



Welsh Gymnastics
Gymnasteg Cymru

Trampoline & DMT

Home Nations Trampoline, DMT & Tumbling Event

Selection Policy

May 29th 2026

<p>1. Introduction</p>	<p>English Gymnastics are pleased to welcome Wales to the first Home Nations competition in years.</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.</p> <p>The team for the Home Nations will be composed of a maximum of 2 teams (Female, Male or Mixed) per age group per discipline.</p> <p>11-12 13-14 15-16 17-21</p> <p>Male and Female teams may have a maximum of 4 gymnasts, and minimum of 3. Mixed teams may have a maximum of 2 gymnasts per gender, and a minimum of 3 gymnasts overall.</p>
<p>2. Performance Targets</p>	<ul style="list-style-type: none"> • Team medal • Individual final
<p>3. Selection Timeline</p>	<ul style="list-style-type: none"> • Expression of interest deadline: Thursday 29th January (TRA/DMT) • Selection panel: wc 23rd February 2026 (TRA) • Selection communication to clubs, coaches, and gymnasts wc 3rd March 2026 (TRA) • DMT Trial: Sunday 22nd March • Selection panel: wc 23rd March 2026 (DMT) • Selection communication: wc 23rd March 2026 (DMT) • <i>Definitive entire submission: 1st March 2026</i> • <i>Nominative entry submission: 1st April 2026</i>
<p>4. Competition Format</p>	<p>All events</p> <ul style="list-style-type: none"> • Friday 29th May 2026 <p>Team Event</p> <ul style="list-style-type: none"> • Four (4) up, three (3) to count • Each round will consist of two (2) exercises, best accumulative score to count. • The three highest cumulative scores from each HN will be added together to determine the team ranking. Points will then be awarded in accordance with the table above and added to the overall team result. <p>Individual Event:</p>

	<ul style="list-style-type: none"> • As part of the individual event, all scores count toward individual rankings. • There will be no extra exercises to determine the ranking for the individual even.
5. Gymnast Eligibility Criteria	<p>Gymnasts are eligible for consideration provided they;</p> <ul style="list-style-type: none"> • Are eligible to compete for Welsh Gymnastics in line with the WG eligibility criteria • Are age eligible as per the competition directives • Are a current British / Welsh Gymnastics member • Have no outstanding fees or any unresolved bans via Welsh/British gymnastics • Always comply with UKAD Clean Sport Policy • Selected for the Welsh Gymnastics Trampoline Squad in October 2025
6. Performance Standards	<p>Trampoline</p> <p>Gymnasts wishing to be considered for selection will be discussed in the selection panel following a trial taking place on Saturday 21st February at Cardiff Met University.</p> <p>Gymnasts in the Foundation and Development squads will be required to show routines for selection. Gymnasts in the Performance Development and Performance Squads will not, providing there are no more than 4 expressions per gender per age group.</p> <p>DMT</p> <p>Gymnasts expressing an interest for DMT will be required to show their passes meet the competition directives at the squad session on Sunday 22nd March at AXIS Trampoline Club.</p> <p>The following minimum scores must be met:</p> <ul style="list-style-type: none"> • 11–12 years: 39.1 • 13–14 years: 39.7 • 15–16 years: 40.5 • 17–21 years: 42.8 <p>All</p> <p>Performance standards will be considered against the competition directives and will be based on:</p> <ul style="list-style-type: none"> • Overall score • Execution and difficulty score • Medal potential • Team medal potential • Attitude and behaviour in training and competitions
7. Selection Panel	<p>The selection panel will consist of:</p> <ul style="list-style-type: none"> - Director of Performance / Performance Programme Manager / Officer - National Coach

	<ul style="list-style-type: none"> - Technical Panel representative - Independent WG staff member <p>*If there is a conflict-of-interest vote will be removed and replaced with a brevet judge.</p>
8. Selection Process for Gymnasts and Coaches	<p>The nominated gymnasts will be those, in the expert opinion of the nomination panel, most able to achieve the targets listed in Performance Targets (Section 2).</p> <p>Based on the event requirements, when reviewing eligible gymnasts, their performances, and the additional performance factors, a non-travelling reserve for the event will be named if applicable.</p> <p>The National and Foundation coaches will have automatic coach selection as the attending Welsh coaches, if available. Personal coaches may express an interest to attend and will be selected following gymnast selection.</p> <p>Coaches will be selected based on the following factors:</p> <ul style="list-style-type: none"> • Opportunity for experience • Number of personal gymnasts selected • Engagement and commitment to Welsh Gymnastics Squad Pathway • Safe recruitment checks • Commitment to adhering and aligning to the Welsh Gymnastics values: Nurturing, Aspirational, Accountable. <p>Coach expression of interest to be sent wc 9th March 2026.</p> <p>Coach nomination submission: 1st April 2026.</p>
9. Expectations of selected gymnasts, coaches and support staff	<ol style="list-style-type: none"> 1. Selected gymnasts and coaches (including named reserves where agreed) will be expected to attend the Home Nations event on Friday 19th May 2026. 2. The selected delegation members must agree to adhere to the relevant Welsh Gymnastics code of conduct during the whole event.
10. Communication of selections	<p>Gymnast selection communicated to athletes & coaches no later than Friday 6th March 2026.</p> <p>Coach selection communicated to coaches and clubs no later than Tuesday 31st March 2026.</p>
11. Appeals	<p>Appeals may only be submitted from Friday 6th March 2026, until 5pm Sunday 15th March 2026 on the grounds that the process outlined within this selection policy has not been adhered to (TRA).</p> <p>Appeals may only be submitted from Wednesday 25th March 2026, until 5pm Friday 27th March 2026 on the grounds that the process outlined within this selection policy has not been adhered to (DMT).</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</p>

	involved in the decision-making process. All appeals will be heard and concluded by.
12. Injury and replacement	In the event of an injury and/or the need for replacement, the selection panel will decide about bringing the gymnasts listed as a (Non- travelling) reserve into the team at any time.