

Gala Nofio yr Urdd *Swimming Gala*



Chwaraeon



NOFIO CYMRU
SWIM WALES



DISABILITY CHWARAEON
SPORT ANABLEDD
WALES CYMRU

TREFN Y CYSTADLU

1. Rhaid I bawb cofrestru ar-lein.
2. Cystadleuwyr:
 - i) Caniateir dau nofiwr a dau nofiwr anabl (un nam gorfforol a un nam golwg) o un gangen i gystadlu mewn ras unigol (Nofwyr nam gorfforol a nam golwg mewn ras rhydd a chefn ar gyfer 2018/19).
 - 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 rhanbarth. 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 cylchoedd i'r Gala Rhanbarthol.
4. Daw un nofiwr o pob categori 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. 50m 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.

RHESTR CYSTADLU

Blynyddoedd: 7-8, 9-10, 11-13 (Bechgyn a Merched)

- 1a. Nofio Rhydd, Ras Agored (2 hyd y pwll 100m)
- 1b. Nofio Rhydd, Nofwyr Nam Gorfforol (100m)
- 1c. Nofio Rhydd, Nofwyr Nam Golwg (100m)
2. Nofio Broga (100m)
- 3a. Nofio Cefn, Ras Agored (100m)
- 3b. Nofio Cefn, Nam Gorfforol (100m)
- 3c. Nofio Cefn, Nam Golwg (100m)
4. Nofio Pili Pala (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 Rhydd Cymysg (4 x 50m)
 - (2 x Bachgen a 2 x Merch)

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COMPETITION RULES

1. Registration must be completed online.
2. Competitors:
 - i) Two swimmers and one physically impaired swimmer and one visually impaired swimmer from each school can compete in an individual race (P.I and V.I swimmers at freestyle and backstroke races for 2018/19).
 - 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 from each category 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 50m.
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.

COMPETITION ORDER

Years: 7-8, 9-10, 11-13 (Boys and Girls)

- 1a. Freestyle Open Race (2 length of pool = 100m)
- 1b. Freestyle Physically Impaired Swimmers (100m)
- 1c. Freestyle Visually Impaired Swimmers (100m)
2. Breaststroke (100m)
 - 3a. Backstroke Open Race (100m)
 - 3b. Backstroke Physically Impaired Swimmers (100m)
 - 3c. Backstroke Visually Impaired Swimmers (100m)
4. Butterfly (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 Freestyle Relay (4 x 50m)
 - (2 x Boy and 2 x Girl)