



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Datblygiad Rhythmig Polisi Dewis
2025-2026

Rhythmic
Development Squad 2025-2026
Selection Policy

1. Introduction	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 Squad. Selections will be made by the Welsh Rhythmic selection panel. Details of which can be found in this document.
2. Selection Timelines	Espoir gymnasts will be selected on a 6 monthly basis in March / April & October / November. For junior gymnasts' selection for this squad takes place every October / November and gymnasts are selected for the year. An additional trial will occur in March / April for the remaining 6 months. Any final year junior gymnasts selected onto this squad will hold their place for 6 months at which point at which point they will need to trial for the Performance Squad. • Squad trial – October / November 2025. March / April 2026 • Selection panel – No later than 2 weeks after the trial • Selection communication – No later than 3 weeks after the trial • Squad commence – November / December 2025. April / May 2026
3. Gymnast Eligibility Criteria	• Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy. • Trialling in 2025- Gymnasts aged 8-15 years by the 31st December 2025 will be eligible for the Development Squad. 2015-2013 will be eligible for the Espoir Development Squad, 2013-2010 will be eligible for the Junior Development Squad. • Trialling in 2026- Gymnasts aged 8-15 years by the 31st December 2026 will be eligible for the Development Squad. 2016-2014 will be eligible for the Espoir Development Squad, 2014-2011 will be eligible for the Junior Development Squad. • Gymnasts must be current members of Welsh/British Gymnastics and must be training in a Welsh/British Gymnastics registered environment.
4. Selection Criteria General	The Welsh National Programme will select gymnasts, who in the expert opinion of the National Coaches, have the best capability of representing Wales now and / or in the future. Gymnasts will be considered based on the following factors: Development Espoir ▪ General Preparation ▪ BQT elements – based on year in 2025 ▪ Apparatus handling – clubs and ribbon ▪ Conditioning Gymnasts scoring over 60% at the trial and reaching level 4 will automatically achieve a place up to a maximum of 8 places. Gymnasts may be invited throughout the year at the discretion of the National Coaches to attend sessions before trialling at the next opportunity. Development Junior ▪ Testing on BQT relevant for the age group. When trialling on October, gymnasts will trial using the criteria for the age they will be

	in the next calendar year. ▪ Scores from competitions over the previous 6 month. ▪ Individuals would be expected to achieve a minimum of level 4. Gymnasts scoring over 60% at the trial and reaching level 4 will automatically achieve a place up to a maximum of 8 places. Gymnasts may be invited throughout the year at the discretion of the National Coaches to attend sessions before trialling at the next opportunity.
5. Selection Specific	• Entries for the Rhythmic squads will be made via Sport80 (See table at the end of the document for the testing criteria). Wildcards – The selection panel will have the capacity to select wildcard gymnasts for reasons listed below; • The individual is injured or ill, impacting on their ability to complete the testing day. • Potential for further technical and skill development.
6. Selection Panel	The selection panel will consist of: 1. RHY (Head) National Coach & or RHY National Coach 2. WG Performance Director/Programme Manager/Programme Officer 3. Athlete Representative (if available)
7. Injury/illness/ other reasons for being unable to complete testing	• Gymnasts who are unable to trial due to extenuating circumstances e.g., illness / injury, or a pre-booked holiday will be able to trial at an appropriate time after the event as identified by the national coaches. They will still have to be entered on Sport80 and written documentation of the reason, injury or illness to performance@welshgymnastics.org a minimum of 1 week before the trial.
8. Complaints	If you are unhappy with the process or wish to put in a complaint, please email contactus@welshgymnastics.org.