

# TUMBLING

## Discipline and Competition Handbook

**Llawlyfr Disgyblaeth a  
Chystadleuthau Tumbling**



## **Table of Content**

Section 1 – Version History

Section 2 – Welcome Statement

Section 3 – National Competition Calendar

Section 4 – Tumbling Competition Protocol/Code of Conduct

Section 5 – National Development Programme

Section 6 - FIG

Section 7 – Welsh Tumble League

Section 8 – Welsh Squad, Area Squads

Section 9 – Welsh Eligibility



## **Section 1 - Version History**

The Tumbling Technical Panel (TTP) reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

Tumbling Technical Panel Lead – Maria Gaynor [maria.gaynor@welshgymnastics.org](mailto:maria.gaynor@welshgymnastics.org)

Tumbling National Competition Organiser – TBC

Welsh Gymnastics, WG funded Disciplines – [maria.gaynor@welshgymnastics.org](mailto:maria.gaynor@welshgymnastics.org)

Technical Panel Members: Joan Morgan (South Wales), Jayne Hughes (North Wales).

Lead Tumble Squad Coach: Rob Owen – Home Nations Squad

Assistant Tumble Squad coach: Josh Hunter – NDP Squad

*Version 1.0 – Original – 26/06/2019*

*Version 1.1 – 15/10/2019*

*Dates and venues for NDP Campaign added*

*Addition to competition criteria*

*Version 1.2 – 16/12/2019*

*All competition dates confirmed*

*Additional information regarding competition coach to gymnast ratio*



## **Section 2 – Welcome Statement**

Welcome and thank you for reading the 2020 Welsh Tumbling Handbook. I am pleased to inform you that Tumbling in Wales is doing exceptionally well, increasing at every level, with our tumble league bring our most successful series of competitions with approximately 200 gymnasts competing at each competition.

Our elite level Tumblers are consistently being selected to represent and be part of Team GB at a variety of Internationals. This year together with English, Scottish, Irish, British Gymnastics and Gymnastics Ireland we will be party of the first Home Nations competition which gives our Tumblers the opportunity to compete for their Nation in the most prestigious way.

Our Tumble squads continue to flourish with many gymnasts benefitting hugely from the intervention of Rob Owen and Josh Hunter.

The handbook will change as the British Gymnastics Board makes changes to the Tumbling landscape, we will release a new handbook after every change incorporating the changes.

The Technical Panel and I are looking forward to a successful period in the run up to the next Commonwealth Games and strive to make Tumbling in Wales successful and a discipline that the rest of our gymnastics community can look to as leaders in our field.

Yours in Sport

Maria Gaynor  
WG Funded Disciplines  
Team Manager – Tumbling Technical Panel

**Section 3 - National Competition Calendar**

<b>Event</b>	<b>Date</b>	<b>Venue</b>
NDP South Qualifier	1 <sup>st</sup> March 2020	Carmarthenshire School of Gymnastics
NDP North Qualifier	23 <sup>rd</sup> Feb 2020	Arfon LC
Welsh NDP National Qualifier	14 <sup>th</sup> /15 <sup>th</sup> March 2020	Haverfordwest LC
Tumble League x 1	12 <sup>th</sup> April 2020	CSOG
Tumble League x 2	12 <sup>th</sup> July 2020	Deeside
Tumble League x 3	13 <sup>th</sup> Dec 2020	Haverfordwest
Welsh Championships	19 <sup>th</sup> /20 <sup>th</sup> September 2020	WIS
Novice Agility	19 <sup>th</sup> July 2020	WIS

## **Section 4 Tumbling Competition Protocol/Code of Conduct**

### **Health & Safety**

The safety of all participants is the primary consideration, at all events. This will include gymnasts, coaches and officials. All BG policies and procedures will be rigorously applied with regards to health, safety and welfare and child protection. In 2020 the accreditation of officials (coaches, volunteers, WTC, judges) will be enforced and any coaches who do not have appropriate insurance, DBS or safeguarding in place will not be permitted entry onto the competition area. Please note that this extends to those who breach the rules set out within this Handbook. Clubs should prepare for this and are asked to ensure that coaches representing their clubs are familiar with the content of this Handbook.

Coaches are reminded of their responsibilities in relation to the safety of their gymnasts. In the competition environment this will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.

It is the Head Judge's responsibility to ensure that his/her apparatus is the correct specification.

### **Competitions**

Please note that the event timings/days that are provided on the entry form are subject to change and will be dependent on the number of gymnasts that enter the competition. In order to maintain a regulated competition, the TTP reserves the right to change the working order and/or time of commencement of the competition round. All gymnasts must register by the advised time and remain in the venue.

- Only the Floor Manager should approach the Top Table during the competition.
- All coaches and gymnasts must be members of Welsh/British Gymnastics
- In an individual competition one coach per gymnast is allowed from any two nominated, male or female

At an Area Qualification competition or Welsh competition, the TTP and/or nominated Floor Manager will be responsible for the implementation of the rules included in this Handbook. Should a coach be deemed to be dressed inappropriately or not abiding by the rules included in this handbook (for example, regarding sportsmanship / use of mobile phones), they will be asked to leave the Competition Arena. Clubs should consider this when planning for the event.



Should at any time during a competition, a Head Judge or National Coaching Team member, believe the elements performed put the gymnast at risk, they will intervene and make a decision on whether the gymnast is capable of performing the skill / routine. A review and discussion with the personal coach and/or club will also take place post competition to ensure the safety and well-being of all gymnasts is paramount.

Welsh gymnastics reserve the right to change the format of any Welsh Championships or Welsh organised competition to suit the Welsh Gymnastics community.

### **Competition Attire**

- All gymnasts and coaches must march on in competition attire. Club, Regional kit must be worn, to ensure that all clubs are clearly identifiable. Coaches should only wear their club logo'ed kit at any competition where they are a representative of their club. Coaches must ensure they are always presented in a smart manner.
- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions are as per BG Body Piercing and Adornments Policy.
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.
- Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.
- As per BG protocol, coaches should be in full length tracksuit bottoms, polo shirt / t-shirt and trainers or similar. Leggings and 3/4 length trousers are no longer permitted in Area Qualification competitions, or Welsh competitions. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- No flip flops should be worn by coaches on the competition floor.
- All shoulder length must be tied back.
- Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).

Gymnasts must wear either club or region competition attire (dependant on the competition status), with leotard.



### Competition Apparatus

Unless otherwise stated, the equipment at TTP competitions will be to current FIG specifications;

This will vary depending on the venue. There are number of tracks of varying specifications, in various location throughout Wales. Welsh Gymnastics will notify clubs of the track facilities at the venue for each competition. All tracks will be 25 metres long with the regulated landing area, run ups may vary depending on location of track in venue.

### Competition Entries

- Entries must be completed via GymNet. A link will be sent to all clubs by Welsh Gymnastics staff.
- Please note that changes to nominated team members will not be made less than two weeks prior to any event, changes after this time must be made in email / writing to the WG office as an “amendment to the entry form”.
- Entry forms must be accompanied by entry fee (stated on the GymNet system). Where payment is required any other way, cheques should be made payable to Welsh Gymnastics. Should a refund be required for any reason, this must be requested and processed prior to the event. For more information please see Maria in the Welsh Gymnastics office.
- Entries must be received by the closing date and late entries will be charged at double the entry fee.
- Acceptance of entry will be subject to the club having current Welsh membership.
- Please note the following membership requirements, in line with British Gymnastics rules:
  - Any competition leading to a British Competition (ie: NDP’s) will require **silver** membership, this is stipulated by British Gymnastics.
  - All other tumbling competitions will require a minimum of bronze competitive unless otherwise stated on the entry form.

No GymNet entries will be accepted without a nominated volunteer. Volunteers / clubs will be allocated a role for the day of the competition and this will be communicated via the Competition Organiser. It is the responsibility of a club to communicate this with





their nominated volunteer. If a club or area's volunteer (or an appropriate replacement) does not attend on the day of the competition, then a fine of £50 will be applied. Volunteers must also be available to assist the whole section of competition assigned – should the volunteer leave part way through (without prior notice given), the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

If a club enters a gymnast into an event they are assumed to be confirming that the gymnast is eligible to compete (according to the rules in place). Should a gymnast be deemed ineligible prior to the event, the gymnast will not be permitted to compete, and the score will not stand (if the competition has begun). A refund will not be permitted.

### **Judging Provision**

Clubs and Areas entering competitions are required to nominate and supply a judge or judges for the days on which their gymnasts are competing. If a club or region's competitors cover various age groups which cover more than one day, it will be necessary to provide a judge for each day of their competition. The number of judges required is as below:

Up to 16 competitors – 1 judge per whole day

16-32 competitors – 2 judges for whole day

32-48 competitors – 3 judges covering 1 or 2 days

If the club cannot provide a judge, that club will be fined £100 which will be placed in their basket. If a club provides one judge, then the club may enter up to the 16 gymnasts across the event groups. If a club provides more than one judge, proportionately more gymnasts may be entered. No GymNet entries will be accepted without a nominated named judge. Clubs will have to limit their competitors if they do not have enough judges.

Should a nominated judge (or appropriate replacement) fail to attend the nominated event, a £100 (per day) fine will be applied. Judges must also be available to judge the whole day of competition – should the judge leave partway through the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

These rules must be enforced to ensure that all competitions can run. It is important that we have club judges and sufficient numbers of regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing. Areas need to ensure that this stipulation from BG is met when holding area grades competitions. Clubs need to be mindful of this when entering judges.

In the case that Welsh Clubs or Welsh Gymnastics cannot provide the relevantly qualified judges Welsh Gymnastics reserve the right to bring in outside, Non-Welsh judges from other regions.



### **Coaching provision**

Welsh Gymnastics and Welsh Tumbling want to encourage Young Leaders to progress through the coaching qualifications to become qualified coaches and in time develop their respected disciplines. We would therefore like to encourage Sports and Young Leaders to shadow fully qualified coaches onto the competition floor, but stress that they will not be allowed to coach a gymnast and must not be visible next to or on any apparatus.

Coach to gymnast ratio:

Up to 10 gymnasts - 1 coach

Up to 20 gymnasts – 2 coaches

Up to 30 gymnasts – 3 coaches

Only nominated coaches who Welsh Gymnastics have been made aware of prior to the competition will have access to the competition floor.

If a coach has no gymnast competing in a particular round of the competition, we would kindly ask them to leave the competition floor and return when their gymnasts are competing.

### **Video, Film and Photography**

Accredited photographers may be present at WG events and will be made known to the audience. WG may publish images. By entering an event, there is an acceptance that the participant may be photographed, and the photographs may be published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events Policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos, but this may only be done in accordance with British Gymnastics Child Protection Policy.

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that and unsuitable photos are being taken, you should report your concerns to the WG appointed Welfare Officer at the event.

As taken from the British Gymnastics TTP Handbook: Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during



the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation. It will be part of the role of the Floor Manager to monitor this area. Any coaches who are identified as filming their gymnasts' performances from the competition floor or using their devices in an inappropriate manner will be asked to leave the floor.



## **SQUAD AND COMPETITION CODE OF CONDUCT**

### **Standards of Conduct for Gymnasts, Coaches and Club Officials**

#### ***Coaches and Club Officials***

Individual Coaches and Club Officials are responsible for ensuring they conform to the standards of conduct, behaviour, equality of treatment, etiquette and good manners specified in not only these Standards but also any additional Standards of behaviour that are detailed by British Gymnastics, as the Governing Body of Gymnastics, which all Gymnastics Regions, Clubs and Home Nations operate.

#### **Coaches and Club Officials shall:**

1. Ensure they attend all squad sessions and fully engage with the lead coach in charge of running the session. Without prior consent, failure to attend could result in your gymnast(s) being asked to leave the session. This is due to the safety and well-being of other gymnasts who may be in attendance and the health and safety policy which can be found on the Welsh Gymnastics website. This policy clearly states the gymnast to coach ratio and in accordance to these numbers squad sessions will be conducted as such.
2. Not consume alcohol before or whilst coaching at the either competition or squad sessions. Welsh Gymnastics would also recommend that no consumption of alcohol be undertaken if, as a coach official you are driving your gymnasts to the squad session the morning after.
3. Not smoke in front of or, in the vicinity of gymnasts, or whilst wearing any Welsh Gymnastics apparel or kit. Failure to uphold this or point number 2, will result in the individual being asked to leave that competition/squad session and their position, as coach or gymnast, in future squad session will be discussed in length with Welsh Gymnastics staff.
4. Fully engage with and partake in learning from the lead coach of the squad sessions. Squads sessions are put on to encourage the gymnast's development, discipline development and coach development.
5. Not discriminate against any individual or group of people as a direct result of the club they are members of or towards any subsequent coach or official from any club. It is expected that coaches behave in an appropriate manner, supporting and being supportive of all gymnasts and peers.

6. Only coach within their qualification or within the remit of any course/CPD that is currently being taken and worked towards. Gymnasts entries into competition should reflect coaches' current qualifications.
7. Unless used as a specific tool for to aid the session, mobile devices are not permitted into the gymnastics arena, and in accordance with the venue health and safety policy.
8. Correct and appropriate use of social media is to be adhered to, and incidents that brings the name of the squad or Welsh Gymnastics into disrepute will be a concerning break of the code of conduct and acted upon appropriately.

By attending competition and squad sessions, we will assume you agree to these points and act in accordance to them.

### **Gymnasts**

Gymnasts shall...

The gymnast is required to adhere to set level of behaviour and standards which have been agreed by the technical panel and the management at Welsh Gymnastics.

1. Successful and selected gymnasts are expected to attend all squad sessions. If they are unable to attend, prior notice must be given to the WG representative, who will inform the lead coach. If a gymnast fails to make contact and then subsequently fails to attend their squad session, they could face de-selection and potentially risk their place in squad being offered someone else.
2. During the squad sessions all gymnasts are expected to treat the Lead and Assistant Coaches and any subsequent chosen coaches with respect. Gymnasts will be expected to engage in activities, conditioning, and all training programmes set out by the lead tumble coach. At no stage will disrespect be tolerated and any behaviour deemed unfit or unsuitable for the session, will result in that gymnast being asked to immediately leave the session and the gymnast will be issued with a card, as per the card system which can be viewed at the end of the document.
3. The Squad sessions are the ideal opportunity for gymnasts to train with other coaches and gymnasts that perhaps do not attend their club, region or area. Gymnasts are expected to make the most of these opportunities and to engage and act appropriately.

4. Gymnasts will be expected to wear their squad leotards to ALL squad sessions, and club leotards to all competition. The squad kit will be reviewed every year, in terms of additions to kit and not changes.
5. Gymnasts are expected to arrive in plenty of time for the competition/session start, with the appropriate club/regional clothing.
6. Unless used as a specific tool to aid the session, mobile devices are not permitted into the gymnastics arena.
7. Correct and appropriate use of social media is to be adhered to, and incidents that brings the name of the squad or Welsh Gymnastics into disrepute will be a concerning break of the code of conduct and acted upon appropriately.
8. Once competed please leave the competition area and return for presentation, when instructed by the competition Floor Manager.

This system will be implemented at the start of January 2020, if a coach or gymnast's behaviour is seen to be outside of the required behaviour criteria, detailed above, they will be issued with a yellow card which will be kept on file, if an individual is issued with two yellow cards then a red card gets issued and the individual will be asked to leave the Competition/Squad session until a formal investigation can be carried out.

<b>YELLOW 1</b>	First offense - as detailed in the code of conduct
<b>YELLOW 2</b>	Second offense - as detailed in the code of conduct
<b>RED CARD</b>	Results in Gymnast/Coach/Club Official being asked to leave the competition/squad system until further notice. If this happens and there are subsequent safeguarding issues all the appropriate actions necessary to the offence will be taken.

Finally, we would expect everyone who attend and competition/squad sessions to be mindful of their surroundings and at no time to bring the name of Welsh Gymnastics or their club into disrepute by behaving inappropriately towards fellow gymnasts, Coaches, Officials or Parents.



## **Section 5 – National Development Programme**

Gymnasts have 2 competition pathways available to them depending on their ability – NDP Grades, and FIG/Elite level Competitions. For details on the NDP structure and criteria please see the British Gymnastics website or liaise with the WG office. Please note that the pathway undertaken by a gymnast will impact upon the pathway for that particular year. Once a coach/gymnast has decided to compete in the FIG/Elite level they cannot choose to compete at a lower level later in the year and must compete at that level for the duration of the competition year. If however a gymnast competes at an NDP level they are free to choose a level higher at any stage of the competition year, but once a step up to the FIG/Lite has been made a return to NDP/Development programme cannot be made. It is the responsibility of the coach to select the most appropriate grade and pathway. There is an expectation that gymnasts are appropriately prepared for their grading and that the correct pathway is chosen, taking into account a gymnast's likely development and progression.

Welsh Gymnastics are holding two qualifying NDP events moving forward in 2020. The Area competitions have been put in place to give gymnast another competition and additional NDP practise. The Area competitions are for the clubs in the specific areas, ie: North Clubs compete in the North Area, and South Clubs compete in the South Area. If there are date clashes clubs are encouraged to put a request into the Welsh Gymnastics Office to compete in an out of Area competition. Once the Area competition has taken place the top 12 scoring gymnasts from each age group and level will then qualify through to Welsh NDP finals, where as per the BG handbook the top two in each age group and level (providing minimum qualifying score has been reached) will go through as part of Team Wales at the British Gymnastics Regional Team Final. Gymnasts will be asked compete Range and conditioning body preparation routine at the Welsh Regional NDP Competition only, where the top 4 in each age group and level will be asked to perform their routines for the judges.

Clubs should also check that gymnasts hold the correct insurance to take part in any tumble event. There is information in the Competition Entries section of this handbook – for more information please liaise with the Welsh Gymnastics office.

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/10589-tum-ndp-competition-structure-2020-final-version-16-07-19/file>



### Section 6 – FIG/Elite level tumbling

For further information on the FIG/Elite level competitions pathway please see the link below:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/10588-tum-fig-competition-structure-2020-final-version-16-07-19/file>

### Section 7 – Tumble League

The tumble league will take place across Wales in 3 separate locations. The rules and criteria for the league can be found below.

Welsh Gymnastics Tumbling League 2020	
<u>Rules and Regulations</u>	
<u>Criteria</u>	All gymnasts except for the 6/7/8 in year will compete on the tumble track of the competition venue
<u>Qualification</u>	<b>Level 2 coach (min) - No skills to be taught out of level of qualification. ALL coaches and Judges MUST have an up to date DBS and Safeguarding qualification</b>
<u>Competition</u>	<p>Team (per comp only) and Individual.</p> <p>This competition is not exclusive to just tumbling but rather aimed at development of the Tumbling Discipline. We would encourage participation from all disciplines</p> <p>Gymnasts must have current WG/BG insurance. Specific details of Insurance levels can be found in the details attached.</p> <p>With the development of Tumbling and our Welsh Gymnasts in mind, gymnasts that have chosen and competed at the FIG DEV or FIG Elite, <b>MUST</b> continue at this level throughout the year. The FIG section of competition be now be added into the club individual scores and these gymnasts will be eligible for League places at the end of Tumble League Series 2020. FIG level will follow FIG/BG criteria, with tariff sheets needed for all gymnasts.</p>



	<p>Considering the new FIG DEV competition introduced by British Gymnastics this year, we would like to encourage more gymnasts and coaches to step up to this competitive level. We would like to invite any gymnast who feels that FIG DEV is their chosen competition pathway in 2020 to compete FIG level routines in the December competition, in preparation for NDP's Regionals next year.</p> <p>There is an INCL section which is aimed for those gymnasts who have a disability. If gymnasts select to compete the other runs coaches must indicate this on their entry form. At the discretion of the competition organiser and after discussion with the personal coaches, where possible, a decision will be made as to which part of the day these gymnasts compete.</p> <p>The Tumble League Series 2020 forms part of the competitive pathway structure.</p>
<b><u>Medals</u></b>	<p>1st 2nd 3rd Teams in each age group (Teams can be girls, boys or mixed)  Maximum 5 in team - <b>Best 9</b> Scores to count. Clubs can enter as many teams as they wish  1st 2nd 3rd Individual in each age group will get medals, 4th, 5th and 6th will receive ribbons. As per the development handbook, boys will have a separate competition if there are more than 3 in any age group or level, if there are less they will be incorporated into the generic competition.</p>
<b><u>Groups</u></b>	<p>Age in the year of competition. (Gymnasts can only compete in their own age group)</p> <p>MINI'S = 6/7/8yrs (6 in year, no age group variations will be accepted - Foundation Tumbling ONLY)  SPRINGERS = 8/9 year olds  REBOUNDERS = 10/11 year olds  JUNIORS = 12/13 year olds  SENIORS = 14+ year olds</p>
<b><u>Judges</u></b>	<p>Can be used from any discipline  Clubs <b>MUST</b> provide a judge, as mentioned earlier in this document  We would encourage all clubs entering to supply at least 1 club level judge. We will accept a judge who has attended an introduction to judging workshop as a second nominated judge. Clubs will be subject to a penalty of £100 if no judge is supplied.  ALL clubs to provide a volunteer</p>
<b><u>Structure</u></b>	<p>Must choose 3 '<b>different</b>' agility runs from 1 to 6, 7 - 12, 13 - 21/22 to 27. Gymnasts competing at the Development Tumbling level can compete any of the runs 22- 27) 13-27 but must have silver (due to the insurance level of runs 22-27)</p> <p>Tumbles will be marked out of 10 then the tariff is added, except for the FIG level competition  Team Results - up to 5 in a team with the 9 top scores will be added to achieve team placings</p> <p>Each competition will be judged as a separate competition, with scores added up at the end of the year and presentations for the overall league winners presented at the final competition</p>

**Calculating scores**

For a 1st place an individual will get **10 points**, for second **8 points**, for 3rd 6 points, 4th - 4points, 5th - 3 points, 6th, 2 points.

Team/Club positions will be announced at the final competition of the year (ie the Christmas comp),and will be calculated by any individual points (positions, as above) accumulated throughout the 3 competitions.

**LEAGUE INFORMATION:** There will be overall winning categories for individuals in all age groups, male and female, and overall club, which will be presented at the final competition of the year.

After each league competition we will publish the running total so clubs know where they are in the league table.

**Section 8 - Welsh Squad and Area Squads**

Welsh Tumbling Squad will be run 6 times a year. All sessions will be run out of Revolution GC in Birmingham and run by our Lead and Assistant Lead coaches Rob Owen and Josh Hunter. Our tumble squad is split into two different squads, one called the Home Nations Squad, which will cater for all our FIG and Elite competing tumblers and our Regional Squad which will cater for those gymnasts who compete in the NDP programme. Gymnasts will be expected to compete at the correct level for the squad they are currently in. For example, if a gymnast is in the Home Nations Squad they will be expected to compete at BSS1 & BSS2. The aim of a Squad is to give gymnasts and more importantly coaches the opportunity to learn from and experience different coaching styles, to network and to build on their personal CPD, from more experienced and more knowledgeable coaches.

Gymnasts for the various Welsh Tumble Squad 2019 and subsequently 2020 will be chosen several different ways:

1. Results from BSS 1 & 2 will be considered, as well as whether they qualify for British Championships and their results from this competition
2. Results from NDP regionals finals and any subsequent results in RTF (Regional Team Finals).



3. Decisions made by Lead and Assistant Lead Coach, after coaches submitting videos of Welsh Championships 2019

#### Area Squads

At the current time Welsh Gymnastics do not support any area squad. An area squad when put into place would take the form below.

7 in year – 9 in years which would then potentially feed into Regional/Home Nations Squad. This squad will focus on preparations and coach CPD rather than skills and competition results. Gymnasts will be invited along to trial at various locations and this will be lead by a coach yet to be named.

### **Section 9 – Eligibility**

#### Eligibility

In order to be considered for selection for any Welsh National Squad structure, or participate in the Welsh Championships (closed) gymnasts: -

- Must be born in Wales
- or
- Their mother, father or a grandparent must have been born in Wales
- or
- They must have lived in Wales for a period exceeding 48 months prior any selection/event
- They must be a member of a WG/BG registered club with appropriate membership
- They must not be under disciplinary or suspension
- They must not have any fees outstanding to WG i.e. membership fees, that are deemed outstanding without good reason