala Cenedlaethol.
4. Rhaid i'r cystadleuwyr gystadlu yn yr oedran priodol ac ni chaniateir cystadlu mewn oedran uwch. Rhaid bod pob nofiwr wedi cofrestru fel aelod o'r Urdd cyn cystadlu.
5. Gwahoddir nofwyr gydag anabledau i gystadlu yn y gala cenedlaethol.

RHESTR CYSTADLU

BECHGYN A MERCHED

Blwyddyn 3-4

1. Nofio Rhydd (1 hyd y pwll=25m)
2. Nofio Broga (1 hyd y pwll=25m)
3. Nofio Cefn (1 hyd y pwll=25m)
4. Nofio Pili Pala (1 hyd y pwll=25m)
5. Ras Gyfnewid Rhydd (4 x 25m)
6. Ras Gyfnewid Cymysg (4 x 25m)
(Cefn) 1 x 25m
(Broga) 1 x 25m
(Rhydd) 1 x 25m
(Rhydd) 1 x 25m
7. Ras Gyfnewid Amrywiol Cymysg (4 x 25m)
(2 x Bachgen a 2 x Merch)
(Cefn) 1 x 25m
(Broga) 1 x 25m
(Rhydd) 1 x 25m
(Rhydd) 1 x 25m

BECHGYN A MERCHED

Blwyddyn 5-6

1. Nofio Rhydd (2 hyd y pwll=50m)
2. Nofio Broga (2 hyd y pwll=50m)
3. Nofio Cefn (2 hyd y pwll=50m)
4. Nofio Pili Pala (2 hyd y pwll=50m)
5. Nofio Cymysg Unigol (4 x 25m)
(Pili Pala) 1 x 25m
(Cefn) 1 x 25m
(Broga) 1 x 25m
(Rhydd) 1 x 25m
6. Ras Gyfnewid Rhydd (4 x 25m)
7. Ras Gyfnewid Cymysg
(Cefn) 1 x 25m
(Broga) 1 x 25m
(Pili Pala) 1 x 25m
(Rhydd) 1 x 25m
8. Ras Gyfnewid Amrywiol Cymysg (4 x 25m)
(2 x Bachgen a 2 x Merch)
(Cefn) 1 x 25m
(Broga) 1 x 25m
(Pili Pala) 1 x 25m
(Rhydd) 1 x 25m

COMPETITION RULES

1. EVERYONE MUST RETURN THEIR FORM TO THE URDD DEVELOPMENT OFFICER
2. i) Only two swimmers from each school can compete in an individual race.
ii) No competitor may swim in more than two individual (including I.M.) and two relay races.
3. After receiving applications, a swimming gala will be organised, either at Area or County level. This depends on the number of competitors across the county. In the case of Area competitions, the County Committee/ Development Officer have the right to decide the number of swimmers proceeding from the Area to the County Gala.
4. One swimmer will proceed to represent the county in the National Urdd Swimming Gala.

GENERAL RULES

1. Swim Wales rules are used. A copy of these can be obtained from their website.
2. If a swimmer has competed but not adhered to these rules, the competition organiser has the right to disqualify the competitor, or the team in the case of a relay race, from the competition.
3. The length of the pool at the National Gala is 25m.
4. Competitors must compete in the correct age group and may not compete in an older age category. All swimmers must be registered Urdd members before competing.
5. Swimmers with disabilities will be invited to compete at the national gala.

COMPETITION ORDER

BOYS AND GIRLS

Year 3-4

1. Freestyle (1 length of the pool=25m)
2. Breaststroke (1 length of the pool=25m)
3. Backstroke (1 length of the pool=25m)
4. Butterfly (1 length of the pool=25m)
5. Freestyle Relay (4 x 25m)
6. Medley Relay (4 x 25m)
(Back) 1 x 25m
(Breast) 1 x 25m
(Freestyle) 1 x 25m
(Freestyle) 1 x 25m
7. Mixed Medley Relay (4 x 25m)
(2 x Boy and 2 x Girl)
(Back) 1 x 25m
(Breast) 1 x 25m
(Freestyle) 1 x 25m
(Freestyle) 1 x 25m

BOYS AND GIRLS

Year 5-6

1. Freestyle (2 length of pool=50m)
2. Breaststroke (2 length of pool=50m)
3. Backstroke (2 length of pool=50m)
4. Butterfly (2 length of pool=50m)
5. Individual Medley (4 x 25m)
(Butterfly) 1 x 25m
(Back) 1 x 25m
(Breast) 1 x 25m
(Freestyle) 1 x 25m
6. Freestyle Relay (4 x 25m)
7. Medley Relay (4 x 25m)
(Back) 1 x 25m
(Breast) 1 x 25m
(Butterfly) 1 x 25m
(Freestyle) 1 x 25m
8. Mixed Medley Relay (4 x 25m)
(2 x Boy and 2 x Girl)
(Back) 1 x 25m
(Breast) 1 x 25m
(Butterfly) 1 x 25m
(Freestyle) 1 x 25m