



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Meini Prawf Tymbl 2026

Tumbling Squad Criteria 2026

Age 9-10

Set Routine (Age 9-10 Rcc4 Set Routine)

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Voluntary Routine 8– routine with minimum 1 whip in combination

Rebound – twist break down minimum

- E.g., lazy back on trampoline and whip phasing

Skill Set (click [here](#) for video)

- Handstand Forward Roll – Straight arms
- Forward Roll to L sit
- Pike Fold back to Lay Sit
- Lower to Laying Straight Position
- Dish Hold to Hip Lift
- Bridge Kick-Over to Snap C Shape
- Hurdle Jump Round Off Flick Rebound Jump

Age 11-12

Set Routine (Age 11-12) Rcc4 Set Routine

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Voluntary Routine 8 moves – routine with D score 1.5

Rebound – twist break downs minimum and double tuck break down

- E.g., lazy back on trampoline and whip phasing, e.g., tuck back ¼ pull over

Skill Set (click [here](#) for video)

- Handstand Forward Roll – Straight Arms
- Forward Roll to L Sit
- Pike Fold to Lay Sit
- Lower to Laying Straight Position
- Dish Hold to Hip Lift
- Bridge Kick-Over to Snap C Shape
- Hurdle Jump Round Off Flick Rebound Jump

Age 13-14

Set routine (Age 13-14) Rcc4 Set Routine

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Voluntary Routine 8 moves – routine with D score 1.9

Rebound – double tuck minimum

Skill Set

- Standing (F F F F F F
- Standing Tuck Backs

Age 15-16

Voluntary Routine with minimum D score of 2.1

- Must include a minimum of 5 whips

Skill Set

- 7 whips on track: no more than 0.3 deductions per whip
- Full twisting salto
- Double tuck (rebound or track)
- Full twisting whip or barani (full skill or preps to be shown)

Age 17+

Voluntary Routine with minimum D score of 3.2

- Must include a double tuck end skill

Skill Set

- 7 whips on track: no more than 0.3 deductions per whip
- Full twisting salto
- Double tuck and pike (on track from flick or whip)
- Twisting double: full skill (track or rebound) or competent preps to be shown.