

Coach Education Programme

Cycle 4

(2017 - 2020)

What programmes do we offer?

Gymnastics Ireland has four distinct programmes, offering members and non-members a series of workshops, modules and coaching courses.

Click on the links below for detailed information on each coaching programme:

[GymEDGE - Workshop](#) – (members and non-members)

[GymSTART - Primary Teachers Workshop](#) - (members and non-members)

[GymABLE - Disability Gymnastics Awareness Module](#) - (members only)

[GymSTART - Introductory Module](#) - (members only)

[GymSTART Coaching Courses](#) - (members only)

[Discipline Specific Coaching Courses](#) - (members only)

Discipline Abbreviations

MAG – Men's Artistic Gymnastics

WAG – Women's Artistic Gymnastics

ACRO – Acrobatic Gymnastics

TRA - Trampolining

TUM - Tumbling

RG – Rhythmic Gymnastics

Transferring Between Coaching Pathways and Courses

Coaches can actively progress and transfer between each of our coaching course pathways. Each of the following Transfer Matrix (for each discipline) will outline the transfer options between coaching courses for a specific level of GymSTART qualification and discipline specific qualification. It also outlines the transfer options between all discipline specific coaching courses for each discipline specific qualification:

Transfer Matrix Cycle 4 (2017 – 2020)

Cycle 4					
I want to transfer into Tumbling:					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GymSTART so I can attend TUM course at:	L2	L2	XX	XX	XX
In MAG	L2	L2	L2	L3	L4
In WAG	L2	L2	L2	L3	L4
In ACRO	L1	L2	L2	L3	L4
In TEAM	L1	L1	L2	L3	L4
In RG	L1	L1	L1	L1	L1
In TRA	L1	L1	L1	L1	L1

Cycle 4					
I want to transfer into Rhythmic Gymnastics:					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GYMStart so I can attend RG course at:	L1	L2	L1	L1	XX
In MAG	L1	L1	L1	L1	L1
In WAG	L1	L1	L1	L1	L1
In ACRO	L1	L1	L1	L1	L1
In TEAM	L1	L1	L1	L1	L1
In TUM	L1	L1	L1	L1	L1
In TRA	L1	L1	L1	L1	L1

Cycle 4					
I want to transfer into Acrobatic Gymnastics:					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GYMStart so I can attend ACRO course at:	L2	L2	xx	xx	XX
In MAG	L1	L1	L1	L1	L1
In WAG	L1	L1	L1	L1	L1
In TUM	L1	L1	L1	L1	L1
In TEAM	L1	L1	L1	L1	L1
In RG	L1	L1	L1	L1	L1
In TRA	L1	L1	L1	L1	L1

Cycle 4					
I want to transfer to Men's Artistic Gym:					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GYMStart so I can attend MAG course at:	L1	L1	xx	xx	XX
In ACRO	L1	L1	L1	L1	L1
In WAG	L2	L2	L2	L2	L2
In TUM	L1	L1	L1	L1	L1
In TEAM	L1	L1	L1	L1	L1
In RG	L1	L1	L1	L1	L1
In TRA	L1	L1	L1	L1	L1

Cycle 4					
I want to transfer into Women's Artistic Gym:					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GYMStart so I can attend WAG course at:	L2	L2	L2	L2	XX
In MAG	L2	L2	L2	L3	L3
In RG	L1	L1	L1	L1	L1
In ACRO	L1	L1	L1	L1	L1
In TEAM	L1	L1	L1	L1	L1
In TUM	L1	L1	L1	L1	L1
In TRA	L1	L1	L1	L1	L1

Cycle 4					
I want to transfer to Trampoline Gym:					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GYMSTART so I can attend TRA course at:	L1	L1	XX	XX	XX
In MAG	L1	L1	L1	L1	L1
In WAG	L1	L1	L1	L1	L1
In ACRO	L1	L1	L1	L1	L1
In TEAM	L1	L1	L1	L1	L1
In TUM	L1	L1	L1	L1	L1
In PRE	L1	L1	L1	L1	XX

Coaching Qualification Criteria and Competition Entry

Gymnastic activities involve an inherent risk and in the desire to protect the candidates and ensure their safety and well-being, Gymnastics Ireland requires the following criteria to be implemented:

- Coaches with any qualifications below a GymSTART Level 2 or discipline specific Level 2 qualification must work under the direct supervision of a Level 2 or above coach and cannot operate unsupervised.
- Coaches should only work in the discipline specific areas in which they are qualified and only to the level to which they are qualified.
- It is a Gymnastics Ireland requirement that the coach designing and directing specific coaching programme holds a minimum of a Level 2 qualification in the specific disciplines being offered.
- For coaching at higher levels of performance, the coach must hold a level of qualification appropriate to the level of performance to be undertaken in that particular discipline of the sport.
- Gymnastics Ireland will endeavour to ensure that coaches are safe to undertake the coaching of candidates within their knowledge and competency according to current best practice.

In a competition or other Gymnastics Ireland event, the coach must possess a current qualification according to the following criteria:

GymSTART Level 1 & 2 Qualifications:

A coach with a GymSTART Level 1 & 2 qualification can enter the competition floor for any of four disciplines listed below. Level 1 coaches must be under the strict supervision of a GymSTART Level 2 Coach OR a discipline specific Level 2 Coach or above:

****Coaches and gymnasts must be competent at the level of competition they have entered.***

Acrobatics: Competition – Grade 1 + 2

Rhythmic: Competition - Novice 1 + 2

Multi Discipline Events & Women's: Floor & Vault: Competition - Level 1, 2, 3, + 4

Floor & Vault: Men's: Competition - Levels 1 + 2 only

Note: Coaches must have a minimum Level 2 discipline specific award for Trampolining to attend any level of trampoline competition.

Discipline Specific Level 1 Qualifications:

A coach with a discipline specific Level 1 qualification can only enter the competition floor for that specific discipline. Level 1 coaches must be under the strict supervision of a GymSTART Level 2 coach OR a discipline specific Level 2 Coach or above:

****Coaches and gymnasts must be competent at the level of competition they have entered.***

Acrobatics: Competition – Grade 1 + 2

Rhythmic: Competition - Novice 1 + 2

Multi Discipline Events & Women's: Floor & Vault: Competition - Level 1, 2, 3, + 4

Floor & Vault: Men's: Competition - Levels 1 + 2 only

Note: Coaches must have a minimum Level 2 discipline specific award for Trampolining to attend any level of trampoline competition.

Discipline Specific Level 2 Qualifications:

A coach with a discipline specific Level 2 qualification can enter the competition floor for that specific discipline. This is applicable to All Competitions

Note: Coaches must have a minimum Level 2 discipline specific award for Trampolining to attend any level of trampoline competition

Note: From January 2018 a Level 3 Coaching Qualification is required for FIG National Championships in all disciplines