

AFFIRMATIVE

Contention 1: Sovereignty

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The U.S. Has Conducted Over 400 Military Interventions Since 1776 — Only 11 Formal Declarations of War

Red Folder News, [redfoldernews.org](https://www.redfoldernews.org), February 10, 2026, "The Principle of Non-Intervention and the US Military: March/April Aff", [redfoldernews.org](https://www.redfoldernews.org)

<https://www.redfoldernews.org/briefs/debate-briefs/february-10-2026/the-principle-of-non-intervention-and-the-us-military-marchapril-aff>

Military interventions are operations that involve the deliberate, often coercive, deployment of a state's armed forces into another sovereign state to influence its domestic affairs. The US has a long history of military interventions, both overt and covert, engaging in around 400 military interventions between 1776 and 2026. Half of these operations have occurred after 1950, with over 25% occurring in the post Cold-War period. Notably, the US has only formally declared war against foreign nations eleven times, encompassing five separate wars.

The other listed military interventions include extended operations that may be considered as undeclared wars, the deployment of US forces as a part of multinational operations with NATO and UN peacekeeping forces, and even engagements against pirates and bandits before World War II.

US Military Intervention Is Consistently Criticized for Increasing Violence, Political Instability, and Power Vacuums

Red Folder News, [redfoldernews.org](https://www.redfoldernews.org), February 10, 2026, "The Principle of Non-Intervention and the US Military: March/April Aff", [redfoldernews.org](https://www.redfoldernews.org)

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US military intervention is often criticized for a number of reasons. Negative consequences include increased violence and terrorism, political instability, power vacuums, and erosion of legitimacy. Using recent examples such as the extraction of Venezuelan President Nicholas Maduro and Trump's threats to forcefully annex Greenland, the affirmative can frame the debate with a global status quo of political instability caused by military intervention. **Specifically, his threats to forcefully annex Greenland have led to internal fracturing within NATO, making cohesive deterrence seem less credible.**

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When the U.S. Abides by Non-Intervention It Upholds the Legal Principle That Protects All Sovereign Nations Equally

SOFREP / Bolduc Brief, sofrep.com, January 8, 2026, "Revisiting the Principles of Non-Intervention in US Foreign Policy", sofrep.com

<https://sofrep.com/news/the-bolduc-brief-revisiting-the-principles-of-non-intervention-in-u-s-foreign-policy/>

The principle of non-interventionism—the belief that a country should avoid alliances with other nations or involvement in their disputes—was articulated by many early American leaders, including George Washington. In his farewell address, Washington famously warned against 'entangling alliances,' advocating for a policy that would allow the country to focus on its internal development and avoid being drawn into foreign conflicts. **Returning to the principles of non-interventionism and establishing clear guidelines for military engagement is vital. Reinvigorating the debate on the appropriate use of military force, ensuring robust congressional oversight, and committing to diplomatic solutions can foster more thoughtful and effective foreign policy.**

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Afghanistan Fell in 11 Days After 20 Years of Intervention — Democracy Cannot Be Delivered at Gunpoint

Debate Arguments Substack, debatearguments.substack.com, February 4, 2026, "Resolved: The United States Military Ought to Abide by the Principle of Non-Intervention", debatearguments.substack.com

<https://debatearguments.substack.com/p/resolved-the-united-states-military>

Mill emphasized that foreign military intervention, in the long run, rarely works to the advantage of the people whose right to self-determination is thus violated. A people who win their freedom through their own efforts have the internal capacity to sustain it; those who receive it from outside intervention often cannot. Mill's insight — written in the 19th century — has been borne out by every major US military intervention of the modern era. Democracy cannot be delivered at gunpoint. Stable, accountable governance emerges from

internal political struggles, civil society development, and indigenous institution-building — not from foreign military occupation. The United States spent 20 years trying to build a democratic Afghanistan; the Taliban retook it in 11 days.

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Every Time the U.S. Intervenes Without Authorization It Provides a Template for Authoritarian States to Do the Same

Debate Arguments Substack, debatearguments.substack.com, February 4, 2026, "Resolved: The United States Military Ought to Abide by the Principle of Non-Intervention", [debatearguments.substack.com](https://debatearguments.substack.com/p/resolved-the-united-states-military)
<https://debatearguments.substack.com/p/resolved-the-united-states-military>

The US military's interventions — from Iraq and Libya to Venezuela operations in 2026 — violate the treaty obligations the United States voluntarily accepted. When the US invades a country without Security Council authorization, it does not merely break a rule; it signals to every other powerful state that international law is optional for those with enough military might. China's claims over Taiwan, Russia's invasion of Ukraine, and nuclear states' coercive postures all cite American precedents. The US military's disregard for non-intervention erodes the very legal architecture that protects American interests globally.

Russia Justified Its Invasion of Ukraine by Citing American Precedents in Kosovo, Iraq, and Libya

SOFREP / Bolduc Brief, sofrep.com, January 8, 2026, "Revisiting the Principles of Non-Intervention in US Foreign Policy", sofrep.com
<https://sofrep.com/news/the-bolduc-brief-revisiting-the-principles-of-non-intervention-in-u-s-foreign-policy/>

Every time the US military intervenes without Security Council authorization, it provides a template for authoritarian states to do the same. Russia justified its invasion of Georgia and Ukraine in part by citing American precedents in Kosovo, Iraq, and Libya. China uses US interventionism to deflect criticism of its own coercive actions. The affirmative position is not isolationist — it is principled: the US military should abide by the same rules it demands others follow.