

# Education Handbook 2019



A guide to Gymnastics New Zealand's  
Coach and Judge Education



[www.gymnasticsnz.com](http://www.gymnasticsnz.com)



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# Introduction

The Gymnastics New Zealand (Gymnastics NZ) Education Handbook outlines the coaching and judging pathways, as well as the development opportunities, for new and existing coaches and judges.

Information in this handbook is subject to change as courses are further developed, trialed and delivered.

Gymnastics NZ aims to meet the professional development needs of gymnastics coaches and judges, by providing a theoretical and practical programme that assists in realising the potential of New Zealand athletes through a style of coaching which promotes ownership, awareness and responsibility.

The development opportunities offered by Gymnastics NZ are delivered through practical courses, workshops, online modules, seminars and post-course requirements.

The description of qualifications and prices are contained in this handbook. From 2019, **all education prices are inclusive of GST**. Clubs must be affiliated in order to attend a Gymnastics NZ education qualification courses and workshops.



# Gymnastics NZ Education Principles

The mission of Gymnastics NZ is “Growing Great New Zealanders through Gymnastics”. This holistic approach encourages coaches, judges and course presenters to achieve their full potential. The flow on effect of inspiring coaches and judges is the legacy passed back to athletes who gain the opportunity to grow and be the best they can be.

Gymnastics NZ promotes a pathway that incorporates the stages of athlete and coach/judge development.

Mentoring and supervision of coaches and judges ensures we are building a stronger, more technically knowledgeable and self-aware workforce which meet the needs of the athletes we have in our care.

With changes in health and safety legislation it is imperative for all coaches to gain qualifications and continuously upskill themselves to meet changing trends and provide safe, enjoyable learning environments.

It is a responsibility for all coaches to ensure they have qualifications at the same level of level of athlete they are teaching.





# GNZ Coach Qualification Pathway

Coaching is for anyone who enjoys sport and genuinely cares about the overall development of the athletes in their care. Coaching is not just about improving an athletes physical performance, it is about the development as a 'whole' person.

The physical skills athletes learn may only be used for a few years, but the attitudes and values they develop towards themselves and others will last for a lifetime.

Coaches begin with foundation which focusses on the art of coaching as well as fundamental movement patterns and fundamental skills across all gymnastic codes.

After foundation, coaches may progress to specific programme courses or Elementary Coach in the code of gymnastics relevant to them.

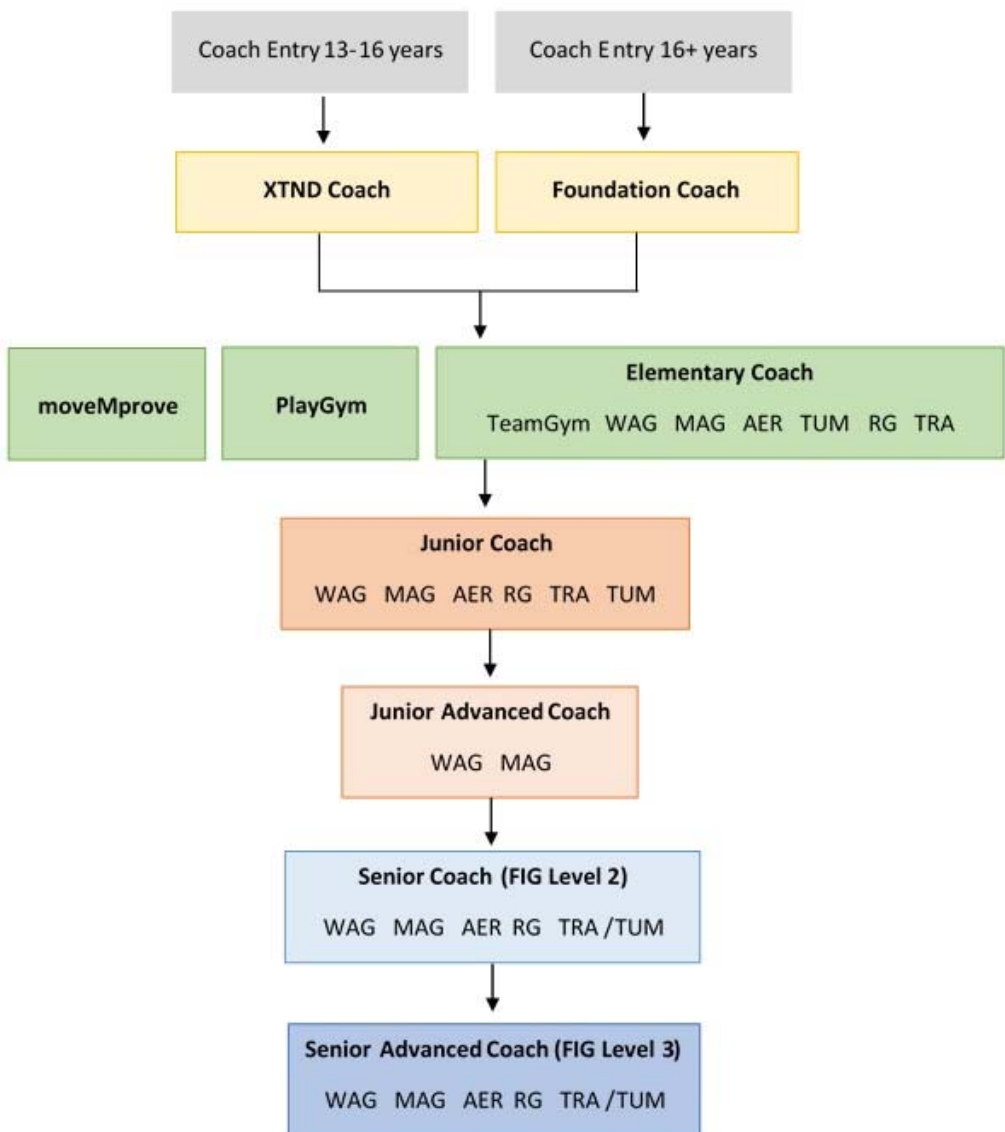
Coaches must be fully accredited at a code level before being eligible for the next level as the courses are progressive. Fully accredited refers to the satisfactory completion of any post-course assignments and the achievement of a qualification certificate.

Observers to coaching courses are welcome, especially judges who wish to update their technical knowledge of skills, or for coaches wanting a refresher of information. Observers must be pre-registered prior to the courses

The Gymnastics NZ Coach Qualification Pathway for 2019 is depicted on the following page.



# GNZ Coach Qualification Pathway



# Entry into the Coaching Pathway

All coaches begin with foundation. There are two different ways in which coaches may progress through foundation.

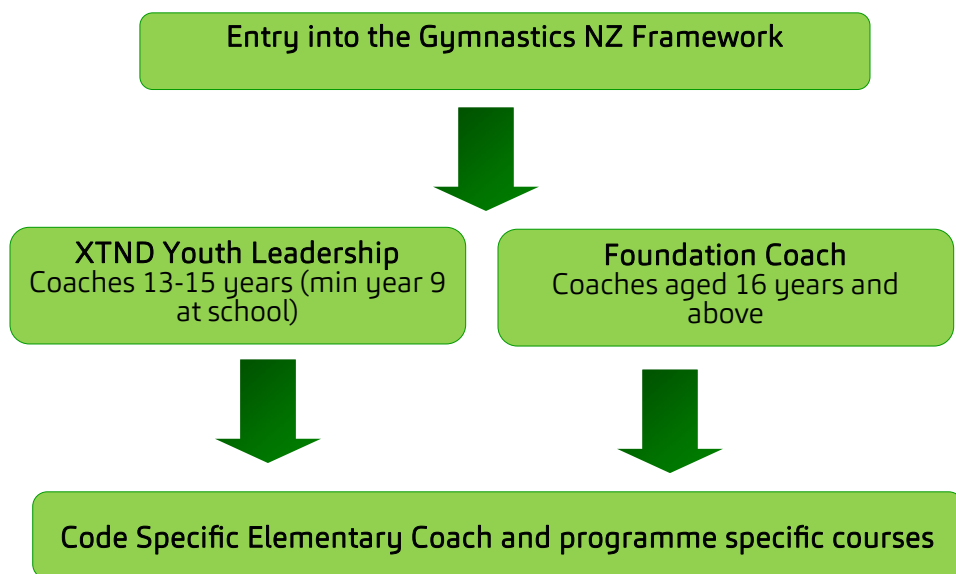
Young coaches (aged 13-15 years) enter into the **XTND Youth Leadership Programme**, whilst coaches aged 16 years enter into **Foundation Coach**.

## Why are there two pathways?

There are a high number of teenage coaches working in the gymnastic community. Adults and teenagers are at different life stages with different wants, needs, life experience and varied learning styles.

By offering two different pathways it enables coaches to learn and reach their potential in an environment which is most conducive to their learning styles and needs.

At the end of XTND and Foundation Coach, coaches are recognised as having the same level of qualification and may progress into the any gymnastic code Elementary Coach course or programme specific course.





# XTND Youth Leadership Programme

Minimum age	13 years (year 9 at school)
Per module fee	\$65.00
Module structure	6 modules over two years
Post course requirements	Online assignment, including mentoring sheets and verification of hours

XTND is Gymnastics New Zealand's youth coaching and leadership programme. As the entry point of the coaching pathway, XTND coaches will gain the qualification **XTND Coach**. Coaches must be in a minimum of year 9 at school to enter the programme.

In 2019, XTND has undergone a redevelopment. For coaches new to the programme in 2019, the programme will consist of six (6) modules, with one online and five (5) practical modules.

The online module (XTND Start It) is completed first and is expected to take around two hours to complete. Having a self-paced online module first allows some concepts to be introduced which are then expanded and applied in the practical modules.

After successfully completing XTND Start It, coaches may attend practical modules in any order. In this way it is possible for a coach to commence XTND at any time during the year.



# XTND Youth Leadership

Each practical module will be around four hours in duration and are based upon the fundamental movement patterns which are the building blocks of all gymnastic skills. Information will be interlaced with leadership activities to develop:

- strategies for working with children
- time and group management
- different coaching strategies
- analysing and teaching gymnastic skills
- a tool kit of games
- communication
- safe teaching practices

Resources for practical modules will be available online. #

## Modules

- XTND Start It - Online ( completed first)
- XTND Bounce It
- XTND Balance It
- XTND Move It
- XTND Spin It
- XTND Throw It

After successful completion of all modules, along with submission of mentoring sheets through the Gymnastics NZ online education platform, participants will be accredited with XTND Coach.

The next step for coaches after XTND will be Elementary Coach.

Excepted duration of the programme is 18 months to two years.

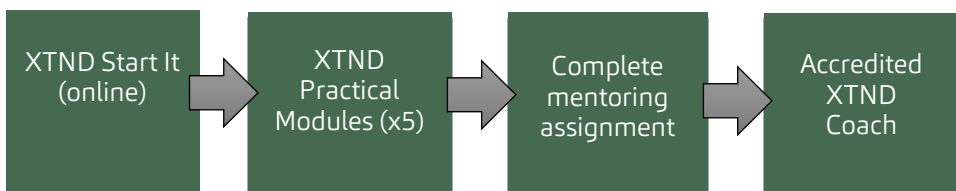
## Mentoring

Mentoring is a large component of XTND. Each XTND coach will require a mentor within their club. Regular meetings including two separate assessments will need to be completed. XTND Mentors need to be a minimum of 18 years of age and have a minimum of an Elementary Coach qualification.

# XTND Youth Leadership

XTND coaches registered from 2018 or earlier, will continue on the previous structure with Year 2 modules being offered in 2019 and a limited number of Year 1 'catch-up' modules.

Coaches working under the old structure will need to complete eight (8) modules in total and must also complete mentoring sheets and hours verification.



# Foundation Coach—Coaching Today

<b>Minimum age</b>	16
<b>Pre-requisites</b>	Nil
<b>Technical Member</b> <b>Affiliated Member</b>	\$70.00 \$75.00
<b>Course Duration</b>	Online Course—self paced
<b>Post-course requirements</b>	Online assignment

Foundation Coach is the first qualification for coaches aged 16 years and above. Foundation Coach is comprised of Coaching Today, followed by Understanding Movement. There are a range of delivery methods including the Gymnastics NZ Online learning platform and a practical face-to-face course.

## Coaching Today—Online Only

Coaching Today is the first step in Foundation Coach accreditation process. Participants enrol on Coaching Today and are given access to the Gymnastics NZ Online platform where they may work through modules at their own pace. An assessment module is required to be submitted before participants may enrol on Understanding Movement.

Topics covered in Coaching Today include:

- leadership, values and ethics
- coaching strategies
- understanding athletes
- communication
- group management and conducting sessions
- safety
- self development
- gymnastics in New Zealand

# Foundation Coach—Understanding Movement

<b>Minimum age</b>	16
<b>Pre-requisites</b>	Coaching Today
<b>Pre Course Technical Member</b>	\$60.00
<b>Pre Course Affiliated Member</b>	\$65.00
<b>Practical Course Technical Member</b>	\$130.00
<b>Practical Course Affiliated Member</b>	\$135.00
<b>Practical Course Duration</b>	8 hours
<b>Post-course requirements</b>	Pre and post course assignment (submit online)

The Understanding Movement qualification is made up of an online (pre-course) component; a practical (face-to-face) course and post course activities (online) including the submission of an assignment.

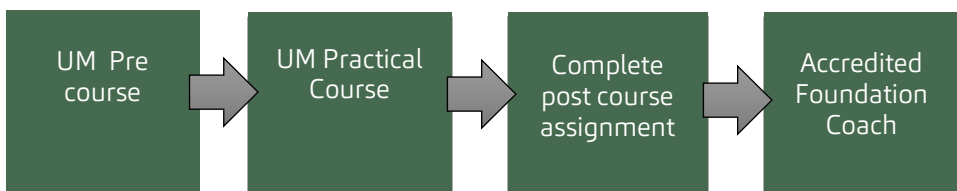
Coaches complete some content online to gain knowledge which is then applied in the practical course.

Understanding Movement is designed to give an understanding of the fundamentals of movement in gymnastics. Fundamental Movement Patterns form the basis of learning all skills.

Topics covered in Understanding Movement include:

- fundamental movement patterns
- physical abilities
- activities for warm up, cool down and basic physical conditioning
- observing and assessing movement
- safety

Coaches are required to complete mentoring sheets as part of the post course assignment.



# PlayGym Leader

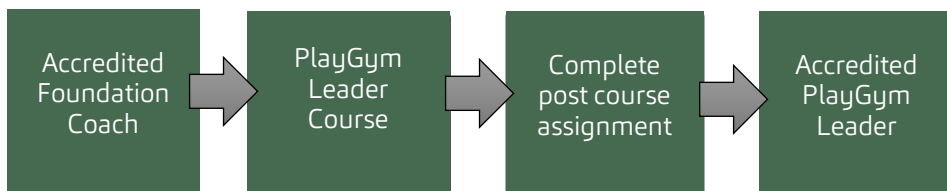
Minimum age	18
Co-requisites	Foundation Coach
Technical Member	\$235.00
Affiliated Member	\$240.00
Course Duration	14 hours
Post-course requirements (compulsory for accreditation)	Post course assignment and first aid certificate

PlayGym is an early childhood movement learning philosophy which assists in the development of children under 5 years. This is a practical course where participants will be involved in physical activity.

This course covers PlayGym Principles and Philosophy, an understanding of Fundamental Movement Patterns in an early childhood setting, teaching and movement methodology in early childhood movement learning and considerations for programming and planning.

The cost of this course includes the PlayGym card set resource.

To gain the qualification, participants also need to complete a post course assignment, alongside a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support.





# moveMprove® Leader

Minimum age	16
Co-requisites	Foundation Coach
Technical Member	\$135.00
Affiliated Member	\$140.00
Course Duration	6-8 hours
Post-course requirements	Post course hours and first aid certificate

This course develops the competencies to understand and deliver the moveMprove® programme content. It is compulsory for all coaches intending to deliver the moveMprove® programme.

To become a **qualified moveMprove® coach**, participants also need to complete the *Foundation Coach Qualification*.

Lead coaches for the moveMprove® programme are also required to attend the *PlayGym Leaders Course* and complete the assignment for accreditation.

All clubs/organisations registering coaches on this course are required to complete the moveMprove® Accreditation Document and have a current Gymnastics NZ moveMprove® Delivery Agreement prior to attending this course.

## Course Content

- Coaching Philosophy and Methodologies
- Movement methodologies
- moveMprove® Programme content
- Brain/Body development
- Inclusion
- Presentation Skills
- Planning and Safety

#



# Elementary Coach

<b>Minimum age</b>	16
<b>Pre-requisites</b>	Foundation Coach
<b>EC Principles Technical Member</b>	\$65.00
<b>EC Principles Affiliated Member</b>	\$60.00
<b>Practical Course Technical Member</b>	\$135.00
<b>Practical Course Affiliated Member</b>	\$145.00
<b>Observer</b>	\$80.00
<b>Practical Course Duration</b>	8–12 hours (code dependent)
<b>Post-course requirements</b>	Pre and post course assignment, first aid and coaching hours (30)

The Elementary Coach qualification is made up of an online pre course (Elementary Coach Principles) ; a practical (face-to-face) course and post course assignment and coaching hours submission.

## Elementary Coach Principles

The Elementary Coach Principles course is designed to teach areas which are relevant for all gymnastics codes. Coaches complete the Elementary Coach Principles Course and may then attend any of the code practical courses.

Topics covered in the Elementary Coach Principles Course include:

- Description of all gymnastics codes
- Physical preparation
- Learning and teaching skills
- Basic anatomy and psychology
- Session planning
- Competition strategies
- Injury prevention
- Personal development



# Elementary Coach

## Elementary Coach Practical Course

Once the Elementary Coach Principles Course is complete, coaches may enrol on a practical course. There are courses available across all gymnastics codes. Coaches may choose to attend more than one course and gain multiple Elementary Coach qualifications.

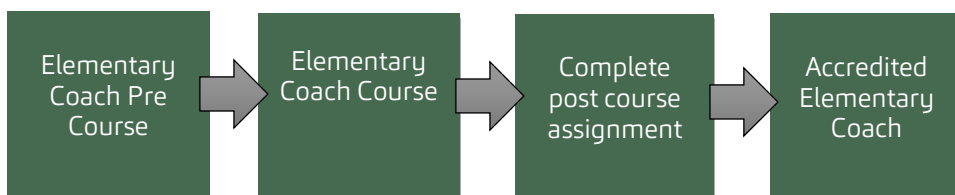
Elementary coach covers all skills and apparatus of:

- Women's Artistic—STEPS 1-3; artistic recreation
- Men's Artistic—Level 1-3; artistic recreation
- Rhythmic Gymnastics—Level 1-3; rhythmic recreation
- Trampoline—lower age group competition; trampoline recreation
- Aerobics—AeroSchools; aerobic recreation
- Tumbling—lower age group competition; tumbling recreation
- TeamGym—all levels

To gain the qualification, participants need to complete a post-course assignment, a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support and have completed 30 coaching hours.

It is recommended that those wishing to attend an Elementary Judging Course and have limited gymnastic experience, should attend the respective Elementary Coach course as an observer.

Each Elementary Coach practical course is described over the following pages.



# Elementary Coach Practical Courses

## Men's Artistic Gymnastics (12 hours)

### Physical preparation

- General upper, mid and lower body flexibility
- Flexibility for splits
- General upper, mid and lower body strength

Floor*	Pommel	Rings	Vault*	Parallel Bars	High Bar*
Forward roll Backward roll Handstand Cartwheel Handstand forward roll Bridge Walkovers Round off Front tuck	Supports (front/stride/ rear) Half circles on floor Circles single/ consecutive (mushroom)	Supports Hangs Long swings Cast Back tuck dismount	Phases Run up - drills Straight jump off BB Stretched dive roll Handstand on BB to flat back Run, jump to handstand to flat back Front tuck	Supports/holds Basket hang/ swing Support swings Long swings Swing dismounts	Pullover Roll to hang Cast Long hang swing Glide Back hip circle Underswing (dismount and to hang) Swings in loops Uprise

\* Shared modules with Women's Artistic

## Women's Artistic Gymnastics (12 hours)

### Physical preparation

- General upper, mid and lower body flexibility
- Flexibility for splits
- General upper, mid and lower body strength

Vault*	Uneven Bars	Beam	Floor Acro	Floor Dance
Phases Run up - drills Straight jump off BB Stretched dive roll Handstand on BB to flat back Run, jump to handstand to flat back Front tuck	Pullover Roll to hang Cast Long hang swing Glide Back hip circle Underswing (dismount and to hang) Swings in loops Uprise	Posture Complex Basic mounts Balances – scale Turns – (2 and 1 foot) Basic jumps and leaps ¾ handstand Handstand Basic dismounts— jumps, round off	Forward roll Backward roll Handstand Cartwheel Handstand forward roll Bridge Walkovers Round off Front tuck	Posture development (ballet positions) Artistic development Rhythm development (music) Turns (180°-360°) Basic jumps Basic leaps

\* Shared modules with Men's Artistic

# Elementary Coach Practical Courses

## Rhythmic Gymnastics (12 hours)

### Physical preparation

- General upper, mid and lower body flexibility
- Flexibility for splits
- General upper, mid and lower body strength

Floor Dance	Body Difficulties	Apparatus	Acrobatic Skills
Posture development (ballet positions) Artistic development Rhythm development (music)	Jumps and leaps Basic jumps 0.1- 0.2 Basic leaps 0.1- 0.2 Balances 0.1- 0.2 Rotations 0.1- 0.2	Rope Hoop Ball Clubs Ribbon  General technique- grip Handling Apparatus specific skills	Forward roll Backward roll Handstand Cartwheel Bridge Walkovers

## Aerobics (8 hours)

### Physical preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Core stability

Basic Steps	Family Groups	Presentation, Musicality, Choreography	Acrobatic Skills	Pairs and Teams
7 basic steps	Dynamic strength Push ups Static Strength Supports Power Basic jumps and leaps Balance and Flexibility Splits Turns	Linkages and use of space Music mapping Selection of music Posture and presentation	Forward roll Backward roll Handstand Cartwheel Handstand forward roll Bridge	Formations Transitions Lifts

# Elementary Coach Practical Courses

## Trampoline (8 hours)

### Physical preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Core stability

Safety	Trampoline Skills	Double Mini Trampoline	Class organisation and routine construction
Setting up TRA/ DMT Spotting Safety issues	Basic jumps—different shapes and turns Seat drop Front drop Back drop Combinations Front somersault tuck	Run up Hurdle Basic jumps Full twist Jump Forward somersault	Organising classes Building routines Connection passes Competition cards

## Tumbling (8 hours)

### Gymnastics New Zealand Tumbling Programme

- Overview levels and grades

### Physical preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Core stability

Basic Tumbling Skills	Competition Format	Class organisation and routine construction
Forward roll/Backward roll Handstand/Handstand forward roll Cartwheel Hurdle/Round-off Back handspring (flic flac) Whip Back Handspring Initiation of Somersaults	Rules Scoring Uniform Judging requirement Volunteers at events	How to get started Organising classes Building routines Connection passes Competition cards



# Elementary Coach Practical Courses

## TeamGym

### Gymnastics New Zealand TeamGym Programme

- Overview of programme in New Zealand

### Physical preparation

- Warm Ups (Danish)
- General upper, mid and lower body flexibility
- General upper, mid and lower body strength

Tumbling	Mini Trampoline/Vault	Floor	Aesthetics	Judging
Basic skills Passes	Basic skills Passes	Skills – partner acrobatics Music Composition Choreography	Theme Uniform	How performances are marked What judges are looking for



# Junior Coach

<b>Minimum age</b>	17
<b>Pre-requisites</b>	Elementary Coach (of relevant code)
<b>Practical Course Technical Member Practical Course Affiliated Member Observer</b>	All Junior Courses in 2019 were held at GymSchool
<b>Practical Course Duration</b>	12-16 hours (code dependent)
<b>Post-course requirements</b>	Post course assignment, first aid and coaching hours (60)

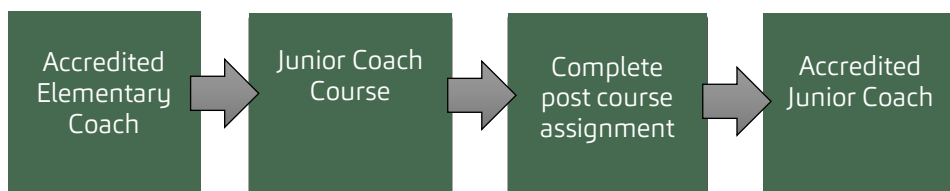
This qualification develops the competencies necessary in the respective gymnastics codes to provide coaches with the skills and knowledge necessary to coach gymnastics at an intermediate level.

Junior Coach is aimed at coaches teaching the following athletes:

- Aerobics levels 4-9 and Aerobic Development Programme 1-2
- Rhythmic levels 4-6
- Trampoline age division, trampoline advanced recreation
- Tumbling age division, tumbling advanced recreation
- Women's Artistic STEPS 4-6, artistic advanced recreation
- Men's Artistic levels 4-6, artistic advanced recreation

To gain the qualification, participants also need to complete three assignment modules, a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support and complete 60 hours of practical coaching.

This qualification is the minimum requirement for coaches to be accredited to coach junior level athletes at New Zealand Gymnastics Championships.



# Junior Coach Practical Courses

## Men's Artistic Gymnastics (16 hours)

### Physical preparation

- General and specific upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Conditioning programmes

### Handstands

- Different body positions in and out of handstand
- Press to handstand
- Backward roll to handstand (with 1/2 turn - blind change)
- Handstand 1/2 turn

### Coaching at a national competition

- Processes

Floor*	Pommel	Rings	Vault*	Parallel Bars	High Bar*
Round-off - power for flic Flic (incl multiple) and RO flic Back salto – Tuck/layout Whips backs Handspring Flyspring Front salto - tuck/rebound Handspring front	Double leg circles Inward loops Sideways loops transition to inward loops Loops on handles Side support travels Cross support travels Hops and scissors Dismounts from circles	Long swings (review) Inlocate Dislocate Muscle up Levers - forwards and backwards Press to handstand Front uprise Back uprise Salto dismount (tuck and layout)	Layout front somersault Handspring Tsuk timer Yurkenko board drills	Long hang swing review Glide kip Swing - drop into basket to L Fin up to upper arm hang Swing to handstand Front uprise Back uprise Swing to handstand 1/2 turn Back tuck dismount	Kip (glide/long)/cast Cast to handstand Clear hip circle Handstand progressions with grip position Swing 1/2 Giants Flyaways

\* Shared modules with Women's Artistic



# Junior Coach Practical Course

## Women's Artistic Gymnastics (16 hours)

### Physical preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Conditioning programmes

### Handstands

- Different body positions in and out of handstand
- Press to handstand
- Backward roll to handstand (with 1/2 turn - blind change)
- Handstand 1/2 turn

### Coaching at a national competition

- Processes

Vault*	Uneven Bars	Beam	Floor Acro	Floor Dance
Layout front somersault Handspring Tsuk timer Yurkenko board drills	Kip (glide/long)/cast Cast to handstand Clear hip circle Cast to stand on bar (WAG only) Handstand progressions with grip position Swing 1/2 Giants Fly aways	Posture and complex Turns - passé 1/2 and 1/1 Split leap Sissone Back walkover Front walkover Tic Toc Flic Front salto dismount Cartwheel connection dismount	Round-off - power for flic Flic (incl multiple and RO flic) Back salto – Tuck/ layout Whips backs Handspring Flysprings Front salto - tuck/ rebound Handspring front	Posture Training - floor complex Split Leap Side leap Change leg leap Turns ( 1/1 and 2/1) Basic choreography

\* Shared modules with Men's Artistic



# Junior Coach Practical Courses

## Rhythmic Gymnastics (16 hours)

### Physical Preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Conditioning programmes

### Coaching at a national competition

- Processes

Floor Dance	Body Difficulties	Apparatus	Group (multiples)
Posture development (ballet positions) Artistic development Rhythm development (music)	Jumps and leaps Jumps 0.3-0.4 Leaps 0.3-0.4 Balances 0.3-0.4 Rotations 0.3-0.4	Rope Hoop Ball Clubs Ribbon  Apparatus difficulty Specific apparatus rules Dynamic elements with rotation	Basic compositions Collaborations Apparatus Difficulty

## Aerobics (16 hours)

### Physical Preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Conditioning programmes

### Coaching at a national competition

- Processes

Dynamic and Static Strength	Power and Balance/Flexibility	Presentation, Musicality, Choreography	Acrobatic Skills	Pairs and Teams
Push ups Plio Wenson V Support Leg circles Helicopter Straddle/pike /V supports	Basic jumps with variation Free fall Gainer 1/2 Split leap variations Vertical split Turns Illusion	Linkages and use of space Music mapping Selection of music Posture and presentation	Round off Handspring Flic Back tuck	Formations Transitions Basic lifts

# Junior Coach Practical Course

## Trampoline (12 hours)

### Physical Preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Conditioning programmes

### Coaching at a national competition

- Processes

Front and Back Somersaults	Trampoline Twisting Skills	Double Mini Trampoline	Routine Construction
Forward somersault (tuck/pike) Back somersault (tuck/pike/straight) 3/4 front and back 1 1/4 front and back Rebound/ballout Front and back cody	Barani Rudi Back somersault full and double twist	Dismount skills Front somersault (T/P) Back somersaults (T/P/S) Reverse somersault Inward somersault Spotter skills' Front and back somersaults Mount Skills Combinations	Building routines Time of flight Displacement

## Tumbling (8 hours)

### Gymnastics New Zealand Tumbling Programme

- Overview levels and grades

### Physical preparation

- General upper, mid and lower body flexibility
- General upper, mid and lower body strength
- Core stability

Review of Basics	Tumbling skills	Combinations	Competition Format
Round off flics Whips Preparing Somersault Rotation from Basic Landings	Back somersaults (tuck/layout) Back somersault full twist Whip back full twist Front somersault (tuck/pike) Front somersault layout Barani Front somersault full twist	Connection passes	Warm up Attire Scoring Pass composition



# Junior Advanced Coach

<b>Minimum age</b>	18
<b>Pre-requisites</b>	Junior Coach
<b>Practical Course Technical Member Practical Course Affiliated Member Observer</b>	All Junior Courses in 2019 were held at GymSchool
<b>Practical Course Duration</b>	16 hours
<b>Post-course requirements</b>	Post course assignment, first aid and coaching hours (60)

This qualification is only offered for Men's and Women's artistic. Other codes may progress straight to Senior Coach from Junior Coach. This is due to the number of skills required across all apparatus.

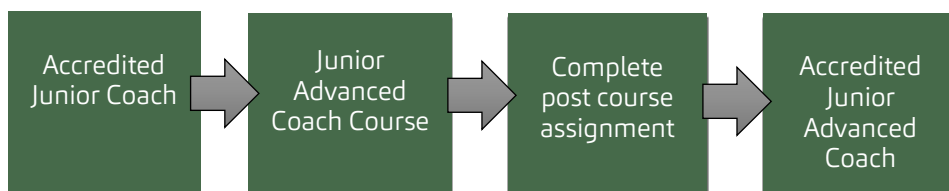
Junior Advanced Coach is aimed at coaches teaching the following athletes:

- Women's Artistic STEP 7-8
- Men's Artistic levels 6-7

Junior advanced Coach is only offered every two years with GymSchool. Coaches require a minimum of one year experience as a Junior Coach.

To gain the qualification, participants also need to complete a post course assignment, a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support and completed 80 hours of practical coaching.

This qualification is the minimum requirement for coaches to be accredited to coach up to STEP 7 (WAG) and Level 7 (MAG) athletes at New Zealand Gymnastics Championships.



# Junior Advanced Coach Practical Course

## Women's Artistic Gymnastics (16 hours)

### Physical preparation

- Injury Prevention

### Sport Psychology

- Mental preparation
- Visualisation

Vault*	Uneven Bars	Beam	Floor Acro	Floor Dance
Tsuka hara Yurkenko tuck Yurchenko layout Handspring front	Clear hip to handstand Stalder - support and handstand Toe on toe off to handstand Hiccup Giants with turns Forward giants Flyaway layout Flyaway double back	Complex and Dance Leaps B and C level Turns B and C level Handspring Aerials lead ups Back tuck Flic - walkover flic Round off - back salto Front layout dismount	Flic Layout (review) Flic layout 1/2, 1/1 twist, 1 1/2 Handspring front layout Handspring front 1/1 Whip Rebound tumbling front	Posture Training - floor complex C level jumps and leaps Turns (B and C level) Choreography

\* Shared modules with Men's Artistic

## Men's Artistic Gymnastics (16 hours)

### Physical preparation

- Injury Prevention

### Sport Psychology

- Mental preparation
- Visualisation

Floor*	Pommel	Rings	Vault*	Parallel Bars	High Bar*
Flic Layout (review) Flic layout 1/2, 1/1 twist, 1 1/2 Handspring front layout Handspring front 1/1 Whip Rebound tumbling front	Czechehre Stockli Flairs Scissors	Handstand Press to handstand Inlocate review Bail forward to located Dislocate reievew Double back dismount 1/1 twist dismount	Tsuka hara Yurkenko tuck Yurchenko layout Handspring front	Felge to support Handstand turns Moy Front salto dismount Preps for double back	Clear hip to handstand Stalder - support and handstand Toe on toe off to handstand Giants with turns Forward giants Flyaway layout Flyaway double back

\* Shared modules with Women's Artistic

# Senior Coach

Minimum Age	19
Pre-requisites	Depending on code, two years coaching as Junior Coach AER, RG, TRA (minimum 80 practical hours per year) or Junior Advanced Coach WAG and MAG (minimum 120 hours)
Duration	FIG Level 2 Academy—1 week duration
Post Course Requirements	Post course assignment, first aid, coaching hours (80), personal coach of athlete qualifying to nationals at a senior level

This course develops the competencies necessary in the respective gymnsport to provide coaches with the skills and knowledge necessary to coach at the Senior National level.

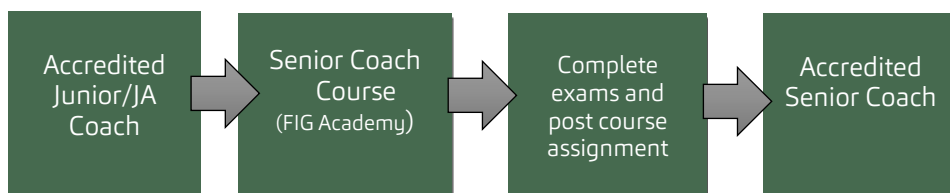
The Senior Coach course is the FIG Level 2 Coaching Academy. The curriculum for each of the FIG Coach Academy Levels includes between 8 and 10 theory lectures such as biomechanics, anatomy, psychology, planning, training theory, physiology, and sport theory. Each of these lectures has been prepared and focused to meet the specific needs of gymnastics coaches. In addition, there are extensive in-gym technical sessions for all pieces of apparatus or technical requirements for each FIG discipline as well as in choreography and physical preparation.

Senior Coach is aimed at coaches working at the following level: Aerobics International grades, Rhythmic Levels 7+, international grades, Men's Artistic level 8+, Women's Artistic STEPS 8+, Trampoline International Grades.

This qualification is the minimum requirement for coaches to be accredited to coach senior level athletes at New Zealand Gymnastics Championships.

The course may be offered in New Zealand every few years. The course may also be offered in Australia.

Coaches must be approved by Gymnastics New Zealand to attend.



# Senior Advanced Coach

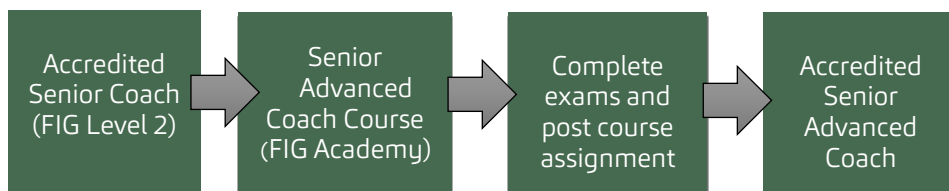
Minimum Age	21
Pre-requisites	Senior Coach (Must be through FIG Level 2 Academy) minimum of two years, currently coaching Junior and Senior International, STEP/Level 10
Duration	FIG Level 3 Academy—1 week duration
Post Course Requirements	Post course assignment, first aid, coaching hours (120), personal coach of athlete qualifying to international competition

This course develops the competencies necessary in the respective gym sport to provide coaches with the skills and knowledge necessary to coach athletes at an international level.

The Senior Coach course is the FIG Level 3 Coaching Academy. The curriculum for each of the FIG Coach Academy Levels includes between 8 and 10 theory lectures such as biomechanics, anatomy, psychology, planning, training theory, physiology and sport theory. Each of these lectures has been prepared and focused to meet the specific needs of gymnastics coaches. In addition, there are extensive in-gym technical sessions for all pieces of apparatus or technical requirements for each FIG discipline as well as in choreography and physical preparation.

Senior Coach is aimed at coaches working at the following level: Aerobics International grades, Rhythmic Levels 10+, international grades, Men's Artistic Junior International, Women's Artistic STEPS 10+, Trampoline Junior International.

The course may be offered every few years, possibly in Australia or in other countries. Coaches must be approved by Gymnastics New Zealand to attend.



# Coaching Workshops

Coach development is a high priority for Gymnastics NZ. Gymnastics NZ also offers workshops for the purposes of upskilling and continuous learning. These are presented through online and practical sessions regionally.

Workshops may be general coaching, code or skill specific in nature. A workshop may also be tailored for a particular subject/region. No qualifications are awarded with workshops.

Examples of workshops may include (and are not limited to);

- Specific skills
- Games
- Safety
- Using apparatus
- Choreography
- Rule updates
- Injury Prevention
- Planning
- Judging
- Routine construction
- Programmes
- Early childhood

These are very practical workshops where participants will be involved in physical activity.



# Judging Pathway

The competitive pathways of our sports require judges to assess performances. Judges need to understand and apply the rules of their gymnsport in a fair, objective and consistent way.

Gymnastics NZ provides quality judging courses at all levels to enable athletes to have a fair evaluation of their routines. Qualified judges attend competitions and may also assess Incentive Awards.

Competition rules and regulations for gymnastics are revised and updated every four years in line with the Olympic cycle, this is led by our International Federation, the Fédération Internationale de Gymnastique (FIG).

## **Gymnastics NZ Judging Pathway**

The Judging pathway in New Zealand consists of the following levels:

- Elementary Judge (beginner)
- Junior Judge (intermediate)
- Senior Judge (advanced)
- Brevet (international)

Each gymnastics code has some variances to the judging pathway. Some codes have 'sub-levels'. In some codes, courses may be combined.

When judges attend a course and pass examination requirements, they are eligible to judge at competitions and test the Incentive Awards programme. To become fully accredited, they must complete a required number of hours in a logbook and submit this for accreditation. Accredited judges will be awarded a judging pin and are then eligible to pursue the next level of judging.

Qualified judges aged 18 years and above may also test the participants in the Incentive Award Programme alone. Judges under the age of 18 are required to judge with a 'buddy' at competitions and Incentive Award Tests.

'Buddy judging refers to judging with another person on the same panel or test. This will apply for novice/ recreational competitions, festivals, school festivals, Incentive Awards and all gymnsport code levels programmes, age group or STEP competitions.



# Judging Courses

## Elementary Judge

Minimum age	15 years
Duration	Up to 7-12 hours (code dependent)
Description	Elementary Judge is the entry level course for all gymnastic codes. Judges will learn sport specific information in relation to each competitive gymnastic code.

## Junior Judge

Minimum age	16 years
Duration	Up to 16 hours
Description	Junior Judge is the intermediate level of judging for all gymnastic code. Elementary Judge is a pre-requisite to attend. Some gymnastic codes offer two sub levels—Junior and Junior Advanced Judge.

## Senior Judge Courses

Minimum age	18 years
Duration	Up to 16 hours
Description	Senior Judge is the highest level of judging for a domestic code. Junior or Junior Advanced Judge is the pre-requisite to attend. Some gymnastic codes offer two sub levels—Senior and Senior Advanced Judge.



# International Judging Courses

The Federation Internationale de Gymnastique (FIG) is the international governing body for the sport of gymnastics. The international pathway for international judging commences with judges attending an international course.

FIG judge education consists of four categories within each code, starting at Category 4 and progressing to the highest level, Category 1. With each new Olympic cycle, amendments are made to the Code of Points for each code and judges are required to re-qualify.

Some Brevet courses may be held in New Zealand. Otherwise, judges must travel overseas to attend courses hosted by other Federations.

Attendance at the Brevet courses are by invitation for judges with experience of at least four years at the highest senior level of judging in New Zealand.



# Aerobics Judging Qualifications

Type of Judge	Able to Judge
Elementary Judge (attend Elementary Judge Course)	<ul style="list-style-type: none"> <li>• AeroSchools and Open Divisions artistic and execution</li> <li>• Incentive Awards L1-4</li> </ul> <p>We recommend that judges with little or no experience attend AER Elementary Coach course as an observer.</p>
Junior Judge (attend Junior Judge Course)	<ul style="list-style-type: none"> <li>• AeroSchools Open, ADP and international divisions artistic and execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Elementary with minimum of 1 year at Elementary Judge. Experience judging both artistic and execution in log book (min 2 sessions in each area)</p>
Junior Advanced Judge (attend Junior Judge Course)	<ul style="list-style-type: none"> <li>• AeroSchools Open, ADP and international divisions artistic and execution</li> <li>• AeroSchools and Open divisions Difficulty and Chair</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Elementary with minimum of 1 year at Elementary Judge. Experience judging both artistic and execution in log book (min 2 sessions in each area).</p>
Senior Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• AeroSchools , Open, ADP and international divisions artistic, execution, difficulty and chair</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Junior Advanced Judge and held Junior Judge qualification for a minimum of 2 years.</p> <p>Experience judging all areas of artistic, execution, chair and difficulty in log book (min 2 sessions in each area).</p>
Brevet IV-I	<ul style="list-style-type: none"> <li>• FIG</li> <li>• AeroSchools , Open, ADP and international divisions artistic, execution, difficulty and chair</li> <li>• Incentive Awards L1-7</li> <li>• Judge at international competitions</li> </ul> <p>Senior Judge with a minimum of four years experience.</p>

# Men's Artistic Qualifications

Type of Judge	Able to Judge
Elementary Judge (attend Elementary Judge Course)	<ul style="list-style-type: none"> <li>• L1-3 difficulty and execution</li> <li>• Incentive Awards L1-4</li> </ul> <p>Recommend that judges with little or no gymnastic experience attend MAG Elementary Coach course as an observer.</p>
Junior Judge (attend Junior Judge Course)	<ul style="list-style-type: none"> <li>• L1-6 execution, L1-6 difficulty</li> <li>• Once completed logbook may be invited to judge up to L9 execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Elementary Judge</p>
Senior Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• Levels 1-9 difficulty and execution</li> <li>• International FIG in NZ execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Junior Judge with a minimum of two years experience.</p>
Senior Advanced Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• Levels 1-9 difficulty and execution</li> <li>• International FIG in NZ execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Junior Judge with a minimum of two years experience.</p>
Brevet IV-I (attend International Judging course)	<ul style="list-style-type: none"> <li>• FIG difficulty and execution</li> <li>• Levels 1-9 difficulty and execution</li> <li>• Incentive Awards L1-7</li> <li>• Judge at international competitions</li> </ul> <p>Pre-requisite: Senior Advanced Judge with a minimum of four years experience.</p>

# Rhythmic Qualifications

Type of Judge	Able to Judge
Elementary Judge (attend Elementary Judge Course)	<ul style="list-style-type: none"> <li>• Technical faults Individuals (level 1-6 only)</li> <li>• Incentive Awards L1-4</li> </ul> <p>We recommend that judges with little or no gymnastic experience attend RG Elementary Coach course as an observer.</p>
Junior Judge (attend Junior Judge Course)	<ul style="list-style-type: none"> <li>• Technical faults all levels Individuals and group</li> <li>• D1/D2 all individuals</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Elementary Judge with 1year experience.</p>
Junior Advanced Judge (attend Junior Advanced Judge Course)	<ul style="list-style-type: none"> <li>• Technical faults all levels Individuals and group</li> <li>• D1/D2 all individuals and group</li> <li>• Artistic faults all Individuals and group</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Junior Judge with 2 years experience.</p>
Senior Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• Technical faults all levels Individuals and group</li> <li>• D1/D2 all individuals and group</li> <li>• Artistic faults all Individuals and group</li> <li>• D3/D4 all Individuals and Group</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited JA Judge with 2 years experience.</p>
Senior Advanced Judge attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• As per Senior Judge (may judge D1/D2 and D3/D4)</li> <li>• Control judge at qualifying events</li> </ul> <p>Pre-requisite: Accredited Senior Judge with 4 years experience.</p>
Brevet IV-I	<ul style="list-style-type: none"> <li>• As per Senior Judge</li> <li>• Control judge at qualifying events</li> <li>• Judge at international competitions</li> </ul> <p>Pre-requisite: Senior Advanced Judge with a minimum of 4 years experience.</p>

# Trampoline Qualifications

Type of Judge	Able to Judge
Elementary Judge (attend Elementary Judge course)	<ul style="list-style-type: none"> <li>• Execution - all Age Division grades but only as assistant judge for International Division grades</li> <li>• Time of Flight – all grades</li> <li>• May judge at iTRACSS competitions or special trial events.</li> <li>• Incentive awards L1 – 4</li> </ul> <p>We recommend that judges with little or no gymnastic experience attend TRA Elementary Coach course as an observer.</p>
Junior and Junior Advanced Judge (attend Junior/Senior Judge course)	<ul style="list-style-type: none"> <li>• Execution - all Age and International Division grades except for International Division grades in Tier 1 and 2 competitions, iTRACSS and Special Trial events</li> <li>• Difficulty - all grades; Junior assistant judge (DD2); Junior Advanced may be “head” difficulty judge (DD1)</li> <li>• Time of flight and displacement – all grades</li> <li>• Incentive Awards L1 - 7</li> </ul> <p>Pre-requisite: Accredited Elementary Judge</p>
Senior Judge (attend Junior/Senior Judge course)	<ul style="list-style-type: none"> <li>• Execution - all grades</li> <li>• Difficulty - all grades except for International Division grades in Tier 1 and 2 competitions, iTRACSS and Special Trial events - assistant judge (DD2)</li> <li>• Time of flight and displacement – all grades</li> <li>• Incentive Awards L1 - 7</li> </ul> <p>Pre-requisite: Accredited Junior Judge</p>
Senior Advanced Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• Execution and difficulty all grades , may be “head” difficulty judge (DD1)</li> <li>• Time of flight and displacement – all grades</li> <li>• Chair of Judges - all grades</li> <li>• Incentive Awards L1 - 7</li> </ul> <p>Pre-requisite: Accredited Junior Advanced or Senior Judge</p>
Brevet IV-I (attend International course)	<ul style="list-style-type: none"> <li>• International competitions</li> <li>• All levels difficulty, form and chair, time of flight and displacement</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Senior Advanced Judge four years</p>

# Tumbling Qualifications

Tumbling judging qualification is in its infancy in New Zealand.

Judges who have a trampoline qualification are not eligible to judge tumbling unless they have attended a tumbling workshop/course or have been granted permission to judge tumbling through GNZ and the TRA Technical Committee.

Type of Judge	Able to Judge
Elementary Judge	<ul style="list-style-type: none"> <li>• Execution - all Age Division grades but only as assistant judge for International Division grades</li> <li>• May judge at iTRACSS competitions or special trial events.</li> <li>• Incentive awards L1 – 4</li> </ul> <p>We recommend that judges with little or no gymnastic experience attend a TUM Elementary Coach course as an observer or spend time with a coach in the gym.</p>



# Women's Artistic Judging

Type of Judge	Able to Judge
Elementary Judge (attend Elementary Judge Course)	<ul style="list-style-type: none"> <li>• STEPS 1-3 execution</li> <li>• Incentive Awards L1-4</li> </ul> <p>We recommend that judges with little or no gymnastic experience attend WAG Elementary Coach course as an observer</p>
Junior Judge (attend Junior Judge Course)	<ul style="list-style-type: none"> <li>• STEP 1-3 difficulty</li> <li>• STEP 1-6 execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Elementary Judge—two years</p>
Junior Advanced Judge (attend Junior Judge Course)	<ul style="list-style-type: none"> <li>• STEP 1-6 difficulty</li> <li>• STEP 1-6 execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Elementary Judge—two years or Junior Judge</p>
Senior Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• STEP 1-6 difficulty</li> <li>• STEP 1-10 execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Junior Advanced Judge two years</p>
Senior Advanced Judge (attend Senior Judge Course)	<ul style="list-style-type: none"> <li>• STEP 1-9 difficulty</li> <li>• STEP 1-10 execution</li> <li>• Junior/Senior International Execution (Accredited Senior Advanced Only)</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Senior Judge two years</p>
Brevet IV-I	<ul style="list-style-type: none"> <li>• FIG</li> <li>• STEP 1-10 difficulty and execution</li> <li>• Incentive Awards L1-7</li> </ul> <p>Pre-requisite: Accredited Senior Advanced Judge four years (invite only)</p>



# Qualification Information

Gymnastics NZ encourages and promotes life-long learning. As with almost all professions these days, further development is encouraged within the Gymnastics community. Maintenance, improvement and broadening of knowledge and skill will be of benefit to all coaches and judges, regardless of code or level. All coaches are encouraged to take advantage of development opportunities that may present themselves.

Several components of the Coaching Framework are compulsory and require updating on a regular basis to maintain the qualification:

## **First Aid**

A valid First Aid Certificate, covering NZQA unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support, is required for all Gymnastics NZ coaching qualifications. First Aid qualifications are valid for a two-year period.

## **Practical Coaching Hours**

Practical Coaching Hours are submitted annually through Club Portal. Club administrators are asked to record the amount of practical hours their coaches are coaching. This enables Gymnastics NZ to keep a record of which coaches are active and fulfilling the hours required at the level of their qualification.

## **Recognition of Prior Learning (RPL)**

Previous study or qualifications obtained overseas may be cross-credited to Gymnastics NZ coaching and judging accreditation.

Coaches wishing to gain recognition for prior learning are asked to read the process and application forms outlined on the Gymnastics NZ website and Club Portal.

Coaches are asked to provide evidence of how they have covered the relevant course material through formal qualifications.

Copies of qualification certificates and transcripts should support applications and the relevant RPL Assessment Panel will consider applications based on the information provided. An administration fee of \$65.00 will be invoiced to the club the person applying for an RPL is from.

# Course Administration

## **Education Calendar**

Courses registrations are available on the education calendar which is available on the Gymnastics NZ website and club portal.

If your club has a number of coaches and judges available to attend a course and there is no course schedule for your area, contact your Gymnastics NZ Relationship Manager.

## **Registration Procedure**

From April 1, 2019 club administrators will need to register course participants through the Gymnastics NZ Club Portal.

Registration closing dates for courses will be 10 days prior to the commencement of the course, unless otherwise stated.

## **Withdrawal Procedure**

Any participant wishing to withdraw from a course after the closing date is asked to promptly contact Gymnastics NZ in writing via email. Withdrawals after the closing date will be charged a withdrawal fee. This fee will be 25% of the overall course fee.

There is no refund for anyone who does not attend (no show) on the day of the course.

## **Late Registrations**

Gymnastics NZ may consider registrations that are received after the course closing date, but these registrations will incur a **late fee**. Acceptance of late registrations will be considered at Gymnastics NZ discretion.

## **Course Cancellations**

In the unfortunate event of Gymnastics NZ having to cancel a course, the Gymnastics NZ Education Officer will communicate this to the participants and full refund arrangements will be made.

## **Late Assignments**

Participants will have six months to complete any post course assignment. If the assignment is submitted after this time, a late fee will be charged (via the club). If a coach takes longer than two years to complete their assignment, they will need to attend the course again as a refresher at the discretion of Gymnastics NZ.

# Course Administration

## Course Participation

Participants should bring their own lunch and light refreshments to the course as food will not be provided during breaks.

Participants are encouraged to arrive at course venues prior to courses starting, with ample time to spare. Suitable clothing, particularly for coaching courses, is advised as most coaching courses require participants to be actively involved.

Participants should advise the Course Presenter of any medical conditions or injury that may impede their participation.

All courses require a 100% attendance and participation. Coaches/judges who do not actively participate in all modules will not be awarded an accreditation.

## Certification

Gymnastics NZ will issue electronic qualification certificates when all components of a qualification have been met.

The qualification is not considered complete until all components have been submitted and accredited. These components vary from course to course and are listed within this handbook under the relevant course.

Judging accreditation is considered completed when the required practical hours have been completed, and the judging logbook is submitted and verified by the Judging Advisor of the respective gymnastics code.



# Course Costs

Name of Course/Qualification	Length of Course	Technical Member	Affiliated Club Member	Observer
<b>Coaching Courses/Modules</b>				
<i>Foundation Coach:</i> Coaching Today Understanding Movement Pre-course Understanding Movement Practical	Online (self-paced) Online (self-paced) 8 hours	\$70.00 \$60.00 \$130.00	\$75.00 \$65.00 \$135.00	N/A N/A N/A
XTND Modules	4-5 hours	N/A	\$65.00*	N/A
<i>Elementary Coach</i> Elementary Coach Pre Course Elementary Coach Practical	Online (self-paced) 8-12 hours	\$60.00 \$135.00	\$65.00 \$145.00	N/A \$80.00
Junior and Junior Advanced Coach	16 hours	Refer to GymSchool prices		
Senior Coach	40	Refer Level 2 FIG Academy Prices		
PlayGym Leader	14 Hours	\$235.00	\$240.00	N/A
MoveMprove® Essentials	8 hours	\$135.00	\$140.00	N/A
<b>Judging Courses</b>				
Elementary Judge (all codes)	8-12 hours	\$140.00	\$145.00	\$80.00
Junior Judge (all codes)	8-16 hours	\$170.00	\$175.00	\$80.00
Senior Judge (all codes)	16-18 Hours	\$185.00	\$190.00	\$80.00
<b>Other</b>				
Recognition of Prior Learning		\$65.00	\$60.00	N/A
Late fee	Coaching and Judging Courses	\$50.00 per club for first person, then \$20.00 per person		
	XTND	\$25.00 per club for first person, then \$15.00 per person		
	Workshops	\$20.00 per person		
	Post Course Assignments	\$20.00 per person if submitted more than 6 months after the practical course		
Withdrawal fee – after closing date		25% of course fee		

All prices are inclusive of GST

\* There may be additional costs for XTND Competent Coach

# Education Contacts

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Education Officer  
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Or contact your Gymnastics NZ Regional Relationship Manager



[www.gymnasticsnz.com](http://www.gymnasticsnz.com)