

**Norfolk Young
Farmers &
Countrysiders
2025/2026**



Block One - YFC



General Rules

1. Please note entries will only be accepted on the digital competition entry form and must be submitted to the County Office by the set date.
2. Clubs may enter the total number of entrants, please note that competitors over the age of 28 will not be able to compete at Eastern Area and National competitions and that only one entry will count towards points.
3. Provided a club has already submitted their current block entry, they may request to the Competitions & Training Committee (CAT) Chairman a late entry into competitions for that block. Acceptance of a late entry is at the discretion of the CAT Chairman and Vice Chairman and will not be permitted where this will detrimentally affect the running of the competition.
4. Change of entries will NOT be accepted later than 3 working days prior to a weekend competition, and 5 working days for a weekday/evening competition; changes on the day may lead to disqualification. Late withdrawals from any competition, changes on the day or lack of attendance will issue a £40.00 fine which will be invoiced to the club, this will be reduced to £20.00 if paid within 7 days. No show or Late Withdrawal from any competition will also result in 3 marks being deducted from the NFU Trophy score of the Club.
5. All competition rules will be strictly enforced and if any Clubs are found to be in default after an event, their results will be discounted and any NFU Cup Points gained will be deducted. Clubs are asked to be particularly aware of the age qualifications for competitors in each individual competition. These are clearly laid down in each set of both County and National rules. If you require clarification of any rules please refer to the CAT Chairman, Vice-Chairman or the YFC Office. National rules and guidelines will be in place for all National competitions.
6. COMPETITORS MUST BE REGISTERED MEMBERS. Members must produce a digital membership card with a photograph. Where a membership card cannot be shown digitally it must be printed. If no card is presented (either 1. digital or printed) then the member will not be allowed to compete.
7. Insurance. The cover provided by the National YFC Insurance Scheme will apply to all Clubs and members participating in any of these competitions. Any queries regarding Insurance, contact the County Office in the first instance. Non-members competing where not agreed prior to the competition with the County Office will invalidate the competition's insurance for the entire day.
8. If, at the time of the competition day, a club holds an overdue invoice owed to Norfolk FYFC the club will not be able to compete until the invoice is paid in full. This is in line to the Constitution.
9. Selection of competitors for Eastern Area/National Competitions will be organised on competition days if possible.
10. If there are not enough entries received for any individual competition, the competition will not take place.
11. A "SCRATCH TEAM" is permitted. The team cannot be placed but will gain 1 point for entering.

COUNTRYSIDER	Member must be 10 – 16 as at 1st September 2025 Countrysiders cannot join until their 10th birthday
JUNIOR	Member must be 10 – 16 as at 1st September 2025
INTERMEDIATE	Member must be 17 – 21 as at 1st September 2025
SENIOR	Member must be 22 – 30 as at 1st September 2025

For further details of the rules please contact the CAT Chairman, and the County Office.

Hockey League

Rules: Full Norfolk YF rules are available to within the block book.
All playing members must be registered with the Norfolk YF County Office by 12noon of the MONDAY before the league day/s. Late withdrawal or no shows will be fined £100 reduced to £50 if paid within 7 days. There will be a fee to sign up to the hockey league this will be confirmed after 20th October and will be sent via email. The winning team will represent Norfolk at Eastern Area round. Please see national rules within block book

Event:	HOCKEY LEAGUE
When	23rd November, 18th January, 22nd February
Where:	Dereham Hockey Club
Time	TBC by Hockey Secretary
No of teams per club:	1
Consisting of:	7 (to include at least 2 men/women)
Age Range:	Registered 18 & Over
Eastern Area Eliminator Date:	Sunday 22nd March 2026
National Final Date:	Sunday 5th July 2026
National Rules Available on Website:	☒

Notes **Norfolk YF denotes that our Hockey League will only be played by registered Norfolk members over the age of 18.
 A maximum of 3 members over the age of 16 will be permitted to play on a club/scratch team at the umpire and Hockey Secretary's discretion.**

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

Larking Gowen Quiz

Rules: Teams must comprise of 6 members. All teams to compete on the same evening in a Pub Quiz style with refreshments.

Event:	LARKING GOWEN SENIOR QUIZ
When	Friday 5th December 2025
Where:	St. Walstan's Hall, Norfolk Showground NR5 0TT
Time	7:00 for 7.30pm start
No of teams per club:	Up to 3
Consisting of:	6 (to include at least 2 men/women)
Age Range:	Registered 30 & Under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

Senior Member of the Year

Rules: National YFC rules to be adhered to, rules are available within the block book.
Note. Member to complete and submit the attached synopsis form to the County Office by Monday 11th November 2024, form to cover no more than three(3) sides of A4.

Interviews to be held on Thursday 20th November 2025 in the Leister room in the McGregor building at the Norfolk Showground.

Member to attend Winter Competitions Day on Sunday 7th December 2025 for the results.

Event:	SENIOR MEMBER OF THE YEAR
When	Thursday 20th November 2025
Where:	Boardroom, RNAA office, Norfolk Showground NR5 0TT
Time	Timetable to be issued upon entry
No of teams per club:	Unlimited
Consisting of:	Individual
Age Range:	Registered 18 & Over
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 18th , Sunday 19th and Saturday 25th April 2026 Date and Venue TBC
National Rules Available on Website:	☒

Notes **The winner will be expected to attend the following events throughout the year to act as an Ambassador for Norfolk YFC and Countrysiders:**
Wayland Show
Norfolk Show
Aylsham Show
Harvest Festival
County AGM
Winter Competition
representative

Eastern Area

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS

**If you have any queries about this competition, please
call County Office 01603 213 688**

Junior Member of the Year

Rules: National YFC rules to be adhered to, rules are available within the block book.
Note. Member to complete and submit to the County Office the attached synopsis form, and their individual presentation (MS PowerPoint preferred) by Wednesday 3rd December 2025.

Member to attend Winter Competitions Day on Sunday 7th December 2025 for interview and results.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	TBC on entry
No of teams per club:	Unlimited
Consisting of:	Individual
Age Range:	Registered 17 & Under
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 18th, Sunday 19th and Saturday 25th April Date and Venue TBC
National Rules Available on Website:	☒
Notes	The winner will be expected to attend the following events throughout the year to act as an Ambassador for Norfolk YFC and Countrysiders: Wayland Show Norfolk Show Aylsham Show Harvest Festival County AGM Winter Competitions representatives Eastern Area

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS

If you have any queries about this competition, please
call County Office 01603 213 688

Brainstrust

Rules: National YFC rules to be adhered to, rules are available within the block book.
Note. Topics for discussion will be provided on the day to the team Chairman no more than 20 minutes before, these must be selected and withheld as per the National rules until the team is underway.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	TBC
No of teams per club:	1
Consisting of:	4
Age Range:	Registered 28 & Under
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 4th July 2026 Competitions Day at Staffordshire Showground
National Rules Available on Website:	☒
Notes	At Eastern Area and National round the team shall consist of 4 members, each of whom must be 21 years of age or under on 1 September 2025 and full members of a Club affiliated to the NFYFC.

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
 If you have any queries about this competition, please
 call County Office 01603 213 688

Debating (MACE)

Rules: National YFC rules to be adhered to, rules are available within the block book. The team of 5 will comprise of a Chair, two speakers for the Proposition and two speakers for the Opposition. Teams will be notified 21 days prior to the competition of their debating subjects. The Chair and Debaters must be available to meet each other at least thirty minutes before competing time, to enable the Chair to prepare his/her introductory notes.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	TBC
No of teams per club:	1
Consisting of:	5
Age Range:	Registered 28 and Under
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 4th July 2026
National Rules Available on Website:	☒
Notes	At Eastern Area and National round the team shall consist of five members, each of whom must be 28 years of age or under on 1st September 2024 and full members of a Club affiliated to NFYFC.

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS

**If you have any queries about this competition, please
call County Office 01603 213 688**

Situations Vacant

Rules: National YFC rules to be adhered to, rules are available within the block book.
Note. The Competitor will be required to choose their own job advertisement to apply for, which is relevant to them. The advert must have been advertised within the last 12 months prior to the County final. All Applicants must submit the original job advertisement with a reference as to where and when the advert was published together with a CV and covering letter.
 The CV must not be more than 2 sides of A4 paper. The Covering Letter must not be more than 1 side of A4 paper. All information to be emailing to office@norfolkyfc.co.uk by Wednesday 3rd December 2025.

Applicants are expected to attend an interview at Winter Competitions Day on Sunday 7th December 2025

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	TBC on entry
No of teams per club:	Unlimited
Consisting of:	Individual
Age Range:	Registered 16-21 as of 1st September 2025
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 4th July 2026 Competitions Day at Staffordshire Showground
National Rules Available on Website:	☒

Notes

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS

If you have any queries about this competition, please
 call County Office 01603 213 688

Situations Vacant

Rules: National YFC rules to be adhered to, rules are available within the block book.
Note. The Competitor will be required to choose their own job advertisement to apply for, which is relevant to them. The advert must have been advertised within the last 12 months prior to the County final. All Applicants must submit the original job advertisement with a reference as to where and when the advert was published together with a CV and covering letter.
 The CV must not be more than 2 sides of A4 paper. The Covering Letter must not be more than 1 side of A4 paper. All information to be emailing to office@norfolkyfc.co.uk by Wednesday 3rd December 2025.

Applicants are expected to attend an interview at Winter Competitions Day on Sunday 7th December 2025

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	TBC on entry
No of teams per club:	Unlimited
Consisting of:	Individual
Age Range:	Registered 22-28 as of 1st September 2025
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 4th July 2026 Competitions Day at Staffordshire Showground
National Rules Available on Website:	☒

Notes

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS

If you have any queries about this competition, please
 call County Office 01603 213 688

Carol Singing

Rules: Carol singing - song to be picked out of a hat. Minimum of 4 members up to whole club. You will be judged on accuracy and intonation, quality and balance, interpretation and overall ensemble and presentation.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	
No of teams per club:	1
Consisting of:	minimum 4 to whole club
Age Range:	Registered 28 and under as of 1st September 2025
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

Commercial Dance

Rules: National YFC rules to be adhered to, rules are available within the block book.
Note. Teams should perform a commercial dance routine reflecting the music chosen with the style of the dance. Teams may use a single track or a compilation of tracks; however any tracks chosen must have featured in the Official UK Top 40 Singles Chart between the 1st January 2025 and the date of the NFYFC Final. The dance performance should last for a minimum of 3 minutes and a maximum of 5 minutes. All music must be, at every round, a Radio Edit

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	
No of teams per club:	
Consisting of:	Minimum of 2 and a maximum of whole club
Age Range:	Registered 28 and under as of 1st September 2025
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 4th July 2026
National Rules Available on Website:	☒

Notes At Eastern Area and National round the team shall consist of minimum 4 and maximum 12, each of whom must be aged 28 or under on 1st September 2025 and full members of a Club affiliated to the NFYFC.

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS

**If you have any queries about this competition, please
 call County Office 01603 213 688**

YF Exhibit: Christmas Cake

Rules: Exhibit: Homemade Christmas Cake. Recipe and photos of baking and decorating to be included. You will be judged on taste and appearance.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	Individual
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Christmas Jumper

Rules: Exhibit: A handmade/homemade Christmas jumper. Photos of process to be included.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	Individual
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Metal Work Table Centrepiece

Rules: Exhibit -: A metal work Christmas themed table centrepiece. Photographic evidence of source of materials and the building process. Centrepiece to be no bigger than 30cm wide and 60cm length and 90cm height.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	Individual
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Christmas/ Winter Theme Drink

Rules: Exhibit: Recipe and picture for proof of process. Must include a hand drawn label which must include name and logo. 500ml minimum, maximum 750ml. Must be in a glass bottle. You will be judged on taste and appearance.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	Individual
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Done on the Day: Best Wrapped Present

Rules: YFC to provide clubs with item to be wrapped. Member to be given 5 minutes to wrap item. To be judged on overall appearance. Member to supply all items and accessories needed to wrap present.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	TBC based on entries
No of teams per club:	1
Consisting of:	Individual
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Christmas Bauble

Rules: Exhibit: A handmade/homemade Christmas Bauble. Photos of process to be included.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	Individual
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Cube Exhibit

Rules: Exhibit to depict the theme of 'Our Favourite Place' of your choice. This theme can be interpreted in any way that the club sees fit. A maximum of five (5) members of the Club will stage the exhibit on the day of the competition on behalf of the whole club. The Club Team is required to exhibit 5 crafts. Floral art, Cookery/Baking, Textile Handicraft, Natural Handicraft and Art.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	5
Age Range:	Registered 28 and under
Eastern Area Eliminator Date:	Sunday 22nd March
National Final Date:	Saturday 4th July 2026
National Rules Available on Website:	☒
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Christmas Wreath

Rules: Exhibit Title: "Door Wreath" A Front Facing Exhibit to the theme Christmas.
Member to include photos of making process. A backboard DOES NOT need to be included.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	1
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

YF Exhibit: Mince Pies

Rules: Exhibit: 6 homemade mince pies. Recipe and photos to be included. You will be judged on taste and appearance.

Event:	WINTER COMPETITIONS DAY
When	Sunday 7th December 2025
Where:	Green Room in the Jubilee Building at Easton College
Time	Exhibits in by 10am
No of teams per club:	1
Consisting of:	1
Age Range:	Registered 30 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	☐
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688



**Fun, Learning and
Achievement**

Final
July 2025
Area Eliminator

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2025-2026
NFYFC Member of the Year
(18 years & Over)

R U L E S

COMPETITION AIMS

To encourage YFC members to share their experiences as a Young Farmer, reflect and evaluate their contributions and achievements in YFC and the wider community through an application and interview process.

LEARNING OUTCOMES

Communication skills, presentation skills and personal development skills

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

1. **DATE & VENUE** — Venue to be confirmed dates TBC Saturday 18th or Sunday 19th April or Saturday 25th April 2026 – Sunday 26th April 2026 and the results will be given during the Entertainments Competition Finals on Saturday evening.
2. **REPRESENTATION**
 - 2.1. Counties may enter one competitor per 600 members or part thereof in Area Eliminators.
 - 2.2. Areas will be represented by one competitor in the Final competition.
 - 2.3. Member of the Year competitors are eligible to compete in a second NFYFC final on the same day if applicable.
3. **ELIGIBILITY**
 - 3.1. The competitor must be 18 years or over and 28 years or under on 1st September 2025 and a full member of a Club affiliated to the NFYFC.
 - 3.2. If the competitor through to the National Final must withdraw from the competition, then the next highest placed competitor will represent the Area.
 - 3.3. **All substitutes must have been eligible to compete in the County Final.**
4. **PROCEDURE**
 - 4.1. **PART 1:** 28 DAYS prior to the National Final competitors will be required to submit to the Competitions Department at NFYFC a completed synopsis form (attached) to be no more than **3 sides of A4**, detailing their YFC activities. It is recommended that this form be used at County and Area level. (Special emphasis should be placed on their involvement at Club level).
 - 4.2. **PART 2:** Competitors will be interviewed by a panel of Judges. The interview will be formal, but will be in a supportive atmosphere with the opportunity for competitors to demonstrate why they should be Senior Member of the Year; prior to the Performing Arts competition.
 - 4.3. **PART 3:** Competitors will be required to attend the Performing Arts Final during which they will be asked two questions on stage, one previously asked in the interview stage, and another based on the competitor's experience to the YFC movement.
 - 4.4. **PART 4:** Results and Presentation of Awards will be made during the Performing Arts Final.
5. **OBJECTIVES**

5.1. The objective of the competition is to select a member who has shown that they are involved in all aspects of the YFC Movement and who can be an ambassador for YFC. Judges will be looking for:

- Involvement at Club level throughout the period of membership
- Overall YFC involvement (i.e., Club, County, Area **or** National)
- Specific involvement in activities in the previous 12 months (environment conservation, competitions, recruitment, programming, charity, sport, club officer)
- General commitment to YFC - awareness of other members' interests in YFC and objective view of the future of the organisation
- Knowledge of the YFC movement at Club, County, Area and National levels and to share that knowledge over the 12-month period following the final

6. **SCALE OF MARKS – Total 100 marks from Formal Interview and Stage Interview (Table below for guidance only)**

Synopsis Form	20
Ability to Answer Questions	20
YFC Knowledge	10
YFC experience	10
Appearance & enthusiasm	10
Other knowledge and experience	10
On Stage Interview	20
Total	100

7. **AWARDS**

7.1. *Total Butler Fuels Plaque* to the winner.

7.2. NFYFC Prize Cards awarded to competitors placed 1st to 3rd all other competitors will be awarded = 4th

8. **NOTES**

8.1. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario).



YFC MEMBER OF THE YEAR 2025-2026 (18 years & over)

Synopsis Form

Name:

YFC Membership

Card No:

Name of YFC Club:

YFC County Federation:

Year first joined YFC:

YFC History – posts held:

YFC Involvement (please record YFC activities you have participated in)
Club

County

Area/Wales

National

Proudest moment in YFC (so far!)

Ambitions in YFC

Ambitions outside YFC

Hobbies and interests outside of YFC

Additional Information



**Fun, Learning and
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NFYFC

“How to” Guide – Senior Member of the Year

1. Part One - The Synopsis Form

The Synopsis Form is your opportunity to document **your** achievements during your Young Farmers' Club membership. Take the time to reflect on the past twelve months and make a note of any events or accomplishments you are particularly proud of. There are seven sections for you to fill with your achievements and ambitions; these are:

- **YFC History** – record the posts you have held from Club to National Level.
- **YFC Involvement** – let us know what activities you have participated in. Include competitions, events, club nights and anything else you feel is relevant.
- **Proudest moment in YFC (so far!)** – what are you most proud of achieving whilst being a YFC member? Use this section to explain what you did and why it made you proud.
- **Ambitions in YFC** – What do you hope to attain as a YFC member? Do you want your club to win the most county competitions? Do you want to raise the most money for your county? Do you want to be national chair of council? Tell us about your aims and how you plan to get there.
- **Ambitions outside YFC** – What do you hope to achieve outside of YFC? This could be your future career goals, school success, home life including ambitions for the family farm. Think big – what do you hope to achieve in the future and how are you going to do it?
- **Hobbies and Interests outside YFC** – Use this section to document any hobbies or interests you think might be relevant to the competition.
- **Additional information** – This space should be used to add in any information you feel is important and relevant to the competition, that does not necessarily come under the previous headings. You are encouraged to use this space.
- Your synopsis form should be used to sell yourself to the judges – this is the first opportunity to promote yourself.

When writing your form, imagine how it will come across to the Judge.

Top tips:

- Try to use concise language, keep it interesting and get to the point – do not ramble on as the reader will lose interest.
- Use short paragraphs or bullet points in each section, this avoids large blocks of text and is easier for the reader to follow.
- Typing your answers onto the form opposed to handwriting the document is preferred. Use an easy-to-read font (pick a clear font such as Arial or Calibri and **aim for 11/12 font size**).
- Spelling and Grammar Check! Ensure your 'spell checker' is turned on whilst completing your synopsis form and double check it yourself for errors. Have a friend or guardian read through the form to check for spelling or grammatical errors – someone else may spot something you have missed.
- Keep within three sides
- of A4 (this is the maximum size allowed in the national final).
- Check the deadline for submission. When is the national final? Remember that your synopsis form must be submitted at least 28 days before the date of the final.
- Think about how you can make your form stand out without using gimmicks.



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Where to send your synopsis form
FOR THE NATIONAL FINAL ONLY:

Send via email: Subject: SMOTY – Synopsis Form To: Margaret.Bennett@nfyfc.org.uk	Send via post to: FAO: Competitions Department, YFC Centre, 10th Street, Stoneleigh Park, Kenilworth, Warwickshire CV8 2LG
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2. Part Two – Interview at National Final

At the national final you will be interviewed on your achievements over the past twelve months by a panel of judges. The judges will have received your synopsis form prior to the competition final so make sure the achievements you mention during the interview complement those you recorded on the form.

- **Interview tips**

- Prepare for questions –the judges will ask you questions related to the topics on your synopsis form, be ready for this by including it in your practice run. Have your friends think of questions the judges may ask – ensure that you are not told them beforehand, this will help create that real interview feel.
- Dress smart. How would you dress for a job interview? Or a day at sixth form/college? Apply that dress code here.
- Engage your audience. Remember you are not reading a script; you are telling your story and the aim is to keep your listeners interested in that story. The judges are going to want to know more about your YFC history and future goals, along with your achievements and goals outside the organisation.
- Make sure you answer the question that has been asked and try not to waffle, but you also need to ensure you give the judges enough in your answer for them to see you and why you should be Member of the Year.
- Try to answer questions using the 'STAR Method':
 - **Situation:** Set the scene and give the necessary details of your example.
 - **Task:** Describe what your responsibility was in that situation.
 - **Action:** Explain exactly what steps you took to address it.
 - **Result:** Share what outcomes your actions achieved.
- Smile and make eye contact with the judges. There is usually at least one (if not more) ex-young farmers on the panel who share your enthusiasm for the organisation and have likely competed themselves.



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Part 3 – The Stage Interview

The final part of the competition (prior to the announcement of results!) is the stage interview. Usually held during the finals of the Performing Arts Competition, the interview takes place as part of the interval when competitors are invited onstage to answer two questions. One of these questions will have already been asked during the interview with the judges, the second question will be a brand-new question based on your YFC experience.

- **Stage Interview Tips**

- Have a practice run (or two!) at home to get used to being interviewed and presenting your achievements to an audience.
- Get used to speaking in front of groups of people. Ask family members or friends if they could act as an audience and offer constructive criticism to help prepare you for the national final. You could also organise a club night where YFC members ask you questions, and you answer those in front of the whole club.
- Smile and let your enthusiasm show whilst answering the questions, engage with the audience and thank the steward for the questions they ask when you have finished giving your answers.

***Dress smart, smile and breathe! Enjoy the experience.
Good Luck!***



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025-2026

NFYFC Member of the Year

17 years & under

RULES

Competition Aim

To encourage junior YFC members to record and evaluate their YFC, educational and community contributions and achievements over the past year via a Curriculum Vitae, Presentation, and Interview.

Learning outcomes

Reflection, Self Evaluation, Communication, Presentation, and Interview skills

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

All finalists in the junior member of the year competition are automatically offered a place on the NFYFC Youth Forum group. The group is one of the five steering groups of NFYFC and all its members are aged under 21. The Youth Forum works to improve the YFC membership for younger members by ensuring the voices and opinions of those members are heard and acted upon at a national level.

1. DATE AND VENUE

- 1.1. After Area Eliminators, the National Final will be held at Competitions weekend on ~~Saturday, 4th July 2026~~ at ~~the County Showground Stafford~~. **The Competitions Committee have requested that this Competition is moved to go with the Senior Member of the Year and Performing Arts Weekend – the dates would then be Saturday 18th or Sunday 19th April or Saturday 25th or Sunday 26th April 2026. Theatre TBC.**

2. REPRESENTATION

- 2.1. Counties may enter one competitor per 600 members or part thereof in Area Eliminators.
- 2.2. Areas will be represented by **one** competitor in the Final competition. (Northern Area 1, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 1, South East Area 1 and Wales 1)
- 2.3. Member of the Year (17 & under) competitors are eligible to compete in a second NFYFC final on the same day if applicable.

3. ELIGIBILITY

- 3.1. The competitor must be 17 years or under on 1st September 2025 and a full member of a Club affiliated to the NFYFC.
- 3.2. If the competitor through to the National Final must withdraw from the competition, then the next highest placed competitor will represent the Area.
- 3.3. **All substitutes must have been eligible to compete in the County Final.**

4. PROCEDURE

4.1. PART 1 – SYNOPSIS FORM

- 4.1.1. 28 DAYS prior to the National Final competitors will be required to submit to the Competitions Department at NFYFC a completed synopsis form (attached) to be no more than **2 sides of A4**, detailing their YFC activities. It is recommended that this form be used at County and Area level. (Special emphasis should be placed on their involvement at Club level).

4.2. PART 2 – PRESENTATION & FORMAL INTERVIEW

- 4.2.1. The Competitor is requested to prepare a presentation using Microsoft power point software to include their experiences gained at YFC Club, County, Area, and National. They should also include activities outside of YFC.

- 4.2.2. The presentation should be based on experiences gained in the 12 months before the competition final. Competitors are therefore expected to build on the presentations they give at the Area round of the competition held earlier in the year.
- 4.2.3. This presentation is to complement your Synopsis Form
- 4.2.4. Timing – no less than 3 and no more than 10 minutes.
- 4.2.5. The presentation will be made to the judges only.
- 4.2.6. On completion of the presentation judges will ask questions on the Synopsis Form, on the competitor's knowledge of YFC and/or current issues or news relating to young people.

5.4 At the NFYFC National Final a laptop and projector will be provided. Area Finals should organise and provide their own equipment.

5. **SCALE OF MARKS (At the national final)**

Synopsis Form	30
Presentation to judges (activities inside & outside YFC)	30
Formal Interview	30
Appearance	10
TOTAL MARKS	100

Penalties: Time deductions are one mark for each half-minute (or part thereof) over or under the allocated time of the presentation. The judges may also deduct marks if the timings are below half of what is expected.

6. **AWARDS**

- 6.1. **Di Chennells Trophy** and NFYFC Prize Card to the winner.
- 6.2. NFYFC Awards cards to competitors placed 1st, 2nd and 3rd with all other competitors receiving 4th place cards
- 6.3. NFYFC Certificate of Achievement awards to all those taking part in the National Final

7. **NOTES**

- 7.1. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)

YFC MEMBER OF THE YEAR 2026 (17 years & under)

Synopsis Form

Name:

YFC Membership Card No:

Name of YFC Club:

YFC County Federation:

Year first joined YFC:

YFC History

YFC Involvement (including posts held and any other aspects of the YFC movement)

Proudest moment in YFC (so far!)

Ambitions in YFC

Ambitions outside YFC
Hobbies and interests outside of YFC
Highlight of your year



**Fun, Learning and
Achievement**

NFYFC

“How to” Guide – Junior Member of the Year

1. Part One - The Synopsis Form

The Synopsis Form is your opportunity to document your achievements during your Young Farmers' Club membership. Take the time to reflect on the past twelve months and make a note of any events or accomplishments you are particularly proud of. There are seven sections for you to fill with your achievements and ambitions; these are:

- **YFC History** – record the posts you have held from Club to National Level.
- **YFC Involvement** – let us know what activities you have participated in. Include competitions, events, club nights and anything else you feel is relevant.
- **Proudest moment in YFC (so far!)** – what are you most proud of achieving whilst being a YFC member? Use this section to explain what you did and why it made you proud.
- **Ambitions in YFC** – What do you hope to attain as a YFC member? Do you want your club to win the most county competitions? Do you want to raise the most money for your county? Do you want to be national chair of council? Tell us about your aims and how you plan to get there.
- **Ambitions outside YFC** – What do you hope to achieve outside of YFC? This could be your future career goals, school success, home life including ambitions for the family farm. Think big – what do you hope to achieve in the future and how are you going to do it?
- **Hobbies and Interests outside YFC** – Use this section to document any hobbies or interests you think might be relevant to the competition.
- **Highlight of the Year** – Which moment stands out to you from your past year in YFC?
- **Additional information** – This space should be used to add in any information you feel is important and relevant to the competition, that does not necessarily come under the previous headings.

When writing your form, imagine how it will come across to the Judge.

Top tips:

- Try to use concise language, keep it interesting and get to the point – do not ramble on as the reader will lose interest.
- Use short paragraphs or bullet points in each section, this avoids large blocks of text and is easier for the reader to follow.
- Typing your answers onto the form opposed to handwriting the document is preferred. Use an easy-to-read font (pick a clear font such as Arial or Calibri and aim for 11/12 font size).
- Spelling and Grammar Check! Ensure your 'spell checker' is turned on whilst completing your synopsis form and double check it yourself for errors. Have a friend or guardian read through the form to check for spelling or grammatical errors – someone else may spot something you have missed.
- Keep within two sides of A4 (this is the maximum size allowed in the national final).
- Check the deadline for submission. When is the national final? Remember that your synopsis form must be submitted at least 28 days before the date of the final.



**Fun, Learning and
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Where to send your synopsis form:

Send via email:	Send via post to:
Subject: JMOTY – Synopsis Form To (for the NFYFC Final Only): Margaret.Bennett@nfyfc.org.uk	FAO: Competitions Department, YFC Centre, 10th Street, Stoneleigh Park, Kenilworth, Warwickshire CV8 2LG

2. Part Two – Presentation and National Final

At the national final you will present your achievements over the past twelve months to a panel of judges. The judges will have received your synopsis form prior to the competition final so make sure the achievements in your presentation complement those you have recorded on the form.

- **Presentation tips**

- Create the presentation using a reliable programme. Microsoft PowerPoint is a good choice.
- Keep the slides simple, use relevant images and minimal text. The judges have read your synopsis form already, they now want to hear you speak and hear the emotion and passion in your voice when detailing your achievements and ambitions.
- Have a practice run (or two!) at home to get used to using the slideshow feature and presenting your content to an audience. Ask family members or friends if they could act as an audience and offer constructive criticism to help prepare you for the national final.
- Prepare for questions – following your presentation the judges may ask you some questions, be ready for this by including it in your practice run. Have your friends think of a question to ask at the end of the presentation – ensure that you are not told them beforehand, this will help create that real interview feel.
- Dress smart. How would you dress for a job interview? Or a day at sixth form/ college? Apply that dress code here.
- Engage your audience. Remember you are not reading a script; you are telling a story and the aim is to keep your listeners interested in that story.
- Smile and make eye contact with the judges. There is usually at least one (if not more) ex-young farmers on the panel who share your enthusiasm for the organisation and have likely competed themselves.

***Dress smart, smile and breathe! Enjoy the experience.
Good Luck!***



**Fun, Learning and
Achievement**

Final
July 2025
Eliminator

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025 - 2026

NFYFC Commercial Dance Competition

RULES

COMPETITION AIM

To provide members with the opportunity to participate in a physical activity to demonstrate their dancing skills in a competition environment

LEARNING OUTCOMES

Choreography and composition, movement, timing, performing, confidence, decision-making, teamwork and personal development skills

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. DATE & VENUE

- 1.1. After Area Finals, the National Final will be held on Competitions Day, **Saturday 4th July 2026** at Staffordshire Showground.

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.
- 2.2. English Areas and Wales will be represented in the final by one team per 3,000 members or part thereof.

3. ELIGIBILITY

- 3.1. The team may consist of a minimum of 4 and a maximum of 12 members, all of whom must be 28 years of age or under on 1 September 2025 and a full member of a Club affiliated to the NFYFC.

4. SUBSTITUTION

- 4.1. If more than half of the original team are unable to compete at the next round, the next highest scoring team will represent area.
- 4.2. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

- 5.1. Teams should perform a commercial dance routine reflecting the music chosen with the style of the dance. Teams may use a single track or a compilation of tracks; however any tracks chosen must have featured in the Official UK Top 40 Singles Chart between the 1st January 2025 and the date of the NFYFC Final.

Definition: commercial dance refers to an “entertainment” style of dance, encompassing many dance genres such as Hip Hop, Street, Krumping, Jazz, Breakdancing etc. Commercial dance is meant to create a spectacle and entertain people, with the style adapting over the years to suit popular music and entertainment at the time. Nowadays you may see this type of dancing in music videos, backing dancers at concerts etc.

- 5.2. The dance performance should last for a minimum of 3 minutes and a maximum of 5 minutes.
- 5.3. Timing will commence from when either the first note, word spoken or dance move made after the introductory applause.
- 5.4. Each team to be allocated a 10 minute rehearsal slot prior to their performance, before audience is present.

- 5.5. Teams do not need to mime or sing their chosen song (no additional marks will be awarded for those teams that do)
 - 5.6. Teams are reminded that they will be performing to a family audience. Songs and costumes should be appropriate for this audience
 - 5.7. To note that during the performance no confetti is allowed on stage due to health and safety regulations.
 - 5.8. At the NFYFC Final the size of the dance area will be in the region of 8.6m x 8.6m on a hard wooden floor. (The County will confirm detail of the County final, the Area will confirm detail of the Area Final)
 - 5.9. Music to be submitted to NFYFC twenty one (21) days prior to the National Final, no later than Friday 19th June 2026, on USB format or by using WeTransfer to NFYFC.
 - 5.10. A **Performing Rights (PRS) Society for Music Form** will be supplied to finalist teams by the NFYFC (as directed by the venue license holders) for the final of the competition. This form must be completed and returned to the NFYFC prior to the performance.
 - 5.11. All music must be, at every round, a **Radio Edit – i.e. suitable and passed for radio broadcast to family (pre watershed) audiences.**
 - 5.12. When Counties and Area are organising this type of competition, they must contact their local authorities to consider the local children's performing license requirements as Councils do differ throughout the Country and you must follow the rules at each stage of the Competition.
6. **Penalties**
- 6.1. Time deductions are one mark for each 30 seconds (or part thereof) over or under the allocated time by any members of the team.

7. **SCALE OF MARKS**

Choreography <i>e.g. is the choreography appropriate for the music choice? Does it reflect the structure of the music choice and help the performance flow, with various dynamics and levels? Have the group used a variety of positions, spacing and staging options to add interest throughout the routine? Are there smooth transitions between movements and formations?</i>	30
Entertainment Value <i>e.g. do the group have captivating stage presence and confidence? Are the dancers performing to engage the audience, with facial expressions, eye contact and audience connection?</i>	25
Musicality <i>e.g. does the choreography and execution give an accurate, creative and exciting interpretation of the music? Are the dancers' movements accurate to the music, responding to changes in the tempo and dynamics?</i>	20
Creativity <i>e.g. have the group used resources available to them to creatively costume their piece, assembling a cohesive, appropriate and exciting group costume? Have they taken any extra steps to ensure the sustainability of their costuming?</i> <i>Have the group used appropriate and engaging music choices to entertain the audience, within a commercial dance setting?</i>	10
Overall Performance of the Team <i>e.g. overall, are the group performing as a united ensemble? Do the dancers</i>	15

<i>engage with one another and the audience throughout?</i> <i>How well do all the above elements come together to create an entertaining and compelling performance?</i>	
TOTAL	100

Competitors to note:

Clarification from the International Dance Teacher's Association which Competitors must adhere to in all Commercial Dancing Competitions:

'Floor Spins where partner contact is lost are not allowed. Acrobatics and lifts are allowed but no freehanded movements are allowed in any area of the Freestyle competitions, (solos/pairs/teams/rock n roll). 'Freehanded' means where there is no support or contact from the partner or no contact with the floor with feet or hands during the rotational movement, therefore, for example, cartwheels are allowed but unassisted or independent flips are not allowed. An Arab Spring is not allowed because it is a combination movement between a cartwheel and a walkover. Death Dives are not permitted.'

Should these moves be performed in a team's routine the routine will not be stopped, however, after the performance, the judges will make a note of any prohibited move and the team will be penalised for this.

If including lifts in a routine the lifts must be no more than 1½ persons high (a person sitting on another person's shoulders = 1½ persons high).

8. AWARDS

- 8.1. Peter Smith Trophy and Prize Cards to winning team.
- 8.2. NFYFC Awards and Prize Cards to teams placed 2nd and 3rd
- 8.3. NFYFC Certificates of Achievement will be awarded to teams participating in the NFYFC Final.



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025 -2026

NFYFC Braintrust (21 & Under)

RULES

COMPETITION AIM

Team, public speaking competition. To encourage members aged 21 and under to actively discuss chosen topics on rural affairs and general knowledge, answer questions on that topic and summarise accordingly.

LEARNING OUTCOMES

Public speaking skills; effective listening, confidence and communication skills including relevance, range of discussion.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

Rules to be read in conjunction with the 'How to' Guide – available from NFYFC.

1. DATE AND VENUE

- 1.1. After Area Finals, the National Final will be held on Competitions Day, **Saturday 4th July 2026** at Staffordshire Showground.

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in Area Finals.
- 2.2. Areas will be represented in the final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY

- 3.1. A team shall consist of 4 members, each of whom must be 21 years of age or under on 1 September 2025 and full members of a Club affiliated to the NFYFC.

4. SUBSTITUTION

- 4.1. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

- 5.1. The team shall consist of a Chair and a panel of three members. Draw for order of appearance will be made prior to the day. All competitors must be present 20 minutes before going onto the platform; the Chair will be given a choice of sealed envelopes. One will be chosen which will contain six question topics, three of a general knowledge and three on rural affairs, from which he/she will select three for discussion by the team. One question must be selected from each section plus one other. The Chair will have no prior communication with the team about the questions he/she has selected to be discussed. ***No written communication on the topics to be discussed may be given to the Panel or any use of a mobile phone at any time.*** The penalty will be automatic disqualification.
- 5.2. The Chair will be responsible for introducing the panel to the audience, putting each question to the panel, summarising their answers, concluding the meeting, timing, control of the panel and coverage of each question.
- 5.3. The competition should be treated as a formal meeting.
- 5.4. Competitors may make their own notes FOR REFERENCE on the platform, but excessive and obvious use of notes will be penalised. No other reference books or papers may be used while on the platform.
- 5.5. Teams will be penalised for using distasteful jokes or bad language. Teams are reminded that this is a Public Speaking Competition and marks are awarded for speeches - characters to the extreme will be penalised. Judges reserve the right to disqualify teams/members they perceive to be offensive or discriminatory.

6. TIMING

- 6.1. Twenty (20) minutes will be allowed each team from the commencement of the Chair's introduction and the teams will be expected to keep to the timing stated.
- 6.2. Time penalties: Time deductions are one mark for each half-minute (or part thereof) over the allotted time.

7. SCALE OF MARKS

Chair	Opening introduction & handling questions	10
	Handling of panel including timing	15
	Summing-up of discussions	10
	Closure of Meeting	5
	Ability and style	10
		50
Panel	Quality, relevance & range of discussion	20
	Each question: Co-operation and team work	15
	35 x 3	105
Panel	General deportment and style	15
Overall	Audibility	10
	Overall impression of team	20
		45
	TOTAL	<u>200</u>

- 7.1. The judges will have before them a duplicate copy of the question topics from which the selection was made for the team that is competing.

8. AWARDS

8.1. NFYFC Final

- 8.1.1. At the National Final the team placed 1st will be awarded **Ministry of Agriculture Cup** and Prize Cards
- 8.1.2. Teams placed 2nd and 3rd will be awarded Prize Cards
- 8.1.3. At the NFYFC Final, Prize Cards will be awarded to the Best Chair and Best Panelist.
- 8.1.4. NFYFC Certificates of Achievement will be awarded to all members at the National Final

9. NOTES

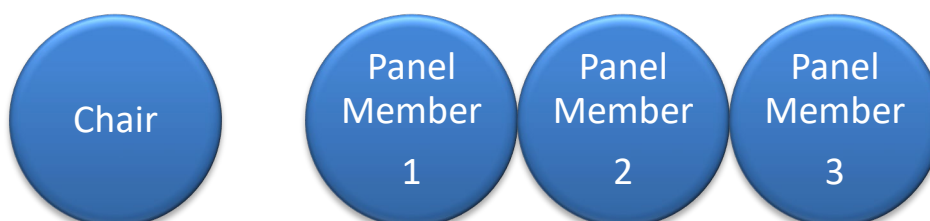
- 9.1. Filming of the competition is not permitted without prior consent from NFYFC and all competing teams
- 9.2. Mobile Device (Phone, Tablet, Laptop etc) use during the competition is strictly for timekeeping purposes only. Mobile device use in Prep Room is prohibited.
- 9.3. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

“How to” Guide – Brainstrust

Remember: This is a guide to how the competition could be run and is not strict rules.

- 1.1. **The Panel** made up 4 team members – *(advisable that the Chair does not sit amongst the panellists)*



- 1.2. **Format**

Timing	Chair	Panel Member 1	Panel Member 2	Panel Member 3
Start	Welcome & introduction of Panellists (approx. 2 minutes)			
02:00	Introduce First Question to the panel, repeat the Question & invite Panel Member 1 to comment			
02:10		Thanks Chair & responds to Question 1 (approx. 30 seconds)		
02:40	Chair thanks Panel Member 1 for contribution & asks Panel Member 2 the same Question			
02:50			Thanks Chair & responds to Question 1 (approx. 30 seconds)	
03:20	Chair thanks Panel Member 2 for contribution & asks Panel Member 3 the same Question			
03:30				Thanks Chair & responds to Question 1 (approx. 30 seconds)
04:00	Chair thanks Panel Member 3 for contribution & then on the same question will ask further secondary questions to different panel members to keep the flow of the question alive and ensure the panel debate the Question (approx. 2 minutes)	*might be asked a secondary question to answer – important that all panellists don't agree best when 2 agree and 1 disagrees		
06:00	Chair calls Question 1 to a close – thanks each panellist for their contribution & summarises by drawing a conclusion (approx. 1 minute)			

07:00	Introduce Second Question to the panel, repeat the Question & invite Panel Member 2 to comment – repeat Q1 format	*3 rd to comment	*1 st to comment	*2 nd to comment
09:00	Chair thanks Panel Member 1 for contribution & then on the same question will ask further secondary questions to different panel members to keep the flow of the question alive and ensure the panel debate the Question (approx. 2 minutes)	*might be asked a secondary question to answer – important that all panellists don't agree best when 2 agree and 1 disagrees		
11:00	Chair calls Question 2 to a close – thanks each panellist for their contribution & summarises by drawing a conclusion (approx. 1 minute)			
12:00	Introduce Third Question to the panel, repeat the Question & invite Panel Member 3 to comment – repeat Q format as before	*2 nd to comment	*3 rd to comment	*1 st to comment
14:00	Chair thanks Panel Member 2 for contribution & then on the same question will ask further secondary questions to different panel members to keep the flow of the question alive and ensure the panel debate the Question (approx. 2 minutes)	*might be asked a secondary question to answer – important that all panellists don't agree best when 2 agree and 1 disagrees		
16:00	Chair calls Question 3 to a close – thanks each panellist for their contribution & summarises by drawing a conclusion (approx. 1 minute)			
17:00	Chair's Final remarks with summary, thank all panellists & bring the meeting to a close (approx. 2 minutes)			
19:00	END	*Maximum of 20 minutes – the above timings are a guide - time penalties apply if you go over time		

1.3. Role descriptions

Chair:

The Chair ensures the meeting flows and are responsible to keep to time.

(No individual time penalties but if the team go over 20 minutes in total then time penalties will apply)

Prior to Competition – Ensure that you keep abreast of Rural and General Affairs in the news

- 20 minutes before the competition you will pick an envelope and be asked to choose the three questions you will ask the panellists during the competition. When picking your questions think carefully about your team members (panellists) and their strengths and weaknesses as the questions could be key to how well you score on each debate
- You will be kept separate from your team. Use this time to plan some potential secondary questions for each main question. This will help you to keep the debate flowing well if the panel give short answers during the competition

The Competition

- You will have an air of authority – but keep the panel and audience relaxed, remaining in control and attentive throughout
- In your introduction you have approx. 2 minutes to set the scene for the audience – the event they are attending and why, briefly introduce yourself and the Panel Members in the order they are sat and make them feel welcome
- Introduce the questions to the panel, always repeating the question to give the panel time to think before requesting an answer from each member in turn
- Keep the flow of the questions moving – ensure you have secondary questions ready to ask to ensure the debate on each question is healthy. Can interact with panel members but must not put own views across for any question
- At the end of time for each question bring the question to a close by summarising the key points from each panel member, don't be afraid to interrupt the panel if deep in discussion as timing is key to this competition and the questions should be debated for a similar length
- At the end of all three questions summarise all three for the panel. Thank each panel member for their contribution add your final comments and formally close the meeting

The Panellists:

(The three Panellists have no individual timings and all contribute to the overall timing of the meeting)

Prior to Competition – Ensure that you keep abreast of Rural and General Affairs in the news
The Competition

- You are a panel member for the evening to take part in debating some points (questions) that are asked to you by the Chair
- It is important to have done some research prior to the competition as the questions asked will be topical and relevant – either rural affairs or general current affairs
- Allow as much of your personality to show through as possible
- Give ideas, opinions and views and take a stance on the question – either agree with the point or disagree with the point, but in both cases ensure you have reasons why
- Ensure that at least one panel member disagrees with the point each time as this will create debate between those who have differing opinions (this is where you can score well). This can mean that you will have to put forward a view on a point that is the opposite view to your personal opinion
- Where possible link your response to relevant other news that you know, personal stories or possible examples
- Remember to listen to your Chair – if you are in the throes of a heated debate the Chair may need to stop your mid flow to ensure you keep to time, listen to them and stop as it may cost you if you don't

Note: if you have never seen anything like this before a good example of a strong Chair and Panellist initial thoughts to questions, watch Question Time BBC1 10.45pm on a Thursday. (Not always the best example of how panellists should act during debates though)



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025 - 26

Status Final
July 2025
Area Eliminator

NFYFC Mace Debate

Adapted from English Speaking Union rules

28 & under

RULES

Competition Aim

To encourage members aged 28 or under to work as a team and develop their debating skills.

Learning outcomes

Develop knowledge of controversial issues and world affairs, while enhancing speech writing, public speaking, analytical thinking skills and confidence.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

1. DATE AND VENUE

- 1.1. After Area Finals, the National Final will be held on Competitions Day, **Saturday, 4th July 2026** at Staffordshire Showground.

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in Area Finals.
- 2.2. Areas will be represented in the final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY

- 1.1. A team shall consist of **FIVE (5)** members, who must all be 28 years of age or under on 1 September 2025 and full members of a Club affiliated to the NFYFC.

4. SUBSTITUTION

- 4.1. All substitutes must have been eligible to compete in the County Final.

5. PROCEDURE

- 5.1. The team will comprise of a Chair, two speakers for the Proposition and two speakers for the Opposition.
- 5.2. The teams will be split so that the Chair from Team A will work with the two propositions from Team B and the two oppositions from Team C.
- 5.3. Debating subjects in the NFYFC Finals will be provided by the NFYFC twenty-one days prior to the competition. Area rounds will debate subjects provided by the Area Committee twenty-one days prior to the competition.
- 5.4. The Chair and Debaters must be available to meet each other at least thirty minutes before competing time, to enable the Chair to prepare his/her introductory notes.
- 5.5. The Vote shall be taken by a show of hands.
- 5.6. The Chair shall announce the result of the Vote and declare the meeting closed.

6. Further guidelines on this competition can be found from the NFYFC 'How to Guide' or following the link to the English Speaking Union (ESU) Link to MACE guidelines: <https://www.esu.org/competitions/> entitled School's Mace.

7. **SCALE OF MARKS**

Chair	30
Expression and delivery (5)	
Organisation and prioritisation (5)	
Accuracy of timing (10)	
Overall control of debate (10)	
First Proposition - Main Speeches (1st Speaker)	40
Expression and delivery (10)	
Organisation and prioritisation (10) (includes timing – 1 mark deducted per 30 seconds over or part thereof)	
Reasoning and evidence (10)	
Listening and response (10)	
First Opposition - Main Speeches (1st Speaker)	40
Expression and delivery (10)	
Organisation and prioritisation (10) (includes timing – 1 mark deducted per 30 seconds over or part thereof)	
Reasoning and evidence (10)	
Listening and response (10)	
Second Proposition - Main Speeches (2nd Speaker)	40
Expression and delivery (10)	
Organisation and prioritisation (10) (includes timing – 1 mark deducted per 30 seconds over or part thereof)	
Reasoning and evidence (10)	
Listening and response (10)	
Second Opposition - Main Speeches (2nd Speaker)	40
Expression and delivery (10)	
Organisation and prioritisation (10) (includes timing – 1 mark deducted per 30 seconds over or part thereof)	
Reasoning and evidence (10)	
Listening and response (10)	
Opposition Summary Speech - Summary Speeches	20
Expression and delivery (5)	
Organisation and prioritisation (5) (includes timing – 1 mark deducted per 30 seconds over or part thereof)	
Reasoning and evidence (5)	
Listening and response (5)	
Proposition Summary Speech - Summary Speeches	20
Expression and delivery (5)	
Organisation and prioritisation (5) (includes timing – 1 mark deducted per 30 seconds over or part thereof)	
Reasoning and evidence (5)	
Listening and response (5)	
Total per team	230
(Includes Chair, 2x Opposition Speakers 2x Proposition Speakers and 2 x Summary Speeches)	

8. **NFYFC Final**

- 8.1 At the NFYFC Final the team placed 1st will be awarded *the Novartis Trophy* and Prize Cards
- 8.2 Teams placed 2nd and 3rd will be awarded Prize Cards
- 8.3 NFYFC Certificates of Achievement will be awarded to all members of teams
- 8.4 At the NFYFC Final an individual Prize Card will also be awarded to the Best Chair, Best Proposer and Seconder and Best Opposer and Seconder.
- 8.5 Filming of the competition is not permitted without prior consent from NFYFC and all competing teams
- 8.6 Mobile Device (Phone, Tablet, Laptop etc) use during the competition is strictly for timekeeping purposes only. Mobile device use in Prep Room is prohibited.
- 8.7 Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Status Final
July 2025

“How to” Guide – Mace Debating

Remember: This is a guide to how the competition could be run and is not strict rules.

1.1. **The Panel** made up 5 members:



1.2. **Format**

Timing	Opposition 2	Opposition 1	Chair	Proposition 1	Proposition 2
Start			Welcome & introduces the debate, teams & 1 st Proposition Speaker (approx. 2 minutes)		
02:00	(Opposition can interject with Points of Information during the unprotected time of the Proposition speech)			Defines motion, outlines proposition case, delivers own arguments and summarises proposition case (6 minutes)	
08:00			Introduces 1 st Opposition Speaker (approx. 30 seconds)		
08:30		Outlines opposition case, rebuts proposition arguments, delivers own arguments and summarises opposition case (6 minutes)		(Proposition can interject with Points of Information during the unprotected time of the Opposition speech)	
14:30			Introduces 2 nd Proposition Speaker (approx. 30 seconds)		
15:00	(Opposition can interject with Points of Information during the unprotected time of the Proposition speech)				Rebuts, recaps, outlines, delivers own arguments and summarises (4 minutes)

19:00			Introduces 2 nd Opposition Speaker (approx. 30 seconds)		
19:30	Rebuts, recaps, outlines, delivers own arguments and summarises (4 minutes)			(Proposition can interject with Points of Information during the unprotected time of the Opposition speech)	
23:30			Invites speakers from the floor (not questions but points or queries to be used in summary speeches) (up to 5 minutes)		
28:30			Introduces summary speaker for opposition (approx. 30 sec)		
29:00	One of the members of the opposition team summarises, referring to own case and floor debate (4 minutes)				
33:00			Introduces summary speaker for proposition (approx. 30 sec)		
33:30				One of the members of the proposition team summarises, referring to own case and floor debate (4 minutes)	
37:30			End of Debate: Conducts votes on motion, thanks speakers and concludes the debate (approx. 2 minutes)		
39:30	End				

1.3. Role descriptions

Chair:

- The chair is responsible for inviting speakers to deliver their speech, thanking them and calling on the next speaker, calling on audience members to make points during the floor debate and maintaining good general order. Taking the vote (show of hands – those for the motion, those against and any abstentions) and concluding the debate.
- The chair is also responsible for time keeping, giving audible signals indicating when a speaker is in protected time (1 minute at the beginning and end of each speech) or unprotected time (middle section of each speech) and indicating when a speaker's time is up. The chair should record the length of each speech and give the timings to the judges after the debate.
- 30 minutes planning time before competition – Chair if they can gather information from each participant so they can be introduced correctly and see if can gather any information about what they are planning to cover.

Note: Good practice is to use a bell to signify the timings

Proposition:

First Speaker 1:

(Max 6 minutes – time penalties will incur if over time)

- Define the motion the Chair gives
- Outlines the arguments the proposition will make towards the motion
- Set up the debate in terms of what the proposition wants to debate

- If the opposition interject with a point of information (POI) the speaker has to choose whether to accept it or not. If accepted listen to the POI and respond and then continue with your speech as though the POI never happened
- Keep within the time and remember that time taken in dealing with Points of Information are included in the overall time for the speech.
- To offer Points of Information (POI) to other speakers when they are in unprotected time

Second Speaker 2:

(Max 4 minutes – time penalties will incur if over time)

- Rebut the argument made in the First Opposition's speech
- Expand on the arguments made by team member (speaker 1)
- Introduce new arguments that expand on the motion or introduce a new angle of the argument and develop it fully
- If the opposition interject with a point of information (POI) the speaker has to choose whether to accept it or not. If accepted listen to the POI and respond and then continue with your speech as though the POI never happened
- Keep within the time and remember that time taken in dealing with Points of Information are included in the overall time for the speech.
- To offer Points of Information (POI) to other speakers when they are in unprotected time

Proposition Summary Speaker (can be either 1 or 2):

(Max 4 minutes – time penalties will incur if over time)

- To use the full range of arguments made in the debate to their advantage, reminding the audience and judge of the Points of Information their team made and why they exposed the flaws in the proposition case
- Refer to the floor debate and draw on points or queries from the audience to their advantage
- Convince the audience and adjudicators that their case was better
- The summary speech should not contain any new material not raised in the main speeches or the floor debate
- No Points of Information can be given in the summary speech

Opposition:

First Speaker 1:

(Max 6 minutes – time penalties will incur if over time)

- Rebut the arguments made in the First Proposition speech
- Outline all the arguments to be made by Opposition
- Make a substantive case for the opposition instead of just denying what the proposition have said
- If the proposition interjects with a point of information (POI) the speaker has to choose whether to accept it or not. If accepted listen to the POI and respond and then continue with your speech as though the POI never happened
- Keep within the time and remember that time taken in dealing with Points of Information are included in the overall time for the speech.
- To offer Points of Information (POI) to other speakers

Second Speaker 2:

(Max 4 minutes – time penalties will incur if over time)

- Rebut the arguments made in the Second Proposition speech
- Expand on the arguments made by team member (speaker 1)
- To use the full range of arguments made in the debate to their advantage
- Introduce new arguments that expand on the case or to introduce a new angle of the argument and develop it fully
- If the proposition interjects with a point of information (POI) the speaker has to choose whether to accept it or not. If accepted listen to the POI and respond and then continue with your speech as though the POI never happened
- Keep within the time and remember that time taken in dealing with Points of Information are included in the overall time for the speech.
- To offer Points of Information (POI) to other speakers

Opposition Summary Speaker (can be either 1 or 2):

(Max 4 minutes – time penalties will incur if over time)

- To use the full range of arguments made in the debate to their advantage; reminding the audience and judge of the Points of Information their team made and why they exposed the flaws in the proposition case
- Refer to the floor debate and draw on points or queries from the audience to their advantage
- Persuade the audience and adjudicators that their case was stronger
- The summary speech should not contain any new material not raised in the main speeches or the floor debate
- No points of information to be given in the summary speech

30 minutes before Competition:

- Chair and Opposition and Proposition members get together in room to share information. Chair will want information to be able to introduce you during the competition.
- Be careful what you share as you don't want to give away too much.

TERMS DEFINED

Protected Time:

- The first minute and the last minute of each main speech
- All of the Summary Speeches are protected
- Protected time signalled by Chair

Unprotected time:

- After the first minute and before the last minute of a main speech
- Unprotected time signalled by Chair

Rebuttal

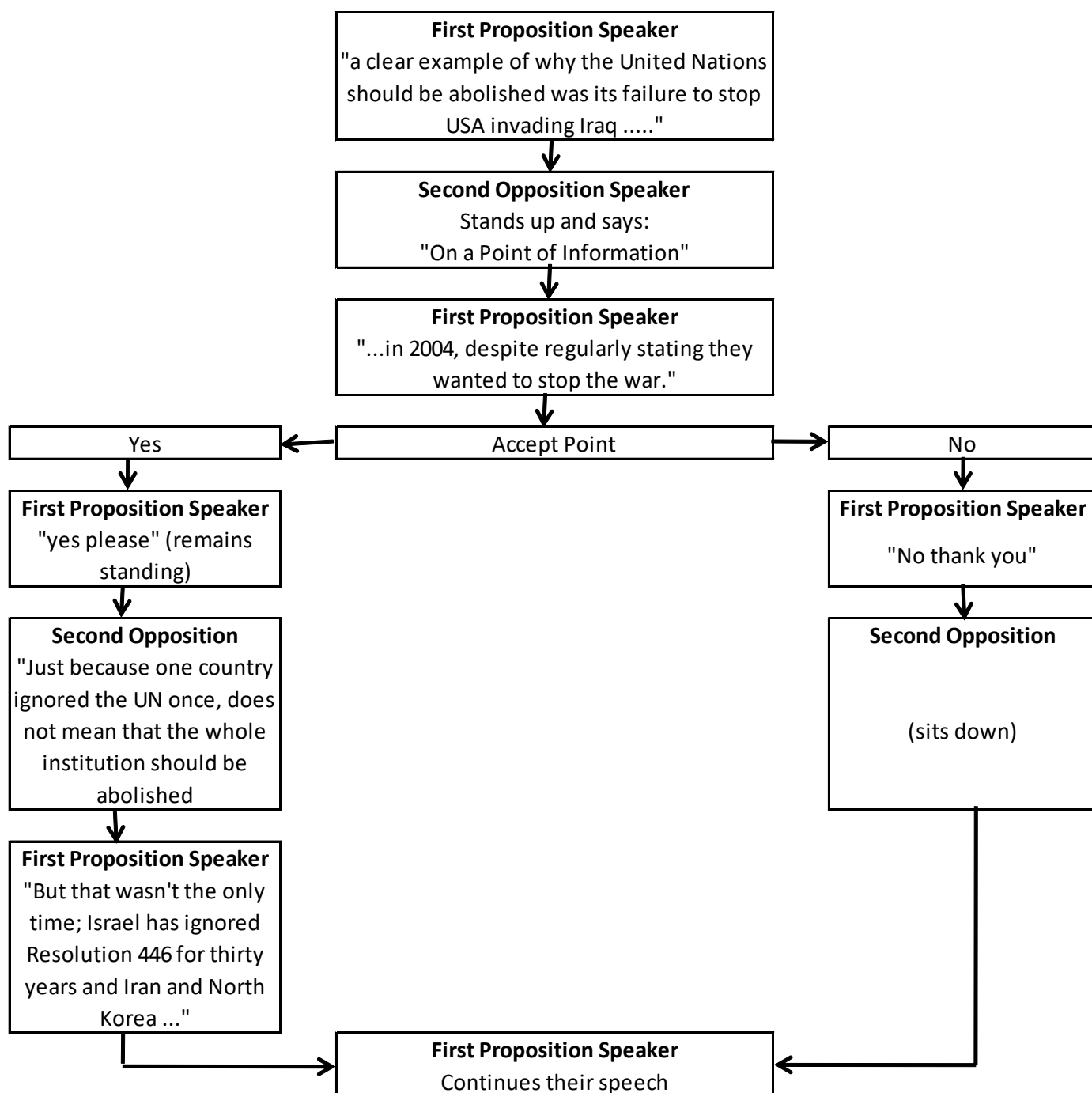
- Addressing the other side's arguments during your own speech is known as rebuttal
- The aim of rebuttal is to undermine the opposition's case and leave your own case looking stronger
- Rebuttal can be at any time during the speech but make sure the audience and adjudicators are clear that you are addressing the other side's arguments

Points of Information:

- A formal interjection which may be made during an opposing speaker's speech. A POI is offered when a speaker stands up and addresses the current speaker saying, "on a point of information" or "on that point". POI may be accepted or declined by the current speaker, if declined, the speaker offering the POI must resume their seat. If accepted the speaker offering the POI may make a **brief** point after which they must resume their seat, and the current speaker continues with their speech. **Please note that POIs are up to the debating members to manage at no point does the Chair manage POIs. If the point becomes too long, it is up to the interrupted speaker to interrupt and carry on with their speech.**
- Further information can be found from the English Speaking Union (ESU) -
- These are central to the interactivity of the debate and demonstrate ability to engage in arguments (approx. 25% of the teams' marks are for listening and response)
- These cannot be made during the first and last minute of the main speeches or during the summary speeches, this time is known as protected time.
- Points of Information are included in the time limit

An example of Point of Information:

Example of Points of Information



Mark Scheme Explanation (Judges and Competitors Guidance)

Reasoning and Evidence Features: Relevancy of arguments, relevant empirical evidence to support ideas, analysed arguments from premise to conclusions. Speeches that score highly for reasoning and evidence are highly relevant and well-constructed, providing logical and persuasive arguments for their side. They work through from basic assertions to well justified conclusions, making use of evidence that supports their case. Arguments are not only relevant and well analysed, but also must have their importance demonstrated, and a weight given in reference to other material in the debate.

Reasoning is about the content of the individual arguments each speaker makes and how well they are explained.

Revisited material

Did the speaker choose the most powerful examples and analogies to revisit in their summary speech?

New material

New material is only permitted if it elaborates – or responds to – material already mentioned by another speaker in the debate. A small amount of interesting relevant new material of this type can be rewarded. Totally new material should be penalised.

Clarity and logic

Are the arguments explained clearly and logically?

Examples and analogies

Are the arguments supported by a sufficient number of examples and analogies? Facts, statistics, case studies, new stories, historical or scientific references and other evidence should be relevant and have a credible source.

Links to the motion

Are the arguments relevant to the motion? The higher mark for first proposition reflects the particular importance of setting up a strong proposition case and a clear debate. A sensible, concise comprehensive definition of motion should be rewarded.

Organisation and Prioritisation Features: Marked out arguments, signposted ideas, internal structure, ranking of most relevant ideas, preference best ideas. Speeches that show strong organisation and prioritisation are exceptionally clear in communicating ideas. They introduce the most relevant ideas and make use of them, without rushing through or introducing every possible relevant argument. Arguments are signposted well, and it is clear when a speech moves from one idea to the next.

Choice of arguments

There is not time to summarise every argument raised in the debate. Summary speakers should concentrate on the main points of contention that are key to winning over the audience.

Team Structure

Did the team's speeches complement each other?

Did the first speaker outline a clear case which the team followed?

Were the arguments in the case arranged such that the most important arguments were given appropriate emphasis?

Individual structure

Was each individual speech well-structured and easy to follow?

Were individual arguments grouped into a logical and coherent speech?

Were the most important arguments emphasised?

Adaptability

Did the speakers show that they were able to reorganise their material if developments in the debate necessitated it?

Timing

Was the allotted time used wisely, with sufficient time being given to a discussion of each major area of clash in the debate?

Did the speakers speak for approximately their allotted time? Did they divide their time sensibly between their different points?

Listening and Response Features: Rebuttal and points of information, relevance to arguments, level of response given, prioritization. Speeches that score well in terms of listening and response show an incisive ability to engage with the very roots of the case presented by the opposing bench. Rather than tackling simply examples or evidence, they undermine the principles or concepts on top of which arguments are built. Speakers will aim to undermine the most important material in both rebuttal, points of information, and also their main constructive material. They will be flexible in their approach to the debate and will weight their own ideas in reference to the opposing bench.

Own team

Has the speaker listened to their own team, reflecting what was actually said rather than what was planned beforehand?

Rebuttal

Has the summary speaker listened carefully to their opponents and shown why they disagree with the key arguments?

Floor debate

Were key points referred to?

Rebuttal

Have speakers been listening carefully to their opponents and shown, in their own speeches, why they disagree?

Points of Information are not allowed in summary speeches; the speaker's ability in this area is assessed as part of their main speech.

Points of Information

Speakers show listening skills through taking and making Points of Information. Speakers should not be penalised if no points are offered to them or if they offer enough points, but none are accepted.

Making Points of Information

Have speakers made good Points of Information, showing they have been listening and picking out important points to challenge as a point of information rather than to use as a rebuttal? Have they made their Points of Information brief?

Taking Points of Information

Have speakers handled the Points of Information offered appropriately? Where a Point of information has been accepted has it been answered promptly and capably?

Expression and Delivery Features: Eye contact, hand gestures, stance, emotive language, rhetorical devices and questions, pacing. Speeches that score highly on expression and delivery demonstrate a clear awareness of rhetoric and attempt to engage an audience. They make use of tools such as eye contact, hand gestures, and some emotive language to engage with the judges. They may make use of notes, but as a prompt, rather than to rehearse or read the speech.

Expression and delivery focuses not on what is said, but how it is said. The mark is for how much they engage the audience, including:

Use of Notes

How effective is the speaker's use of notes? Speakers should have some notes from which they speak fluently. Speakers should be penalised for reading speeches which they have written out in full beforehand or for reciting memorised speeches, which have been learnt by note.

Use of Voice

Are the speakers audible and clear, while varying speed, volume and intonation to keep their speeches interesting and to add conviction and authority?

Use of Words

Is language varied, persuasive, appropriate and precise?

Use of body language

How effective are hand gestures, eye contact and facial expressions?

Rhetoric and humour

Is there an appropriate level of rhetoric and relevant humour?

Scoring

Teams' total scores therefore consist of 230 points: 30 points for the Chair; 40 points for the proposer; 40 points for the opposer; 40 points for the second proposer; 40 points for the second opposer; 20 points for the opposition summary and 20 points for the proposition summary.

Judges' Feedback

It is imperative criticism is delivered in a constructive manner. Judges are to be professional, courteous, and focus on the positive aspects of what a competitor did during the debate. Volunteer Judges should remember that the majority of the competitors do not progress beyond the Regional Final. It is therefore essential that judging is of as high a quality as possible at this stage in the competition to give all participants a sense of achievement and the awareness of having learned valuable skills from their experience. Competitors will want to know what criteria they were marked on. Feedback is of two types: general and individual. The first must happen, the second can and should occur if time allows. General Feedback happens after you have deliberated on your decisions and returned to the auditorium and BEFORE you announce the winners. This is your chance to offer constructive feedback and advice to all of the participants. This is often

done by dividing up the feedback areas between the judges, a division of labour that should be sorted out before the performances start. For example: 'We felt that teams were generally good at constructing strongly evidenced arguments, but at times needed to be more forthcoming with points of information. Whilst we judge on the basis of all four criteria, we felt that the difference between teams could be most keenly seen in the quality of listening and response'.



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025-2026

NFYFC Situations Vacant

16 to 21 years

22 to 28 years

R U L E S

Competition Aim

To encourage YFC members to work as an individual to prepare a Covering Letter and CV for their chosen job advert.
Prepare and take part in a competency-based interview.

Learning outcomes

Communication, planning, presentation and personal development skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

1. VENUE

1.1. After Area Finals, the National Final will be held at the Competitions Day on **Saturday 4th July, 2026** at the County Showground Stafford.

2. REPRESENTATION

2.1. Counties may enter one competitor per 600 members or part thereof in the Area Eliminator.
2.2. Areas will be represented in the Final by one competitor per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY – To note that there are now two age groups to this competition – treat as two separate competitions.

3.1. Competitors must be between the ages of 16 years of age and 21 years of age on 1st September 2025 and full members of a Club affiliated to the NFYFC. This means competitors have attained their 16th birthday on the 1st September 2025 and may be 22 on the day of the national final.

3.2. Competitors must be between the ages of 22 years of age and 28 years of age on 1st September 2025 and full members of a Club affiliated to the NFYFC. This means competitors have attained their 21st birthday on the 1st September 2025 and may be 29 on the day of the national final.

4. SUBSTITUTION

4.1. If the original winner at area final is unable to go to the national final, then the next highest placed competitor will represent the Area.

4.2. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

5.1. The Competitor will be required to choose their own job advertisement to apply for, which is relevant to them. The advert must have been advertised within the last 12 months prior to the County final. All Applicants must submit the original job advertisement with a reference as to where and when the advert was published together with a CV and covering letter.

5.2. The CV must not be more than 2 sides of A4 paper.

5.3. The Covering Letter must not be more than 1 side of A4 paper

5.4. For the National Final, applications must be submitted to NFYFC no later than Friday 29th May 2026.

5.5. The Competitor will then be requested to attend an interview which will consist of specific questioning about the job being applied for and relevant requirements relating to the advertisement. Questions will also focus on life experiences and will be structured around the form “Tell me about a time when you” (E.g: “Tell me about a time when you had to meet a deadline). Applicants should consider the Situation (What was happening), Task (What was required), Action (What did YOU do) and the Result (What was the outcome) when answering.

6. **SCALE OF MARKS –**

CV	50
Covering Letter	40
Relevance and Quality of Advert	10
Interview	100
• Knowledge of the Industry/Organisation	
• Ability to answer questions concisely	
• Overall Impression / Appearance / Presentation	
Total marks	200

7. **AWARDS**

7.1. **Trophy** and NFYFC Prize Card to the winner.

7.2. NFYFC Prize Cards to competitors placed 2nd and 3rd.

7.3. NFYFC Certificates of Achievement will be awarded to all competitors.

8. **NOTES**

8.1. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)

NFYFC

“How to” Guide – Situation Vacant

1. Find a Job Advert

Look for a job advert relevant to a career path that you would enjoy. What are your hobbies and Interests? You should look for vacancies related to these as you will be judged on both the relevance and quality of the advert. When you have found an advert make sure you can obtain multiple copies (take a photo, scan or download the advert). Record where you found the advert and when it was published. Remember– adverts must have been published in the 12 months prior to Competitions Day!

Examples of where to look for job adverts:

- **Online:** www.indeed.com (general jobsearch site), www.healthcareers.nhs.uk (health and social care positions), www.careers.jobsinagriculture.com (agricultural, mechanical and land management jobs), social media such as Facebook or Twitter
- **In-print:** Newspapers – Local and National, Magazines (Farmers Weekly, for example, has a good selection of careers in agriculture), Local Noticeboards
- **In-person:** A Jobs Fayre, Local Job Centre, University/College careers advisor, Word of Mouth (ask friends and family members for adverts they may have seen)

2. Prepare your CV

A CV (short for curriculum vitae) is required when applying for a job; it is a personal marketing document used to sell yourself to potential employers. Your CV should tell the employer about you, your career history and your skills, abilities and achievements. Ultimately, it should highlight why you are the best person for the job!

Sections to include in your CV:

- **Name & Contact details.** These should be positioned at the top of the page. Include an email address and phone number. It is not necessary to state your full address – the Town & County will suffice.
- **Personal profile.** This is a short paragraph that sits underneath your name and contact details giving a brief overview of who you are and what you can offer the company.
- **Your experience and employment history.** List your experiences in reverse chronological order with your most recent employment at the top. Remember to include your key responsibilities, skills and achievements. Choose examples of achievements relevant to the job you are applying for.
- **Education and other Qualifications.** Include the name of the School/College/University you attended and the course studied. Include your highest qualification level and any other relevant qualifications you may have (First Aid at Work Certificates for example).
- **Additional Sections.** If there is room you can include key skills, hobbies and interests you have, that are relevant to the job advertised. Avoid listing hobbies/interests that are irrelevant. **Remember – Your CV must not be more than 2 sides of A4 paper.**
- **For more information on building your CV visit:** The NFYFC Website and access our Competitions pages. Alternatively, visit [CV Library 'How to write a CV'](#)

3. Write your Covering Letter

The covering letter introduces you to the employer and asks them to consider your application. Keep it short, 3 to 5 paragraphs, and attach it to the front of your CV. When writing your covering letter, remember to:

- Make sure it is targeted toward the specific job you are applying for. Address it directly to the company recruiter and make sure the company name and recruiter’s details are correct. You can use the company website to confirm their details. Remember to show you have done your research into the job and the company.

- Use the same font and font size you used for your CV. Be clear and to the point, 3 to 5 paragraphs will suffice. Double check your spelling and grammar before you send it, have a friend or relative check it for you!
- **Remember – the covering letter must not be more than one side of A4 paper.**
- For more tips on writing your Covering Letter [Click Here](#)

4. Send your documents to NFYFC!

Documents can be sent via post or email and are **due one month before the date of the NFYFC Final**. Please check the Competition Rules for the specific date. Please ensure you leave plenty of time for the documents to arrive if sending via post.

Items to include:

- Job Advert (Make sure it is stated when and where the advert is from)
- Your Covering Letter
- Your CV

For the National Final send via email: Subject: Situation Vacant Documents To: Margaret.Bennett@nfyfc.org.uk	For the National Final send via post to: FAO: Competitions Department, YFC Centre, 10th Street, Stoneleigh Park, Kenilworth, Warwickshire CV8 2LG
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5. NFYFC Final

On the day of the final you will attend an interview where you will be asked questions about the job you have applied for, the job advert and the requirements specified in the advert. Dress appropriately for the situation. Smart, business dress would be suitable for the interview

Questions will also be asked about your own life and previous work experiences relevant to the job. Expect questions such as: *"Tell me about a time when you had to meet a deadline"*

Try to answer your questions using the ['STAR' method](#) to highlight qualities and skills relevant to the job that you have gained from past experiences.

Situation (What was happening)

Task (What was required)

Action (What did YOU do)

Result (What was the outcome)

Remember to bring a copy of your CV, Covering Letter and Job Advert with you on the day of the final. Dress smart, smile and breathe! Enjoy the experience.

Good Luck!



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025-2026

NFYFC Cube Exhibit

Theme: Our Favourite Place

28 & Under

R U L E S

Competition Aim

To encourage YFC members to work together as a team to produce a Cube Exhibit which showcases their craft skills related to the competition theme.

Learning Outcomes

Teamwork, planning, floral arts, cookery, workmanship, and presentation skills

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

1. DATE VENUE

- 1.1. After Area Eliminators, the National Final will be held at Competitions Day on **Saturday, 4th July 2026** at the County Showground Stafford.

2. REPRESENTATION

- 2.1. Counties may enter one exhibit per 600 members or part thereof in the Area Final.
- 2.2. Areas will be represented in the Final by one exhibit per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)
- 2.3. Competitors staging the Cube Exhibit are eligible to compete in a second NFYFC final on the same day if applicable.

3. ELIGIBILITY

- 3.1. Competitors (the Club Team) to be 28 years of age or under on 1 September 2025 and a full member of a Club affiliated to the NFYFC.
 - 3.1.1. A maximum of five (5) members of the Club will stage the exhibit on the day of the competition on behalf of the whole club.

4. SUBSTITUTION

- 4.1. If the original winner at area final is unable to go to the national final, then the next highest placed competitor will represent the Area.
- 4.2. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

- 5.1. An Exhibit to depict the theme of '**Our Favourite Place**' of your choice. This theme can be interpreted in any way that the club sees fit.
- 5.2. The Club Team is required to exhibit 5 crafts. 1 craft from each of the headings below:

Craft 1 - Floral Art (Any item using cut flowers and accessories in a suitable container) Competitors may use floral foam, this will not affect the marking. Alternative mechanics may also be used.

Craft 2 – Cookery/Baking (This craft will be tasted so must be covered with cling film).

Craft 3 – Textile Handicraft (must include British Wool) (Knitwear, Tailored, Crochet for example)

Craft 4 – Natural Handicraft (Any item using wood, metal, clay, glass, stone or shell for example)

Craft 5 – Art (An item that could include photography, a graphic or a picture in any medium)

- 5.3. The five (5) crafts need to be clearly marked 1-5 together with the heading the craft comes under. For example 1- Floral Art, 2 – Cookery, 3- Textile Handicraft, 4- Natural Handicraft, 5- Art Handicraft.
- 5.4. Each whole Exhibit to have a MAXIMUM WIDTH of 1 metre at any given point and a MAXIMUM DEPTH of 1 metre and MAXIMUM HEIGHT of 1 metre. **Any exhibit exceeding the maximum measurements will be disqualified.** The measurement will be from the outside edges of the external walls of the exhibit. (I.e. Make your exhibit slightly smaller than the maximum dimensions). Any accessories or drapes used on the outside of the external walls of the cube will be included in the overall measurement of the exhibit. The external walls will be taken into account for the attractiveness of the exhibit marks and so should be covered to compliment the overall exhibit. The exhibit must have 3 walls.
- 5.5. The exhibits will be displayed on trestle/ round tables.

6. **TIMINGS**

Each team will be allowed to 1 hour to set up their display on the morning of the NFYFC Finals.

7. Competitors must accept responsibility for transporting their exhibits to the NFYFC final as per the instructions which will be issued and to make arrangements for collection of the exhibits **after 5.00pm.** Competitors' exhibits may be collected on their behalf.

8. **SCALE OF MARKS**

Craft 1 (Floral Art)	50
Craft 2 (Cookery)	50
Craft 3 (Textile)	50
Craft 4 (Natural)	50
Craft 5 (Art)	50
Attractiveness of exhibit (including external walls)	50
Originality and ingenuity	50
Relevance to theme	50
Total	400

9. **AWARDS NFYFC FINAL**

- 9.1. **Trophy** and NFYFC Prize Cards for team placed 1st(one certificate per exhibit)
- 9.2. NFYFC Prize Cards to teams placed 2nd and 3rd(one certificate per exhibit)
- 9.3. An NFYFC Certificate of Achievement will be awarded to the exhibiting YFC Club placed 1st – 10th (one certificate per exhibit).

10. **NOTES**

- 10.1. Only those members aged 28 or under may put the cube exhibit in place on the day of the final.



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2025-2026

NFYFC Mixed 7 A-Side Hockey (Small Sided Hockey)
(18 – 28 years)
RULES

Competition Aim

To provide members with the opportunity to participate a musical activity demonstrating their skills in a competition environment

Learning outcomes

Physical fitness, teamwork, musicality, choreography, movement, performance, confidence

1. DATE & VENUE

1.1. After Area Eliminators, the Final will be held at the National Sports Day on **Sunday 5th July 2026** in Staffordshire.

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in Area Events.
2.2. Areas will be represented in the Final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

1. ELIGIBILITY

- 1.1. A squad of ten (10) players, from whom Seven (7) players will be chosen to be on the pitch at any one time.
1.2. There must be at least a minimum of three (3) females on the pitch at any one time.
1.3. All players must be aged 18 years on the 1st September 2025 and 28 on the 1st September 2025. **This means competitors may be 29 on the day of the final of the competition.** This age group must be strictly adhered to).

2. SUBSTITUTION

- 2.1. **All substitutions must have been eligible to play in the first round of the competition.**

3. PROCEDURE

- 3.1. The Rules of the Game of Small Sided Hockey will apply as per link
<https://www.Englandhockey.co.uk/play/small-sided-hockey>
A half-size all-weather outdoor pitch will be used. Size 55m long and 29m wide.
- 3.2. 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 pitches available on the day of the National Final.
- 3.3. League points will be awarded as follows:
- | | |
|---------------|-----|
| Win | 3 |
| Score Draw | 2 |
| No Score Draw | 1 |
| Lose | NIL |
- 3.4. Each game will be played seven (7) minutes each way, with a 1 minute interval.
- 3.5. During the game rolling substitutions will be allowed from your squad.

- 3.6. All competitors must be suitably dressed, i.e. astro boots, socks, shinpads, shorts and shirts and the goalkeeper must wear the full goalkeeper kit, including face-mask and shin-pads, as specified by HA Rules. All teams to provide their kits and goalkeeping kit.
- 3.7. In the event of the points being tied after all the games have been played, the order will be decided using the greatest positive goal difference. If the points are still the same then the order will be decided by the highest goals for, followed by the lowest against and the results of the game between the two tied teams.
- 3.8. The Final and Semi-Finals will consist of two halves of twelve minutes each way with a two-minute interval for half time. In the event of the scores being equal at full time a further 5 minutes one way will be played. If the points are still equal after extra time a penalty shoot-out will take place with three nominated members from each team taking part. If the scores are still tied, then a sudden death penalty shoot-out will decide the winner.
- 3.9. Qualified Hockey refs are to be used for this competition.
- 3.10. The Umpires decision is final.

4. **AWARDS**

- 4.1. Trophy and NFYFC Prize Card to the winner.
- 4.2. NFYFC Prize Cards to competitors placed 2nd, 3rd and 4th.
- 4.3. NFYFC Certificates of Achievement will be awarded to all competitors.

5. **NOTES**

- 5.1. It is advised to have a competent medical advisor in attendance at both County and Area Rounds and only use qualified referees in order to minimise any risk to members.
- 5.2. Referees must be registered to England or Wales Hockey Association.

Rules for Norfolk Hockey League

1. All players must be REGISTERED MEMBERS. This will be checked before the game starts. **Membership forms must be received 5 working days prior to the game.**
NO CARD – NO PLAY.
2. All players must be over the age of 18. If under 18, players will be assessed by the umpire during their first game. **No under 16s can play (not insured).** It will be the umpire's decision if any 16 or 17 years old are allowed to play (a maximum of 3 members per team). This is for the safety of all players.
3. A team consists of 7 players including a goal keeper. Each Full team must have 2 females; if only 1 female is available, the team will play with 6: if no females are available 5 males may play.
4. All teams will play each other in a round-robin tournament on a full size pitch. All games will last 20 minutes one way with no break. Any team that is not present within 5 minutes of the due start time of their match will automatically forfeit the game 3-0. If both teams are not present the game is abandoned without either team scoring points.
5. A win is 3 points, a draw 2 points and one point for the losing team. At the end of the season, if any teams are level on points the position is determined by goal difference. If goal difference is the same, then it is decided on results between the two sides.
6. A qualified umpire for the tournament will be appointed by the hockey secretary. No abuse towards the umpire will be tolerated. Any player who demonstrates unreasonable abuse to the Umpire, Hockey Secretary or to fellow players will be banned from the league for the rest of the season.
7. All competitors must be suitably dressed in sports wear ideally shorts or skirts (females) including club shirts for easy identification. Trainers or astro boots must be worn. Shin pads must be worn at all times during the game.
8. Goal keepers must wear full, safe keepers' kit which comprises of headgear, body and arm protectors, hand guards, leg guards, kickers, and a box (males only!)
9. For safety purposes, those not playing in a game are expected to stand outside the fencing - safe distance from the pitch. All spectators watch at their own risk.
10. Failure to comply with any of the rules of the league will result in an automatic points deduction.