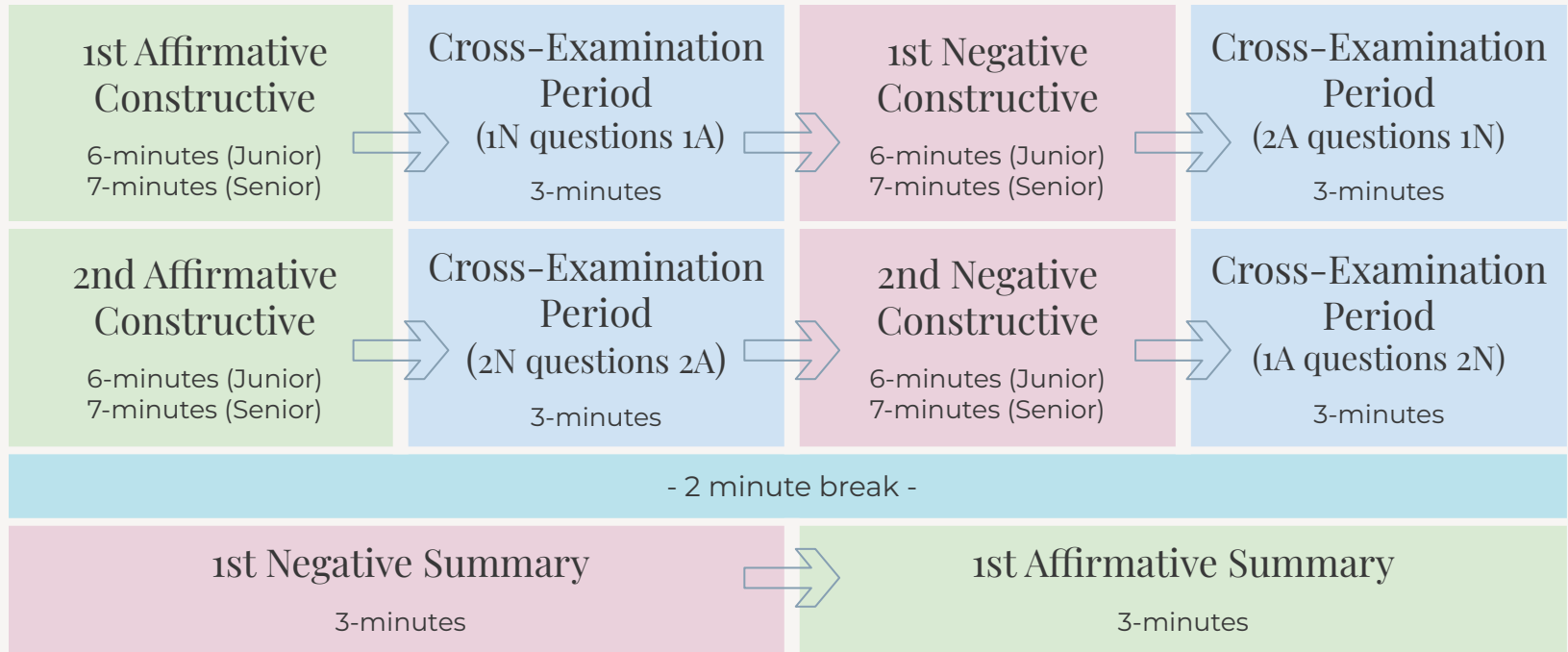


**New speaking
times for 2026**

CROSS-EXAMINATION ORDER OF THE DEBATE

**Each speech has 15 seconds of grace*



CANADIAN NATIONAL DEBATE FORMAT (CNDF) ORDER OF THE DEBATE

Impromptu Rounds

**Each speech has 15 seconds of grace*

1st Proposition Constructive

6-minutes (Junior)
8-minutes (Senior)



1st Opposition Constructive

6-minutes (Junior)
8-minutes (Senior)

2nd Proposition Constructive

6-minutes (Junior)
8-minutes (Senior)



2nd Opposition Constructive

6-minutes (Junior)
8-minutes (Senior)

1st Opposition Summary

3-minutes (Junior)
4-minutes (Senior)



1st Proposition Summary

3-minutes (Junior)
4-minutes (Senior)