



Welsh Gymnastics  
Gymnasteg Cymru

Sgwad Sylfaen Trampolin Polisi Dewis 2025

Trampoline

Foundation Squad 2025

Selection Policy

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| <p><b>1. Introduction</b></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 Foundation Squad.</p> <p>Selections will be made by the Welsh Trampoline selection panel. Details of which can be found in this document.</p>   |
| <p><b>2. Selection Timelines</b></p>            | <p>These squads will be selected on a 6 monthly basis in April / May &amp; October / November.</p> <ul style="list-style-type: none"> <li>• Squad trial – <b>18<sup>th</sup> May 2025</b></li> <li>• Selection panel – <b>W/C 19<sup>th</sup> May 2025</b></li> <li>• Selection communication – <b>No later than 8<sup>th</sup> June 2025</b></li> <li>• Squad commence – <b>June 2025</b></li> </ul>   |
| <p><b>3. Gymnast Eligibility Criteria</b></p>   | <ul style="list-style-type: none"> <li>• Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy.</li> <li>• Gymnasts aged 8-12 years by the 31<sup>st</sup> December 2025 will be eligible for the Foundation Squad.</li> <li>• Gymnasts already holding a place do not need to re-trial for the Foundation Squad unless they wish to move up a squad.</li> <li>• Gymnasts must be current members of Welsh/British Gymnastics and must be training in a Welsh/British Gymnastics registered environment.</li> <li>• Have no outstanding fees or any unresolved bans via Welsh / British Gymnastics.</li> <li>• Always comply with UKAD Clean Sport Policy.</li> </ul> |
| <p><b>4. Performance Standards</b></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>Please see below testing criteria.</p>   |
| <p><b>5. Additional Performance Factors</b></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 at trial</li> <li>▪ Ability to further develop technical skills</li> <li>▪ Work ethic attendance and behaviour</li> <li>▪ Potential to represent Wales in future international competitions</li> </ul> <p>Gymnasts demonstrating high-quality performance in competition may be invited to a training session throughout the year and where relevant given the opportunity to trial for a place on this squad.</p>  |
| <p><b>6. Selection Panel</b></p>                | <p>The selection panel will consist of:</p> <ul style="list-style-type: none"> <li>• TRA Technical Lead</li> <li>• WG Performance Director/Programme Manager/Programme Officer</li> <li>• TRA TP Representative(s)</li> <li>• Athlete Representative (if available)</li> </ul>  |
| <p><b>7. Selection Process for Gymnasts</b></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> </ul>   |

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|   | <p><b>Wildcard</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, ill or extenuating circumstances are identified, impacting on their ability to perform routines or attend a trial.</li> <li>• The individual demonstrated some areas of poor performance but show potential in other areas</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>8. Expectations of Selected Gymnasts and Coaches</p>                       | <ul style="list-style-type: none"> <li>• All gymnasts and coaches will be expected to follow the Welsh Gymnastics Membership Rules and sign up to the Performance Pledge.</li> </ul>  |
| <p>9. Communication of Selections (including non-selection)</p>               | <ul style="list-style-type: none"> <li>• 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.</li> <li>• We ask clubs to share this information with relevant individuals.</li> </ul>   |
| <p>10. 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 or where extenuating circumstances are identified, must provide written documentation to <a href="mailto:performance@welshgymnastics.org">performance@welshgymnastics.org</a> by end of play 18<sup>th</sup> May 2025. 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. If relevant 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 attend. If agreed by the selection panel, the gymnast may attend the first squad session as a trial.</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>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.</li> </ol> </li> </ul> |
| <p>11. Complaints</p>   | <ul style="list-style-type: none"> <li>• If you are unhappy with the process or wish to put in a complaint, please email <a href="mailto:complaints@welshgymnastics.org">complaints@welshgymnastics.org</a>.</li> </ul>   |

Testing criteria:

| Foundation              | Requirements                    | Routine  |
|-------------------------|---------------------------------|--|
| Age group<br>8-12 years | Back s/s (t), arm set jump x 5  | Routine with minimum of 5 elements with at least than 270° |
|                         | Back s/s (p), arm set jump x 5  |  |
|                         | Back s/s (s), arm set jump x 5  |  |
|                         | Barani (t), arm set jump x 5    |  |
|                         | Barani (P), arm set jump x 5    |  |
|                         | Barani (S), arm set jump x 5    |  |
|                         | ½ to front landing from arm set |  |
|                         | ¾ Back s/s (S) from arm set     |  |
|                         | ¾ Front s/s (S) from arm set    |  |

Gymnasts will be required to show the following requirements at the trial:

- 1 x requirements above mentioned
- 1 x routine filling the requirements above mentioned
- 3 x skills/progressions being worked (not included in routines)