阿思丹 ASEEDER × NHSDLC NATIONAL HIGH SCHOOL DEBATE LEAGUE OF CHINA

自由演讲

Expository Speech



比赛规则手册

RULEBOOK

NATIONAL HIGH SCHOOL DEBATE LEAGUE OF CHINA

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Expository Speech

1 Introduction 介绍

This rulebook outlines the official rules for the Expository Speech Competition hosted by the National High School Debate League of China (NHSDLC). The competition provides a platform for students to demonstrate their ability to inform and engage audiences through clear, well-researched, and compelling presentations.

本规则手册概述了由 NHSDLC 主办的自由演讲比赛的官方规则。比赛旨在为学生提供自由演说的平台，通过清晰、有据可依且富有感染力的演讲，展现其向观众阐释主题、传递信息的能力。

The primary goals of these rules are:

这些规则的主要目标是：

01 Ensure smooth tournament operation by defining clear procedures for participants and judges.

通过为参赛者和评委制定清晰的程序，确保比赛顺利进行。

02 Promote fair competition where all students are evaluated based on consistent criteria.

促进公平竞争，确保所有学生根据一致的标准接受评估。

03 Create an educational environment that supports the development of essential academic and communication skills.

创造一个支持基本学术和沟通技能发展的教育环境。

04 This rulebook will serve as the primary guide during the competition. In case of any confusion or disputes, NHSDLC staff will have the final discretion on all matters, ensuring fairness throughout the event.

本规则手册将作为比赛期间的主要指南。如有任何困惑或争议，NHSDLC 工作人员将对所有事项拥有最终裁决权，确保整个赛事的公平性。

2 Rules 规则

2.1 Tournament Conduct 行为规范

The NHSDLC is committed to maintaining a professional and safe environment for all participants, parents, teachers, and staff.
NHSDLC 致力于为所有参赛者、家长、教师和工作人员维护一个专业且安全的环境

Disruptive behavior, including threats, verbal abuse, discriminatory actions, or any activity that endangers others from participants or parents will not be tolerated. NHSDLC staff maintain the right to remove them from the premises without a refund.
不容忍参赛者或家长的破坏行为，包括威胁、言语辱骂、歧视行为或任何危及他人的活动。NHSDLC 工作人员有权将其驱逐出场，不予退款。

NHSDLC staff has the authority to decide appropriate consequences for any rule infractions, ensuring the integrity of the competition.
NHSDLC 工作人员有权决定任何违规行为的适当后果，确保比赛的完整性。

2.2 Punctuality 守时

- Participants must arrive at their assigned competition room at least 15 minutes before the start time.
  参赛者必须在比赛开始前至少 15 分钟到达指定的比赛室。
- If a participant is late, it is their responsibility to inform NHSDLC staff.
  如参赛者迟到，需自行通知 NHSDLC 工作人员。
- For online tournaments, participants should ensure that their technical setup is ready to avoid delays. A 5-minute grace period will be allowed for any technical issues, after which the round will proceed without further delays.
  线上赛中，参赛者应确保网络及设备准备就绪以避免迟到。若选手有技术问题，可在 5 分钟宽限期内及时调整，之后比赛将不再延迟进行。

2.3 Language 语言

All participants must deliver their speeches in English. Judges are instructed not to evaluate speeches delivered in any other language.
所有参赛者必须用英语进行演讲。评委将不会评估其他语言的演讲。

2.4 Spectating 观赛

- Spectators are not allowed in preliminary rounds, except for explicit permission granted by the NHSDLC Tournament Director.
  初赛轮中，除非得到 NHSDLC 组委会的明确许可，观众不得入场。
- In the Final round, All spectators are allowed.
  决赛轮允许所有观众入场。
- If a spectator disrupts the competition, they may be asked to leave by any of the participants, judges, or NHSDLC staff.
  观众若扰乱比赛，参赛者、评委或 NHSDLC 工作人员可要求其离开。

2.5 Recording 录制

- Recording of performances is prohibited during the competition, except with explicit permission from NHSDLC staff.
  比赛期间禁止录制选手演讲，除非得到 NHSDLC 工作人员的明确许可。
- Final round performances will be recorded and streamed on NHSDLC platforms.
  决赛将被录制并在 NHSDLC 平台上直播。

2.6 Preliminary and Final Rounds 预选赛和决赛

All participants will engage in three preliminary rounds. Based on their performance in these rounds, a selected number of students will qualify for the final elimination round, where the winner will be determined.
所有参赛者将参加三轮预选赛。根据轮次的表现，部分学生将晋级决赛轮，决出最终优胜名次。

2.7 Divisions 比赛组别

To accommodate the linguistic development and expressive abilities of students at different ages, the competition features two divisions:
为适应不同年龄段学生的语言能力和表达特点，自由演讲比赛共设两个组别：

- G1-3（1-3 年级组）
- G4-6（4-6 年级组）

3 Expository Rules 自由演讲细则

An expository speech is a type of presentation where the speaker aims to explain, describe, or inform the audience about a specific topic, concept, or process.
自由演讲是一种以解释、描述或传达特定主题、概念或过程为目的的演讲形式。

The primary goal of an expository speech is to enhance the audience's understanding of the subject matter through clear explanations, factual information, and relevant examples. Unlike persuasive speeches that aim to change opinions or motivational speeches that seek to inspire action, expository speeches focus solely on conveying information in an accessible and comprehensible manner.
自由演讲的主要目标是通过清晰的阐述、事实信息和相关实例，增进听众对主题的理解。与旨在改变观点的说服型演讲，或号召行动的动员型演讲不同；自由演讲专注于以通俗易懂的方式传递信息。

3.1 Time Limits 时间限制

- No minimum time requirement.
  无最短时间要求。
- 3 minutes maximum time, with a 30-second grace period (up to 3 minutes 30 seconds).
  最长 3 分钟，另有 30 秒宽限期（最多可讲至 3 分 30 秒）。

3.2 Overtime Penalty Rules 超时规则:

If a participant's speech exceeds 3 minutes 30 seconds, 5 points will be deducted from their total score.
若选手用时超过 3 分钟 30 秒，将从总分中扣除 5 分。

3.3 Notes and Cue Cards 提示卡使用:

- Speakers may refer to notes or cue cards. However, these should not be relied upon excessively to the detriment of sustained eye contact and audience connection, which may affect the score.
  演讲者可以参照笔记或提示卡，但不建议过度依赖，可能会影响得分。持续的眼神交流和与听众的互动至关重要。
- Speaking without scripts leaves a better impression on judges.
  脱稿演讲能给评委留下更好的印象。

3.4 Visual Aids 视觉辅助:

- Speakers are NOT permitted to use visual aids to enhance their presentations.
  演讲者不可以使用视觉辅助工具来增强演讲效果。
- Visual aids include but are not limited to slide presentations, posters, physical objects, models, charts, or other visual materials that support the speech content.
  视觉辅助工具包括但不限于幻灯片演示、海报、实物、模型、图表或其他支持演讲内容的视觉材料。

3.5 Script Requirements 稿件要求

There is no requirement for the speaker to present an original script. Participants may cite content from news articles, publications, books, or other sources to support their speech, with no restrictions on the length of quoted material.
自由演讲不要求演讲者原创讲稿。选手可以从新闻、报刊、书籍等来源引用内容支撑演讲，引用内容不限字数。

3.6 Topic Selection Examples 选题范围示例

Expository speeches can cover a wide range of topics, including but not limited to:
自由演讲的选题范围广泛，包括但不限于:

- Scientific concepts and discoveries
  科学概念与发现
- Historical events and figures
  历史事件与人物
- How something works (processes)
  事物运作原理或过程
- Cultural practices and traditions
  文化习俗与传统
- Current events and social phenomena
  时事与社会现象

4 Judging Criteria 评分标准

This rubric is organized into three main categories, each designed to evaluate a distinct aspect of the speech. Together, they provide a comprehensive assessment of the speaker's overall performance.

本标准共分为三大类，分别评估演讲的不同维度，全面衡量选手的综合表现：

★ Content / 演讲内容

1. Organization & Structure

The speech is well-organized and structured. It includes a clear introduction, body, and conclusion. Ideas flow logically with smooth transitions, making it easy for the audience to follow the speaker's line of reasoning.

演讲组织严谨，结构清晰。包含明确的引言、主体和结论部分。观点之间逻辑连贯，过渡自然，使听众能够轻松跟上演讲者的思路。

2. Language & Clarity

The language is precise, vivid, and appropriate for the topic and audience. The speaker explains ideas clearly, avoiding unnecessary jargon or overly complex terms that might hinder understanding.

语言精准、生动，切合演讲主题及听众水平。演讲者能够清晰地阐释观点，避免使用不必要的术语或过于复杂的表达，以确保听众能够轻松理解。

3. Creativity

The speech demonstrates creativity. This could be shown through a unique angle on the topic, creative use of examples or analogies, or a novel approach to engaging the audience and making the content memorable.

演讲内容包含选手的创意。这可能体现在独特的选题视角、富有新意的例证或类比，或是采用新颖的方式来吸引听众，令人印象深刻。

★ Verbal Delivery / 语言表达

4. Articulation & Pronunciation

The speaker articulates words clearly and distinctly. All terms, especially subject-specific vocabulary, are pronounced correctly, ensuring the message is understood without confusion.

发音清晰、准确，吐字清楚。所有词汇，特别是专业术语，均发音标准，确保信息准确无误地传达给听众。

5. Pacing & Stress

The speaker uses a varied pace to control the rhythm of the speech. Key points are emphasized through changes in speed and strategic pauses, allowing the audience time to process important information.

语速控制得当，富有变化，以此掌控演讲节奏。通过调整语速和运用策略性停顿来强调重点，给予听众消化关键信息的时间。

6. Volume & Intonation

The speaker projects their voice to be heard clearly by all. Intonation is varied and natural, reflecting the emotion and meaning of the content, which keeps the delivery engaging and avoids monotony.

音量充足，确保全场听众都能听清。语调富有变化且自然，能够准确反映内容的情绪和含义，使演讲生动有趣，避免单调乏味。

7. Overall Vocal Effectiveness

The speaker demonstrates comprehensive vocal control, seamlessly integrating articulation, pacing, stress, volume, and intonation. The voice is used dynamically to enhance the message, maintain audience engagement, and convey authority and passion throughout the presentation.

演讲者展现出全面的声音掌控能力，将发音吐字、语速节奏、音量语调等元素融为一体。声音运用富有感染力，有效增强信息传递，持续吸引听众注意力，并在整个演讲过程中展现出权威与热情。

★ Non-Verbal Delivery / 体态表达

8. Gestures

Gestures are purposeful and natural, serving to illustrate or emphasize key points. They are well-integrated with the speech content and contribute to the speaker's expressiveness without being distracting.

手势运用目的明确且自然，用以阐释或强调演讲要点。手势与演讲内容紧密结合，增强了演讲的表现力，且不会造成干扰。

9. Eye Contact

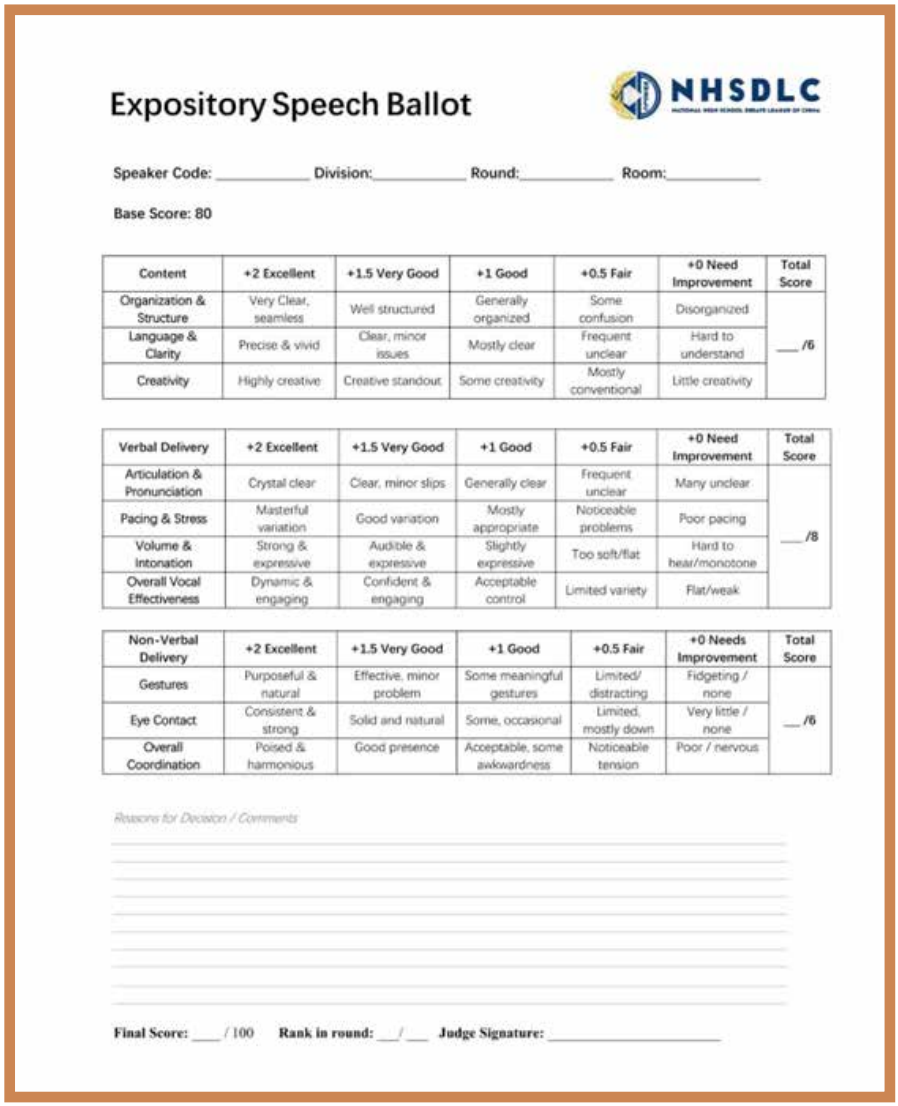
The speaker establishes and maintains consistent eye contact with the audience. They scan the room naturally, connecting with individuals across different sections, which builds rapport and conveys sincerity and confidence.

演讲者与听众保持持续而稳定的眼神交流。目光在全场自然地移动，与不同区域的听众建立连接，以此建立互动感，并传递出真诚与自信。

10. Overall Coordination

The speaker demonstrates a high level of physical poise and integration. All non-verbal elements—gestures, eye contact, facial expressions, and posture—work together harmoniously to create a confident, natural, and compelling stage presence that reinforces the spoken message.

演讲者展现出高度的整体协调性与舞台风范。所有体态语言要素——手势、眼神交流、面部表情及身体姿态——和谐统一，共同塑造出自信、自然且富有感染力的舞台形象，有力地强化了演讲表达。



Expository Speech Ballot

NHSDLC

Speaker Code: _____ Division:_____ Round:_____ Room:_____

Base Score: 80

Content	+2 Excellent	+1.5 Very Good	+1 Good	+0.5 Fair	+0 Need Improvement	Total Score
Organization & Structure	Very Clear, seamless	Well structured	Generally organized	Some confusion	Disorganized	___ /6
Language & Clarity	Precise & vivid	Clear, minor issues	Mostly clear	Frequent unclear	Hard to understand	
Creativity	Highly creative	Creative standout	Some creativity	Mostly conventional	Little creativity	

Verbal Delivery	+2 Excellent	+1.5 Very Good	+1 Good	+0.5 Fair	+0 Need Improvement	Total Score
Articulation & Pronunciation	Crystal clear	Clear, minor slips	Generally clear	Frequent unclear	Many unclear	___ /8
Pacing & Stress	Masterful variation	Good variation	Mostly appropriate	Noticeable problems	Poor pacing	
Volume & Intonation	Strong & expressive	Audible & expressive	Slightly expressive	Too soft/flat	Hard to hear/monotone	
Overall Vocal Effectiveness	Dynamic & engaging	Confident & engaging	Acceptable control	Limited variety	Flat/weak	

Non-Verbal Delivery	+2 Excellent	+1.5 Very Good	+1 Good	+0.5 Fair	+0 Needs Improvement	Total Score
Gestures	Purposeful & natural	Effective, minor problem	Some meaningful gestures	Limited/ distracting	Fidgeting / none	___ /6
Eye Contact	Consistent & strong	Solid and natural	Some, occasional	Limited, mostly down	Very little / none	
Overall Coordination	Poised & harmonious	Good presence	Acceptable, some awkwardness	Noticeable tension	Poor / nervous	

Reasons for Decision / Comments

Final Score: ___ / 100 Rank in round: __/__ Judge Signature: _____

Sample Ballot 评分单示例

5 Awards 奖项设置

- All participants will receive a certificate of participation.
  所有参赛选手均将获得参赛证书。
- The organizing committee will present Gold, Silver, and Bronze awards based on the number of participants, with a total award rate of approximately 70%. The top three finalists will receive the Champion, Runner-up, and Second Runner-up awards.
  组委会将根据比赛人数设置金、银、铜奖项，总获奖率约为 70%。决赛前三名优胜者将获得冠、亚、季军奖项。

