



Welsh Gymnastics  
Gymnasteg Cymru

Sgwad Datblygiad a Perfformiad Trampolin Polisi  
Dewis 2024

Trampoline

Development and Performance Development  
Squad 2024

Selection Policy

<p>1. Introduction</p>	<p>The Welsh National Programme hereby outlines the selection process, key timescales and important criteria that are required to be eligible for squad selection for the Welsh Development and Performance Development Squad.</p> <p>Selections will be made by the Welsh Trampoline selection panel. Details of which can be found in this document.</p>
<p>2. Selection Timelines</p>	<p>These squads will be selected on a 6 monthly basis in March / April &amp; October / November.</p> <ul style="list-style-type: none"> <li>• Squad trial – <b>10<sup>th</sup> November 2024</b></li> <li>• Selection panel – <b>W/C 11<sup>th</sup> November 2024</b></li> <li>• Selection communication – <b>No later than 22<sup>nd</sup> November 2024</b></li> <li>• Squad commence – <b>December 2024</b></li> </ul>
<p>3. Gymnast Eligibility Criteria</p>	<ul style="list-style-type: none"> <li>• Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy. When trialling in October / November, gymnasts will trial based upon their age in January 2025.</li> <li>• Gymnasts aged 11-16 years will be eligible for the Development or Performance Development Squad on 1<sup>st</sup> January 2024.</li> </ul>
<p>4. Selection criteria general</p>	<p>The Welsh National Programme will select gymnasts, who in the expert opinion of the Technical Lead, have the best capability of representing Wales now and / or in the future.</p> <p>Gymnasts will be considered based on the following factors:</p> <ul style="list-style-type: none"> <li>▪ Routines performed at trial (against the testing criteria)</li> <li>▪ Performance of basic technical skills</li> <li>▪ Ability to further develop technical skills</li> <li>▪ Work ethic attendance and behaviour</li> <li>▪ Ability to represent Wales at high-level domestic and international development competitions</li> <li>▪ Potential to represent Wales in future high level international competitions</li> </ul>
<p>5. Selection Specific</p>	<ul style="list-style-type: none"> <li>• Entries for the trampoline squads will be made via Sport80 (See table at the end of the document for the testing criteria).</li> <li>• The selection panel will limit these squads for 2024 to a maximum of 15 gymnasts.</li> </ul> <p><b>Wildcards</b> – The selection panel will have the capacity to select wildcard gymnasts for reasons listed below;</p> <ul style="list-style-type: none"> <li>• The individual is injured or ill, impacting on their ability to complete the testing day.</li> <li>• The individual demonstrated some areas of poor performance within the videos submitted/virtual session but show potential in other areas.</li> <li>• If a gymnast currently holding a squad place achieves the identified scores at any National-Level Competition (Welsh Championships, British Championships, British Spring Series Qualification Event, &amp; National Age Group Finals), International Competition, or FIG-sanctioned event, they can submit the scoresheet to <a href="mailto:performance@welshgymnastics.org">performance@welshgymnastics.org</a> and request to bypass the trial process. If wishing to move up a squad, they would need to follow the trial process as usual. For October / November selections, gymnasts would need to achieve the identified score for their age in January 2025.</li> </ul>

	<p><b>Reserve list</b> – Upon completion of selections, the selection panel may create an additional list of gymnasts where they periodically check in with these individuals or invite to a squad session to monitor development.</p> <p><b>Following squad trials</b> – If a gymnast has not participated in the trial process or wishes to move up to another squad before the trial date please see the below steps. Please note, if a gymnast does not achieve the requirements during this process this does not prevent them from trialling again.</p> <ul style="list-style-type: none"> <li>• Gymnast achieves scores identified within the testing criteria between March 2024 &amp; November 2024 at specified National-Level Competition (Welsh Championships, British Championships, British Spring Series Qualification Event, &amp; National Age Group Finals), International Competition, or FIG-sanctioned event following completion of the previous trial process.</li> <li>• Gymnast / coach emails <a href="mailto:performance@welshgymnastics.org">performance@welshgymnastics.org</a> a copy of the scoresheet and notifies team they would like to be considered for identified squad / move into a different squad.</li> <li>• Gymnast / coach then submits below videos: <ul style="list-style-type: none"> <li>○ 1 x video of each requirements mentioned in trial criteria.</li> <li>○ 1 x video of a routine 2 (vol) fulfilling the trial criteria requirements (from March 2024).</li> <li>○ 3 x videos of skills/progressions being worked (not included in routines).</li> </ul> </li> <li>• If hitting the identified criteria, gymnast invited to next session / to attend a virtual assessment as per the testing criteria.</li> </ul>
<p>6. Selection Panel</p>	<p>The selection panel will consist of:</p> <ol style="list-style-type: none"> <li>1. TRA Technical Lead</li> <li>2. WG Performance Director/Programme Manager/Programme Officer</li> <li>3. TRA TP Representative</li> <li>4. Athlete Representative (if available)</li> </ol>
<p>7. Injury/illness/ other reasons for being unable to complete testing</p>	<ul style="list-style-type: none"> <li>• Any gymnast who is ill or injured prior to or during the trial, must provide written documentation of the injury or illness <a href="mailto:performance@welshgymnastics.org">performance@welshgymnastics.org</a> by <b>10<sup>th</sup> November 2024</b>. This information can be taken into consideration in the selection process. <ol style="list-style-type: none"> <li>I. Gymnast Name &amp; Club</li> <li>II. Gymnasts Squad (if applicable) e.g., Foundation, Development, Performance Development or Performance</li> <li>III. Injury / Illness Details - Length of time injured, Diagnosis, Treatment and expected recovery timescales (If known)</li> <li>IV. Gymnasts who are not able to complete testing must express in writing reasons why they cannot submit a video/attend the virtual trial. If agreed by the selection panel, the gymnast may attend the first squad session as a trial.</li> </ol> <p>OR</p> </li> </ul>

	<p>V. If a gymnast cannot attend or complete testing due to reasons listed above, can on the agreement with the selection panel, submit video evidence if this is prior to the first squad session.</p>
<p>8.Complaints</p>	<p>1. If you are unhappy with the process or wish to put in a complaint, please email <a href="mailto:contactus@welshgymnastics.org">contactus@welshgymnastics.org</a>.</p>

### Testing criteria

Trial Process:

- Performing routines 1 and 2 as per criteria below.
  - The routines will be judged
  - Total score needs to match the scores below-mentioned
- Perform 3 x skills/progressions being worked (not included in routines).

### Performance Development:

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Age group 11-12	10 different elements	Minimum Difficulty: 5,6
	8 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	
Score: 80,00		

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Age group 13-14	10 different elements	Minimum Difficulty: 6,0
	9 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body, or	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 540° of twist.	
	One (1) double front or back somersault with or without twist and	
Requirements cannot be fulfilled by combining into one element		
Score: 82,50		

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Age group 15-16	10 different elements	Minimum Difficulty: 6,6
	9 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body, or	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 540° of twist.	
	One (1) double front or back somersault with or without twist and	
Requirements cannot be fulfilled by combining into one element		

	10 different elements	
Score: 84,00		

**Development:**

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Age group 11-12	10 different elements	Minimum Difficulty: 4,1
	6 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	Requirements cannot be fulfilled by combining into one element	
Score: 76,30		

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Age group 13-14	10 different elements	Minimum Difficulty: 5,2
	7 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
Requirements cannot be fulfilled by combining into one element		
Score: 78,50		

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Age group 15-16	10 different elements	Minimum Difficulty: 5,6
	8 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
Requirements cannot be fulfilled by combining into one element		
Score: 80,00		