

Use a legal-sized notepad for flowing. Mark it into ten boxes. Your notes for each speech go into the boxes as shown below.

<p style="text-align: center;"><b>1</b></p> <p>Affirmative Constructive (AC) 6 Mins</p> <p>V</p> <p>1. xxxxxxxx     xxxx     xxxx</p> <p>2. xxxxxxxx     xxxx     xxxx</p>	<p style="text-align: center;"><b>3b</b></p> <p style="text-align: center;"><i>(NC ends here)</i></p> <p>-----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx</p>	<p style="text-align: center;"><b>5b</b></p> <p style="text-align: center;"><i>(1 AR usually ends here)</i></p> <p>-----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx</p>	<p style="text-align: center;"><b>6b</b></p> <p>Neg Rebuttal (NR) 6 Mins <i>(usually ends here)</i></p> <p>-----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx</p>	<p style="text-align: center;"><b>7</b></p> <p>Second Aff Rebuttal (2AR) 3 Mins <i>(Usually crystalization)</i></p>
<p style="text-align: center;"><b>2</b></p> <p>Cross-X of aff by neg 3 Mins</p>	<p style="text-align: center;"><b>3a</b></p> <p>Negative Constructive (NC) 7 Mins <i>(starts here)</i></p> <p>V</p> <p>1. xxxxxxxx     xxxx     xxxx</p> <p>2. xxxxxxxx     xxxx     xxxx</p>	<p style="text-align: center;"><b>5a</b></p> <p>First Aff Rebuttal (1AR) 4 Mins <i>(usually starts here)</i></p> <p>-----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx</p>	<p style="text-align: center;"><b>6a</b></p> <p><i>(NR usually starts here)</i></p> <p>-----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx -----&gt; xxxxx</p>	
<p style="text-align: center;"><b>4</b></p> <p>Cross-X of neg by aff 3 Mins</p> <p style="text-align: center;"><i>keep track of prep time here</i></p>				

There are no rules that a speech has to start one place or the other, but this is the usual flow of a round. A good debater will signpost what he or she is doing; i.e., they will tell you where they are on the flow.