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

原创演讲
Original Oratory



规则手册
RULEBOOK

NATIONAL HIGH SCHOOL DEBATE LEAGUE OF CHINA

Competition Rules and Judging Standards
挑战规则与评审标准

Original Oratory is an individual event in which a student writes and delivers a speech on a chosen topic. This book sets out the requirements for original manuscripts, evidence, speech delivery and the final-round question and answer session.

原创演讲是个人挑战项目，选手围绕自选主题独立撰写并发表演讲。本手册规定原创稿件、证据使用、演讲呈现及决选轮问答环节的要求。

For competitors, parents, coaches, judges and tournament staff.

供选手、家长、教练、裁判及挑战工作人员使用。

29 SEPTEMBER 2026

2026 年 9 月 29 日

Original Oratory

– Table of Contents –

Event Essentials 项目要点 ····· 01

1. Event Scope and Eligibility 项目定位与参与资格 ····· 02

2. Authorship Evidence and Quotations 原创性证据与引用 ····· 03

3. Manuscript Submission 演讲稿提交 ····· 05

4. Performance and Timekeeping 演讲呈现与计时 ····· 07

5. Tournament Rounds and Questioning 挑战轮次与裁判提问 ····· 09

6. Judging Content and Organization 内容与结构评审 ····· 11

7. Judging Delivery and Timing 表达与时间评审 ····· 13

8. Attendance and Conduct 到场要求与挑战现场行为 ····· 15

9. Spectating Recording and Online Rounds 观摩、录制与线上轮 ····· 17

10. Violations and Decisions 违规与处理决定 ····· 19

11. Preparation and Competition Checklist 准备建议与参与挑战前核对 ····· 21

12. Speaker Rubric ····· 23

Event Essentials 项目要点

Item 项目	Rule 规则
Divisions 组别	HS 10 min | MS 5 min Elementary G4–6 and G1–3 3 min each 高中 10 分钟；初中 5 分钟；小学两个组别各 3 分钟
Grace period 宽限时间	30 seconds for every speech | No minimum length 各组演讲均有 30 秒宽限时间；无最低时长
Quotation Limits 直接引用上限	HS 150 | MS 100 | Each Elementary division 50 words 高中 150 词；初中 100 词；小学两个组别各 50 词
Manuscripts 稿件	Submit no later than 3 days before the tournament 最迟于挑战开始前 3 天提交
Final-round Q&A 决选轮问答	30 sec preparation | 2 min answer | No grace Speech 90% | Q&A 10% 准备 30 秒；回答 2 分钟；无宽限 演讲 90%；问答 10%

1 Event Scope and Eligibility 项目定位与参与资格

1.1 **Event Definition:** The competitor presents a self-written speech on a topic of their choosing. The speech may explain a concern, evaluate a trend or take a position on a controversy. The event develops independent thinking, research, reasoning and clear public communication.

选手就自选主题发表本人撰写的演讲，可探讨公众关注的问题、分析某种现象或趋势，或对争议问题提出立场。本项目培养独立思考、研究、推理及清晰的公共表达能力。

1.2 **Purpose and Content:** Speeches may inform, entertain, inspire, praise or persuade. Persuasive speeches addressing significant social values are particularly encouraged. Arguments should use evidence, logical reasoning and appropriate emotional appeals.

演讲可以传递信息、愉悦听众、启发思考、表达赞颂或说服听众。尤其鼓励围绕重要社会价值展开劝说型演讲。论证应结合证据、逻辑推理与恰当的情感诉求。

1.3 **Entry Divisions:** The event has four divisions: High School (HS), Middle School (MS), Elementary Grades 4–6 and Elementary Grades 1–3. Competitors must enter the division appropriate to their school grade and use the division confirmed at registration.

本项目设四个组别：高中组（HS）、初中组（MS）、小学 4 至 6 年级组及小学 1 至 3 年级组。选手须按在读年级报名，并按报名确认的组别参与挑战。

1.4 **Original Work and Academic Season:** An academic season is one full school calendar year, running from fall through the following summer. A speech used in a previous academic season may not be reused. The speech must be the competitor's own original work; performing an existing speech by someone else does not meet this requirement.

一个学年周期涵盖一个完整的学校学年，自秋季起至次年夏季止。不得重复使用以往学年已参与挑战的演讲稿。演讲须为选手本人原创作品，演绎他人的现有演讲不符合此项要求。

1.5 **Language:** All competition speeches and answers must be in English. Judges do not evaluate a speech delivered in another language. Fluency, clarity and comprehensibility may affect the assessment of delivery.

挑战演讲及回答均须使用英语。裁判不对使用其他语言发表的演讲评分；表达是否流利、清晰、易于理解，会影响裁判对演讲的评价。

1.6 **Fairness:** Competition results should primarily reflect the quality of the student's performance, regardless of school, grade, gender or other personal characteristics. The educational aim is to strengthen the student's academic and speaking skills.

挑战结果应主要反映选手的表现质量，不应取决于学校、年级、性别或其他个人特征。本挑战的教育目标是提升学生的学术与演讲能力。

2 Authorship, Evidence and Quotations 原创性，证据与引用

2.1 Plagiarism

Presenting another person's wording or ideas as one's own, including close imitation without proper credit, is plagiarism. Borrowed material must be attributed and identified in the submitted manuscript. The student remains responsible for the originality and accuracy of the speech.

将他人的语言或思想冒充为本人作品，包括**未适当注明来源而高度仿用他人的表述或思想**，属于剽窃。借用内容须注明来源，并在提交稿件中清楚标识。选手对演讲的原创性及准确性负责。

Division 组别	Maximum Direct Quotation 直接引用总上限	Performance Time 规定演讲时间
High School 高中组	150 English words 150 个英文单词	10 min + 30 sec grace 10 分钟及 30 秒宽限
Middle School 初中组	100 English words 100 个英文单词	5 min + 30 sec grace 5 分钟及 30 秒宽限
Elementary G4–6 小学 4 至 6 年级组	50 English words 50 个英文单词	3 min + 30 sec grace 3 分钟及 30 秒宽限
Elementary G1–3 小学 1 至 3 年级组	50 English words 50 个英文单词	3 min + 30 sec grace 3 分钟及 30 秒宽限

2.2 Counting Quotations

The quotation limit is the combined number of directly quoted words from all other speeches and writings. Clearly identify each quoted passage in the manuscript, give its source and state the total quotation word count. These are English word limits, not Chinese character limits.

直接引用上限指引用所有其他演讲或书面作品的英文单词总数。须在稿件中清楚标识每一处引文、注明来源，并列明引用总词数。此处按英文单词计数，不按汉字计数。

2.3 Paraphrasing Restriction

Paraphrasing material from another source is prohibited. Any paraphrased material also counts toward the quotation limit. Rewording a borrowed passage does not avoid the limit or make prohibited paraphrasing permissible.

禁止转述他人的材料，转述内容也计入引用词数上限。改写借用的段落不能规避上限，也不会使被禁止的转述变得合规。

2.4 Evidence and Attribution

Support substantive claims with evidence and explain how the evidence supports the argument. Document the sources in the manuscript, including source links for borrowed material. The rulebook requires original reasoning as well as proper attribution.

重要主张应有证据支持，并说明证据如何支撑论证。须在稿件中列明来源，为借用材料提供来源链接。正确引用不能替代选手自己的推理。

2.5 Academic Integrity

Report suspected academic dishonesty to NHSDLC staff promptly. The Tournament Director may disqualify a competitor for academic dishonesty and may bar future participation in especially serious cases. The AI policy and its stated consequences appear in Section 10.

如发现疑似学术不诚信行为，应及时通知 NHSDLC 工作人员。学术总监可取消相关选手参与资格，情节特别严重者还可被禁止参加未来的挑战。**人工智能使用规定及相应违规处理措施**见第 10 节。

3 Manuscript Submission 演讲稿提交

3.1 Deadline

Submit the complete manuscript to the NHSDLC committee no later than three days before the tournament. Use the announced submission channel.

选手须最迟于挑战开始前 3 天向 NHSDLC 组委会提交完整演讲稿，并使用官方公布的提交渠道。

3.2 File Requirements

Provide the full digital text or a complete, legible scanned copy in PDF, or clear JPG/PNG images. The submitted manuscript must faithfully represent the speech prepared for competition. Do not omit pages or cited passages.

提交完整电子文本或清晰、完整的 PDF 扫描件，也可提交清晰的 JPG / PNG 图片。提交稿件须真实、完整地呈现拟用于参与挑战的演讲内容，不得遗漏页面或引用段落。

3.3 Submission Contents

Include the speech title, competitor code and name, the full speech, clear identification of every quotation, the total quoted-word count and the sources for borrowed material. State that the speech is the competitor's own work. A bibliography supports the manuscript; it does not replace in-text identification of quotations.

材料须包含演讲标题、选手编号及姓名、完整演讲稿、清楚标明的各处引文、引用总词数和借用材料的来源，并确认演讲为选手本人原创。参考资料清单不能替代稿件中对引文的逐处标识。

3.4 Filename and Verification

Name the file Division+Competitor Code+Name+Speech Title, followed by its file extension. Use the division labels OO hs, OO ms, OO eleg4-6 or OO eleg1-3. Example: OO eleg1-3+800+Kathy+Equity vs Equality.pdf. Research and quotation links support verification; the original speech itself need not have been published. NHSDLC may verify all submitted materials.

文件名须按“组别 + 选手编号 + 姓名 + 演讲标题”排列，并保留文件扩展名。

组别标识为 OO hs、OO ms、OO eleg4-6 或 OO eleg1-3。例如：OO eleg1-3+800+Kathy+Equity vs Equality.pdf。研究资料及引文链接用于核验，原创演讲本身无须事先发表。NHSDLC 可核查所有提交材料。

3.5 Missing or Non-Compliant Work

Missing, late, incomplete or otherwise non-compliant manuscripts are treated as non-compliant submissions. The competitor will be placed last in their room in each round and receive the lowest score in that room, as determined by the judge.

未交、逾期、缺漏或其他不符合要求的稿件，均按提交材料不合规处理。选手每轮在所在教室排名末位，并获得该教室最低分，具体分数由裁判决定。

3.6 Changes After Submission

Use the submitted speech throughout the tournament. Any material change after the deadline, including replacing the topic or adding quotations, requires staff approval and an updated manuscript before use.

整场挑战使用已提交的演讲稿。截止后如需实质性修改，包括更换主题或增加引文，须事先获得工作人员批准，并在使用前提交更新稿件。

4 Performance and Timekeeping 演讲呈现与计时

4.1 Manuscripts during Delivery

High School and Middle School competitors must memorize their speeches and may not use manuscripts during the performance. Both Elementary divisions may use a script; memorization is not required. Script-free delivery may create a stronger impression, but permitted script use is not by itself a scoring violation.

高中组及初中组选手须脱稿演讲，不得在挑战中使用演讲稿。小学两个组别均可使用稿件，不强制背诵。脱稿可能产生更好的表达效果，但小学组选手使用演讲稿本身不构成违规。

4.2 Visual Aids

Visual aids and assisting materials are prohibited, including slides, PowerPoint presentations, recorded sound, videos and other supporting tools. The permitted manuscript in both Elementary divisions is the exception for scripts.

禁止使用视觉辅助或辅助材料，包括幻灯片、PowerPoint、录音、视频及其他辅助工具。小学组允许使用的演讲稿是唯一的例外。

4.3 Starting the Timer

The judge starts the timer when the competitor begins speaking. Any spoken opening or introduction forms part of the speech. There is no minimum time. The speech limit is 10 minutes for High School, 5 minutes for Middle School and 3 minutes for each Elementary division, with a 30-second grace period in every division.

选手开始发言时裁判启动计时。任何口头开场或介绍均计入演讲时间。无最低时长要求；高中组规定时长 10 分钟、初中组 5 分钟、小学两个组别各 3 分钟，各组均设 30 秒宽限期。

4.4 End of Allotted Speech Time

The stopping rule applies at the end of the grace period: 10:30 for High School, 5:30 for Middle School and 3:30 for each Elementary division. The speaker may finish the sentence already begun but may not start another sentence. The judge determines what reasonably constitutes that sentence. Speech beyond the grace

period incurs the deduction in Rule 4.5.

演讲结束规则在宽限期结束时启用，即高中组 10 分 30 秒、初中组 5 分 30 秒、小学两个组别各 3 分 30 秒。选手可说完已经开始的句子，但不得另起新句；何为合理的结束句，由裁判判断。超过宽限期的演讲须按第 4.5 条扣分。

4.5 Overtime Deduction

Record the actual speech time. If the speech exceeds the division's limit including its 30-second grace period, deduct 5 points from the overall round score. Apply the deduction once per speech, after calculating the round score, including the 90% speech and 10% Q&A weighting in the final. The grace period allows small timing variations and should not be planned as extra speech time.

须记录演讲实际用时。演讲超过本组规定时长及 30 秒宽限期后，该轮总分扣 5 分。每篇演讲仅作一次超时扣分，先计算该轮成绩，再扣分；决选轮先按演讲 90%、问答 10% 计算总分，再扣 5 分。宽限期用于容纳小幅时间偏差，不宜作为计划中的额外演讲时间。

4.6 Delivery

Deliver the message clearly, using appropriate eye contact, vocal variation, posture and gestures. Fluency should help the audience follow the argument; delivery should support the meaning of the speech.

应通过清晰表达、恰当目光交流、声音变化、姿态及手势传递信息。流利度应帮助听众理解论证，表达方式应服务于演讲内容。

5 Tournament Rounds and Questioning 挑战轮次与裁判提问

5.1 Structure

A standard tournament is designed for one day, with three preliminary rounds and an elimination stage. Depending on entry numbers, the elimination stage may include semifinals and a final. Preliminary rounds, semifinals and any other elimination rounds before the final consist only of the prepared speech. Q&A takes place in the final round only.

标准挑战原则上于一天内完成，包括三个预选轮次及淘汰阶段。淘汰阶段可视参与人数设置半决选轮及决选轮。预选轮、半决选轮及决选轮前的其他淘汰轮次均只进行准备好的原创演讲。仅决选轮设置问答环节。

5.2 Room Procedure

Groups normally contain four to eight speakers. Preliminary rounds use one judge; final panels normally have three to five judges. NHSDLC may adjust arrangements for small fields. Follow the order shown on the pairings. The judge calls the next speaker when ready and may take notes between performances.

通常每组 4 至 8 名选手；预选轮每组 1 名裁判，决选轮通常设 3 至 5 名裁判。人数较少时，NHSDLC 可调整安排。选手按对垒表顺序出场；裁判可在演讲间隙记录评语，并在准备就绪后叫下一位选手。

5.3 The Final-Round Question

After each finalist's speech, the judge asks one question based on that speech. If the speaker did not hear it clearly, they may ask for it to be repeated or clarified once. Not understanding a clearly heard question does not create additional preparation time.

决选轮中，每位选手演讲结束后，裁判根据演讲内容提出一个问题。若选手未听清，可请求重复或澄清一次；若已听清但不理解问题，不因此获得额外准备时间。

5.4 Preparation and Response

The judge announces and starts 30 seconds of preparation. The speaker may use the full period or tell the judge they wish to begin earlier. The answer is limited to 2 minutes, with no additional grace period. The judge stops the answer at 2:00; content delivered after that point is not assessed.

裁判宣布并启动 30 秒准备时间。选手可使用全部 30 秒准备时间，也可通知裁判提前开始。回答限时 2 分钟，不设额外宽限时间。回答达到 2 分钟时，裁判须示意选手停止作答，之后的内容不计入评分。

5.5 Final-Round Assessment

The prepared speech carries 90% and Q&A carries 10% of the overall final-round assessment. Judge the answer on relevance, reasoning and clarity. Its primary purpose is to distinguish close competitors and break ties. Score each component on a 100-point scale: final score = (speech score × 90%) + (Q&A score × 10%), before any overtime deduction. If overall final scores are tied, the higher Q&A score breaks the tie.

决选轮整体评价中，演讲部分占 90%，问答占 10%。回答按相关性、推理及清晰度评价，主要用于区分表现接近的选手及处理同分。两项均按百分制评分：决选轮总分 = 演讲分 ×90% + 问答分 ×10%，之后再作超时扣分。决选轮总分相同时，问答分较高者排名在前。

5.6 Advancement and Results

Before the first round, NHSDLC must publish the number of advancing speakers, semifinal arrangements, how judges' scores are combined, awards and procedures for any ties remaining after Rule 5.5. Apply these procedures consistently to all competitors.

NHSDLC 须在首轮挑战前公布晋级人数、半决选轮安排、多名裁判评分的汇总方式、奖项及按第 5.5 条处理后仍同分时的程序。上述程序须统一适用于所有选手。

6 Judging Content and Organization 内容与结构评审

6.1 Speech Scoring

Assess a compliant, completed prepared speech holistically from 80 to 100 using all ten criteria in Sections 6 and 7 and the performance bands below. The criteria inform one speech score. In preliminary rounds and semifinals, the speech score is the round score before penalties. In the final, apply the 90% speech and 10% Q&A weighting in Rule 5.5. Apply any overtime deduction after calculating the round score; penalties may produce a score below 80.

对合规且完成的演讲部分，结合第 6 节及第 7 节全部十个维度，参照下列表现等级，给出 80 至 100 分的整体演讲分。各维度共同形成一个演讲分数。预选轮及半决选轮以演讲分作为扣分前的轮次成绩；决选轮按第 5.5 条，将演讲 90% 及问答 10% 加权。算出该轮成绩后再作超时扣分，处罚后分数可低于 80 分。

Score 分数	Performance Band 表现等级
97-100	Excellent 优秀
93-96	Good 良好
89-92	Satisfactory 合格
84-88	Needs improvement 有待提高
80-83	Unsatisfactory 尚未达标

6.2 Introduction

A strong introduction gains attention, identifies the topic, establishes credibility and audience relevance, and previews the main points. Lower bands reflect meeting three, two, one or none of those four functions.

优秀开场应吸引注意、明确主题、建立演讲的可信度，并说明主题与听众的关联，并预告主要论点。较低等级依次对应完成上述四项功能中的三项、两项、一项或均未完成。

6.3 Body

Main points should be clear, supported by evidence and connected through purposeful transitions. Sources should be documented. Lower performance shows unclear claims, insufficient support, missing references or weak connections between ideas.

主体论点应清楚，有证据支持，并以有效过渡相连接，资料来源须明确。较弱表现包括主张不清、支持不足、缺少出处或观点之间衔接薄弱。

6.4 Conclusion

The conclusion should review the main points, restate the central message, provide closure and, where appropriate, call the audience to action. An abrupt ending or a conclusion that leaves the audience without closure is less effective.

结尾应回顾主要论点、重申核心信息、形成完整收束，并在适当情况下提出行动号召。突然结束或未形成收束的结尾效果较弱。

6.5 Topic Relevance

Evaluate whether the speech stays focused on its chosen topic, presents ideas creatively and connects with the audience. A speech that repeatedly drifts from its subject or lacks significance is less effective.

评价演讲是否紧扣自选主题、以有创意的方式呈现观点，并与听众建立联系。频繁偏离主题或缺乏意义会降低表达效果。

7 Judging Delivery and Timing 表达与用时评估

7.1 Eye Contact

Look for natural, sustained connection with the audience. Eye contact should support communication. In both Elementary divisions, judges must respect the permission to use a manuscript.

选手应关注与听众自然、持续的联系，目光交流应服务于沟通。评价小学两个组别时，裁判均须尊重允许使用稿件的规定。

7.2 Use of Language

Language should make the speech precise, understandable and effective. Confusing wording weakens the performance. Inappropriate or offensive language falls into the lower rubric bands.

语言应准确、易懂，并增强表达效果。令人困惑的措辞会削弱表现；不恰当或冒犯性的语言对应量表较低等级。

7.3 Body Language

Gestures, posture, facial expression and movement should complement the message naturally. Repetitive, limited, distracting or inappropriate movement weakens delivery; stiffness or no expressive physical engagement may also reduce effectiveness.

手势、姿态、面部表情及身体移动应自然得体，并有助于传达演讲内容。重复、单一、分散注意或不恰当的动作会削弱表达；僵硬或缺乏有表现力的身体表达也可能影响效果。

7.4 Clarity

Assess articulation, pronunciation, volume and pacing. Effective speakers are easy to understand and avoid distracting fillers, repetitions and self-corrections. Frequent mumbling or unintelligibility places the performance in lower bands.

考查吐字、发音、音量和语速。有效表达应易于理解，并减少无实质意义的填充音，如“um”“uh”、重复和自我纠正。频繁含糊不清或难以听懂属于较低等级表现。

7.5 Tone of Voice

Vocal tone, emphasis, pitch and rhythm should vary naturally with the message. A vivid, controlled voice strengthens meaning. Limited variation or a consistently monotone voice is less effective.

语气、重音、音高和节奏应随内容自然变化。生动且有控制的声音有助于传达含义；变化不足或全程单调会削弱效果。

7.6 Time

Use actual elapsed time and the procedure in Section 4. A well-paced speech completes its ideas within the division's main time limit. Record any overrun and any intervention needed to stop the speech. Deduct 5 points from the overall round score for speech time beyond the 30-second grace period, as required by Rule 4.5. The final-round answer has a separate 2-minute limit with no grace period.

依照第 4 节程序及实际用时评价时间控制。节奏合理的演讲应在本组规定时长内完整表达观点。须记录超时及要求停止演讲的情况。演讲超过 30 秒宽限期后，按第 4.5 条从该轮总分扣 5 分。决选轮问答另设 2 分钟回答时限，不设宽限期。

8 Attendance and Conduct 到场要求与现场行为

8.1 Arrival

Go to the assigned room immediately after pairings are announced and be present at the scheduled start of the round, regardless of speaking order. Remain with the group before and after speaking.

对垒信息公布后须立即前往指定教室，无论出场顺序如何，均须按本轮开始时间到场；演讲前后均须与本组选手在教室等候。

8.2 Lateness

Notify NHSDLC staff before the round starts if an emergency may cause delay. Only staff may authorize a later speaking position; judges do not automatically rearrange the order. Report a missing speaker or judge promptly. A speaker still absent 15 minutes after the scheduled start forfeits that round unless staff approve an exception.

如因紧急情况可能迟到，须在本轮开始前通知 NHSDLC 工作人员。仅工作人员可批准调整出场顺序，裁判不得自行调整迟到选手的出场顺序。发现选手或裁判缺席时应及时报告；轮次开始 15 分钟后仍未到场的选手，该轮按弃权处理，除非工作人员批准例外。

8.3 Round Forfeiture

A late competitor who forfeits receives zero points for that round. The next speaker proceeds without disruption. The competitor may attend later rounds unless they withdraw or NHSDLC staff determine a further consequence.

因迟到而弃权的选手该轮计零分，由下一位选手继续进行挑战。除非选手主动退出挑战或 NHSDLC 工作人员作出进一步处理，仍可参加后续轮次。

8.4 Safety and Respect

Everyone must maintain a professional and safe environment. Threats, verbal abuse, discrimination and conduct that endangers others are prohibited. NHSDLC may remove anyone whose conduct seriously disrupts the event.

所有人员均须维护专业、安全的环境。禁止威胁、言语辱骂、歧视及危及他人安全的行为。对于严重扰乱现场秩序的人员，NHSDLC 有权要求其离场。

8.5 Prohibited Substances

A competitor found possessing drugs, alcohol, cigarettes or other illicit substances is disqualified and removed without an entry-fee refund. NHSDLC staff determine how the conduct rule applies and the appropriate consequences.

选手如被发现持有毒品、酒精、香烟或其他非法物品，将被取消参与资格并要求离场，报名费不予退还。NHSDLC 工作人员负责认定行为规则的适用情况及相应后果。

8.6 Respect During Performances

Waiting competitors must respect the current performer. Judges may record disruptive behavior on the ballot and lower the responsible competitor's score. Serious disruption may be referred to the Tournament Director for a final warning or disqualification.

候场选手须尊重**正在演讲的选手**。裁判可在评分单中记录干扰行为，并相应降低实施干扰者的得分。严重干扰可上报学术总监，由其决定给予最终警告或取消参与资格。

9 Spectating Recording and Online Rounds 观摩、录制与线上轮

9.1 Spectating

Spectators are not permitted in preliminary rounds unless the NHSDLC Tournament Director explicitly authorizes an exception. Spectators may attend elimination rounds. Anyone who disrupts a round must leave when instructed by a competitor, judge, teacher or NHSDLC staff member.

预选轮原则上不允许观众观摩，除非 NHSDLC 挑战总监明确批准例外。淘汰轮允许观众观摩。观众若干扰正常流程，在选手、裁判、教师或 NHSDLC 工作人员要求离场时不得拒绝。

9.2 Recording

NHSDLC staff control the authorized use of competition speeches. In preliminary rounds, other parties may not record audio, video or a transcript without staff permission; ordinary handwritten notes are permitted. Unauthorized audio or video must be deleted when staff instruct.

演讲的授权使用由 NHSDLC 工作人员管理。预选轮中，其他人员未经工作人员许可，不得录音、录像或制作逐字转录；允许普通手写笔记。未经许可的录音录像须按工作人员要求删除。

9.3 Recording Requests

Requests for short clips under 20 seconds, a parent's recording of their child, or other recordings are considered case by case. These are not automatic exemptions. For anything longer than a short clip, ask all speakers involved before the round as well as seeking staff permission. A performer may require recording to stop at any time, including after earlier consent.

20 秒以下短视频、家长拍摄本人子女及其他录制请求，应由工作人员逐案处理，并不自动获得豁免。超过短视频长度的录制，除须取得工作人员许可外，还应在轮次开始前征询所有相关选手。选手可随时要求停止录制，即使此前已同意，录制者也须立即停止。

9.4 Online Setup

For an online round, prepare a quiet, uncluttered background, a stable internet

connection, audible sound and a functioning camera that shows the entire upper body. Check the setup before the competition begins.

线上轮须准备安静、整洁的背景，确保网络稳定、声音清晰可闻，摄像头正常并展示整个上半身。应在挑战开始前完成设备检查。

9.5 Technical Difficulties

A speaker experiencing a technical interruption may ask the judge for one pause of up to five minutes to fix it. If the problem remains after five minutes, or another problem occurs, the speaker must continue without another technical pause.

选手遇到设备、网络等技术故障时，可向裁判申请一次不超过 5 分钟的暂停进行处理。若 5 分钟后仍未解决，或再次发生相同或其他故障，须继续演讲，不得再次申请技术暂停。

9.6 Resuming the Performance

The performance timer pauses only for the judge-authorized technical break and resumes from the elapsed time. The speaker continues from the point of interruption; a technical break does not provide a fresh start or extra performance time.

仅在裁判批准的技术暂停期间停止演讲计时，恢复后从已用时间继续计算。选手从中断处继续；技术暂停不构成重新开始演讲或增加演讲时长的机会。

10 Violations and Decisions 违规与处理决定

10.1 AI Generation Policy

Using AI or large language models to generate speeches in any form is prohibited. NHSDLC uses Winston AI testing tools with a 75% threshold: a result of 75% or higher is treated as AI use under this competition rule. NHSDLC investigates suspected use and may require supporting evidence and full citations.

禁止以任何形式使用人工智能或大语言模型生成演讲内容。NHSDLC 使用 Winston AI 检测工具，以 75% 为阈值：检测结果达到或超过 75%，即按本挑战规则认定为使用人工智能撰写稿件。对疑似使用行为，NHSDLC 将调查，并可要求提交相关证据及完整引用。

10.2 AI Consequences

AI use results in last place in the round and disqualification from the tournament. NHSDLC may revoke individual awards if evidence arrives after the event and may prevent future tournament registration.

使用人工智能将导致该轮排名末位，并取消本次挑战的参与资格。若挑战结束后收到证据，NHSDLC 可撤销个人奖项，并可限制未来挑战报名。

10.3 Applicable Consequences

Late-round forfeiture receives zero points. Manuscript non-compliance results in last place in the room and the lowest score determined by the judge under Rule 3.5. Speech overtime incurs the 5-point deduction in Rule 4.5. Academic dishonesty may lead to disqualification or future exclusion; AI use carries the consequences in Rule 10.2.

因迟到导致的该轮弃权计零分。稿件提交不合规按第 3.5 条处理，所在教室排名末位，并由裁判确定该教室最低分。演讲超时按第 4.5 条扣 5 分。学术不诚信可能导致取消资格或限制未来参与挑战；使用人工智能适用第 10.2 条规定的后果。

10.4 Reporting and Authority

If a rule is unclear or a complaint arises, contact an NHSDLC staff member immediately. Give the competitor code, round, relevant rule and available

factual evidence. Do not make a prohibited recording to obtain evidence. The Tournament Director has final discretion over consequences according to the severity of the situation.

规则不清或发生投诉时，应立即联系 NHSDLC 工作人员，提供选手编号、轮次、相关条款及现有事实证据，不得为取证而进行被禁止的录制。挑战总监依据情况严重程度，对违规后果拥有最终裁量权。

10.5 Review Procedure

Staff should check the relevant evidence, allow the affected competitor to explain and record the decision and reason. Raise an administrative score-entry or calculation concern promptly so it can be checked before results are finalized where possible.

工作人员应核查相关证据、听取涉事选手说明，并记录决定及理由。对录分或计算错误的疑问应及时提出，以便尽可能在成绩确认前核查。

11 Preparation and Competition Checklist 准备建议与信息核对

11.1 Choosing a Worthwhile Topic 选择有意义的主题

Look for audience relevance, significance, personal connection, researchability and persuasive potential. Interests, books, news, habits and questions about common assumptions can provide starting points. Ask why you care, why the audience should care and whether credible evidence is available.

选题可考量听众关联、议题意义、个人联系、可研究性及说服潜力。兴趣、书籍、新闻、习惯或对常见假设的质疑均可成为起点。应问自己为什么在意、听众为什么在意，以及能否找到可信证据。

11.2 Before Submitting 提交前

Confirm the division and academic-season eligibility; write your own speech; identify sources and quotations; check the total quotation count; follow the paraphrasing and Winston AI rules. Name the File Division+Competitor Code+Name+Speech Title and submit the complete manuscript no later than three days before the tournament.

确认参与组别，并检查演讲稿是否符合学年使用规定；独立撰稿；标明来源及引文；核对引用总词数；遵守转述与 Winston AI 规定。按“组别 + 选手编号 + 姓名 + 演讲标题”命名文件，最迟于挑战开始前 3 天提交完整稿件。

11.3 Before the Round 轮次开始前

Check the pairing, room and round start time. Arrive for the start of the whole round. High School and Middle School speakers must be ready to perform from memory. Speakers in both Elementary divisions may bring their permitted manuscript. Remove other assisting materials and test online equipment if needed.

核对对垒、教室及本轮开始时间，按整轮开始时间到场。高中组及初中组须准备脱稿演讲，小学两个组别均可携带获准使用的稿件。移除其他辅助材料；线上参与挑战者须检查设备。

11.4 During the Round 轮次中

Speak in English, respect the assigned order and other speakers, observe the

division's time limit and follow the judge's stopping instruction. In the final round only, answer one speech-based question after up to 30 seconds of preparation and within 2 minutes, with no answer grace period.

使用英语，尊重规定出场顺序及其他选手，遵守本组时限及裁判结束指令。仅决选轮须在最多 30 秒准备后，用不超过 2 分钟回答一个与演讲内容相关的问题，回答不设宽限期。

11.5 For Judges 裁判核对

Verify the division, apply the correct timer and manuscript rule, record elapsed time and rule concerns, and use all ten speech criteria. For the final, apply 90% speech and 10% Q&A weighting and use Q&A to separate tied finalists. Apply the 5-point speech overtime deduction after calculating the round score. Follow the published advancement and result procedures.

确认组别，采用正确计时及稿件使用规则，记录用时及规则问题，并使用全部十个演讲评分维度。决选轮按演讲 90%、问答 10% 加权，并以问答分区分总分相同的决选轮选手。计算轮次总分后再作 5 分演讲超时扣分。按已公布的晋级及成绩程序执行。

12 Speaker Rubric

Criterion	Excellent: 100 - 97	Good: 96 - 93	Satisfactory: 92 - 89	Needs Improvement: 88 - 84	Unsatisfactory 83 - 80
Introduction	-Gets attention -Clearly identifies topic -Establishes credibility and relevance -Previews the main points	Meets any three of the four criteria	Meets any two of the four criteria	Meets only one of the four criteria	Fails to meet any of the criteria definitively
Body	Main points are clear, well-supported, and sources are documented Uses transitions authentically	Main points are somewhat clear and uses transitions mostly correctly.	Main points need clarity and support, lack of sources, references and transitions.	Main points are not clear and have no support. Transitions are poorly used.	Failed to clearly show the main point and lacks any transitions
Conclusion	-Reviews main points - Restates thesis closure -A call to action	Reviews main points, brings closure	Brings closure	Does not bring closure the audience is left hanging	Abruptly stops and does not address the points at all
Topic Relevance	Speech is on-topic, creative and relates to the audience	Speech is in general on-topic and is interesting	Speech is hardly on topic	Speech is off-topic and insignificant	Speech is completely unrelated
Use of Language	Use of language greatly contributes to effectiveness of the speech	Use of language does not have negative impact	Use of language causes potential confusion	Use of language is inappropriate	Use of language is offensive
Clarity	Speaks clearly and distinctly all the time with no mispronounced words, vocalized pauses (um, uh, er, etc.), repetitions and self-corrections	Speaks clearly and distinctly nearly all the time with only a handful of mistakes	Speaks clearly and distinctly nearly all the time with several mistakes	Often mumbles or cannot be understood	Mumbles throughout the speech and can barely be understood
Body Language	Body language, gestures, and facial expressions add greatly to the message	Body language, gestures, and facial expressions compliment message	Body language, facial expressions and gestures lack variety and spontaneity	Body language, gestures, and facial expressions are lacking or inappropriate	Stiff or completely no body movement throughout the speech
Eye Contact	Eye contact with audience virtually all the time in a natural way	Eye contact with the audience less than 80% of the time	Eye contact with the audience less than 70% of the time	Little to no eye contact	No eye contact at all
Tone of Voice	Tone of voice is vivid, natural and flows with the message	Tone of voice is somewhat vivid, natural and compliments the message	Tone of voice lacks variations and does not compliment the message	Tone of voice remains the same all the time	Remains monotone throughout the speech
Time	Within allocated time	Within allocated time	Within allocated time	Within allocated time	Going beyond the grace period will incur a 5point deduction

评分维度	优秀 100–97 分	良好 96–93 分	合格 92–89 分	有待提高 88–84 分	尚未达标 83–80 分
开场	吸引听众注意；明确演讲主题；建立可信度，并体现主题与听众的关联；预告主要论点	达到上述四项标准中的任意三项	达到上述四项标准中的任意两项	仅达到上述四项标准中的一项	未能明确达到上述任何一项标准
主体	主要论点清晰，论据充分，资料来源明确；衔接过渡自然	主要论点较为清晰，大部分衔接过渡恰当	主要论点不够清晰，支撑不足；缺少资料来源、引用及衔接过渡	主要论点不清晰，缺乏支撑；衔接过渡不当	未能清晰呈现主要论点，缺少衔接过渡
结尾	回顾主要论点；重申核心观点，完整收束全文；提出行动号召	回顾主要论点，并完整收束全文	能够收束全文	未能收束全文，让听众感到内容尚未交代完整	突然结束，完全未回应前述论点
主题相关性	紧扣主题，富有创意，并与听众相关	总体切合主题，内容有吸引力	几乎未能切合主题	偏离主题，且缺乏意义	内容与主题完全无关
语言运用	语言运用显著增强演讲效果	语言运用未对演讲效果产生负面影响	语言运用可能造成理解上的困惑	语言运用不恰当	使用冒犯性语言
表达清晰度	全程表达清楚、吐字清晰，无发音错误、填充音（如“um”“uh”“er”等）、重复或自我纠正	几乎全程表达清楚、吐字清晰，仅极少量错误	几乎全程表达清楚、吐字清晰，但有若干错误	经常含糊不清，或令人难以理解	全程含糊不清，几乎无法听懂
肢体语言	身体姿态、手势及面部表情显著增强内容的表达效果	身体姿态、手势及面部表情与演讲内容相配合	身体姿态、面部表情及手势缺乏变化，不够自然	身体姿态、手势及面部表情运用不足或不恰当	全程身体僵硬，或完全没有身体动作
目光交流	几乎全程与听众保持自然的目光交流	与听众进行目光交流的时间占比低于 80%	与听众进行目光交流的时间占比低于 70%	很少或几乎没有目光交流	完全没有目光交流
语音语调	语音语调生动、自然，随演讲内容流畅变化	语音语调较为生动、自然，与演讲内容相配合	语音语调缺乏变化，未能配合演讲内容	语音语调始终没有变化	全程语调单一、平淡
时间控制	在规定时间内完成	在规定时间内完成	在规定时间内完成	在规定时间内完成	超过宽限期扣 5 分

