



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Sylfaen Artistig Menywod Polisi Dewis

2025-2026

Women's Artistic

Foundation Squad 2025-2026

Selection Policy

1. Introduction	<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 Women's Artistic selection panel. Details of which can be found in this document.</p>
2. Selection Timelines	<p>This squad will be selected on a 6 monthly basis in April / May & October / November.</p> <ul style="list-style-type: none"> • Squad trial – October/November 2025. April/May 2026 • Selection panel – Within 2 weeks of trial • Selection communication – Within 3 weeks of trial • Squad commence – November 2025 / June 2026
3. Gymnast Eligibility Criteria	<ul style="list-style-type: none"> • Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy. • Gymnasts aged 8-10 years by 31st December 2025 (2015-2017) will be eligible for the Foundation Squad (Trialling 2025) • Gymnasts aged 8-10 years by 31st December 2026 (2016-2018) will be eligible for the Foundation Squad (Trialling 2026) • 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.
4. Performance Standards	<p>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.</p> <p>Gymnasts will be considered based on the following factors, please see trial criteria below:</p> <ul style="list-style-type: none"> ▪ Scores on conditioning tests at trial ▪ Performance of basic technical skills on each apparatus at trial.
5. Additional Performance Factors	<p>Wildcards – The Panel will have the capacity to select wildcard gymnasts for reasons listed below;</p> <ul style="list-style-type: none"> • The individual is injured or ill, impacting on their ability to attend or complete the testing day. • Opportunity for club or coach development. • Potential for further technical and skill development. • Unable to attend trial / selection day for significant reason (please see section 11).
6. Selection Panel	<p>The selection panel will consist of the WAG National coaching team with selections ratified by an additional member of the performance team.</p>
7. Selection Processes for Gymnasts	<p>Entries for the women's artistic squad trial will be made via Sport80. All gymnasts must hold up to date silver membership and must not have entered a GFA competition within the same calendar year.</p>
8. Expectations of Selected Gymnasts and Coaches	<p>All gymnasts and coaches will be expected to follow the Welsh Gymnastics Membership Rules, Terms and Conditions, and sign up to the Performance Pledge.</p>

	Gymnasts on a Foundation Squad must have a coach in attendance at all times without which they will be unable to attend the session.
9. Communications of selections (including non-selection)	<p>Decisions regarding selections and non-selections will be sent to the email address associated with the Sport80 entry. Where possible we will also send to any identified club contacts.</p> <p>We ask clubs to share this information with relevant individuals.</p>
10. Complaints	If you are unhappy with the process or wish to put in a complaint, please email complaints@welshgymnastics.org .
11. Injuries and replacements	<ul style="list-style-type: none"> 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 the first session of the squad. They will still have to be entered on Sport80 and written documentation of the reason, injury or illness to performance@welshgymnastics.org. <ul style="list-style-type: none"> I. Gymnast Name & Club II. Gymnasts Squad (if applicable) e.g., Foundation, Development or Performance III. Reason / Injury / Illness Details - Length of time injured, Diagnosis, Treatment and expected recovery timescales (If known)
12. Any additional matters not covered by the policy	<ul style="list-style-type: none"> Gymnasts who are not selected for the Women's Artistic Foundation Squad will automatically be considered for their relevant Area Squad. Scores from the Foundation Trial will be used during the Area Squad selection meeting, so gymnasts do not need to attend the Area Squad Trial separately.

Trial Criteria

Each apparatus will be approximately 20 minutes. During this time, the gymnasts will be tested on the physical preparation (reps / time recorded) and then assigned a colour / score for their skills on that apparatus - taking into account all skills within the criteria. The duration of the piece will cover what's in the criteria and on occasion related additional skills. An overall impression score will be given for each piece rather than each skill being marked individually. Please note, to support the running of the trial, on occasion not all skills within the criteria will be tested.

	8 in year	9 in year	10 in year
VAULT			
Skills	Running technique	Running technique	Running technique
	Stretch jump to 80cm	Tuck front to 60cm	Straight front to 60cm
	Tuck front to 30cm	Straight front to 30cm	Yurchenko drill circuit
Physical Preparation			
Jump up (consecutive)	Max. in 30s	Max. in 30s	Max. in 30s
Shuttle run (floor)	Max. in 60s	Max. in 60s	Max. in 60s
BARS			
Skills	Upstart - cast, min. horizontal (wooden)	Upstart - cast, min. 45 deg (wooden)	Upstart - cast to handstand (wooden)
	Swings (wooden)	Swings / giants (metal)	Giants (wooden)
	Swings / giants (metal)	Close bar preparation (metal)	Close bar elements (metal)
Physical Preparation			
Cast	2 reps. (min. horizontal)	2 reps. (min. 45 deg)	2 reps. (within 10 deg of handstand)
1/2 lever to shoulder stand	Max. 15 reps	Max. 15 reps	Max. 15 reps

BEAM				
Skills		Complex	Complex	Complex
		Basic dance elements	Basic dance elements	Basic dance elements
		Handstand step down	Walkover & flick variation	Flicks and acrobatic connections
Physical Preparation				
Straddle lever to handstand		Max. 5 reps (on floor)	Max. 10 reps (on floor)	Max. 10 reps (on beam)
Handstand hold		Max. 30s (on floor)	Max. 30s (on floor)	Max. 30s (on floor)
FLOOR				
Skills		Hurdle / cartwheel / round-off	Round-off - flick	Round-off - flick - salto
		Flick	Handspring	Front salto connections
		Front & back salto progressions	Front & back salto progressions	Front & back salto progressions
Physical Preparation				
Pike rope climb		Timed (6 foot target)	Timed (12 foot target)	Timed (12 foot target)
FLEXIBILITY				
Skills		Static flexibility	Static flexibility	Static flexibility
		Active leg kicks	Active leg kicks	Active leg kicks
		Leg holds (in stand)	Leg holds (in stand)	Leg holds (in stand)
Physical Preparation				
Backward roll		To front support	To handstand	To handstand

	Very Good <i>Gymnast is showing an excellent level of skill, with very good execution</i>	(scoring 9-10)
	Good <i>Gymnast is showing a good level of skill, with some room for improvement on technique / execution</i>	(scoring 7-8)
	Average <i>Gymnast is achieving the skills but needs to improve technique and execution</i>	(scoring 4-6)
	Poor <i>Gymnast is unable to achieve all skills and needs to work on technique and execution</i>	(scoring 1-3)
	Incomplete <i>Gymnast is unable to complete any skills within the criteria</i>	(scoring 0)