Debate is a method or scheme for formally presenting an argument in an organized manner. Typically a debate will have two teams, the **Affirmative** team and the **Negative** team.

First, in a debate there is a statement of a particular position. This is phrased in the form of a resolution as follows:

Resolved: The US should promote democracy in the Middle East.

Resolved: Private ownership of guns should be prohibited.

Resolved: Civil disobedience in a democracy is justified.

Resolved: Meiji University should use iPads for all meeting materials.

Resolved: All secondary school students in Japan should learn calligraphy in school.

The two teams then have turns with specific functions and which last a specified amount of time.

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| Time | Acronym | Turn | Description |
| 6 | AC | Affirmative Constructive | The Affirmative team presents its own case. |
| 3 | CX | Cross Examination | The Negative team asks questions about the Affirmative case. |
| 7 | NC (1NR) | Negative Constructive (and 1st Neg Rebuttal) | The Affirmative team presents its own case and usually addresses the Affirmative case. |
| 3 | CX | Cross Examination | The Negative team asks questions about the Affirmative case. |
| 4 | 1AR | 1st Affirmative Rebuttal | The Affirmative team team addresses both the Negative case and their own case.  |
| 6 | NR (2NR) | Negative Rebuttal | The Negative team responds to 1AR and summarizes the round. |
| 3 | 2AR | 2nd Affirmative Rebuttal | The Affirmative team responds to 1AR and summarizes the round. |