



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Sylfaen Tymbl Polisi Dewis 2026

Tumbling Foundation Squad 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 Tumbling selection panel. Details of which can be found in this document.</p>
2. Selection Timelines	<p>This squad will be selected on a yearly basis.</p> <ul style="list-style-type: none"> • Squad trial – November 2025 • Selection panel – within 2 weeks of trial • Selection communication – within 3 weeks of trial • Squad commence – December 2025 / January 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 9 to 12 in year will be eligible for the Foundation Squad on 1st January 2026. Gymnasts will trial based upon their age in 2026. • Gymnasts must be current members of Welsh/British Gymnastics and must be training in a Welsh/British Gymnastics registered environment.
4. Selection criteria general	<p>The Welsh National Programme will select gymnasts, who in the expert opinion of the Selection Panel, have the best capability of representing Wales now and / or in the future.</p> <p>Gymnasts will be considered based on the following factors:</p> <ul style="list-style-type: none"> ▪ Routines performed at trial (against the testing criteria). 1 set routine and 1 voluntary routine*. ▪ Working towards a twist on any rebound surface. ▪ Performance of basic technical skills at trial (as outlined in testing criteria). ▪ Attitude in training / competitions. ▪ Effort in conditioning during training and trials ▪ Ability to further develop technical skills. ▪ Work ethic and behaviour during trial, competitions, and training ▪ Potential to represent Wales in future international competitions. <p>* Gymnasts will be given multiple opportunities to show routines. Please note, achieving criteria does not guarantee a place.</p> <p>If a gymnast is unable to hit full criteria, this will not prevent consideration for this squad, however they would need to show that they are working towards the specified routines.</p>
5. Selection Specific	<ul style="list-style-type: none"> • Entries for the tumbling squads will be made via Sport80 (See table at the end of the document for the testing criteria). <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 trial. Please see section 7. • The individual demonstrated some areas of poor performance within the testing day but show potential in other areas.

	<ul style="list-style-type: none"> Gymnasts demonstrating high-quality performance in competition may be invited to a training session throughout the year <p>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.</p>
6. Selection Panel	<p>The selection panel will consist of:</p> <ol style="list-style-type: none"> 1. TUM Head National Coach 2. TUM Foundation Squad Coach 3. WG Performance Director/Programme Manager/Programme Officer 4. Athlete Representative (if available)
7. Injury/illness/ other reasons for being unable to complete testing	<ul style="list-style-type: none"> Any gymnast who is ill or injured prior to or during the trial, must provide written documentation of the injury or illness performance@welshgymnastics.org before the Trial date. This information can be taken into consideration in the selection process. <ol style="list-style-type: none"> Gymnast Name & Club Gymnasts Squad (if applicable) e.g., Foundation, Development or Performance Injury / Illness Details - Length of time injured, Diagnosis, Treatment and expected recovery timescales (If known) Gymnasts who are not able to complete testing must express in writing reasons why they cannot attend the testing day. If agreed by the selection panel, the gymnast may attend a squad session once at full fitness.
8. Complaints	<ol style="list-style-type: none"> 1. If you are unhappy with the process or wish to put in a complaint, please email contactus@welshgymnastics.org.