

Education Handbook

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



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Introduction

The Gymnastics New Zealand (Gymnastics NZ) Education Handbook outlines the formal coaching and judging pathways, as well as links to the Coach Development Framework for further development opportunities at all levels.

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 gymnasts through an approach of athlete-centered coaching, where skills fall into four main learning pillars - technical skills, holistic athlete development, interpersonal and intrapersonal skills.

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 pre-requisites are contained in this handbook. Clubs must be affiliated in order to attend Gymnastics NZ education qualification courses and workshops. A current price list is available on the [Gymnastics NZ website](#). All education prices are inclusive of GST.



Gymnastics NZ Education Principles

Gymnastics NZ's purpose is to 'enable POSITIVE gymnastics experiences for EVERYBODY'. This holistic approach encourages coaches, judges, coach developers, facilitators and mentors to achieve their full potential. The flow on effect of inspiring coaches and judges is the legacy passed back to gymnasts who gain the opportunity to grow and be the best they can be.

Gymnastics NZ promotes a coaching framework that incorporates the stages of gymnast 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 gymnasts 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 gymnasts they are teaching.

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people.



Coaching



Coach Qualification Pathway

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

The physical skills which gymnasts 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 at foundation which focuses on the basics of how to coach as well as learning to break down skills through fundamental movement patterns.

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

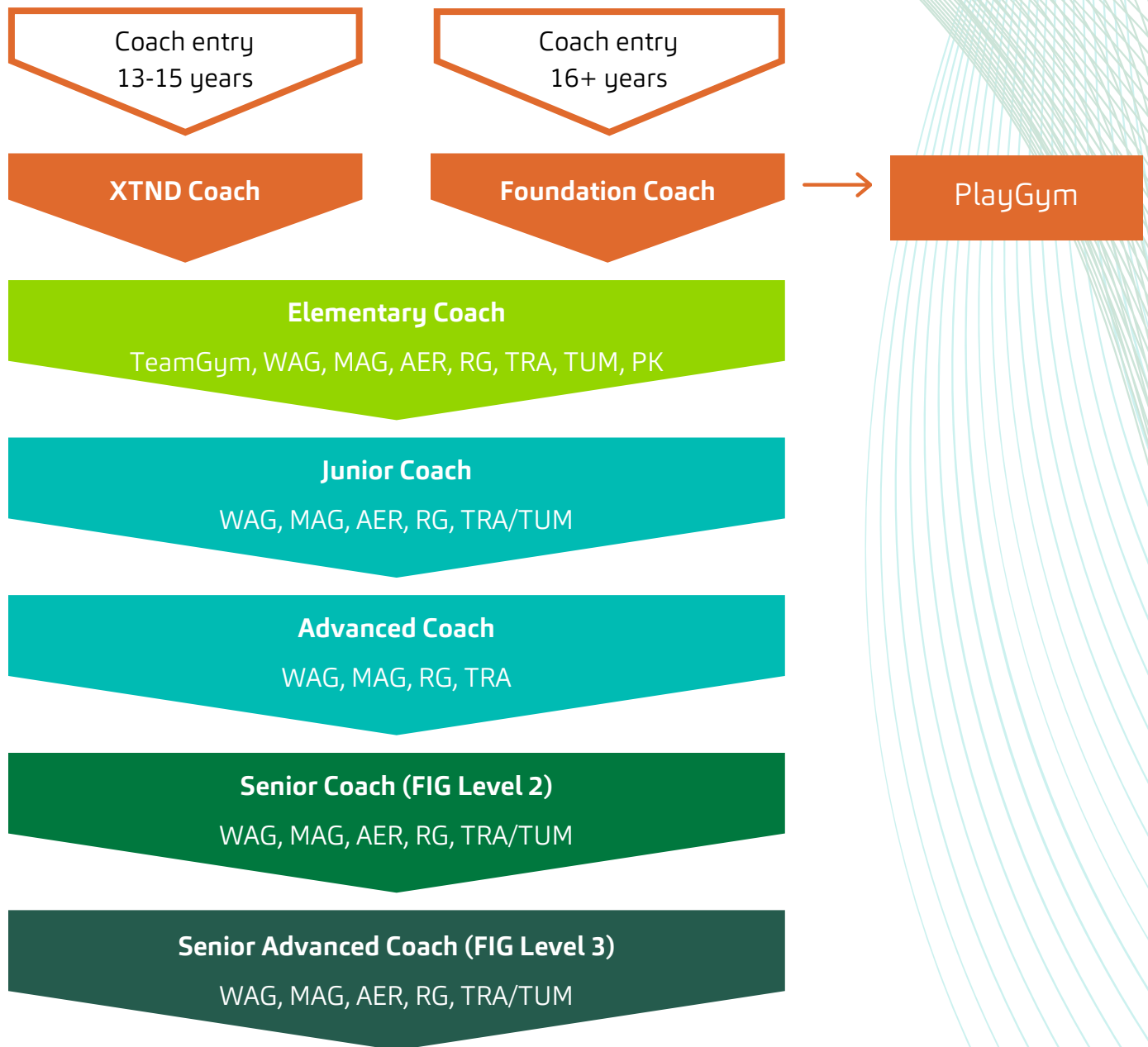
Coaches must be fully accredited at the previous level (within a code) before being eligible for the next level as the courses are progressive. Fully accredited refers to the satisfactory completion of any post-course assignments and the achievement of a qualification certificate.

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 current Gymnastics NZ Coach Qualification Pathway is depicted on the following page.



Coach Qualification Pathway



Coach Development Framework

Coaching and coach development are a core part of delivering the Gymnastics NZ [strategic plan](#). Gymnastics NZ is committed to developing coaches to meet the needs of the gymnastics community—the [Gymnastics NZ Coach Development Framework](#) is a key part of this work.

The framework aligns the formal education pathways alongside further education opportunities. The framework also looks to identify our participants into five ‘gymnast stages’ that reflect their level and development. The corresponding coaching communities allow coaches to have a better understanding of the skills they need to be developing to best meet the needs of the participants in each stage.

Four pillars of learning provide the foundation of the framework:

- Technical Skills - how to teach the sport
- Holistic Athlete Development - encompassing whole athlete development
- Interpersonal Skills - relating to others
- Intrapersonal Skills - understanding self (coach)

Each qualification in the coaching pathway covers some skills in each of these areas, coaches should use further development opportunities to meet their needs, strengths or gaps. Some examples of these opportunities are on page 38.

Gymnast Stages	Coaching Communities	Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
Foundation gymnasts	Foundation coach - coaches foundation gymnasts	Foundation coach qualification	→	Foundation level continuous learning opportunities	→
Emergent gymnasts	Emergent coach - coaches emerging gymnasts	↓ Elementary coach qualification	→	Emergent level continuous learning opportunities	→
Developing gymnasts	Development coach - coaches developing gymnasts	↓ Junior or advanced coach qualification	→	Development level continuous learning opportunities	→
Aspiring (senior) gymnasts	Senior coach - coaches aspiring gymnasts	↓ Senior coach qualification	→	Senior level continuous learning opportunities	→
Performance gymnasts	Performance coach - coaches performance gymnasts	↓ Senior advanced coach qualification	→	Performance level continuous learning opportunities	→

Entry Into the Coaching Pathway

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

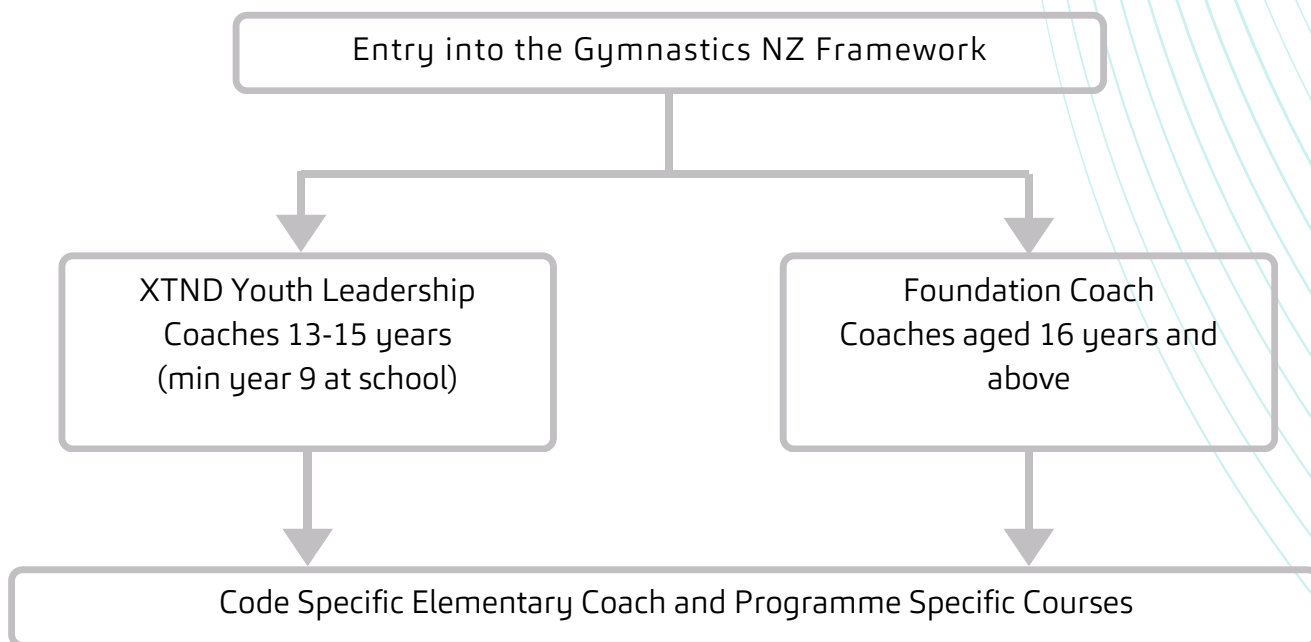
Young coaches (aged 13-15 years) enter into the XTND Youth Leadership Programme, whilst coaches aged 16+ years enter into Foundation Coach.

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 any gymnastic code Elementary Coach course or programme specific course.



XTND Youth Leadership

XTND is Gymnastics NZ'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.

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.

Each XTND module covers learning across the four pillars (technical, holistic athlete development, interpersonal and intrapersonal).

Minimum Age

- 13 years (year 9 at school)

Module Structure

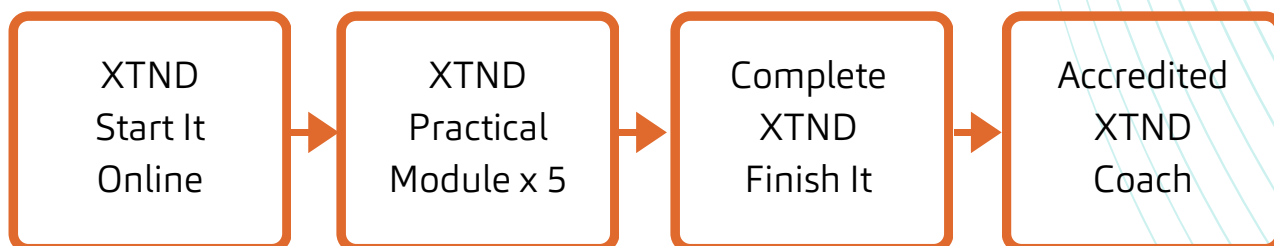
- 6 modules over 1-2 years

Post Course Requirement

- Online assignment (including mentoring assessment)
- Verification of hours
- Youth safeguarding certificate

Coaching Community

- Foundation coach coaching foundation gymnasts



XTND Youth Leadership

Each practical module is around four hours in duration and is based upon the fundamental movement patterns which are the building blocks of all gymnastic skills (technical skills). Information will be interlaced with leadership and other skills across the four learning pillars.

Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
<ul style="list-style-type: none"> • Understand and apply fundamental movement patterns (FMPs) as the building blocks of gymnastic skills, motor coordination and development. • Beginner movement analysis. 	<ul style="list-style-type: none"> • Simple biomechanics of fundamental movement patterns. • Understand structure of lessons 	<ul style="list-style-type: none"> • Understand why gymnasts choose the sport and support them to enjoy their first experiences in a supportive and inclusive environment. 	<ul style="list-style-type: none"> • Understand the role of the coach and start to develop a coaching philosophy and personal coach goals. • Work with a mentor for coach development and guidance.

After successful completion of all modules, along with the completion of XTND Finish It and mentoring assessment 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. XTND Graduates are able to attend Elementary Coach courses at 15 years of age.

Expected duration of the programme is 12-18 months.

Resources for practical modules are available online.

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 Modules

XTND Start It	XTND Balance It
<ul style="list-style-type: none"> • An introduction to why people coach, coaching values and philosophies. • What an athlete-centred gymnastics coach is, the role and function of a coach • Ethics and coaching and the importance of both physical and mental safety • How to run an effective session, including getting attention, managing groups and behaviour, circuits and establishing good routines • Effective communication skills, listening and questioning, how to give positive feedback. • Working with a mentor and setting goals around your coaching needs. • An introduction to the Fundamental Movement Patterns 	<ul style="list-style-type: none"> • Statics and its role as a Fundamental Movement Pattern. • Static movement principles including centre of gravity & base of support. • Exploration of Statics including Supports, Hangs, Balances. • Fundamental shapes: Tuck, Pike, Straddle etc. • Basic balances, handstands and headstands. • Coaching strategies: Teaching Games for Understanding (TGfU). • Movement observation: Knowing what to look for in ideal body positions. • Leading warmup, cool down and stretching games incorporating Statics.
XTND Bounce It	XTND Move It
<ul style="list-style-type: none"> • Landings and its role as a Fundamental Movement. • Spring and its role as a Fundamental Movement. • Landing technique on feet, different body parts and safe Landings. • Spring classifications and leading Spring activities. • Spring and Landing Circuits • NZ Coach Approach: Let me play model • Building routines by giving guidelines • Leading warmup, cool down and stretching games incorporating Spring and Landing 	<ul style="list-style-type: none"> • Locomotion and its role as a Fundamental Movement. • Movement principles and importance of Locomotion. • Variations of Locomotion: Laban's analysis of movement model. • NZ Coach Approach: Questioning athletes and adaptation of activities. • Understanding athlete's diversity. • Locomotion circuits. • Leading warmup, cool down and stretching games incorporating Locomotion
XTND Spin It	XTND Throw It
<ul style="list-style-type: none"> • Rotation and its role as a Fundamental Movement. • Exploration of Rotation: Transverse, Longitudinal & Medial. • Swing and its role as a Fundamental Movement. • Exploration of Swing in Support, Hang and Assisted. • Beginner Rotation: Forward rolls, Backward rolls, and subsequent variations. • Beginner Swings and regrasping. • Coach safety spotting. • Feedback and teaching different learning styles. • Movement Observation: Tracking movement. • Leading warmup, cool down & stretching games incorporating Rotation and Swing. 	<ul style="list-style-type: none"> • Manipulative Skills and its role as a Fundamental Movement. • Explanation and exploration of Manipulative Skills: throwing/releasing, catching/trapping/receiving, rotation, circles/swings, passing over/under/around, bouncing, balancing. • Nonverbal communication, forming groups & team building. • Teaching Games For Understanding (TGfU) and value-based coaching. • Leading warmup, cool down & stretching games incorporating Manipulative Skills.

Foundation Coach

Foundation Coach is the first qualification for coaches aged 16 years and above.

Foundation Coach is comprised of Coaching Today, followed by Understanding Movement.

Coaching Today is an online self-paced course. Understanding Movement is a practical course with a pre-course online component and a post-course assignment.

There are a range of delivery methods including the Gymnastics NZ Online learning platform and a practical face-to-face course.

Minimum Age

- 16

Pre-requisites

- Nil

Qualification Structure

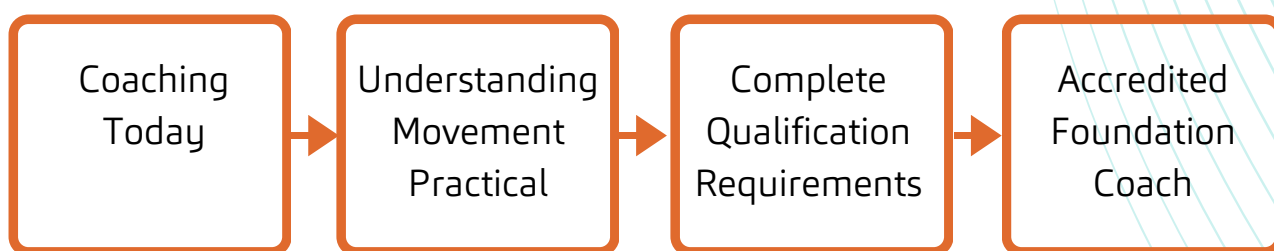
- 2 x self-paced online courses
- 1 x practical course

Qualification Requirement

- Post course assignment (including mentoring assessment)
- Verification of hours
- Safeguarding certificate

Coaching Community

- Foundation coach coaching foundation gymnasts



Foundation Coach Skills

Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
<ul style="list-style-type: none">• Understand and apply fundamental movement patterns (FMPs) as the building blocks of gymnastic skills, motor coordination and development.• Beginner movement analysis.	<ul style="list-style-type: none">• Simple biomechanics of fundamental movement patterns.• Understand structure of lessons	<ul style="list-style-type: none">• Understand why gymnasts choose the sport and support them to enjoy their first experiences in a supportive and inclusive environment.	<ul style="list-style-type: none">• Understand the role of the coach and start to develop a coaching philosophy and personal coach goals.• Work with a mentor for coach development and guidance.



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. The completed course is required to be submitted before participants may enrol on Understanding Movement.

Understanding Movement

Understanding Movement is made up of an online (pre-course) component - to be completed before attending the practical - a practical (face-to-face) course and post course activities (online) including the submission of an assignment.

Coaches will receive online access to the Understanding Movement Pre-Course when they register for an Understanding Movement Practical course. The pre-course allows coaches to gain technical 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.

Technical Skills covered in Understanding Movement include:

- Appropriate stretching and conditioning
- Fundamental movement patterns - practical applications of these
- Basic Shapes
- Handstands
- Spring and landings
- Forward and backward rolls
- Cartwheels
- Grasps and swing
- Manipulative skills
- Movement observation
- Warmup and cool down
- Lesson planning

Coaches are required to complete a mentoring assessment and assignment questions as part of the post course assignment, as well as completing Safeguarding training.



PlayGym Leader

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.

Minimum Age

- 18

Co-requisite

- Foundation coach

Course Duration

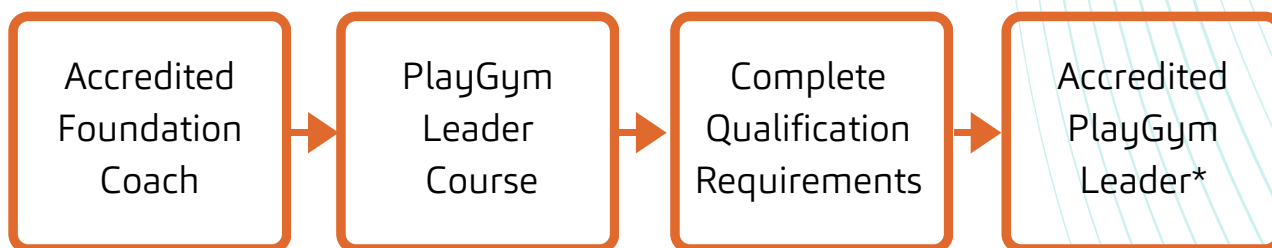
- 14 hours

Post Course Requirement

- Post course assignment
- First aid certificate
- Safeguarding certificate

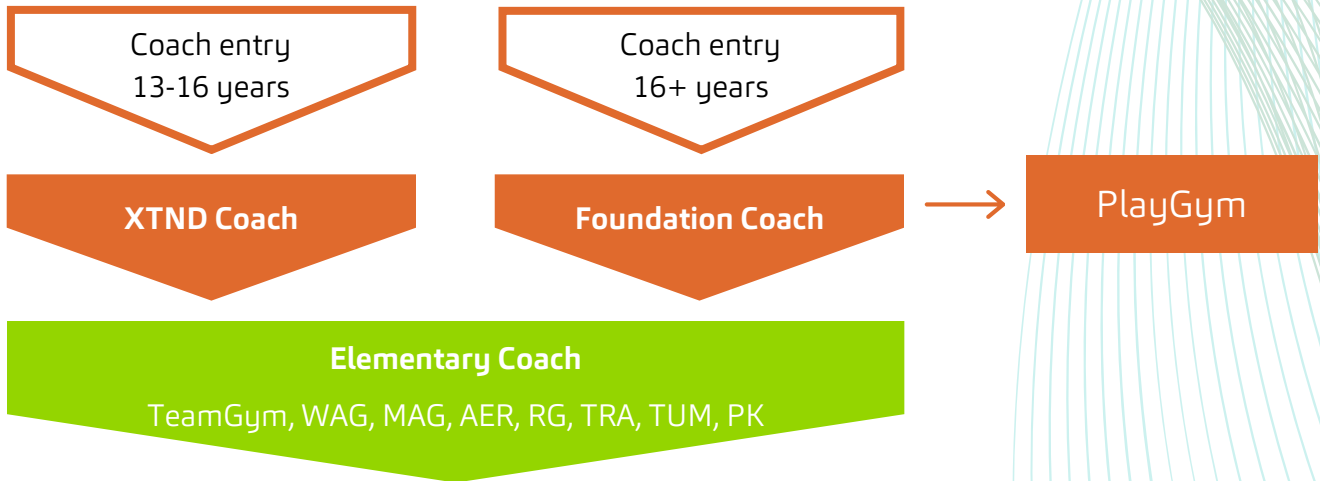
Coaching Community

- Foundation coach coaching foundation gymnasts



Coaching - Next Steps

Once coaches have completed either XTND or Foundation Coach they are eligible to enrol on the next level of courses as shown in the diagram below. From this point, courses are specific to the different gymnastics disciplines.



Elementary Coach

The Elementary Coach qualification is made up of an online pre course (Elementary Coach Principles); a practical (face-to-face) course and qualification requirements including a post-course assignment, First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support. Coaches will also need a current Safeguarding Certificate and submission of practical coaching hours (30 hours).

The Elementary Coach practical course will cover the technical knowledge needed to coach code and skill specific classes for athletes in the emerging stage.

- Pre-competition - all codes
- Lower level competitive - STEPS 1-3, MAG 1-3, AER 1-5, RG 1-4, TUM Levels 1-4 and basic short track, TRA Levels 1-7
- GfA Pathway - GfA Apparatus programme Levels 1-4, Rhythmic Gymnastics Programme, Tumbling Participation, Trampoline and DMT Participation, Parkour, Aerobics Levels 1-5

Minimum Age

- 16*

Pre-requisites

- XTND/Foundation Coach
- Elementary Coach Principles Online

Practical Course Duration

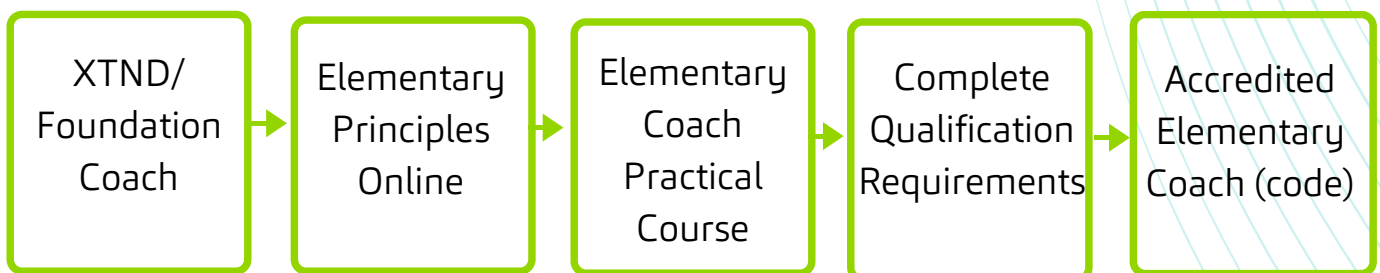
- 8-12 hours (code dependent)

Post Course Requirement

- Post course assignment
- First aid certificate
- Safeguarding certificate
- 30 coaching hours

Coaching Community

- Emergent coach coaching emerging gymnasts



*XTND graduates may attend an Elementary Coach Course from 15 years old.



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.

Emergent Coach Skills

Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
<ul style="list-style-type: none"> • Understand and apply principles of FMPs to code specific skills. • Physical preparation, skills, drills, and progressions for emergent level gymnasts. • Introduction to general and sport specific conditioning and stretching. • Skill analysis - understanding and teaching skills. • Emergent level routine construction and artistry. 	<ul style="list-style-type: none"> • Simple biomechanics of emergent level skills and introductory anatomy and physiology. • How to create lessons that focus on fun, participation, and skill development, while introducing mental skills. 	<ul style="list-style-type: none"> • Understand gymnasts changing motivations and use these to guide goal setting. • Understand and communicate to wider stakeholder goals including managing expectations (gymnasts/parents/ clubs) • Development of mentor and supervision skills. 	<ul style="list-style-type: none"> • Development of coaching philosophy. • Personal goal setting to drive learning and development. • Uptake of professional development opportunities inside the sport. • Work with a mentor or be a mentor for a XTND/Foundation coach for further development.

Elementary Coach Practical Courses

All Elementary Coach practical courses contain the following:

- Physical preparation - general upper, mid and lower body flexibility and strength suitable for the gymnastics code and age and stage of participants.
- A focus on appropriate warm up and physical conditioning activities as well as learning to understand and teach skills.

Artistic Gymnastics - Men's (12 hours)

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)	Basic supports Basic 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/swings 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

Artistic Gymnastics - Women's (12 hours)

Floor Acro*	Floor Dance	Vault*	Beam	Uneven Bars*
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	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	Posture Complex Basic mounts Balances - scale Turns (2 and 1 foot) Basic jumps and leaps 3/4 handstand Handstand Basic dismounts - jumps, round off	Pullover Roll to hang Cast Long hang swing Glide Back hip circle Underswing (dismount and to hang) Swings in loops Uprise

*Shared modules between men's and women's artistic.

Elementary Coach Practical Courses

Aerobics (8 hours)

Choreography	Skill Elements	Acrobatic Elements	Skill Builders	Aerobic Dance
7 Basic steps Mapping music Formations Showmanship Teaching a routine Creating a 32 count General Content	Compulsory elements (push ups, jacks, kicks) Dynamic strength Static strength Dynamic jumps Form jumps Turns Flexibility	Forward roll Backward roll Handstand Cartwheel Bridge Walkovers	Scissor Leap preparation Helicopter starter drills High-V starter drills Butterfly starter drills Split and Push-up landing starter drills	AeroSchools Aerobic Dance - key teaching points and variations from an aerobics routine

Rhythmic Gymnastics (12 hours)

Artistry	Body Difficulties	Apparatus	Acrobatic Skills
Posture development (ballet positions) Artistic development Rhythm development (music)	Jumps and leaps Balances Rotations - skills suited to gymnasts Levels 1-4	Rope Hoop Ball Clubs Ribbon General technique-grip handling Apparatus specific skills	Forward roll Backward roll Handstand Cartwheel Bridge Walkovers



Elementary Coach Practical Courses

TeamGym (8 hours)

Tumbling	Mini Trampoline	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

Parkour (8 hours)

Locomotion and Landings	Acrobatics	Vault	Bar Skills	Running Parkour Classes
Basic locomotions Strides Plyometric jumps Climb up Safety roll Precision landing Monkey run Frog landing	Forward roll Backward roll Handstand Cartwheel Round off	Step vault (safety vault) Speed vault Thief vault Lazy vault	Pullover Cast Long swings Monkey across Underbar	Resources Health and safety Programme planning Skill progression Group management Equipment set up



Elementary Coach Practical Courses

Trampoline Gymnastics (8 hours)

Safety	Trampoline Skills	Double Mini Trampoline	Class Organisation Routine Structure
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)

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 Coach

This qualification develops the technical knowledge necessary in the respective gymnastics codes to coach gymnastics at a developing level.

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. Coaches will also need a current Safeguarding Certificate and to complete 60 hours of practical coaching.

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

Junior Coach is aimed at coaches teaching the following athletes:

- Aerobics levels 6-9
- Rhythmic levels 5-6, Stages 3-4 and Grades 3-4 Group, GfA Rhythmic Levels 5-6
- Trampoline national division, trampoline advanced recreation (TRA Levels 8-10), GfA Trampoline levels 7-10
- Tumbling national division, tumbling advanced recreation (TUM Levels 5-10), GfA Tumbling Levels 7-10
- Women's Artistic STEPS 4-6
- Men's Artistic levels 4-6 (not including bonus elements at level 6)
- GfA Apparatus Levels 4-6

Minimum Age

- 17

Pre-requisites

- Elementary Coach (of relevant code)

Practical Course Duration

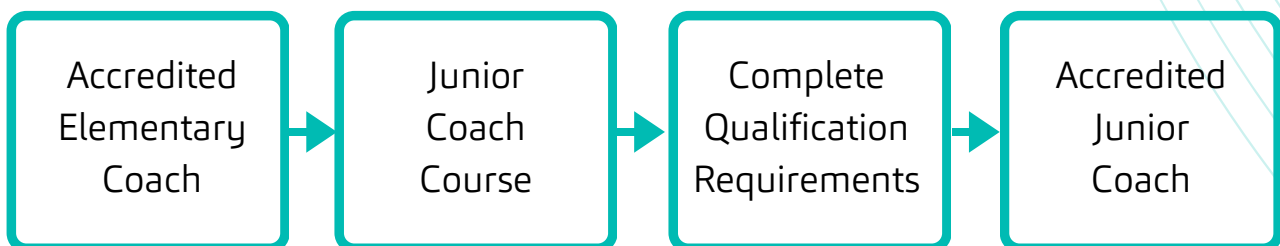
- 12-16 hours

Qualification Requirement

- Post course assignment
- First aid certificate
- Safeguarding certificate
- 60 coaching hours

Coaching Community

- Development coach coaching developing gymnasts



Development Coach Skills

Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
<ul style="list-style-type: none"> • Physical preparation, skills, drills, and progressions for developing level gymnasts. • General and sport specific conditioning and stretching that varies through the season. • Skill acquisition and progression. • Development level routine construction and artistry. 	<ul style="list-style-type: none"> • Understanding the impact of puberty. • Understand and apply the biomechanics of development level skills and link to appropriate anatomy and physiology. • Understand the links between increased training hours, conditioning, and the need for injury prevention. • How to create lessons and more individualised training plans across the season that focus on skill acquisition and progression within a fun and positive environment. • Utilise different methods to teach mental and life skills including the importance of adequate fuelling. 	<ul style="list-style-type: none"> • Understand gymnasts changing motivations and which will guide goal setting and life balance. • Understand and communicate to wider stakeholder goals including managing expectations especially through fast growth periods (gymnasts/parents/clubs) • Mentor skills 	<ul style="list-style-type: none"> • Good understanding of coaching philosophy • Personal goal setting to drive learning and development. • Uptake of professional development opportunities inside and outside of the sport.

Junior Coach Practical Courses

All Junior Coach practical courses contain the following:

- Physical preparation: general upper, mid and lower body flexibility and strength suitable for the gymnastics code and age and stage of participants, and how this can change through a season.
- A focus on appropriate warm up and physical conditioning activities as well as skill acquisition and progression.
- Coaching processes at a national championship.

Aerobics (16 hours)				
Choreography	Skill Elements	Acrobatic Elements	Skill Builders	Aerobic Dance
7 Basic steps Mapping music Creating choreography, showmanship, theme and style General Content	Dynamic strength Static strength Leg circles Dynamic jumps Form jumps Split leap/jumps Turns Flexibility	Round off Walkover Front and back handspring (starters) Aerial/Salto (starters)	High V-support Straddle cuts Planche basics Flair basics Split and Push up landings	Aerobic Dance - choreography - transtions and lifts



Junior Coach Practical Courses

Artistic Gymnastics* (16 hours)

Floor Acro	Vault	High Bar/Uneven Bar	Other
Round off - power for flic Flic (incl multiple) and RO flic Back salto - tuck/layout Whip back Handspring Flyspring Front salto - tuck/rebound Handspring front	Layout front somersault Handspring Tsuk timer Yurchenko board drills	Kip (glide/long)/cast Cast to handstand Clear hip circle Handstand progressions with grip position Swing 1/2 Giants Flyaways	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

*Taught together with men's and women's artistic.

Artistic Gymnastics Men's

Pommel	Rings	Parallel Bars
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)	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

Artistic Gymnastics Women's

Floor Dance	Beam
Posture training - floor complex Split leap Side leap Changing leg leap Turns (1/1 and 2/1) Basic choreography	Posture and complex Turns - passe 1/2 and 1/2 Split leap Sissone Back walkover Front walkover Tic Toc Flic Front salto dismount Cartwheel connection dismount

Junior Coach Practical Courses

Rhythmic Gymnastics (16 hours)

Artistry	Body Difficulty	Apparatus
<p>Posture development (ballet positions) Artistic development Rhythm development (music) Choreography skills</p>	<p>Jumps and leaps Balances Rotations</p> <ul style="list-style-type: none"> all skills taught are suitable for gymnasts Levels 5-7 	<p>Rope Hoop Ball Clubs Ribbon Apparatus difficulty Specific Apparatus rules Dynamic elements with rotation Collaborations</p>



Junior Coach Practical Courses

Trampoline Gymnastics (12 hours)

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 (16 hours)

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

Advanced Coach

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

To gain the qualification, participants also need to complete online Advanced Coach Principles, a post course assignment, a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support. Coaches will also need a current Safeguarding Certificate and to complete 80 hours of practical coaching.

Advanced Coach is aimed at coaches teaching the following athletes:

- Women's Artistic STEP 6-7, learning skills for STEP 8
- Men's Artistic Levels 6-7, learning skills for Level 8
- Rhythmic Gymnastics Levels 8+, Grade 5 Group (within NZ)
- Trampoline Gymnastics Higher level National Division and FIG 11-16
- Aerobic Gymnastics National and Age Group International (within NZ)

Minimum Age

- 18

Pre-requisites

- Junior Coach
- Pre-course Advanced Coach Principles

Practical Course Duration

- 16 hours

Post Course Requirement

- Post course assignment
- First aid certificate
- Safeguarding certificate
- 80 coaching hours

Coaching Community

- Development coach coaching developing gymnasts



Advanced Coach Principles

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

Topics covered in the Advanced Coach Principles Course include:

Module 1

How the Body Grows - Anatomy and Physiology taught in conjunction with the growing athlete.

Module 2

How the Body Moves - Biomechanics of Gymnastics Movement including linear and rotational momentum.

Module 3

How the Body Thinks - Psychology and Utilising an Athlete Centered Coaching Approach

Advanced Coach Practical Courses

All Advanced Coach practical courses include the following:

- Physical preparation: general upper, mid and lower body flexibility and strength, including injury prevention.
- Periodisation of a training year.



Advanced Coach Practical Courses

Artistic Gymnastics* (16 hours)

Floor Acro	Vault	High Bar/Uneven Bar
Flic layout (review) Flic layout 1/2,1/1,1/1/2 twist Handspring front layout Handspring front 1/1 Whip Rebound tumbling front	Tsukahara Yurchenko 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

*Taught together with men's and women's artistic.

Artistic Gymnastics - Men's

Pommel	Rings	Parallel Bars
Czechehre Stockli Flairs Scissors	Handstand Press to handstand Inlocate review Bail forward to inlocate Dislocate review Double back dismount 1/1 twist dismount	Felge to support Handstand turns Moy Front salto dismount Preps for double back

Artistic Gymnastics - Women's

Floor Dance	Beam
Posture training - floor complex C level jumps and leaps Turns (B and C level) Choreography	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

Advanced Coach Practical Courses

Rhythmic Gymnastics (16 hours)

Artistry	Body Difficulty	Apparatus
<p>Musicality</p> <ul style="list-style-type: none"> - music theory and notation <p>Artistry</p> <ul style="list-style-type: none"> - musical genres and character development - dynamic change <p>Dance</p> <ul style="list-style-type: none"> - choreography of dance steps - choreography of collective work in group routines 	<p>Jumps and leaps</p> <p>Balances</p> <p>Rotations</p> <ul style="list-style-type: none"> - suitable for gymnasts Levels 8-10 	<p>Advanced apparatus handling</p> <ul style="list-style-type: none"> - Rope - Hoop - Ball - Clubs - Ribbon

Trampoline Gymnastics (12 hours)

Front and Back Somersaults	Trampoline Twisting Skills	Double Mini Trampoline	Routine Construction
<p>Double front somersault (tuck/pike)</p> <p>Double back somersault (tuck/pike/straight)</p> <p>3/4 front and back</p> <p>1/1/4 front and back</p> <p>Rebound/ballout</p> <p>Front and back Cody</p>	<p>Crash dive, barani ball out (T/P/S)</p> <p>Crash dive, Rudi ballout</p> <p>Half out (T/P)</p> <p>Back somersault double twist</p> <p>1&3 Barani BO (T/P/S)</p> <p>1 & 3 Rudi BO</p> <p>Half turn crash dive</p> <p>Randi</p>	<p>Dismount skills</p> <ul style="list-style-type: none"> - front somersault (T/P) - back somersaults (T/P/S) - reverse somersault - inward somersault <p>Spotter Skills</p> <ul style="list-style-type: none"> - front and back somersaults <p>Mount Skills</p> <p>Combinations</p>	<p>Building routines</p> <p>Time of Flight</p> <p>Displacement</p>

Senior Coach

This course develops the competencies necessary in the respective gymnastics code 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 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 NZ to attend.

Minimum Age

- 19

Pre-requisites

- Advanced Coach

Duration

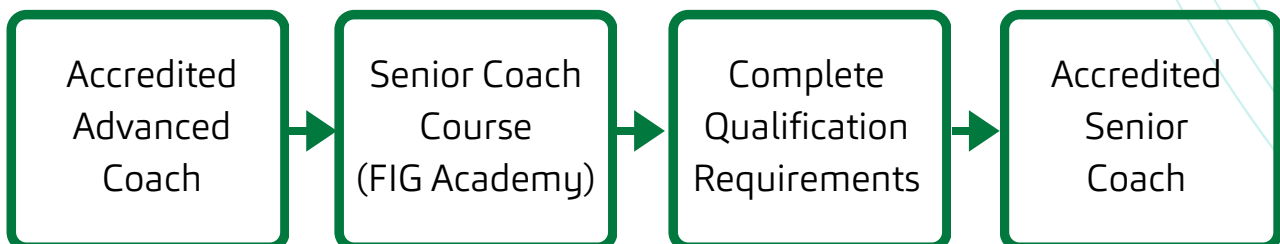
- FIG Level 2 Academy— up to 1 week duration

Qualification Requirement

- FIG exam
- Post course assignment
- First aid certificate
- Safeguarding certificate
- 80 coaching hours
- Personal coach of athlete qualifying to nationals at a senior level

Coaching Community

- Senior coach coaching aspiring gymnasts



Senior Coach Skills

Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
<ul style="list-style-type: none"> • Understanding and application of how to teach advanced level code specific skills. • Physical preparation, skills, drills, and progressions for advancing level gymnasts. • Sport specific and maintenance conditioning and stretching that varies through the season. • Skill acquisition and progression. • Advanced level routine construction and artistry. 	<ul style="list-style-type: none"> • Understand the impact of puberty and other common transition periods. • Understand and apply the biomechanics of advanced level skills and link to appropriate anatomy and physiology. • Understand the links between increased training hours, conditioning, and the need for injury prevention. • How to create lessons and more individualised training plans throughout the year that focus on skill acquisition and progression within a fun and positive environment. • Utilise different methods to teach mental and life skills including the importance of adequate nutritional fueling. 	<ul style="list-style-type: none"> • Understand gymnasts' motivations and use these to guide goal setting and life balance. • Understand and communicate to wider stakeholder goals including managing expectations especially through transition periods (gymnasts/parents/clubs). • Work collaboratively with other coaches and support as part of a larger team. 	<ul style="list-style-type: none"> • Clear understanding of coaching philosophy. • Personal goal setting to drive learning and development. • Uptake of professional development opportunities inside and outside of the sport.

A list of skills taught at FIG Academy can be provided upon request.

Senior Advanced Coach

This course develops the competencies necessary in the respective code 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 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 NZ to attend.

Minimum Age

- 19

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

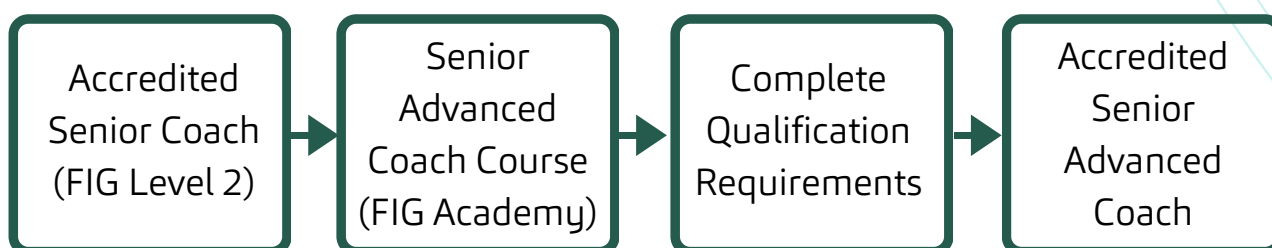
- FIG Level 3 Academy— 1 week duration

Qualification Requirement

- Post course assignment
- First aid certificate
- Safeguarding certificate
- 120 coaching hours
- Personal coach of athlete qualifying to nationals at a senior level

Coaching Community

- Performance coach coaching performance gymnasts



Performance Coach Skills

Technical Skills	Holistic Athlete Development	Interpersonal Skills	Intrapersonal Skills
<ul style="list-style-type: none"> • Understanding and application of how to teach performance level code specific skills. • Physical preparation, skills, drills, and progressions for performance level gymnasts. • Sport specific and maintenance conditioning and stretching that varies through the season. • Skill acquisition and progression. • Performance level routine construction and artistry. 	<ul style="list-style-type: none"> • Understand the impact of common transition periods. • Understand and apply the biomechanics of performance level skills and link to appropriate anatomy and physiology. • Understand the links between increased training hours, conditioning, and the need for injury prevention. • How to create individualised training plans across several years that focus on skill acquisition and progression within a fun and positive environment. • Utilise different methods to teach mental and life skills including the importance of adequate nutritional fueling. 	<ul style="list-style-type: none"> • Understand gymnasts' motivations and use these to guide goal setting and life balance. • Understand and communicate to wider stakeholder goals including managing expectations especially through transition periods (gymnasts/parents/clubs/country) • Work collaboratively with other coaches and support as part of a larger performance team. 	<ul style="list-style-type: none"> • Clear understanding of coaching philosophy • Personal goal setting to drive learning and development. • Uptake of professional development opportunities inside and outside of the sport • Look for opportunities for collaboration in a performance environment.

A list of skills taught at FIG Academy can be provided upon request.

Coach Development Opportunities

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

Workshops are specific to the coaching communities that a coach works in and can be regionalised or based off one of the four pillars.

Coach development opportunities could also occur within your club, or offered by your Regional Sports Trust, Sport New Zealand or High Performance Sport New Zealand.

Examples of workshops may include

- Specific skills, drills and spotting
- Games and when to use them
- Choreography and routine construction
- Rule or programme updates
- Communication Skills
- Injury prevention
- Planning
- Behaviour management
- Routine construction
- Mentoring



Coach Connect Conferences

Gymnastics NZ is committed to running Coach Connect Conferences to enable connection and growth for all coaches. Coach Connect Conferences are run in two formats.

Youth Coach Connect Conference

These conferences are specifically for youth coaches (aged 14-17 years) who are on our education pathways. These are run regionally and based out of a local gym with activities and workshops aimed to improve our youth coaches and their quality of delivery.

Coach Connect Conference

These conferences are for any coaches over 16 years of age within our coaching pathway. Conferences are run every two years and cover a range of sport specific and coach craft skills.

Examples of workshops may include

- Specific skills/fundamentals
- Athlete development and wellbeing
- Stretching, growth injuries and prevention
- Periodisation and planning
- Coaching styles and techniques
- Coach wellbeing
- Spotting
- Utilising space
- Fueling the athlete
- Overcoming fear
- Choreography and dance
- Strength and conditioning



Judging



Gymnastics NZ Judge Qualification Pathway

Due to the competitive nature of gymnastics, judges are required to assess performances. Judges need to understand and apply the rules of their gymnastics code 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).

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

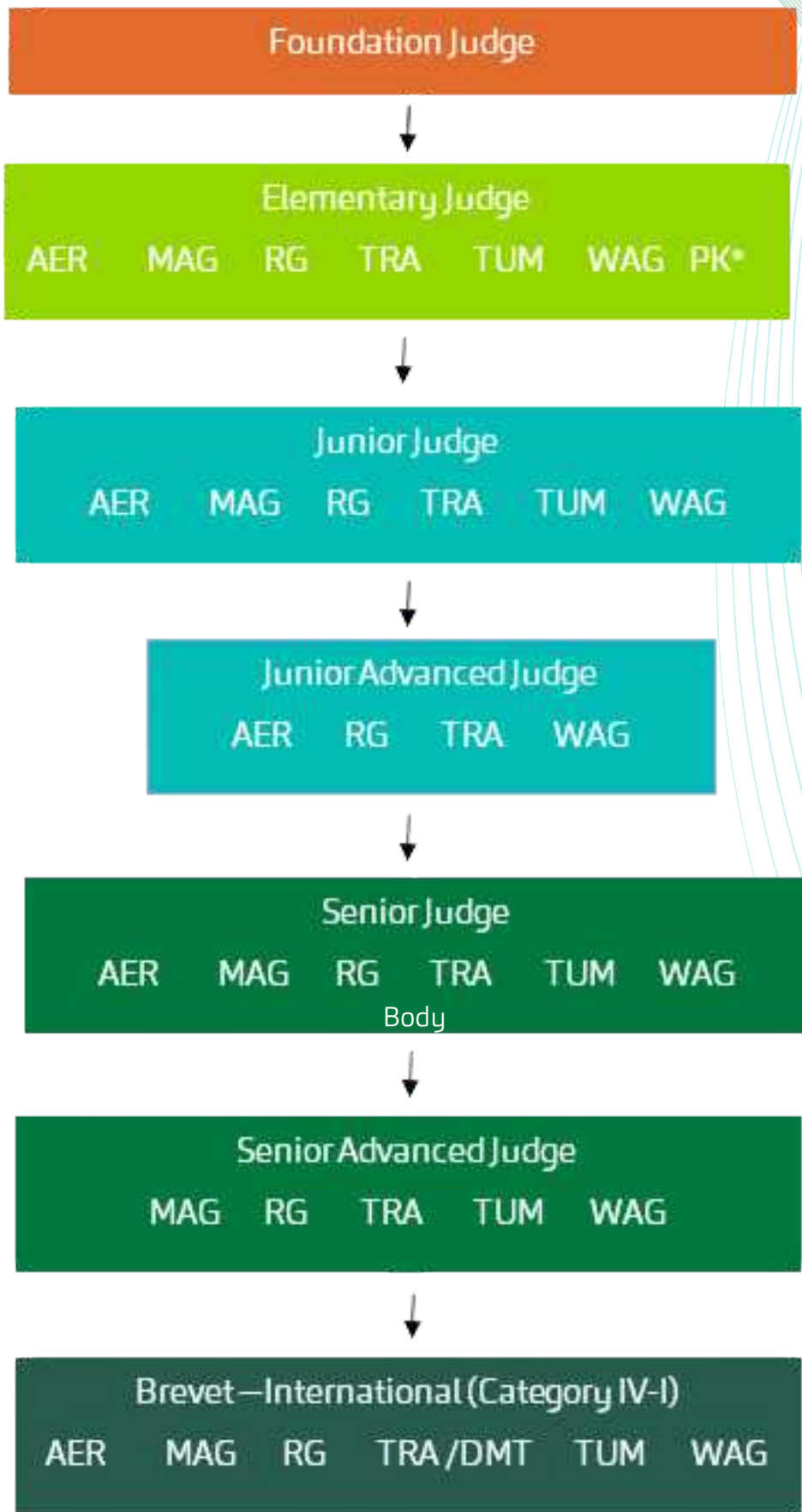
- Foundation Judge
- Elementary Judge
- Junior Judge
- Senior Judge
- Brevet (international)

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 then be 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' or 'shadow 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 gymsport code levels programmes, age group or STEP competitions.

Judging Pathway



*PK Elementary Judge released 2024

Judging Courses Summary

Foundation Judge

Minimum age	15 years
Duration	4-6 hours (self-paced online)
Description	Foundation Judge is the entry level course for all gymnastic codes. Judges will learn the foundations of judging, identifying fundamental movement patterns and the ethics of judging.

Elementary Judge

Minimum age	15 years
Duration	Up to 7-12 hours (code dependent)
Description	Elementary Judge is the entry level code-specific course for all gymnastic codes. Judges will learn sport specific information in relation to each gymnastic code. Elementary Judges may judge in their specific code for competitive and Incentive awards Level 1-4.

Junior Judge

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

Senior Judge

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

Brevet - International Judge

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. If you are interested, speak with your Judging Advisor.



Foundation Judge

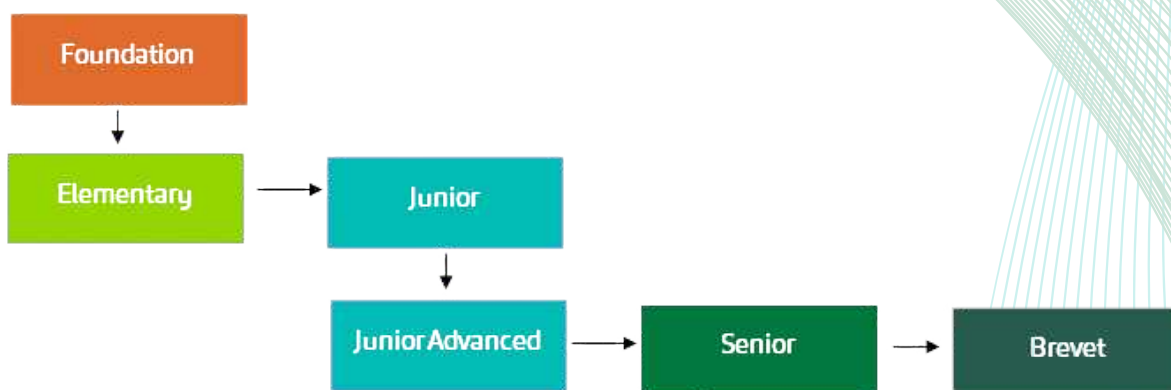
The Foundation Judge course is the first step in the Judge Education Pathway. This course covers the basic judging requirements and movement strategies common to all gymnastics codes and levels. While some judges may have covered some similar content as a coach, the information in this course is presented with a judging lens, and has slightly different information.

Foundation Judge is for people:

- 15 years of age and older.
- Wishing to understand more about the judging process.
- Who want to learn the basics of 'judging' to be confident in assessing routines at a schools festival (non-competitive grade) or lower level Gym for All competition.
- Who wish to assess Incentive Awards levels 1-3.
- Who would like to judge competitive gymnastics and require Foundation Judge as a pre-requisite to progress to Elementary Judge.

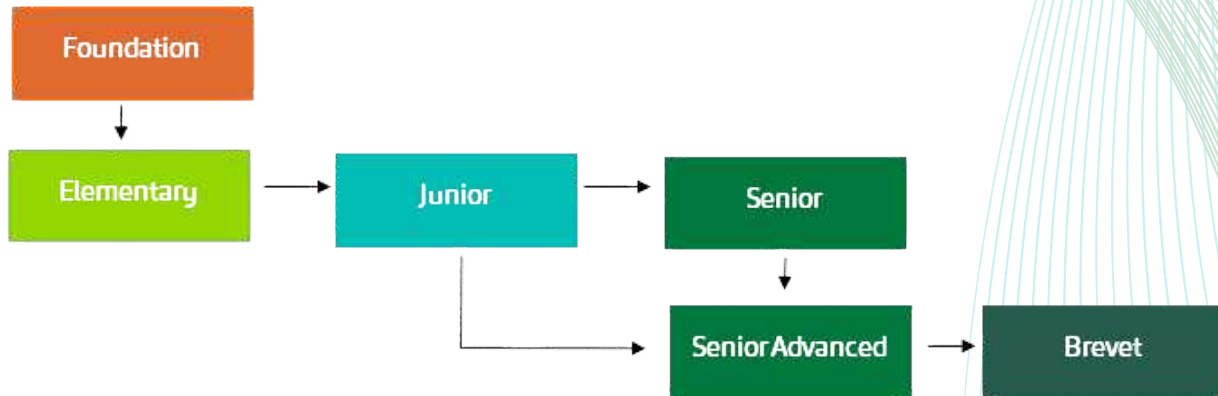


Aerobics Judging Qualifications



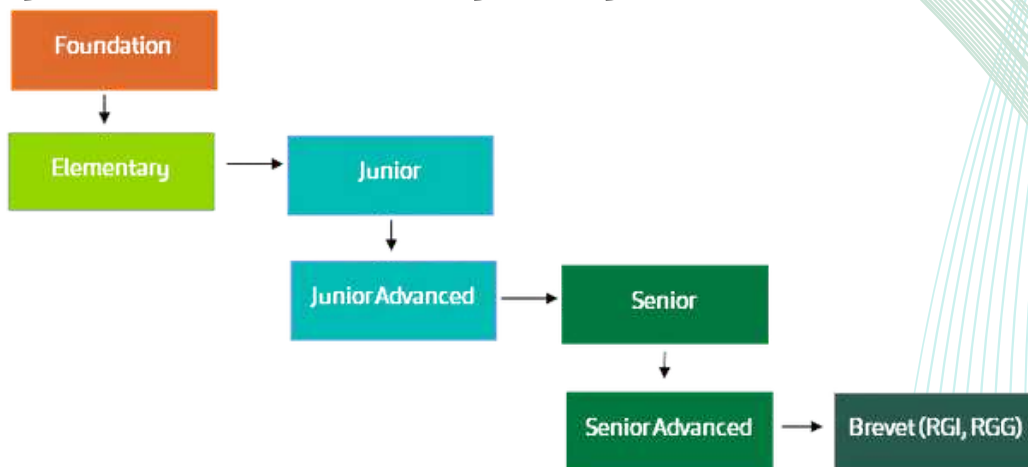
	Elementary Judge	Junior Judge
Course	AER Elementary Judge course	AER Junior judge course
Able to Judge	National Levels 1-5 artistic & execution, once accredited can also judge levels 6-7 artistic and execution. Incentive awards Levels 1-4	Nationals Levels 1-9, Aerobic Dance & International artistic & execution Incentive awards Levels 1-7
Pre-requisite	Foundation Judge - We recommend that judges with little or no experience attend AER Elementary Coach course as an observer and spend some time in the gym prior to a course.	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).
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Junior Advanced Judge	Senior Judge
Course	Junior Judge course	AER Senior Judge course
Able to Judge	Nationals Levels 1-6 Difficulty & Chair Nationals Levels 1-9, Aerobic Dance & International artistic & execution Incentive awards Levels 1-7	Nationals Levels 1-9, Aerobic Dance & International artistic, execution, difficulty & chair. Incentive awards Levels 1-7
Pre-requisite	Accredited Elementary with minimum of 1 year at Junior Judge. Experience judging both artistic and execution in log book (min 2 sessions in each area).	Accredited Junior Advanced Judge and held Junior Judge qualification for a minimum of 2 years. Experience judging both artistic, chair and difficulty in log book (min 2 sessions in each area).
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Brevet Judge	
Course	AER International Judging Course	
Able to Judge	Nationals Levels 1-9, Aerobic Dance & International artistic, execution, difficulty & chair, FIG Judge at international competitions, Incentive awards Levels 1-7	
Pre-requisite	Accredited Senior Judge with a minimum of four years experience, including control judge at events. Experience in development of other judges.	

Men's Artistic Judging Qualifications



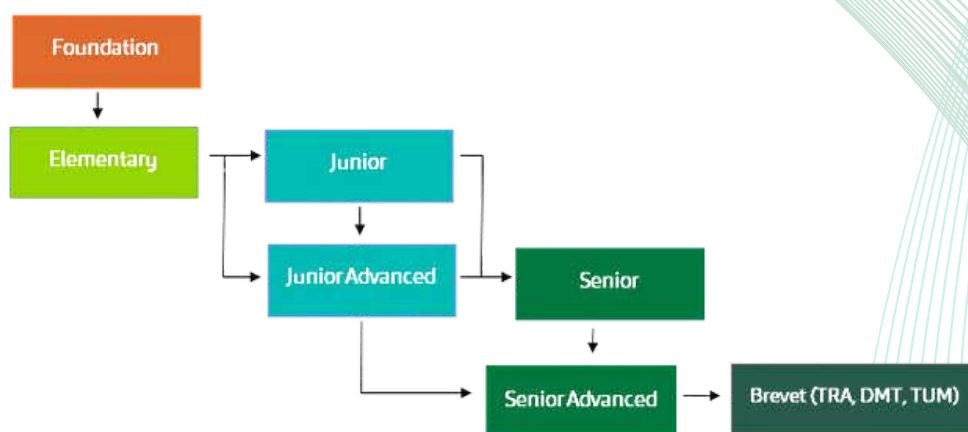
	Elementary Judge	Junior Judge
Course to attend	Elementary Judge course	MAG Junior judge course
Able to Judge	Levels 1-3 Difficulty and Execution, Judge recreation and schools festivals	Levels 1-6 Difficulty & Execution, Levels 7-9 Execution
Pre-requisite	Foundation Judge - We recommend that judges with little or no experience attend MAG Elementary Coach course as an observer and spend some time in the gym prior to a course.	Accredited Elementary with minimum of 2 years experience at Elementary Judge.
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Senior Judge	Senior Advanced Judge
Course	MAG Senior judge course	MAG Senior Advanced judge course
Able to Judge	L1-6 Difficulty & Execution, Level 7-9 and NZ FIG Execution	L1-9 Difficulty & Execution, NZ FIG Execution,
Pre-requisite	Accredited Junior Judge with a minimum of 2 years experience	Accredited Junior Judge with a minimum of 2 years experience
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Brevet Judge	
Course	MAG International Judging course	
Able to Judge	L1-9 Difficulty & Execution, FIG Difficulty & Execution, Judge at International competitions,	
Pre-requisite	Accredited Senior Advanced with minimum of 4 years experience.	

Rhythmic Judging Qualifications



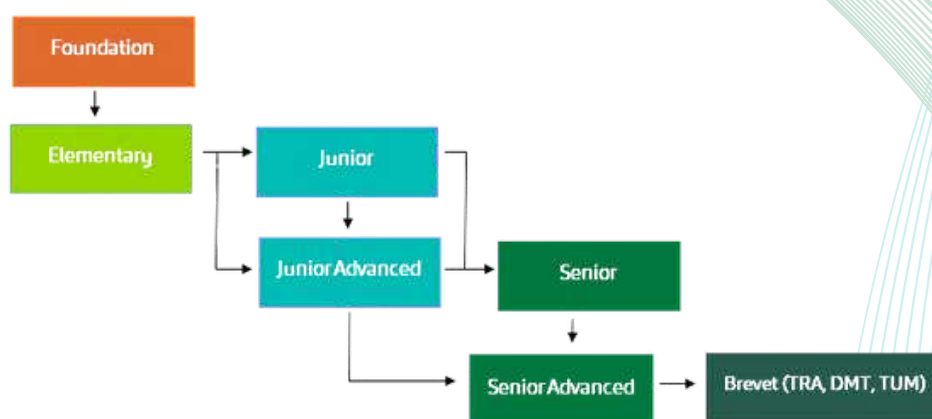
	Elementary Judge	Junior Judge
Course to attend	Elementary Judge course	RG Junior judge course
Able to Judge	Technical faults Individual and Grade 1- 2 group. Incentive Awards L 1-4	Technical faults all levels Individual and Group, DB all Individual, Incentive Awards L 1-7
Pre-requisite	Foundation Judge - We recommend that judges with little or no experience attend RG Elementary Coach course as an observer and spend some time in the gym prior to a course.	Accredited Elementary Judge with minimum of 1 year experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Junior Advanced Judge	Senior Judge
Course	RG Junior Advanced Course	RG Senior Judge Course
Able to Judge	Technical faults all levels Individuals and group, DB all individuals and group, Artistic faults all individuals and groups, Incentive Awards L 1-7	Technical faults all Individuals and groups, DB, DA all individuals and groups, Artistic Faults all individuals and groups. Incentive Awards L 1-7
Pre-requisite	Accredited Junior Judge with a minimum of 2 years experience	Accredited JA Judge with 2 years experience
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Senior Advanced Judge	Brevet Judge
Course	RG Senior Judge Course	RG International Judging course
Able to Judge	As per Senior Judge, and can Control judge at qualifying events	As per Senior Judge, and can Control judge at qualifying events, Judge at International Competitions
Pre-requisite	Accredited Senior Judge with 4 years experience.	Accredited Senior Advanced with minimum of 4 years experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	

Trampoline Judging Qualifications



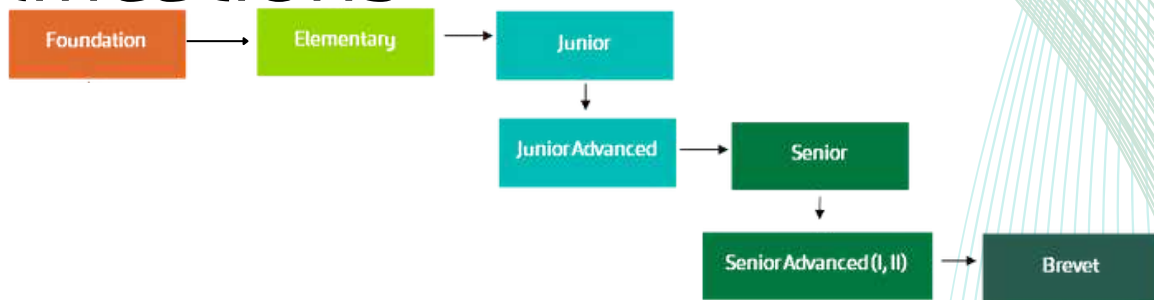
	Elementary Judge	Junior Judge
Course to attend	Elementary Judge course	TRA Junior judge course
Able to Judge	Execution of all Age Division, youth and sub junior international levels, horizontal displacement and difficulty assistant judge, Incentive Awards L 1-4, judge recreation/school competitions/festivals.	Execution all levels, horizontal displacement all levels, and be an assistant for difficulty, Incentive Awards L 1-7
Pre-requisite	Foundation Judge - We recommend that judges with little or no experience attend TRA Elementary Coach course as an observer and spend some time in the gym prior to a course.	Accredited Elementary Judge with minimum of 1 year experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Junior Advanced Judge	Senior Judge
Course	TRA Junior Advanced Course	TRA Senior Judge Course
Able to Judge	Execution all levels, horizontal displacement all levels, and be Head Difficulty judge, Incentive Awards L 1-7	Execution all levels, horizontal displacement all levels, assistant judge for difficulty and Chair of Judges, Incentive Awards L1-7
Pre-requisite	Accredited Junior Judge with a minimum of 2 years experience	Accredited Junior Judge with 2 years experience
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Senior Advanced Judge	Brevet Judge
Course	TRA Senior Judge Course	TRA International Judging course
Able to Judge	Execution all levels, horizontal displacement all levels, be Head Difficulty judge and Chair of Judges, Incentive Awards L 1-7	As per Senior Judge, and can Control judge at qualifying events, Judge at International Competitions
Pre-requisite	Accredited Junior Judge with 4 years experience.	Accredited Senior Advanced with minimum of 4 years experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	

Tumbling Judging Qualifications



	Elementary Judge	Junior Judge
Course to attend	Elementary Judge course	TUM Junior Judge Course
Able to Judge	Execution of all Age Division, and assist for international divisions, Incentive Awards L 1-4 and judge recreation/school competitions/festivals	Execution all levels except Tier 1 and Tier 2 competitions (international grades), difficulty and time of flight all grades. Incentive Awards L 1-7
Pre-requisite	Foundation Judge - We recommend that judges with little or no experience attend TRA Elementary Coach course as an observer and spend some time in the gym prior to a course.	Accredited Elementary Judge with minimum of 1 year experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Junior Advanced Judge	Senior Judge
Course	TUM Junior Advanced Judge Course	TUM Senior Judge Course
Able to Judge	Execution all levels, and be Head Difficulty judge, Incentive Awards L 1-7	Execution all levels, horizontal displacement all levels, assistant judge for difficulty and Chair of Judges, Incentive Awards L1-7
Pre-requisite	Accredited Junior Judge with a minimum of 2 years experience	Accredited Junior Judge with 2 years experience
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Senior Advanced Judge	Brevet Judge
Course	TUM Senior Advanced Judge Course	TUM International Judging Course
Able to Judge	Execution all levels, be Head Difficulty judge and Chair of Judges, Incentive Awards L 1-7	As per Senior Judge, and can Control judge at qualifying events, Judge at International Competitions
Pre-requisite	Accredited Junior Judge with 4 years experience.	Accredited Senior Advanced with minimum of 4 years experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	

Women's Artistic Judging Qualifications



	Elementary Judge	Junior Judge
Course	Elementary Judge course	WAG Junior judge course
Able to Judge	STEP 1-3 execution, Incentive Awards 1-4, judge recreational/schools competitions/festivals.	STEP 1-6 Execution, D panel for STEP 1-3. Incentive Awards L 1-4
Pre-requisite	Foundation Judge - We recommend that judges with little or no experience attend WAG Elementary Coach course as an observer and spend some time in the gym prior to a course.	Accredited Elementary Judge with minimum of 1 year experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Junior Advanced Judge	Senior Judge
Course	Junior Judge Course	Senior Judge Course
Able to Judge	STEP 1-6 execution, D panel for STEPs 1-6, Incentive Awards L 1-4	STEP 1-6 difficulty, STEP 1-10 execution, Incentive Awards L 1-7
Pre-requisite	Accredited Junior Judge with a minimum of 2 years experience	STEP 1-6 difficulty, STEP 1-10 execution, Incentive Awards L 1-7
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Senior Advanced 1 Judge	Senior Advanced 2 Judge
Course	WAG Senior Judge Course	WAG Senior Judge Course
Able to Judge	STEP 1-8 Difficulty, STEP 1-10 Execution, Incentive Awards 1-7	STEP 1-10 Difficulty, STEP 1-10 plus International Execution, Incentive L 1-7
Pre-requisite	Accredited Junior Advanced Judge with 2 years experience.	Accredited Senior Advanced 1 Judge with 2 years experience.
Post Course requirement	Complete logbook - minimum of 12 sessions	Complete logbook - minimum of 12 sessions
	Brevet Judge	
Course	WAG International Judging course	
Able to Judge	As per Senior Judge, and can Control judge at qualifying events, Judge at International Competitions	
Pre-requisite	Accredited Senior Advanced 2 with minimum of 4 years experience.	

Administration Information



Qualification Information

Gymnastics NZ encourages and expects 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 each coaching qualification 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, Elementary and up. First Aid qualifications are valid for a two-year period.

Safeguarding

All coaches are required to complete a Child Safeguarding certificate as part of the Annual Club Health and Safety and qualification requirements. Coaches under 18 can complete the Youth Safeguarding course. It is recommended that judges and other officials have also completed this.

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.



Other Ways to Enter the Pathway

Recognition of Prior Learning

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 of the person applying for an RPL.

Performance Level Athletes

Coaches who come from being a performance-level athlete will still complete part or all of the foundation qualification (particularly around the art of coaching) but could be fast tracked through emergent courses on a case-by-case basis.

Coaches Returning from a Break

Coaches that have taken a break from coaching may be required to do some course components in order to be up to date with coaching philosophy and athlete development. This is dependent on the length of time of the break and the qualifications needed.



Course Administration

Education Calendar

Courses registrations are shown 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 scheduled 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 18 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. A list of the withdrawal fees can be found on the Education Price List.

A no show on the day is considered a withdrawal and the no show fee will apply.

Late Registration

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 Cancellation

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

Late Assignments

It is recommended that participants complete any post course assignments within 6 months. 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.

Course Certification

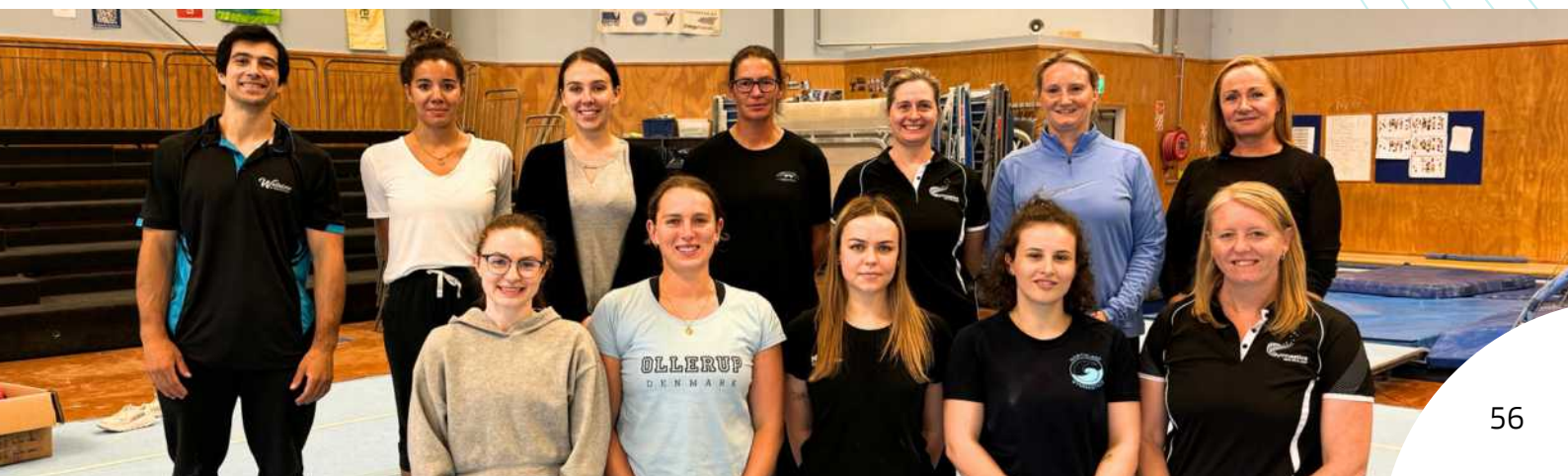
Gymnastics NZ will issue electronic qualification certificates when all components of a qualification have been met.

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

An updated list of course costs can be found on the [website](#).



Education Contacts

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For general education enquiries please email education@gymnasticsnz.com or contact your Gymnastics NZ Regional Relationship Manager.





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NEW ZEALAND