



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Perfformiad Rhythmig Polisi Dewis
2025-2026

Rhythmic
Performance 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 Performance Squad. Selections will be made by the Welsh Rhythmic selection panel. Details of which can be found in this document.
2. Selection Timelines	Selection for this squad takes place in October / November. An additional trial will occur in March / April for the remaining 6 months. • Squad trial – October / November 2025. March / April 2026 • Selection panel – No later than 2 weeks after the trial • Selection communication – No later than 3 weeks after the trial • Squad commence – November / December 2025. April / May 2026
3. Gymnast Eligibility Criteria	• Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy. • Trialling in 2025- Gymnasts aged 16 years by the 31st December 2025 will be eligible for the Performance Squad. Final year Junior gymnasts may be considered for this squad. • Trialling in 2026- Gymnasts aged 16 years by the 31st December 2026 will be eligible for the Performance Squad. Final year Junior gymnasts may be considered for this squad. • Gymnasts must be current members of Welsh/British Gymnastics and must be training in a Welsh/British Gymnastics registered environment.
4. Selection Criteria General	The Welsh National Programme will select gymnasts, who in the expert opinion of the National Coaches, have the best capability of representing Wales now and / or in the future. Gymnasts will be considered based on the following factors: ○ Achieving a Level 5 ○ Trial results above 70% ▪ BQT elements – based on year in 2025 ▪ Conditioning ○ Work ethic ○ Attitude towards training and competition An individual's place may be reviewed throughout the year subject to performance targets. Gymnasts may be invited throughout the year at the discretion of the National Coaches to attend sessions as guests before trialling at the next opportunity.
5. Selection Specific	• Entries for the Rhythmic squads will be made via Sport80. Wildcards – The selection panel will have the capacity to select wildcard gymnasts for reasons listed below; • The individual is injured or ill, impacting on their ability to complete the testing day. • Potential for further technical and skill development.
6. Selection Panel	The selection panel will consist of: 1. RHY (Head) National Coach 2. RHY National Coach

	3. WG Performance Director/Programme Manager/Programme Officer 4. Independent WG Staff Member 5. Athlete Representative (if available)
7. Injury/illness/ other reasons for being unable to complete testing	Gymnasts who are unable to trial due to extenuating circumstances e.g., illness / injury, or a pre-booked holiday will be able to trial at an appropriate time after the event as identified by the National Coaches. They will still have to been entered on Sport80 and written documentation of the reason, injury or illness to performance@welshgymnastics.org minimum of 1 week before the trial.
8.Complaints	If you are unhappy with the process or wish to put in a complaint, please email contactus@welshgymnastics.org.