



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Datblygiad a Perfformiad Trampolin Polisi
Dewis 2025

Trampoline

Development and Performance Development
Squad 2025

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 April / May & October / November.</p> <ul style="list-style-type: none"> • Squad trial – 18th May 2025 • Selection panel – W/C 19th May 2025 • Selection communication – No later than 8th June 2025 • Squad commence – June 2025
<p>3. Gymnast Eligibility Criteria</p>	<ul style="list-style-type: none"> • 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 the next calendar year. • Gymnasts aged 11-21 years by the 31st December 2025 will be eligible for the Development or Performance Development Squad. • Gymnasts must be current members of Welsh/British Gymnastics and must be training in a Welsh/British Gymnastics registered environment. • Have no outstanding fees or any unresolved bans via Welsh / British Gymnastics. • Always comply with UKAD Clean Sport Policy.
<p>4. Performance Standards</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 based on the below criteria.</p> <p>Please see below testing criteria.</p>
<p>5. Additional Performance Factors</p>	<p>Gymnasts will be considered based on the following factors:</p> <ul style="list-style-type: none"> ▪ Scores achieved at specified competitions / trial ▪ Routines performed at trial (against the testing criteria) ▪ Performance of basic technical skills ▪ Ability to further develop technical skills ▪ Work ethic attendance and behaviour ▪ Ability to represent Wales at high-level domestic and international development competitions ▪ Potential to represent Wales in future high level international competitions
<p>6. Selection Panel</p>	<p>The selection panel will consist of:</p> <ul style="list-style-type: none"> • TRA Technical Lead • WG Performance Director/Programme Manager/Programme Officer • TRA TP Representative(s) • Athlete Representative (if available)
<p>7. Selection Process for Gymnasts</p>	<ul style="list-style-type: none"> • Entries for the trampoline squads will be made via Sport80 (See table at the end of the document for the testing criteria).

	<ul style="list-style-type: none"> • If a gymnast achieves the identified scores at any specified National-Level Competition (Welsh Championships, British Championships, British Spring Series Qualification Event, English Gold, & National Age Group Finals), International Competition, or FIG-sanctioned event, they should email performance@welshgymnastics.org. They could then attend the next available session / trial and follow the testing criteria. In this instance, they would not be required to show routines. For October / November selections, gymnasts would need to achieve the identified score for their age in the next calendar year. • If the identified score has not been achieved, they would need to attend the trial and follow the full testing criteria below. <p>Wildcard – The selection panel will have the capacity to select wildcard gymnasts for reasons listed below;</p> <ul style="list-style-type: none"> • The individual is injured, ill or extenuating circumstances are identified, impacting on their ability to perform routines or attend a trial. • The individual demonstrated some areas of poor performance but show potential in other areas <p>Reserve list – 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>8. Expectations of Selected Gymnasts and Coaches</p>	<ul style="list-style-type: none"> • All gymnasts and coaches will be expected to follow the Welsh Gymnastics Membership Rules and sign up to the Performance Pledge.
<p>9. Communication of Selections (including non-selection)</p>	<ul style="list-style-type: none"> • Selection / non selection letters will be sent to the email address associated with the Sport80 entry. Where possible, this will also be communicated to identified club contacts. • We ask clubs to share this information with relevant individuals.
<p>10. Injury/Illness/ Other Reasons for being Unable to Complete Testing</p>	<ul style="list-style-type: none"> • Any gymnast who is ill or injured prior to or during the trial or where extenuating circumstances are identified, must provide written documentation to performance@welshgymnastics.org by end of play 18th May 2025. This information can be taken into consideration in the selection process. <ol style="list-style-type: none"> I. Gymnast Name & Club II. Gymnasts Squad (if applicable) e.g., Foundation, Development, Performance Development or Performance III. If relevant injury / Illness Details - Length of time injured, Diagnosis, Treatment and expected recovery timescales (If known) IV. Gymnasts who are not able to complete testing must express in writing reasons why they cannot attend. If agreed by the selection panel, the gymnast may attend the first squad session as a trial. <p>OR</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.

11. Complaints	<ul style="list-style-type: none"> If you are unhappy with the process or wish to put in a complaint, please email complants@welshgymnastics.org.
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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 st Routine	2 nd 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: 80,50		

	1 st Routine	2 nd 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: 81,50		

	1 st Routine	2 nd 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	
Score: 83,00		

	1 st Routine	2 nd Routine- Vol	
Age group 17-21	10 different elements	Female Minimum Difficulty: 7,0	Male Minimum Difficulty: 7,8
	10 elements with more than 270° somersault rotation		
	One (1) element landing on the front or back of the body		
	Two (2) elements counted for D-scoring and can't be repeated in 2 nd routine.		
	Two (2) elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered		
	Requirements cannot be fulfilled by combining into one element		
Minimum Difficulty: 1,0			
Score: 85,50			

Development:

	1 st Routine	2 nd 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 st Routine	2 nd 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: 77,50		

	1st Routine	2nd 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		