

Rheolau Chwaraeon yr Urdd 2025-26

Cystadlaethau Ysgolion
Cynradd



Urdd



ChwaraeonyrUrdd



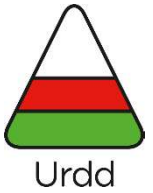
ChwaraeonUrdd



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Pêl-droed 7 pob ochr Merched

Carfan

Blwyddyn 5 a 6 (Caniateir blwyddyn 4 i gymryd rhan gyda chaniatâd rhiant)
Carfan o hyd at 12 merch i bob tîm

Amser

- Ni ddylai'r un gêm barhau am fwy na 7 munud pob ochr
- Ni ddylai'r gôl aur barhau am fwy na 5 munud pob ochr

Ardal Chwarae

- O gwmpas 45 llath (hyd) x 40 llath (lled) - gan dibynnu ar maint y lleoliad
- Y maint a gymeradwyir ar gyfer y gôl yw 12 troedfedd 6 troedfedd
- Mae'r ardal o gwmpas y gôl yn ymestyn 10 llath o'r llinell gôl ar draws lled y cae, gyda chonau yn marcio'r llinell ochr neu ddisgiau ar draws y cae

Gôl-geidwad

- Rhaid i'r gôl-geidwad daflu'r bêl o'i ddwylo yn hytrach na'i chicio. Does **ddim** hawl i gôl-geidwad neud 'drop-kick', bownsio'r bêl a chicio neu gicio o'r dwylo. Rhaid i'r bêl cael ei roi ar y llawr (ddim yn bownsio) i'r bêl cael ei gicio.
- Gall y gôl-geidwad rhoi'r bêl ar y llawr a chwarae'r bêl gyda'i thraed (nodwch fod y bêl yn fyw unwaith mae'r bêl yn cael eu gollwng ar y llawr)
- Mae'r gôl-geidwad yn gallu dal y bêl yn yr ardal cosb ac nid oes cyfyngiad ar y nifer o gamau y gellir eu cymryd gyda'r bêl
- Gellir cymryd y gic gôl o'r llawr unrhyw le ar ochr yr ardal cosb
- Yn ystod gic gôl ac wrth i gôl-geidwad dal y bêl rhaid i'r tîm arall enciliad (retreat) 10 llath cyn i'r bêl cael ei gicio
- Ni all y gôl-geidwad dal y bêl yn ei ddwylo os mae chwaraewr o'r un tîm wedi pasio nôl iddynt

Ciciau Cornel / Cosb

- Mae pob cic rydd yn anuniongyrchol (indirect). Rhaid i'r tîm amddiffyn fod o leiaf 3 llath i ffwrdd
- Does dim ciciau cosb
- Mae ciciau cornel fel yr arfer, ond rhaid i'r tîm gwrthwynebol fod o leiaf 3 llath i ffwrdd

Ciciau Smotyn – rowndiau terfynol

- Os mae'r gemau yn mynd i ciciau o'r smotyn, y chwaraewyr sydd ar y cae ar diwedd amser y gôl aur sy'n cymryd y ciciau. Does ddim hawl newid y gôl-geidwad.
- Gorau o 5 cic cosb. Wedyn ymlaen i 'knock-out' os mae'r sgôr dal yn gyfartal.

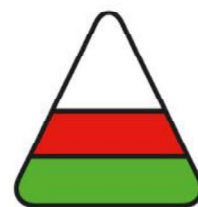
Rheolau Cyffredinol

- Fe ddylai'r bêl fod yn faint 4
- Ceir cic gychwyn o ganol y cae i ddechrau'r gêm ac ar ôl i gôl gael ei sgorio - Mae angen i'r tîm amddiffyn fod 3 llath i ffwrdd ac na all gôl cael ei sgorio yn syth o'r gic gyntaf.
- Dylid cymryd y tafladau i mewn yn y ffordd arferol
- Gellir defnyddio eilyddion yn ystod unrhyw adeg o'r gêm
- Nid oes cyfyngiad ar y nifer o chwaraewyr y gellir eu cael yng nghwrt y gôl

- Rhaid i bob chwaraewr wisgo 'shin pads' i gymryd rhan – ni fydd yr Urdd yn darparu rhain
- Nid oes rheol camsefyll

Urdd Sport Competition Rules 2025-26

Primary Schools Competitions



Urdd



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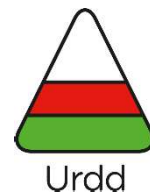
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7 a side Football - Girls

Squad

Year 5 & 6 (Year 4 can only play with parent / school's permission)

Up to 12 girls per squad

Time

- No game should last more than 7mins each half
- The golden goal period shouldn't last more than 5 mins each half

Play area

- The pitch size should be around 45yds x 40yds – depending on the facility
- Recommended goal size 12ft 6ft
- The goal area extends 10yds from the goal line across the width of the pitch, marked with cones on the touchline or discs across the pitch

Goalkeeper

- The Goalkeeper must throw the ball from their hands and not kick it. Drop-kicks, bouncing the ball and then kicking and kicking out of the hands is **not** allowed. The ball must be placed on the floor (not bouncing) for the keeper to be allowed to kick.
- Goalkeepers may play the ball on the floor with their feet during open play (note that the keeper can be challenged in this scenario)
- The Goalkeeper can hold the ball within the penalty area and there is no limitation on the number of steps they can take
- A goal kick from the floor can be taken anywhere on the edge of the penalty area
- The opposition players must be a minimum of 10 yards away from the point where the goalkeeper has the ball to encourage build up play
- A goalkeeper cannot pick up the ball (in the goal area) if it has been passed to him/her by a teammate

Corner/Free Kicks

- All free kicks are indirect. The defending team must be at least 3 yards away from the ball
- There are no penalty kicks
- Corner kicks are as standard, but the defending team must be at least 3 yards from the ball.

Penalty Kicks – knockout rounds

- If games go to penalty kicks, the players that finish the game at the end of the golden goal period must be the players that take the penalty kicks. Teams are not allowed to change their goalkeeper.
- Best of 5 penalties. Then onto knock out penalties if scores are still level.

General Rules

- The ball should be a size 4
- Kick off from the centre of the field to start the game and after a goal is scored, defending team must be 3 yards away and goals aren't permitted immediately from the kick-off
- Throw ins should be taken the normal way
- Substitutes may be used at any time during a game
- There is no restriction on the number of players allowed in the goal area
- **All players must wear shin pads to be allowed to play – the Urdd will not be providing these**
- There is no off-side rule