



Welsh Gymnastics  
Gymnasteg Cymru

Sgwad Datblygiad Gymnasteg Artistig  
Menywod Polisi Dewis 2025

Women's Artistic  
Development Squad 2025  
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 Development 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>These squads will be selected on a yearly basis in April / May. Selections may be made throughout the year at the discretion of the national coaching team.</p> <ul style="list-style-type: none"> <li>• Squad trial – Sunday 18<sup>th</sup> 10am-4pm</li> <li>• Selection panel – May 2025</li> <li>• Selection communication – prior to June 2025</li> <li>• Squad commence – June 2025</li> </ul>
3. Gymnast Eligibility Criteria	<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 10 in year to 15 in year (2015 – 2010) by the 31<sup>st</sup> December 2025 will be eligible for the Development 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>
4. Performance Standards	<p>The Welsh National Programme will select gymnasts, who in the expert opinion of the National Coaching Team, 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"> <li>• Scores on conditioning tests at trial</li> <li>• Performance of skills on each apparatus at trial</li> <li>• Performance in excel grades competition (Welsh and British)</li> <li>• Performance in voluntary competitions, for example but not limited to FIG Development &amp; Classic Challenge Competitions, Welsh Championships, and British Championships</li> <li>• Gymnasts on or meeting consideration for the British Squad Pathway (Aspire &amp; Junior Squad)</li> <li>• Working towards full CRs across all apparatus</li> </ul>
5. Additional Performance Factors	<p>Gymnasts may be selected as a wildcard based upon the following criteria:</p> <ul style="list-style-type: none"> <li>• Injury preventing full participation / performance</li> <li>• Potential for further technical and skill development</li> <li>• Opportunity for club or coach development</li> </ul> <p>Gymnasts may be added to the squad throughout the year at the discretion of the National Coaching team.</p>
6. Selection Panel	<p>The selection panel will consist of:</p> <ul style="list-style-type: none"> <li>• WAG National Coach(es)</li> </ul>

	<ul style="list-style-type: none"> <li>• WG Performance Director/Programme Manager/Programme Officer</li> <li>• WG Independent Staff Member</li> <li>• Athlete Representative (if available)</li> </ul>
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.</p> <p>If a gymnast not already holding a place on a Welsh Squad wishes to be considered for the development squad, their club / coach should contact <a href="mailto:performance@welshgymnastics.org">performance@welshgymnastics.org</a> and confirm eligibility where necessary. They may then be invited to a trial session and considered upon factors outlined in Section 4.</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>
9. Communication 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	<p>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>.</p>
11. Injuries and replacements	<p>Any gymnast who is ill, injured, or where extenuating circumstances are identified, must provide written documentation to <a href="mailto:performance@welshgymnastics.org">performance@welshgymnastics.org</a>. This information can be taken into consideration in the selection process.</p> <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>
12. Any additional matters not covered by the policy	

## Selection Criteria

GYMNAST CHARACTERISTICS	
	Coachability
	Attitude
	Work rate
VAULT	
<b>Skills</b>	Yurchenko entry progressions / vault
BARS	
<b>Skills</b>	5 x upstart - cast to handstand (consecutive)
	Close bar element (s)
	Backward giants with turn
	Forward circles / element
BEAM	
<b>Skills</b>	Change leg
	Flick to one - flick to one
	Round-off (dismount)
FLOOR	
<b>Skills</b>	Straight back salto
	Double salto progression
	Forward rebounding series
	Dance elements (leaps/jumps/spins) - C value or above
PHYSICAL PREPARATION	
	Straddle lever on beam (consecutive)
	Rope climb (12 foot)
	Cast to handstand (consecutive)
	Handstand hold (max. 60s)
	Plyometric jumps
	Leg lift from 1/2 lever
	Horizontal pull (inverted row)
	Sprint endurance (90s shuttle)

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