

Canllaw Undeb Rygbi Cymru  
**WRU Pocket guide to**

# Cymraeg

Pleidiol Wyf  
i'm Gwlad  
**Welcome to  
this WRU  
event**



**PRONUNCIATION** The connection between sound and spelling is much closer in Welsh than it is in English, but we have included a pronunciation guide that uses English-type spelling to help you pronounce the Welsh words.

**'DH'** (spelt 'dd' in Welsh) is pronounced like 'th' in 'that', 'their', 'those'.

**'TH'** (spelt 'th' in Welsh) is pronounced like 'th' in 'throw', 'thump', 'thorn'.

**'KH'** (spelt 'ch' in Welsh) is pronounced like 'ch' in Scottish 'loch' – a 'h' sound in the back of your throat.

**'HL'** (spelt 'll' in Welsh) is pronounced like 'l', with a breath or puff of air before it: put your tongue in the position to say 'l', and then try to say 's'.

**'V'** (spelt 'f' in Welsh) is pronounced like 'v' in 'van', 'villa'

**'F'** (spelt 'ff' in Welsh) is pronounced like 'f' n 'fresh', 'fill'.

**'R'** is ALWAYS pronounced – a Scottish 'r' is perhaps the easiest thing to aim at.

**'HR'** (spelt 'rh' in Welsh) is pronounced like 'r', with a breath or puff of air before it.

In the pronunciation guide, the part of the word or phrase that is written in capitals is the part you should stress or emphasise. So 'diolch' (thanks) is shown as 'DEE-olkh', meaning that you should put the stress on the first syllable.

I ddysgu mwy am Undeb Rygbi Cymru  
To learn more about the Welsh Rugby Union  
[www.wru.wales](http://www.wru.wales)

I ddysgu mwy am Ecoamgueddfa  
To learn more about the Ecoamgueddfa  
[www.ecoamgueddfa.org](http://www.ecoamgueddfa.org)



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**Cymru**

Wales

*Come-ree*

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**Ein hanthem**

Our Anthem

*Ainn-hantheme*

---

**Cefnogwyr**

Supporters

*Kevn-oggwir*

---

**Cais**

Try

*Kaiss*

---

**Trosiad**

Conversion

*Tross-yad*

---

**Gôl Gosb**

Penalty kick

*Gorl-gossb*

---

**Gôl Adlam**

Drop Goal

*Gorl-add-lamb*

---

**Cais Cosb**

Penalty Try

*Kaiss - cossb*

---

**Cerdyn Melyn**

Yellow Card

*Kerdin-melin*

---

**Cerdyn Coch**

Red Card

*Kerdin - Koch*

---

**Cell Cosb**

Sin Bin

*Kell - cossb*

---

**Capten**

Captain

*Kap-ten*

---

**Tacl**

Tackle

---

**Camsefyll**

Offside

*Kam-seveell*

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**Trosedd**

Infringement

*Tross-eth*

---

**Angerdd**

Passion

*Ang-erth*

---

**Olwyr**

Backs

*All-weer*

---

**Blaenwyr**

Forwards

*Bleyne-weer*

---

**Eilyddion**

Subs

*I'll-earth-yon*

---

---

**Hyfforddwr**

Coach

*Herph-orth-weer*

---

**Dyfarwyr**

Referee

*Derv-arn-oor*

---

**Cefnwyr**

Full Back

*Kevn-oor*

---

**Asgellwr**

Winger

*Ask-ell-oor*

---

**Canolwr**

Centre

*Kan-ori-oor*

---

---

**Maswr**

Fly Half

*Mass-oor*

---

**Mewnwr**

Scrum Half

*Mewn-oor*

---

**Prop**

Prop

---

**Bachwr**

Hooker

*Bach-oor*

---

**Ail Reng**

Second Row

*I'll - reng*

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**Blaenasgellwr**

Flanker

*Bleyne-ask-ell-woor*

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**Wythwr**

No. 8

*Ooyth-oor*

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**Sgôr Terfynol**

Final Score

*Sgore terr-vun-oll*

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