



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Datblygiad a Perfformiad Trampolin Polisi
Dewis 2025-2026

Trampoline

Development and Performance 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 and Performance Development Squad. Selections will be made by the Welsh Trampoline selection panel. Details of which can be found in this document.
2. Selection Timelines	These squads will be selected on a 6 monthly basis in October / November & April / May 2026. When achieving a place in October / November, gymnasts will hold their place for a year. • Squad trial – October/November 2025, April/May 2026 • Selection panel – within 2 weeks of the trial • Selection communication – within 3 weeks of trial • Squad commence – November 2025 / June 2026
3. Gymnast Eligibility Criteria	• Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy. When trialling in October / November, gymnasts will trial based upon their age in the next calendar year. • Gymnasts aged 11-21 years by the 31st December 2026 will be eligible for the Development or Performance Development Squad. • 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	The Welsh National Programme will select gymnasts, who in the expert opinion of the National Squad Coach, have the best capability of representing Wales now and / or in the future based on the below criteria. Please see below testing criteria.
5. Additional Performance Factors	Gymnasts will be considered based on the following factors: ▪ Scores achieved at specified competitions / trial- See section 7 for full list of competitions ▪ Routines performed at trial (against the testing criteria) ▪ Performance of basic technical skills ▪ Ability to further develop technical skills ▪ Work ethic attendance and behaviour ▪ Ability to represent Wales at high-level domestic and international development competitions ▪ Potential to represent Wales in future high level international competitions
6. Selection Panel	The selection panel will consist of: • TRA National Coach • TRA Foundation Coach • WG Performance Director/Programme Manager/Programme Officer • TRA TP Representative(s) • Athlete Representative (if available)

7. Selection Process for Gymnasts	• Entries for the trampoline squads will be made via Sport80 (See table at the end of the document for the testing criteria). • If a gymnast achieves the identified scores at any specified National-Level Competition (Welsh Championships, British Championships, British Spring Series Qualification Event, English Gold, & National Age Group Finals), International Competition, or FIG-sanctioned event, they should email performance@welshgymnastics.org. They could then attend the next available session / trial and follow the testing criteria. In this instance, they would not be required to show routines. For October / November selections, gymnasts would need to achieve the identified score for their age in the next calendar year. • If the identified score has not been achieved, they would need to attend the trial and follow the full testing criteria below. Wildcards – The selection panel will have the capacity to select wildcard gymnasts for reasons listed below and also based on factors identified in section 5; • The individual is injured, ill or extenuating circumstances are identified, impacting on their ability to perform routines or attend a trial. • The individual demonstrated some areas of poor performance but show potential in other areas Reserve list – 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.
8. Expectations of Selected Gymnasts and Coaches	• All gymnasts and coaches will be expected to follow the Welsh Gymnastics Membership Rules and sign up to the Performance Pledge.
9. Communication of Selections (including non-selection)	• 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. • We ask clubs to share this information with relevant individuals.
10. Injury/Illness/ Other Reasons for being Unable to Complete Testing	• Any gymnast who is ill or injured prior to or during the trial or where extenuating circumstances are identified, must provide written documentation to performance@welshgymnastics.org by end of play 30th September 2025 / 28th March 2026 This information can be taken into consideration in the selection process. I. Gymnast Name & Club II. Gymnasts Squad (if applicable) e.g., Foundation, Development, Performance Development or Performance III. If relevant injury / Illness Details - Length of time injured, Diagnosis, Treatment and expected recovery timescales (If known) 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.

11. Complaints	If you are unhappy with the process or wish to put in a complaint, please email complants@welshgymnastics.org.
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Testing criteria

Trial Process:

- Performing routines 1 and 2 as per criteria below.
 - The routines will be judged
 - Total score needs to match the scores below-mentioned
- Perform 3 x skills/progressions being worked (not included in routines). - These must be done on a trampoline, not into a pit. They must be done without support or boosting, without the use of a rig. Coaches are allowed to catch, call out or mat skills.

Performance Development:

	1 st Routine	2 nd Routine- Vol
Age group 11-12	10 different elements	Minimum Difficulty: 5,6
	8 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	
Score: 80.50		

	1 st Routine	2 nd Routine- Vol
Age group 13-14	10 different elements	Minimum Difficulty: 6,0
	9 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body, or One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 540° of twist.	
	One (1) double front or back somersault with or without twist and	
	Requirements cannot be fulfilled by combining into one element	
Score: 81,50		

	1 st Routine	2 nd Routine- Vol
Age group 15-16	10 different elements	Minimum Difficulty: 6,6
	9 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body, or	

	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 540° of twist.	
	One (1) double front or back somersault with or without twist and	
	Requirements cannot be fulfilled by combining into one element	
Score: 83.00		

	1 st Routine	2 nd Routine- Vol	
Age group 17-21	10 different elements	Female Minimum Difficulty: 7,0	Male Minimum Difficulty: 7,8
	10 elements with more than 270° somersault rotation		
	One (1) element landing on the front or back of the body		
	Two (2) elements counted for D-scoring and can't be repeated in 2 nd routine.		
	Two (2) elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered		
	Requirements cannot be fulfilled by combining into one element		
	Minimum Difficulty: 1,0		
Score: 85,50			

Development:

	1 st Routine	2 nd Routine- Vol
Age group 11-12	10 different elements	Minimum Difficulty: 4,1
	6 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	Requirements cannot be fulfilled by combining into one element	
Score: 76,30		

	1 st Routine	2 nd Routine- Vol
Age group 13-14	10 different elements	Minimum Difficulty: 5,2
	7 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body, One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into	

	one element	
Score: 77,50		

	1 st Routine	2 nd Routine- Vol
Age group 15-16	10 different elements	Minimum Difficulty: 5,6
	8 elements with more than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	
Score: 80,00		