



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Sylfaen Trampolin Polisi Dewis 2025-
2026

Trampoline

Foundation 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 Foundation 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 2025 & April / May 2026. • 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. • Gymnasts aged 8-12 years by the 31st December 2026 will be eligible for the Foundation Squad. • Gymnasts already holding a place do not need to re-trial for the Foundation Squad. • Gymnasts hold their place until they are 12 in year. Their last term will finish the October / November of the year. • 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. Please see below testing criteria.
5. Additional Performance Factors	Gymnasts will be considered based on the following factors: ▪ Routines performed at trial (against the testing criteria) ▪ Performance of basic technical skills at trial ▪ Ability to further develop technical skills ▪ Work ethic attendance and behaviour ▪ Potential to represent Wales in future international competitions Gymnasts demonstrating high-quality performance in competition may be invited to a training session throughout the year.
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). Wildcards – The selection panel will have the capacity to select wildcard gymnasts for reasons listed below; - 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.

Testing criteria:

Foundation	Requirements	Routine
Age group 8-12 years	Back s/s (t), arm set jump x 5	Routine with minimum of 5 elements with at least than 270°
	Back s/s (p), arm set jump x 5	
	. Back s/s (s), arm set jump x 5	
	Barani (t), arm set jump x 5	
	Barani (P), arm set jump x 5	
	Barani (S), arm set jump x 5	
	½ to front landing from arm set	
	¾ Back s/s (S) from arm set	
	¾ Front s/s (S) from arm set	

Gymnasts will be required to show the following requirements at the trial:

- 1 x requirements above mentioned
- 1 x routine filling the requirements above mentioned
- 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.