



Welsh Gymnastics
Gymnasteg Cymru

Rhythmic Home Nations Competiiton

Selection Policy

Cardiff, Wales

2nd – 4th May 2025

1. Introduction	<p>The Rhythmic Home Nations Competition is a performance and development competition and has been identified as a key opportunity for gymnasts to gain valuable experience in a high-level competitive environment.</p> <p>The nomination of gymnasts and coaches to represent Wales at the above-named event will be made up according to this selection policy, ensuring a fair and transparent approach that supports both individual progression and team success.</p>
2. Performance Targets	<ul style="list-style-type: none"> • 4 team medals • 3 apparatus medals
3. Selection Timeline	<ul style="list-style-type: none"> • Selection Panel to be held w/b/ 14th April 2025. • Team selection (gymnasts, coaches, and officials) communicated to athletes and coaches no later than 18th April 2025.
4. Competition Format	<p>The competition format will be delivered as per FIG competition rules and regulations except in any deviation mentioned within the directives.</p> <ul style="list-style-type: none"> • Team Event Individual Overall Competition I: • Team Event Group Overall Competition I: • Team event Individual Seniors Competition I: • Team Event Individual Juniors Competition I: • Team Event Individual Pre-Juniors Competition I: • Team Event Individual Espoir Competition I: • Team Event Group Junior/Senior Competition I: • Team Event Group Pre Junior/Espoir Competition I: • Apparatus Finals for Individuals Competition III:
5. Gymnast Eligibility Criteria	<p>Gymnasts are eligible for consideration provided they;</p> <ul style="list-style-type: none"> • Are eligible to hold a British passport • Are eligible to compete for Welsh Gymnastics in line with the WG eligibility criteria^{*/**} • Are age eligible as per Welsh Gymnastics International Competition and Training Camp Principles • Are a current British / Welsh Gymnastics member. • Have competed in at least one of the Designated Selection Events (DSEs)^{***} • Have no outstanding fees or any unresolved bans via Welsh/British gymnastics • Always comply with UKAD Clean Sport Policy <p>[*] Groups who could represent Great Britain in the future but do not qualify for</p>

	<p>any Home Nation could be selected to compete as Guests.</p> <p>** Gymnasts who are residing in Wales, who are eligible (or will be eligible by the time they turn senior) for a UK passport but not currently meeting the 36-month residency criteria could compete as a Guest.</p> <p>Designated selection events:</p> <ul style="list-style-type: none"> • 2025 Zonal Grades <p>*** Any gymnast unable to compete at the listed DSE can express in writing to the selection panel for consideration. Gymnasts are required to send an appeal in writing explaining the reasons for being unable to compete at the DSE to performance@welshgymnastics.org. If any gymnast informs Welsh Gymnastics that they are in this position, the selection panel will look at a viable option for inclusion within the selection process.</p>
6. Performance Standards	<p>Gymnasts wishing to be considered for nomination will be considered against the below factors and must provide evidence that they have the capability to contribute towards the standards outlined in the Performance Targets (Section 2). The standards listed below are not listed in rank order.</p> <ul style="list-style-type: none"> • Performances from Zonal Grades 2025 including but not limited to, score, rank, execution • Performances at competitions throughout 2024 and 2025 including but not limited to, score, rank, execution • Scoring potential and potential to achieve the scores outlined within Section 2 <ul style="list-style-type: none"> ○ 2015-2014: 31.00 ○ 2013-2012: 30.00 ○ 2011-2010: 52.00 ○ 2009 and over: 53.00 • Level competing in 2024 & 2025 • Consistency of performances • Long term development of discipline in line with Welsh Gymnastics strategic priorities • Long term development of the gymnast in line with Welsh Gymnastics strategic priorities
7. Additional Performance Factors	<p>In the absence of a sufficient number of athletes achieving the performance standards, the nomination panel may take into consideration gymnasts who do not reach the performance standards due to injury, illness or other key factors that have had a detrimental effect on training and competition plans based on supporting the longer-term direction of the discipline.</p> <p>The panel will consider the following Additional Performance Factors (APF) when selecting gymnasts:</p> <ol style="list-style-type: none"> Gymnasts scoring potential to win a medal or achieve the performance targets at the Home Nations Competition. Current and most recent performance form in the build-up to nomination, including performances at the Designated Selection Event (DSE). Current medical and injury status including recent training history and any additional extenuating circumstances that the panel feels necessary

	<p>to consider.</p> <p>d. To provide development opportunities and exposure to gymnasts in line with the long term aims of the discipline.</p>
8. Selection Panel	<p>The selection panel will consist of:</p> <ul style="list-style-type: none"> - Executive Director of Performance / Performance Programme Manager / Performance Programme Officer - Head Rhythmic National Coach - Non-Performance Team WG Staff Member - Athlete Representative (where available)
9. Selection Process for Gymnasts	<p>A gymnast who meets the eligibility criteria but does not meet the Performance Standards (Section 6) can be considered for selection by the panel and these gymnasts will be identified at the start of the selection panel discussions using relevant information aligned to the Additional Performance Factors (Section 7).</p> <p>The nominated gymnasts and coaches will be those, in the expert opinion of the nomination panel, most able to achieve the targets listed in Performance Targets (Section 2).</p>
10. Selection Process for Coaches and Support Staff	<p>Selection of nominated coaches and judges will be made at the selection panel meeting held w/b/ 14th April 2025. Selection of nominated coaches will be made based on the best interests of the team and development of workforce in line with WG Strategy.</p> <p>Officials/support staff with the required qualifications will be contacted regarding availability. Selections of these individuals will be made on appropriateness of the opportunity and availability.</p>
11. Expectations of selected gymnasts, coaches and support staff	<p>The selected delegation members must agree to adhere to the relevant Welsh Gymnastics policies, procedures, and codes of conduct.</p>
12. Communication of selections	<p>Team selection (gymnasts, coaches and officials) communicated to athletes & coaches no later than 18th April 2025.</p>
13. Appeals	<p>Appeals may only be submitted from communication of selection until end of play on 20th April 2025 for non-selected gymnasts on the grounds that the process outlined within this selection policy has not been adhered to.</p> <p>Appeals must be submitted in writing by the gymnast (personal coach if under 18 years) and sent to performance@welshgymnastics.org between the timelines stated above.</p> <p>Appeals will be dealt with by an independent panel who were not initially involved in the decision-making process.</p> <p>All appeals will be heard and concluded by 23rd April 2025.</p>
14. Injury and replacement	<p>In the event of an injury and/or the need for replacement, the selection panel will decide about bringing the gymnasts listed as a reserve into the team at any time.</p>

