Chwaraeon

TREFN Y CYSTADLU

1. RHAID I BAWB DDYCHWELYD Y FFURFLEN GAIS I SWYDDOG DATBLYGU'R URDD

2. i) Caniateir dim mwy na dau nofiwr o un gangen i gystadlu mewn ras unigol.
   ii) Ni chaniateir i nofiwr gystadlu mewn mwy na dwy ras 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 rhanbarth. Yn achos cystadlaethau ar lefel cylch, y Pwyllgor Rhanbarth/Swyddog Datblygu fydd a'r hawl i benderfynu sawl nofiwr fydd yn mynd ymlaen o'r cylchoedd i'r Gala Rhanbarth.

4. Daw un nofiwr ymlaen i gynrychioli'r uned yng Ngala Nofio Cenedlaethol yr Urdd.

RHEOLAU CYFFREDINOL

1. Dilynir Rheolau Nofio Cymru. Gellir cael copi o'r rheolau yma 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. Hyd y rasus yn y Gala Cenedlaethol yn unig yw'r rhai gyferbyn (50m yw hyd y pwll)

4. Rhaid i'r cystadleuwyr gystadlu yn yr oedran priodol ac ni chaniateir cystadlu mewn oedran uwch.

5. Gwahoddir nofwyr gydag anableddau i gystadlu yn y gala cenedlaethol

RHESTR CYSTADLU

BECHGYN A MERCHED

a) (Blwyddyn 7-8)

b) (Blwyddyn 9-10)

c) (Blwyddyn 11-13)

1. Nofio Rhydd (2 hyd y pwll=100m)

2. Nofio Broga (2 hyd y pwll=100m)

3. Nofio Cefn (2 hyd y pwll=100m)

4. Nofio Pili Pala (2 hyd y pwll=100m)

5. Nofio Cymysg Unigol (4 x 50m)

6. Ras Gyfnewid Rhydd (4 x 50m)

7. Ras Gyfnewid Amrywiol (4 x 50m)

   (Cefn) 1 x 50m

   (Broga) 1 x 50m

   (Pili Pala) 1 x 50m

   (Rhydd) 1 x 50m

8. Ras Gyfnewid Cymysg (4 x 50m)

(2 x Bachgen + 2 x Merch)

   (Cefn) 1 x 50m

   (Broga) 1 x 50m

   (Pili Pala) 1 x 50m

   (Rhydd) 1 x 50m

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 category 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 races in the National Gala is the ones shown opposite. (50m is the length of the pool).

4. Competitors must compete in the correct age group and may not compete in an older age category.

5. Swimmers with a disability will be invited to compete at the national gala.

COMPETITION ORDER

BOYS AND GIRLS

a) (Year 7-8)

b) (Year 9-10)

c) (Year 11-13)

1. Freestyle (2 length of the pool=100m)

2. Breaststroke (2 length of the pool=100m)

3. Backstroke (2 length of the pool=100m)

4. Butterfly (2 length of the pool=100m)

5. Individual Medley (4 x 50m)

6. Freestyle Relay (4 x 50m)

7. Medley Relay (4 x 50m)

   (Back) 1 x 50m

   (Breast) 1 x 50m

   (Butterfly) 1 x 50m

   (Freestyle) 1 x 50m

8. Mixed Medley Relay (4 x 50m)

(2 x Boy + 2 x Girl)

   (Back) 1 x 50m

   (Breast) 1 x 50m

   (Butterfly) 1 x 50m

   (Freestyle) 1 x 50m