



NHSDLC
NATIONAL HIGH SCHOOL DEBATE LEAGUE OF CHINA

公共演讲

PUBLIC SPEAKING



RULEBOOK

**National High School Debate League of China
(NHSDLC)**

Public Speaking Rulebook

公共演讲规则手册

**Academic Committee of the NHSDLC
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I Introduction 介绍

This rule book provides the fundamental rules that govern speech events in the National High School Debate League of China (NHSDLC) tournaments.

这本手册提供了管理 NHSDLC 公共演讲比赛的基础规则。

There are three main purposes of the rules:

规则的主要目的有三点：

1. First, the rules contribute to the smooth and effective running of tournaments.

首先，规则助力于比赛有效且顺利地进行。

2. Second, the rules are designed to ensure competitive equity for all participants regardless of their school, grade, gender, and other ascriptive characteristics; the rules should foster a competitive experience where the quality of a team's speech should play an almost exclusive role in determining their competitive success.

第二，规则的设立是为了在面对不同学校，年级，性别以及其他特性时，保证竞争的公平性；规则的存在建立了一个竞争环境，演讲的质量是衡量成功的唯一准则。

3. Third, the rules facilitate the maintenance of an educational speech environment. As an educational activity, participating in speaking events should aid the development of an academic skill set that helps orators succeed.

第三，规则有利于维护教育演讲环境，作为一项有教育性的活动，出席演讲活动应该致力于发展能帮助演讲者成功的学术技能。

This rulebook should not determine the winner or loser of a speech tournament except in extreme circumstances. The primary role of a judge is to decide who wins the tournament within the constraints of the rules. At the same time, orators and judges should be able to determine the application of rules to particular situations in a speech tournament on their own. If disagreement and confusion persist, the relevant parties should immediately contact an NHSDLC staff member. Complaints should be handled similarly.

除非在极端情况下，否则本规则手册不应决定演讲比赛的胜负。裁判的主要职责是在规则的约束下决定谁赢得比赛。同时，演讲者和裁判应该能够自行决定演讲比赛中特定情况规则的应用。如果分歧和困惑持续存在，相关方应立即联系 NHSDLC 工作人员。投诉也应同样处理。

The Tournament Director always maintains ultimate discretion regarding what consequences should be administered for rule infractions. Consequences will vary depending on the severity of the situation.

对于违反规则的后果，赛事组始终拥有最终的自由裁量权。后果将视情况的严重程度而定。

II Rules 规则

2.1 Tournament conduct 赛场行为

NHSDLC tournaments are a professional and safe environment. If any participant, judge, teacher, parent, person, or animal is exceptionally disruptive to this atmosphere, the NHSDLC reserves the right to remove them from the premises. Threats of violence, verbal abuse, discriminatory behavior, and acts that endanger anyone involved will not be tolerated. If a competitor is caught in possession of drugs, alcohol, cigarettes, or any other illicit substance, they will be disqualified from the tournament and removed from the premises without a refund of the entry fee.

NHSDLC 赛事是一个专业和安全的环境。如果任何参与者、裁判、教师、家长、个人或动物对这种氛围造成异常破坏，NHSDLC 保留将其从场所带走的权利。暴力威胁、言语虐待、歧视行为以及危及任何相关人员的行为都不会被容忍。如果演讲者被发现持有毒品、酒精、香烟或任何其他非法物质，将被取消比赛资格，并被驱逐出比赛场地，且不会退还报名费。

NHSDLC staff have the ultimate discretion in determining the application of this rule and the nature of the corresponding consequences.

NHSDLC 工作人员在决定本规则的应用和相应后果的性质方面拥有最终的自由裁量权。

2.2 Being on time 守时

After the round information is announced, speakers should proceed immediately to their assigned rooms according to the match schedule. Speakers must arrive on time based on the designated start time of their respective rounds. If either a speaker or a judge fails to appear in the assigned room within five minutes after the round begins, the staff should be notified as soon as possible.

在比赛信息公布后，演讲者应按照对阵表立即前往分配的房间。演讲者必须根据相应轮次开始时间按时到场。如果当前轮次开始后5分钟内演讲者或是裁判没有出现在对应的房间内，那么应该尽快通知工作人员。

If students have emergencies and may be late to the round, it is their responsibility to notify NHSDLC staff before the round starts. If NHSDLC staff permits, the orator will be assigned to speak later in the group. However, the judge will not automatically change the speaking order if orators are late without providing notification. Orators will forfeit the round after 15 minutes of waiting. NHSDLC staff have the ultimate discretion to determine if the orator who was late has forfeited the tournament.

如果演讲者有紧急情况并且可能会迟到，需要在演讲开始前通知 NHSDLC 工作人员。

如果 NHSDLC 工作人员允许，可以向后调整演讲者的小组发言顺序。相反的，如果演讲者迟到也没有提前通知，裁判不会自动改变演讲顺序。演讲者会在 15 分钟后被判定弃权。NHSDLC 的工作人员有最终裁量权来决定迟到的演讲者是否已经失去了比赛资格。

If a competitor forfeits a round due to tardiness, it should not affect other speakers in the room, and the round should naturally move on to the next speaker. Meanwhile, the competitor will receive zero points for this round, but they will still be able to attend following rounds unless they willingly drop out of the tournament.

如果一位演讲者因为迟到而错过了一轮，不应该影响房间里的其他演讲者，这轮演讲会自然顺延到下一位演讲者。同时，迟到的演讲者在本轮比赛中将获得零分。但是迟到的演讲者仍然可以参加接下来的比赛，除非主动提出放弃比赛。

2.3 Language 语言

Competitors must communicate in English during speeches. Judges are instructed not to evaluate speeches made in a different language. At the same time, the ability to deliver a speech with fluency could affect a judge's impression of the speaker.

演讲者必须全程使用英语交流。裁判们将不会对其他语言的演讲进行评分。同时，演讲的流利度也会影响法官对演讲者的印象。

2.4 Spectating 观赛

Spectators are not allowed in preliminary rounds. The only exception is if explicit permission is given by the NHSDLC tournament director.

预赛期间不允许观众进行观赛，除非组委会会有明确的许可表示允许观赛。

Spectating elimination rounds is permitted.

淘汰赛允许观赛。

If a spectator is disruptive, disrespectful, or otherwise unduly detracts from the tournament that is happening, they may be told to leave by participating orators, judges, NHSDLC staff, or teachers. Spectators may not refuse.

如果观众扰乱、无礼或以其他方式不当地影响正在进行的比赛,参赛的演讲者、裁判、NHSDLC工作人员或教师可能会要求他们离开。观众不得拒绝。

Meanwhile, other students waiting in the room must also follow this rule and be respectful to the speaker. If other speakers are disruptive, disrespectful, or otherwise unduly detract from the speech that is happening, judges have the discretion to reflect this behavior on ballots towards their speeches and negatively affect their score, even though this might not be relevant to the actual speech content. Being respectful to others will always be the social norm that NHSDLC supports and adheres to. If disruption reaches a certain level, judges have the right to report to the NHSDLC tournament director, who has the discretion to either give a final warning to the orator or directly disqualify the orator from the tournament.

同时,在房间里等候的其他演讲者也必须遵守这一规则,并尊重演讲者。如果其他演讲者扰乱、无礼或以其他方式不当地贬低正在发生的演讲,裁判有权在投票中反映他们的这种行为,并对他们的得分进行一些扣除,尽管这与实际演讲内容无关。尊重他人将始终是NHSDLC支持和遵守的社会规范。如果干扰达到一定程度,裁判有权向NHSDLC赛事组进行报告,后者有权向演讲者发出最后警告,或直接取消演讲者的比赛资格。

2.5 Recording 录制

The NHSDLC staff is the only party that has permission to make use of students' speeches in any way.

只有NHSDLC赛事组委会拥有演讲的使用权(不限形式)。

During the preliminary rounds, recording by other parties, through the capture of audio, video, transcription, and/or any other means outside of traditional note-taking, is not allowed. Anyone caught with an audio or video recording of a preliminary round will be forced to delete it by NHSDLC staff.

在预赛期间,不允许通过音频、视频、转录和/或传统笔记等任何方式进行录制。任何被发现预赛录音或视频记录的人都将被NHSDLC工作人员强制删除。

Short videos on WeChat by classmates, recordings of a child's individual speech made by parents, and coaches recording strategically valuable portions of a speech are drastically different situations. As such, the NHSDLC will apply this rule within reason. However, it is heavily encouraged to ask all orators involved before a round begins if one wishes to record more than a short video. Short videos are defined as videos under 20 seconds.

由同学录制的微信短视频、家长录制孩子单人演讲、以及教练录制演讲中有价值的部分,这些是不同的情况。因此,NHSDLC将在合理的范围内适用该规则。然而,如果想录制的不仅仅是一段短视频,我们强烈建议在一轮演讲开始前询问所有相关的演讲者。短视频被定义为20秒以下的视频。

Participating orators always have the right to request that audience members stop recording during a speech, even if they provided permission before the speech. Audience members may not refuse.

参与演讲的演讲者始终有权要求观众在演讲期间停止录音，即使是在演讲前提供了许可。观众不得拒绝。

2.6 Speech Time 演讲时间

Each competitor must obey the time limits of speeches. When time is up, speakers may finish a sentence they have already begun speaking, but may not begin a new one. Any ambiguity in what reasonably constitutes a concluding sentence will be determined by the judge.

每位演讲者都必须遵守演讲的时间限制。时间到了，演讲者可以完成他们已经开始讲的一句话，但不可以开始新的一句。任何关于结束句的歧义将由裁判裁定。

2.7 Online Tournament 线上赛

For the NHSDLC online public speaking tournament, orators have the responsibility to get prepared before the tournament begins, including but not limited to:

对于 NHSDLC 在线公开演讲比赛，演讲者有责任在比赛开始前做好准备，包括但不限于：

- Quiet and clear background for the presentation
演讲背景安静清晰
- Well-functioning internet connections
功能良好的互联网连接
- Adequate speaker volume
扬声器音量足够
- Clear and well-functioning camera, showing the orator's entire upper body
清晰且功能良好的摄像机，显示演讲者的整个上半身

When the orator experiences technical difficulties that interrupt any one of these conditions mentioned (for instance, unstable internet), the orator could, for one time, ask the judge to pause for a maximum of 5 minutes to fix the problem.

当演讲者遇到技术困难，上述任何一种情况出现状况（例如，互联网不稳定）时，演讲者可以要求法官暂停最多 5 分钟来解决问题。

If the orator could not fix the problem within 5 minutes, or problems (same or different from the previous one) happen again, the orator could not pause the speech anymore, but had to continue anyway.

如果演讲者不能在 5 分钟内解决问题，或者问题（与前一个问题相同或不同）再次发生，演讲者不能再暂停演讲，必须继续。

2.8 Use of Artificial Intelligence and Large Language Models

Categorically Prohibited 人工智能和大型语言模型的使用一律禁止

AI and large language models (LLMs) must not be used to create speeches. Before the tournament, NHSDLC will use Winston AI to check all manuscripts. If the AI **detection** score exceeds 75%, Copyleaks will verify it. If verified, the manuscript will be returned for revision, with the revised version due by the deadline. Manuscripts passing the initial check or after revision will be archived. Suspected AI use during or after the event will trigger an investigation, requiring evidence. Confirmed cases result in last place in the round and disqualification. Post-tournament evidence of AI use or plagiarism may lead to award revocation and a ban from future events.

禁止使用人工智能（AI）或大型语言模型（LLMs）创作演讲稿。比赛前，NHSDLC 将用 Winston AI 检查所有稿件。若 AI 得分超 75%，将用 Copyleaks 验证。若确认，稿件退回修改，修改稿须在截止日期前提交。初检通过或修改后的稿件将归档。比赛期间或结束后若疑似使用 AI，将调查并提供证据。确认使用 AI 者本轮垫底并取消资格。比赛后发现 AI 使用或抄袭证据，可能撤销奖项并禁止未来参赛。

III Tournament Procedure 比赛流程

NHSDLC public speaking events are designed as a one-day tournament. A standard tournament would have three preliminary rounds and elimination rounds. The exact number of elimination rounds can vary depending on the size of the tournament. Contestants present an original oratory during the preliminary rounds, while the Final round requires an original oratory and immediate Q&A.

NHSDLC 的公共演讲活动被设计为一天的比赛。标准赛制包括三轮预赛和淘汰赛。淘汰赛的具体轮次会根据比赛规模调整。参赛者在预赛中进行原创演讲，而决赛则包含原创演讲和即时问答两个环节

In rounds, orators should be paired into a minimum of 4 and a maximum of 8 orators per group, with one judge in preliminary rounds and at least 3-5 judges in the final round. We will adjust for tournaments with fewer participants. The pairings will list the orators in each group. Orators will speak in the order of the pairings. Every speaker should wait in the room with other speakers before and after they deliver their speech. The judge will set their timer according to their division

and start the timer once the speaker begins speaking. The judge may use the time in between each speech to write notes and work on scoring. When the judge is ready for the next speaker, they can call them forward to deliver their speech.

在轮次中，演讲者应分成每组 4-8 名演讲者，预赛中有一名裁判，最后一轮至少有 3-5 名裁判（如果参赛选手人数少，我们会视具体情况安排裁判）。对垒表将列出每组的演讲者。演讲者将按照对垒表的顺序发言。演讲前后，每位演讲者都应与其他演讲者一起在房间里等候。裁判将按照不同组别的时间规定设置计时器，并在演讲者开始发言后启动计时器。裁判可以利用每次演讲之间的时间写笔记和打分。

IV Original Oratory 原创演讲

In Original Oratory, orators deliver a self-written speech on a topic of their choosing. Orators might take a position on a current controversy, enlighten the audience about a current concern, or evaluate a phenomenon or trend. Arguments must be crafted using evidence, logic, and emotional appeals. Topics vary widely and can be informative or persuasive in nature.

在原创演讲中，演讲者就自己选择的主题发表自己撰写的演讲。演讲者可以对当前的争议采取立场，启发观众对当前的某令人担忧的现象进行思考，或评估一种现象或趋势。论证必须使用证据、逻辑和情感诉求。主题可以千差万别，可以是信息丰富的，也可以是有说服力的。

4.1 Rules 规则

Speakers are prohibited from using the same speech for more than one school year and are not permitted to use visual aids.

演讲者不得连续使用同一篇演讲超过一个学年，且不得使用视觉辅助工具。

The orator may prepare and present a speech on any topic. The speech may inform, entertain, inspire, or eulogize, but is most recommended to persuade, especially on a topic of significant social values.

演讲者可以就任一题目进行演讲。可以是告知、娱乐、启发、颂扬，但鼓励大家选择劝说型演讲，尤其是关于重要的社会价值的。

The maximum time limit in Original Oratory is 10 minutes with a 30 second grace period for the high school division, 5 minutes with a 30 second grace period for the middle school division, and 3 minutes with a 30 second grace period for the junior division. There is no minimum time for any division.

原始演讲的高中组的时间限制是 10 分钟，外加 30 秒的宽限时间；中学组的时间限制是 5 分钟，外加 30 秒的宽限时间。小学组的时间限制是 3 分钟，外加 30 秒的宽限时间。没有规定最短时间。

4.2 Plagiarism & Quotation use 剽窃&引用

According to dictionary.com, plagiarism is “an act or instance of using or closely imitating the language and thoughts of another author without authorization and the representation of that author’s work as one’s own, as by not crediting the original author.” Plagiarism is one of the most serious offenses in academia, regularly triggering expulsions and destroying the reputations of those who are caught engaging in it.

根据 dictionary.com 的说法，剽窃是“未经授权使用或密切模仿另一作者的语言和思想，并将该作者的作品视为自己的作品，例如不归功于原作者的行为或事例。”剽窃是学术界最严重的罪行之一，经常引发开除（学籍）或取消（资格）的惩罚，并破坏那些被抓到参与其中的人的声誉。

Orators are allowed to use quotations or materials from other texts. However, for high school orators, no more than 150 words may be a direct quotation from any other speech or writing, and these quotations must be clearly identified in the script.

Middle school orators may not directly quote more than 100 words, and junior orators may not directly quote more than 50 words. Paraphrasing sources is prohibited and should count towards the word limit for quotations.

The NHSDLC takes these acts of academic dishonesty seriously. Public speaking is an academic tournament that strives to ensure competitive equity for all involved. Therefore, if an orator is caught engaging in the academically dishonest practice, the NHSDLC tournament director could disqualify them from the tournament. If the case is particularly egregious, the orator may also be barred from engaging in any future NHSDLC tournaments. If an orator feels that he or she has witnessed a case of academic dishonesty, he or she should contact an NHSDLC staff member as soon as possible.

演讲者可以使用其他文本中的引文或材料。然而，高中组的选手直接引用不得超过 150 个单词，且这些引用都需要在稿件中清晰的注明出处。初中组的选手直接引用不得超过 100 个单词，小学组的选手直接引用不得超过 50 个单词。禁止转述，转述也将被算进直接引用的字数限制中。

NHSDLC 严肃对待这些学术不诚实行为。公开演讲是一项学术竞赛，旨在确保所有参与者的竞争公平。因此，如果一名演讲者被发现从事学术上不诚实的行为，可能会被 NHSDLC 赛事组委会剥夺资格。如果有演讲者发现其他人有剽窃行为，应尽快联系 NHSDLC 赛事组委会。

4.3 Script & Visual Aids 演讲稿 & 视觉辅助

Each competitor's script must be sent to the NHSDLC committee no later than three days prior to the tournament. The script must identify the quoted materials, state the number of quoted words, and the orator must ensure that the oration is the original work of his/her own. It is under the NHSDLC staff's discretion to disqualify an orator from the tournament if they didn't receive the necessary scripts in time. Orators are only allowed to directly quote 150 words in the high school division, 100 words in the middle school division, and 50 words in the junior division.

每位演讲者的演讲稿必须在比赛前三天内发送给 NHSDLC 委员会。演讲稿必须指明引用的材料，说明引用的字数，演讲者必须确保演讲是他/她自己的原创作品。如果没有从演讲者那里及时收到必要的稿件，NHSDLC 工作人员有权取消其参赛资格。高中组可直接引用的字数为150字，初中组为100字，小学组为50字。

During the tournament, orators in the high school and middle school divisions are not allowed to use their scripts, and memorization is required. Orators in the junior division are allowed to use their scripts, and memorization is not required. In the junior division, speaking without scripts leaves a better impression on judges, even though it might not affect scores directly. Orators are not allowed to use any visual aids or assisting materials, including but not limited to PowerPoints, sounds, videos, or other tools.

在比赛期间，高中组和初中组的演讲者不可以使用演讲稿进行演讲，要求背诵。小学组的演讲者可以使用演讲稿，不要求背诵。在小学组，不看稿子演讲能给评委留下更好的印象，尽管这可能不会直接影响分数。演讲者不得使用任何视觉辅助或辅助材料，包括但不限于幻灯片、声音、视频或其他工具。

4.4 Script Submission Requirements 稿件提交要求

To ensure fairness, professionalism, and high standards in the competition, all participants must strictly adhere to the following submission guidelines. Failure to comply may affect your scores or disqualify you from the competition.

为确保比赛的公平性、专业性和高标准，所有参赛者必须严格遵守以下提交指南。未能遵守可能影响您的分数或导致比赛资格被取消。

4.4.1. Original Document Submission 原始文件提交

Submit speech manuscripts in PDF format before the tournament. Use the format: code + name + speech title (e.g., A123ZhangWeiInspiration), and include the full text. Send the file to the NHSDLC email or designated platform by the deadline. After submission, the manuscript will undergo an AI check in accordance with Section 2.8. If a revision is requested, the revised version

must also be submitted by the deadline. Failure to comply with these rules will result in penalties as outlined in Section 4.4.2.

请在比赛前提交PDF格式的演讲稿，文件名格式须为code + 姓名 + 演讲题目（例如：A123 张伟 Inspiration），内容需包含全文。选手须在截止日期前将稿件发送至NHSDLC官方邮箱或指定平台。提交后将依据 2.8 节 进行 AI 检测。若稿件需修改，请在截止日期前重新提交。未按规定执行者，将按照4.4.2节处理。

4.4.2. Penalties for non-submission 未提交的处罚

If a revised manuscript is not submitted by the deadline following confirmation of an AI score exceeding 75%, this will be deemed a non-submission. Missing the initial deadline or submitting an invalid manuscript will also be classified as non-submission. Individuals classified as non-submitters will have 10 speaker points deducted per round.

如经确认AI得分超过75%，但修改稿未在截止日期前提交，则视为未提交。若首次截止日期已错过或提交稿件无效，同样视为未提交。未提交者每轮扣10 分。

4.4.3. Handling of Other Violations 其他违规行为的处理

- Submissions lacking proper attribution, original documents, or source links will be considered non-compliant.
- Non-compliant submissions will be marked accordingly, and the contestant will lose 10 points per round.
- 缺乏适当的归属、原始文档或源链接的提交将被视为不合规。
- 不符合规定的提交将被标记为违规，并在每轮扣除 10 分。

4.5 Questioning during Final Round 决赛中的提问环节

During final round, each orator will present a speech, followed by the judge asking one question to him/her. The question will be based on the speech content. Once the judge raises the question, the orator could ask the judge to clarify the question no more than one extra time if he/she does not hear the question clearly. It is the orator's own responsibility if he/she hear the question clearly but do not understand the meaning of the question. The judge will notify the orator and begin the 30-second preparation time immediately. The orator could choose to speak after the preparation time is up or notify the judge to stop the preparation time and start to speak during the 30-second period. The orator has a maximum of 2 minutes to answer the question.

在决赛中，每位演讲者将发表演讲，然后由裁判向他/她提出一个问题。这个问题将以演讲内容为基础。一旦裁判提出问题，如果演讲者听不清问题，他/她可以要求裁判重复问题，但不得超过一次。如果演讲者听清楚了问题，但不理解问题的含义，这是演讲者本身的责任。裁判将通知演讲者，并立即开始 30 秒的准备时间。演讲者可以选择在准备时间结束后发言，也可以通知裁判停止准备时间，在 30 秒的时间内开始发言。演讲者最多有2分钟的时间回答这个问题。

4.6 Topic selection 主题选择

Topic selection is often the most challenging task for many speakers. When choosing a topic, remember the following suggestions:

对于许多演讲者来说，选题往往是最具挑战性的任务。选择主题时，请参考以下建议：

- 1) Universality: it can resonate with your audience
普遍性：它能引起听众的共鸣
- 2) Significance: why it matters
意义：为什么重要
- 3) Personal connection: Use a personal story/experience to spread your enthusiasm to your listeners
个人联系：用个人故事/经历向听众传播你的热情
- 4) Provability: make sure the topic is researchable and that you're able to find information on it
可证明性：确保你的主题是你搜索到相关信息的
- 5) Persuasiveness: can persuade your audience to believe in your perspective
说服力：可以说服听众相信你的观点

Common ways to pick a topic

选择主题的常用方法：

Interest inventory: movies, news, books, passions, habits, pet peeves, politics, quotes, etc., can inspire a topic. (e.g., Kristin Neff's book *Self-Compassion: the proven power of Being Kind to Yourself* is about embracing our imperfections and stopping finding fault within, which can be translated into the topics: We are being too harsh on ourselves, Self-criticism vs. Self-compassion, perfect imperfections, etc.)

兴趣清单：电影、新闻、书籍、激情、习惯、宠物脾气、政治、名言等都可以激发话题。

（例如，Kristin Neff 的书《自我同情：对自己友善的力量是关于拥抱我们的不完美，停止在内心寻找错误》，这本书可以翻译成以下主题：我们对自己太苛刻了，自我批评与自我同情，完美的不完美等等。）

Do some research and ask yourself: What is the point of this article/study/report? This may lead you to look beyond the obvious and towards the sub-points the writer is attempting to convey.

做一些研究，问自己：这篇文章/研究/报告的意义是什么--这可能会让你超越显而易见的东西，转向作者试图传达的要点。

Contrarian approach; go against conventional wisdom (e.g., High expectation leads to high achievements. Is it really so?)

相反的方法—违背传统智慧（例如，期望高成就高。真的是这样吗？）

Ask questions after having decided on a topic: Do I really care about this? Why is this relevant to my audience? Can I locate enough sources about the topic? Does the topic refer to the occasion or the audience?

在决定一个话题后提问：我真的在乎这个吗？为什么这与我的听众有关？我能找到足够的关于这个主题的来源吗？这个话题适合这个场合或者观众吗？

Sample Topics 示例主题：

- A higher goal, a better result

目标越高，结果越好

- The power of procrastination
拖延的力量
- Failure doesn't nurture success; success does.
失败不会孕育成功，成功会
- We've lost our sense of language
我们失去了语言感
- The war against involution
反对内卷化的战争
- Why we must lose weight
为什么我们必须减肥
- Danger of oversimplification
过于简单化的危险
- It's time to put an end to excessive expectations
是时候结束过度期望了
- Why we should embrace mediocrity
为什么我们应该接受平庸
- How to better protect personal privacy in a digital age
如何在数字时代更好地保护个人隐私

4.7 Scoring Rubric 评分标准

Criterion	Excellent: 100 - 97	Good: 96 - 93	Satisfactory: 92 - 89	Needs Improvement 88 - 84	Unsatisfactory 83 - 80
Introduction	(1) Gets attention (2) Clearly identifies the topic (3) Establishes credibility and relevance (4) 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, a 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	(1) Reviews main points (2) Restates thesis closure (3) A call to action	Reviews main points, brings closure.	Brings closure	Does not bring closure, and the audience is left hanging	Abruptly stops and does not address the points at all
Eye Contact	Eye contact with the audience virtually all the time in a natural way	Eye contact with the audience is 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

Use of Language	The use of language greatly contributes to the effectiveness of the speech	The use of language does not have a negative impact	Use of language causes potential confusion	Use of language is inappropriate	The use of language is offensive
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 no body movement throughout the speech
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
Tone of Voice	Tone of voice is vivid, natural, and flows with the message	Tone of voice is somewhat vivid, natural, and complements the message	The tone of voice lacks variation and does not complement the message	Tone of voice remains the same all the time	Remains monotone throughout the speech
Topic Relevance	Speech is on-topic, creative, and relates to the audience	Speech is, in general, on-topic and interesting	Speech is hardly on-topic	Speech is off-topic and insignificant	Speech is completely unrelated to the topic
Time	Within the allocated time	Beyond 5% of allocated time	Beyond 10% of allocated time	Beyond more than 10% of allocated time	Speech stretching beyond allowance and needs to be cut off

V Declamation 经典演说

5.1 What is Declamation? 什么是经典演说

Declamation is designed to showcase the impassioned ideas of formidable thinkers. Declamation is the performance of a speech someone else has written and performed at some point. The art of Declamation is about speaking passionately.

经典演说旨在展示优秀的思想家、演说家的富有激情的观点、思想。经典演说就是表演别人写好并在某一时刻表演过的演讲稿。其艺术在于充满激情地演讲。

The topics discussed in Declamation run the entire gamut. Declamation is designed to have speakers take a topic they're passionate about and share with and persuade others. The goal is to convey a message with clarity, emotion, and persuasiveness.

演说的目的是清晰、动情、有说服力地传达信息，是让演讲者就自己感兴趣的话题与他人分享并说服他人。演说的话题选择可以包罗万象。

What's so amazing about Declamation is that you, as a beginning speaker, get to take a speech about something you really care about that has been written by someone who perhaps has more

research and time committed, which gives them more expertise or experience with the topic, and share it with the whole speech community!

经典演说对于刚起步的演讲选手的好处在于，选手可以在自己感兴趣的话题领域内，选择一篇在该话题方面拥有更多的专业知识或经验的人的稿子，来与大家分享交流。

5.2 Time limit: 时间限制

Speeches are 3 minutes with a 30-second grace period in case timing or performance is off just slightly during any given performance. It's likely that your piece will have to be trimmed down at least a little to be within the 3-minute time limit. Delete the parts of the speech that you think are less important or persuasive. Focus on the most memorable parts of the original speech.

经典演说的演讲时间为 3 分钟，有 30 秒的宽限期。通常，选手们需要删减一下所选择的演讲，把演讲时长控制在 3 分钟以内。删掉你觉得不那么重要或者不那么有说服力的部分，专注在原演讲中那些让人印象深刻的内容。

The speech being performed must have been given publicly and available to print in transcript form, and the performance must have an introduction that states the title of the speech and the author. Most introductions explain the theme of the speech and its significance. What will the audience learn from the declamation? How will it benefit the audience? All those are included in 3-minute speeches, no extra time provided.

选手采用的演讲稿必须是公开发表过的，并可打印成文字稿。注意：如果你选用的演讲只有视频，则不可以使用。在演讲中，有一个“介绍（Introduction）”环节，在这个环节中，选手必须介绍演讲名称以及原演讲者（必选项，适用于每一位选手）亦可介绍演讲的主题是关于什么的及其重要性，观众将从演讲中学到什么，听众将如何从中受益（可选项，不强制，取决于选手个人）；“介绍”部分亦包含在上述的演讲时限内；

Declamations are not allowed to use any visual aids or assisting materials, including but not limited to PowerPoints, sounds, videos, or other tools.

演讲者不得使用任何视觉辅助或辅助材料，包括但不限于幻灯片、声音、视频或其他工具。

5.3 How to pick a piece? 如何选择演讲稿

Your purpose is to share someone's speech, so start by finding a speech to which you relate. This is your chance to share your voice through a speech that mirrors your experiences! As you review the material, ask yourself if this piece of work is meaningful to you. If the answer is no, then you need to keep searching until you find something you relate to on a personal level.

你的目的是分享他人的演讲，所以首先要找到一个你能产生共鸣的演讲。这是一个通过他人的演讲来传达你自己声音的机会，因为这篇演讲能反映你的经历！在阅读材料时，问问自己这篇作品是否对你有意义。如果答案是否定的，那么你需要继续寻找，直到找到一篇能在个人层面引起你共鸣的演讲。

When choosing a speech, it is important to ensure that the content aligns with the social environment and cultural values of China. The selected speech should reflect themes and messages that are appropriate and resonate within the Chinese context, promoting positive social values and harmony. This ensures that the speech not only connects with you personally but also resonates with the broader audience in a meaningful way.

在选择演讲时，重要的是要确保内容与中国的社会环境和文化价值观相符合。所选的演讲应当反映适当的主题和信息，并能在中国语境中产生共鸣，弘扬积极的社会价值和和谐。这不仅能让演讲与你个人产生联系，同时也能以有意义的方式引起更广泛听众的共鸣。

When it comes to flow, Declamation can easily become rigid, robotic, and formulaic. While you're not responsible for writing the speech, you do need to keep in mind how it sounds when performed. Declamations range in topic, so there is no one way to make a speech flow, but a general rule is that speeches with anecdotes in them will sound more natural than speeches that rely heavily on statistical research. The best speeches have a combination of the two.

在表达的流畅度上，经典演说的演讲很容易变得僵硬、机械和程式化。虽然你不需要自己撰写演讲稿，但你需要考虑到演讲在表演时的效果。经典演说的演讲的主题范围很广，没有唯一固定的方式来保证流畅性，但一个普遍的规律是：包含个人轶事的演讲往往比那些大量依赖统计研究的演讲更自然。最好的演讲通常结合了两者的。

Find material that has an overarching story arc. You're looking for a message to share or a lesson to teach. If you're not sure where to start, consider themes. The theme is the lesson or message the author is trying to convey. If you know you're connected to certain themes or characteristics, let that guide your search.

寻找有整体故事脉络的材料。你需要的是一个可以传递的信息或一堂可以分享的课。如果你不确定从哪里开始，可以从主题入手。主题就是作者试图传达的道理或信息。如果你知道自己对某些主题或特质有共鸣，就让这些来引导你的选择。

5.4 Delivery 演绎

Declamation is not about copying the performance of the original speaker. You are taking a message someone has given and deciding how it connects to you and performing it in a way that conveys its importance and significance to you and society as a whole.

经典演说不是模仿原演讲者的表演。你是在接受别人传达的信息的基础上，消化这个信息和你 的关联，对你的影响，然后选择一种方式把这篇演讲的重要性和意义传递出去。

This means finding your own unique ways to perform the speech. This could be the way you gesture and use body language. This also means using your own personal style when it comes to the way you speak, including what you choose to put emphasis on and even what you keep in the actual cutting of the speech.

这意味着选手要找到属于自己独特的方式来演绎。这可以是运用肢体语言的方式；可以是你 自己说话的风格，比如你选择在哪里加重音；可以是你选择保留了原稿的哪些部分...

Declamation is about sharing a message you feel is important, so it's critical you make the message relatable through your unique performance.

因为经典演说的目的是分享传递一个你认为重要的信息，所以通过你的演说让观众觉得能够共 情非常重要。

No two people are the same, which means no two performers should ever perform a speech the exact same way.

没有两个一样的人，同样，也不应该有两个人用完全一样的方式展示一篇演讲稿

5.5 Declamation Script Submission Requirements 稿件提交要求

5.5.1. Source and Origin of the Speech 稿件的来源与出处

All speeches must come from officially published sources and verified authoritative materials. Original compositions are not allowed.

所有演讲必须来自官方发布的来源和经过验证的权威材料。不允许原创作品。

The speech must be attributed to the original speaker or author, with details about the publication date and event (e.g., conference speech, famous quote, historical speech).

演讲必须注明原讲者或作者，并提供出版日期和事件的详细信息（例如，会议演讲、著名引用、历史演讲）。

5.5.2. Original Document Submission 原始稿件上传

Participants are required to submit speech manuscripts in PDF format before the tournament. Use the format: code + name + speech title (e.g., A123ZhangIHaveaDream), and include the full text. Send the file to the NHSDLC email or designated platform by the deadline.

参赛者必须在比赛开始前提交演讲稿的 PDF 文件。文件命名格式为：代码 + 姓名 + 演讲题目（例如：A123ZhangIHaveaDream），并需包含完整演讲稿。请在截止日期前将文件发送至 NHSDLC 邮箱或指定平台。

5.5.3. Link Provision 链接提供

A reliable online link (such as official websites, reputable media, or scholarly platforms) must be provided to verify the source and authenticity of the speech. The link must be active and accessible at the time of submission.

必须提供可靠的在线链接（如官方网站、知名媒体或学术平台）来验证演讲的来源和真实性。提交时链接必须有效且可访问。

5.5.4 Handling of Violations 违规处理

Submissions lacking proper attribution, original documents, or source links will be considered non-compliant.

未提供恰当署名、原始文件或来源链接的提交材料，将被视为不符合要求。

Non-compliant submissions will be marked accordingly and lose 10 speaker points in each round of the competition.

不符合要求的提交将被记录，并在比赛的每一轮中扣除 10 分演讲分数。

5.5.5 Additional Notes

The organizing committee reserves the right to verify the authenticity of the submitted materials. 组委会保留核实提交材料真实性的权利。

5.6 Scoring Rubric 评分标准

Criterion	Excellent 100 - 97	Good 96 - 93	Satisfactory 92 - 89	Needs Improvement 88 - 84	Unsatisfactory 83 - 80
Speech Selection & Introduction	Speech choice is powerful, appropriate for competition, and showcases both emotional depth and rhetorical challenge. Introduction acknowledges source, sets tone well, and gives context without over-explaining.	Choice is strong, mostly appropriate; the introduction gives context and tone, perhaps slightly less impactful.	Choice is acceptable, but less ambitious. Introduction provides minimal context; tone somewhat inconsistent.	Speech choice may be weak or ill-fitting; the introduction is vague or fails to ground the audience in the speaker's approach.	Choice is inappropriate/unengaging; introduction missing or misleading; no sense of source, context, or purpose.
Memorization & Internalization	Fully memorized; speaker seems deeply familiar with the text (not recalling); minimal hesitation or lapse; transitions between parts are seamless.	Mostly memorized; small hesitations or transitions; text handled with confidence.	Occasional lapses, hesitations, or misquotes; transitions are less smooth.	Frequent lapses, memory slips, or noticeable reliance on mental cueing; distracting.	Regular memory breakdowns; speaker appears insecure or is reading almost entirely; this detracts from performance.
Verbal Delivery	Voice is vivid, dynamic, sensitive to the emotional contours; clarity, pace, pitch, volume are varied and appropriate; pauses are powerful.	Good variation; Occasional flatness or imbalance, but generally effective.	Delivery is serviceable: some monotony, pacing uneven; emotional peaks not always fully reached.	Voice lacks variation; pacing is too fast/slow; pauses are misused or missing.	Monotone, inaudible, rushed, or too slow; the voice undermines the piece heavily.
Body Language, Facial Expression & Stage Presence	Facial expression, gesture, and movement are natural, appropriate, and enhance the message; presence fully draws the audience in.	Generally effective body use; minor mismatches or over/under gestures, but not seriously distracting.	Some gestures/facial expressions are flat or inconsistent; the presence is uneven.	Body or face sometimes irrelevant or misaligned with content; stage presence weak or awkward.	Little to no expressive body/facial movement; stage presence is very limited; distracts or is completely flat.
Pacing, Rhythm & Transitions	Excellent paced: knows when to speed up or slow down; transitions between parts (e.g., sections, ideas) are smooth; rhythm adds to the emotional flow.	Good rhythm; minor pacing issues; transitions mostly effective.	Pacing sometimes off; Transitions occasionally abrupt or jarring.	Many spots where pacing is distracting, transitions are weak, and flow is disrupted.	Very poor pacing; transitions absent or confusing; flow broken severely.
Time & Mechanics	Fully within time; citation rules followed; no notes; polished mechanics; no infractions.	Slight time over/under within acceptable margin; minor mechanical issues, but not serious.	Slight time or mechanical infractions; noticeable but not disqualifying.	Time infractions or mechanical issues are significant; memorization lapses are hurting performance.	Big-time overages or underperforming, rule violations, and mechanics severely detract.

VI Kindergarten Poetry 幼儿园诗歌比赛

6.1. Introduction 简介

This rulebook outlines the official rules for the Kindergarten Poetry Competition hosted by the National High School Debate League of China (NHSDLC). The competition aims to provide a platform for young children to express themselves through English poetry, building creativity, language proficiency, confidence, and public speaking skills.

本规则手册阐述了由 NHSDLC 举办的幼儿园诗歌比赛的官方规则。比赛旨在为幼龄参赛者提供一个通过英文诗歌表达自我的平台，培养创造力、语言能力、自信心和公众演讲技巧。

6.2. Tournament Conduct 比赛规范

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、教师和工作人员营造一个专业、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.

任何破坏性行为，包括威胁、言语辱骂、歧视性行为或任何危及他人的行为（无论来自参赛者还是家长）均不被允许。NHSDLC 工作人员有权将其请出场地，且不予退款。

NHSDLC staff have 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反规则的适当处罚，以确保比赛的公正性。

6.3. Punctuality 守时要求

Participants must arrive at their assigned competition room at least 15 minutes before the start time. If a participant is delayed, it is their responsibility to inform NHSDLC staff.

参赛者必须在比赛开始前至少15分钟到达指定比赛教室。如有迟到，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.

在线比赛中，参赛者应提前准备好技术设备以避免延误。因技术问题允许最多5分钟的设备调试时间，之后比赛将继续进行，不再等待。

6.4. Language 语言

All participants must perform their poetry in English. Judges are instructed not to evaluate performances in any other language.

所有参赛者必须用英文表演诗歌。评委不得对使用其他语言的表演进行评分。

6.5. Spectating 观赛规定

Spectators beyond the parents/guardians of the participants are not allowed in preliminary rounds, except for explicit permission granted by the NHSDLC Tournament Director. In the Final round, all spectators are allowed.

除非经NHSDLC 比赛主管明确许可，除参赛者父母/监护人外的其他观众不得进入初赛观赛。决赛阶段，所有观众均可入场。

If a spectator disrupts the competition, they may be asked to leave by any of the participants, judges, or NHSDLC staff.

如观众扰乱比赛，参赛者、评委或NHSDLC 工作人员均有权要求其离场。

6.6. Recording 录制规定

Recording of performances is prohibited during the competition, except with explicit permission from NHSDLC staff. Final round performances will be recorded and streamed on NHSDLC platforms.

除非经NHSDLC 工作人员明确许可，比赛期间禁止录制表演。决赛的表演将由NHSDLC 官方录制并在其平台上播出。

6.7. Competition Structure 赛制

6.7.1 Preliminary and Final Rounds 初赛与决赛

Participants will engage in two pre-elimination 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.

参赛者将进行两轮初赛，根据其表现，部分学生将晋级到最后的淘汰赛，以决出最终获胜者。

6.7.2 Poetry Recitation (100% Total Score) 诗歌朗诵 (总分 100%)

Poem Selection 诗歌选择:

Participants may choose one or multiple poems they would like to recite in the round. NHSDLC will provide a suggested list of poems, but participants are not restricted to this list.

参赛者可选择一首或多首诗进行朗诵。NHSDLC 将提供推荐诗歌清单，但参赛者不限于使用此清单。

Performance Elements 表演要素:

- Encouraged to use gestures, facial expressions, and vocal variation.
鼓励使用手势、面部表情和语音变化。
- No props, costumes, visual aids, or background music permitted.
禁止使用道具、服装、视觉辅助或背景音乐。

Time Limits 时间限制:

- No minimum time limit.
无最低时间限制。
- 2 minutes maximum time with a 30-second grace period.
最长2 分钟，另加 30 秒宽限。

6.7.3 Fun Discussion 趣味问答

The judges will have a fun interaction with the competitors before or after the poem, where they will ask very simple, fun questions such as:

在朗诵前或结束后，评委会与参赛者进行简单有趣的互动，例如：

- What is your name? 你叫什么名字?
- What is the name of your poem? 你的诗叫什么名字?
- How old are you? 你几岁了?
- What is your favorite color? 你最喜欢的颜色是什么?
- What is your favorite sport? 你最喜欢的运动是什么?

Please note that this portion will not factor into the score of the participant.

请注意，此环节不会计入参赛者的得分。

6.7.4 Visual Aids

Poetry presentations are not allowed to use any visual aids or assisting materials, including but not limited to PowerPoints, sounds, videos, or other tools.

演讲者不得使用任何视觉辅助或辅助材料，包括但不限于幻灯片、声音、视频或其他工具。

6.8 Poetry Selection Guidelines 诗歌选择指南

6.8.1 Definition of Poetry 诗歌的定义

Poems are defined as short, rhythmic compositions.

诗歌被定义为 简短的、有节奏感的作品。

For this division, age-appropriate themes selected works will aim to prioritize:

在本组别中，所选作品将优先考虑 符合年龄特点的主题，并注重以下方面：

- **Simple vocabulary.**
简单的词汇。
- **Repetition or rhyme.**
重复或押韵。
- **Engaging pacing.**
生动有趣的节奏感。

6.8.2. Poem Submission 诗歌的提交

Participants are required to submit speech manuscripts in PDF format before the tournament. Use the format: code + name + poem title (e.g., A123Zhangtwinckletwinklelittlestar), and include the full text. Send the file to the NHSDLC email or designated platform by the deadline.

参赛者必须在比赛开始前提交演讲稿的 PDF 文件。文件命名格式为：代码 + 姓名 + 演讲题目（例如：A123Zhangtwinckletwinklelittlestar），并需包含完整演讲稿。请在截止日期前将文件发送至 NHSDLC 邮箱或指定平台。

6.9 Judging Criteria Details 评分标准细则

Clarity 清晰度

Judges will assess how clearly the participant speaks. This includes correct pronunciation, articulation, and pacing. Words should be easy to understand, and the child should not mumble or rush through the poem. Speaking too softly or too quickly may result in lower scores.

评委将评估参赛者的发音是否清晰。这包括正确的发音、吐字和语速。词语应当易于理解，孩子不应含糊不清或匆忙完成朗诵。声音过轻或过快都可能导致分数降低。

Expression 表达力

Expression refers to how well the participant conveys emotion and meaning through their voice and body language. Judges will look for changes in pitch, tone, and emphasis to make the poem engaging. Facial expressions, hand gestures, and body movement should enhance the performance.

表达力指的是参赛者通过声音和肢体语言传达情感和意义的的能力。评委会关注音调、语气和重音的变化，使诗歌更生动。面部表情、手势和身体动作应能增强整体表现。

Confidence 自信度

Confidence is demonstrated through eye contact, posture, and overall stage presence. Participants should stand or sit comfortably, looking at the audience or judges rather than the floor. Nervous fidgeting or hesitancy may lower scores. Judges will consider how comfortable the child appears while performing.

自信主要体现在眼神交流、姿态和舞台表现力上。参赛者应自如地站立或坐着，看向观众或评委，而不是低头看地板。紧张的小动作或犹豫可能会降低得分。评委会考虑孩子在表演时的从容程度。

Completion 完成度

A participant earns full points if they successfully complete the entire poem without major pauses, hesitation, or forgetting lines. Minor pauses are acceptable, but frequent breaks, skipping sections, or needing prompts from an adult will result in deductions. Participants should aim to finish their chosen poem within the stipulated time, as the portion delivered beyond the grace period will not be factored in.

若参赛者能够顺利完成整首诗歌朗诵，无明显停顿、犹豫或遗忘，便可获得满分。轻微停顿可以接受，但若频繁中断、跳过内容或需要成人提示，将会被扣分。参赛者应在规定时间内完成朗诵，超出宽限时间的部分将不计入得分。

6.10 Awards 奖项设置

- **Every participant will get a participation medal.**
每位参赛者都将获得参赛纪念奖牌。
- **We will give trophies to the Champion and participants who make it to the final elimination round.**
我们将向冠军 以及进入最终淘汰赛的选手颁发奖杯。
- **Special Awards for Fun Discussion 趣味问答特别奖项：**
 - **Best Interaction Award** – For the student who engages most naturally with the judge.
最佳互动奖 — 授予在互动中表现最自然的学生。
 - **Most Enthusiastic Participant Award** – For the child who shows the most excitement.
最热情参与奖 —— 授予表现出最强热情的学生。

- **Best Encouragement Award** – For the most supportive and uplifting response.
 最佳鼓励奖 —— 授予在回答中最具支持性和鼓励性的学生。

These special awards will be given to students who did not qualify for the elimination rounds but showed outstanding qualities in the fun discussion portion.

这些特别奖项将授予那些未能进入淘汰赛，但在趣味问答环节中表现突出的学生。

6.11 Other Rules & Guidelines 其他规则与指南

Parent/Teacher Role 家长/教师角色：

May assist in poem selection/practice, but no prompting during performance.

可协助诗歌选择与赛前练习，但比赛过程中不得提示。

Props 道具：

Strictly prohibited.

严格禁止使用。

6.12 Scoring Rubric 评分标准

Criterion	Excellent 100-97	Good 96-93	Satisfactory 92-89	Needs Improvement 88-84
Clarity	Speaks clearly and distinctly with correct pronunciation, pacing, and volume. No mumbling or rushing. Words are easy to understand.	Speaks clearly most of the time with minor pronunciation or pacing issues. Occasionally soft or quick.	Speech is somewhat unclear with mispronunciations or mumbling. May be too soft or too fast at times.	Difficult to understand due to frequent mumbling, rushing, or overly soft speech. Pronunciation errors are common.
Expression	Uses vivid voice changes (pitch, tone, emphasis) and engaging body language (facial expressions, gestures) to bring the poem to life.	Shows some voice variation and attempts gestures/expressions, though not consistently.	Limited voice changes or body language; emotion is occasionally conveyed but lacks depth.	Monotone voice and minimal/no body language. The poem feels flat or disconnected from the audience.
Confidence	Stands/sits comfortably with strong eye contact, no fidgeting. Appears poised and enthusiastic.	Mostly maintains eye contact and posture, but may show brief hesitancy or slight fidgeting.	Limited eye contact (e.g., looks at the floor); posture is uneven, or nervous movements are noticeable.	Avoids eye contact entirely, slouches, or fidgets excessively. Appears uncomfortable or hesitant.
Completion	Recites the entire poem smoothly within the time limit, with no major pauses or forgotten lines.	Completes the poem with minor pauses or one brief hesitation. No prompts needed.	Several pauses or hesitations; may skip a line but recovers without adult help.	Frequent pauses, forgotten lines, or requires prompts to finish. Significantly exceeds the time limit.