

Minimum coaching requirements for **Artistic Gymnastics** (applicable for all training and competitive environments)

- **Pre-Coach-in-Training:** Pre-CIT, Gymnastics Foundations: GF, Competition Introduction: C1, Competition Introduction Advanced: C2, Competition Developmental: C3, Competition Developmental: C4, Making Ethical Decisions: MED
- **Gymnastics for All:** GFA, Women’s Artistic Gymnastics: WAG, Men’s Artistic Gymnastics: MAG
- **All coaches must be Respect in Sport Certified and are encouraged to obtain Police and Child Welfare Checks.**

| Coaching Status                     | PRE-CIT  | GF Coach<br>IN TRAINING  | GF Artistic<br>TRAINED  | GF Artistic<br>CERTIFIED   | C1 Artistic<br>TRAINED  | C1 Artistic<br>CERTIFIED   | C2 Artistic<br>TRAINED  | C2 Artistic<br>CERTIFIED  | C3 Artistic<br>TRAINED  | C3 Artistic<br>CERTIFIED  | C4 Artistic<br>CERTIFIED   |
|-------------------------------------|--|--|---|--|---|--|---|---|---|---|--|
| Minimum<br>Training<br>Requirements | <ul style="list-style-type: none"><li>• 13 – 15 yrs.</li><li>• Club directed program using the GymCan Pre-CIT Mentorship Manual and Workbook as a program guide. <a href="#">CLICK HERE</a></li><li>• Mentorship program can take 1-2 yrs.</li></ul>   | <ul style="list-style-type: none"><li>• 15 yrs. +</li><li>• Refers to coaches that have only completed GF Introduction and/or Theory course(s).</li></ul>  | <ul style="list-style-type: none"><li>• 15 yrs. +</li><li>• Coaches who have <b>COMPLETED:</b> GF Theory + MED + GF Introduction + GF Sport Specific (Artistic and/or Active Start)</li></ul>   | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• Coaches who have <b>COMPLETED:</b> GF Theory + MED + GF Introduction + GF Sport Specific + GF Sport Specific Evaluation = <b>CERTIFIED</b></li></ul>   | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• C1 Theory + MED + C1 Technical</li></ul>  | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• C1 Theory + MED + C1 Technical + Evaluation = <b>CERTIFIED</b></li></ul>   | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• C2 Theory + MED + C2 Technical</li></ul>  | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• C2 Theory + MED + C2 Technical + Evaluation = <b>CERTIFIED</b></li></ul>  | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• Competition Developmental Multi-Sport Theory + MED + C3 Technical</li></ul>   | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• Competition Developmental Multi-Sport Theory + MED + C3 Technical + Evaluation = <b>CERTIFIED</b></li></ul> | <ul style="list-style-type: none"><li>• 16 yrs. +</li><li>• Advanced Coaching Diploma + C4 Technical + ACD Evaluation + Technical Evaluation = <b>CERTIFIED</b></li></ul>  |
| Roles and<br>Responsibilities       | <ul style="list-style-type: none"><li>• May act as an assistant coach under <b><u>one-on-one direct supervision</u></b> of a certified coach.</li><li>• Supervisor must be <b><u>18 yrs. +, be GF Certified</u></b> in the appropriate age and level of class; <b><u>C1 technical is highly recommended</u></b></li><li>• <b>NO</b> spotting of any skill or supervise a group</li></ul> | <ul style="list-style-type: none"><li>• May act as an assistant coach under <b><u>direct supervision</u></b> of a certified coach.</li><li>• Supervisor must be 18 yrs. +, be <b>GF Certified</b>.</li><li>• <b>NO</b> spotting of any skill or supervise a group</li><li>• MUST follow direction provided by their supervising coach.</li></ul> | <ul style="list-style-type: none"><li>• May act as a coach or assistant under indirect supervision (within reasonable proximity – within eyesight of certified coach)</li><li>• Supervisor <b><u>must be 18 yrs. +, be GF Certified</u></b> in the appropriate age and level of class; <b><u>C1 technical is highly recommended</u></b></li></ul> | <ul style="list-style-type: none"><li>• May supervise their own group</li><li>• May act as a supervising coach to Pre-CIT or GF coach in training/trained.</li><li>• <b>CANNOT</b> teach C1 skills or inverted skills with flight (flipping)</li></ul>   | <ul style="list-style-type: none"><li>• May act as a coach or assistant under indirect supervision (within reasonable proximity – within eyesight of <b>C1 Certified</b> coach and is 18 yrs. +)</li><li>• May spot athletes performing NCCP C1 skills</li><li>• <b>NO</b> spotting or teaching C2 and/or C3 NCCP skills</li><li>• <b>NO</b> coaching beyond scope of training</li><li>• <b>CANNOT</b> supervise GF Trained coaches unless is GF Certified.</li></ul> | <ul style="list-style-type: none"><li>• May act as a supervising coach to C1 coaches in training/trained.</li></ul>  | <ul style="list-style-type: none"><li>• May act as a coach or assistant under indirect supervision (within reasonable proximity – within eyesight of <b>C2 Certified</b> coach)</li><li>• May spot athletes performing NCCP C2 skills</li></ul>   | <ul style="list-style-type: none"><li>• May act as a supervising coach to C1 &amp; C2 coaches in training/trained.</li></ul>  | <ul style="list-style-type: none"><li>• May act as a coach or assistant under indirect supervision (within reasonable proximity – within eyesight of <b>C3 Certified</b> coach)</li><li>• May spot athletes performing NCCP C3 skills</li></ul>   | <ul style="list-style-type: none"><li>• May act as a supervising coach to C1 – C3 coaches in training/trained.</li></ul>  | <ul style="list-style-type: none"><li>• May act as a supervising coach to C1 – C4 coaches in training/trained</li><li>• Requirement for International Competitions</li><li>• May spot athletes performing NCCP C4 skills</li></ul> |
| Athlete Levels                      | <ul style="list-style-type: none"><li>• GFA programming</li><li>• Athletes 3 – 10 yrs.</li></ul>   | <ul style="list-style-type: none"><li>• GFA programming</li><li>• Athletes 3 yrs. +</li></ul>  | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Purple</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li></ul>                    | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Purple</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li></ul> | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Yellow</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li><li>• Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 3-6</li><li>◦ MAG P2, P3</li></ul></li></ul>                               | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Yellow</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li><li>• Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 3-6</li><li>◦ MAG P2, P3,</li></ul></li></ul> | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Gold</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li><li>• Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 3-8 &amp; Aspire</li><li>◦ MAG P2-P5, Aspire, Senior, Senior Next Gen &amp; Open</li></ul></li></ul> | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Gold</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li><li>• Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 3-8 &amp; Aspire</li><li>◦ MAG P2-P5, Aspire, Senior, Senior Next Gen &amp; Open</li></ul></li></ul> | <ul style="list-style-type: none"><li>• GFA:<ul style="list-style-type: none"><li>◦ CANGYM Burgundy – Gold</li><li>◦ Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs.</li></ul></li><li>• Pre-Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 1-2</li><li>◦ MAG P1</li></ul></li><li>• Competitive:<ul style="list-style-type: none"><li>◦ WAG CCP 3-8 &amp; Aspire</li><li>◦ MAG P2-P5, Aspire, Senior, Senior Next Gen &amp; Open</li></ul></li></ul> | <ul style="list-style-type: none"><li>• All Levels</li></ul>  | <ul style="list-style-type: none"><li>• All Levels</li></ul>   |