



## SECTION VIII: EDUCATION & CERTIFICATION - COACHES

### I. Coaching Requirements

1. Coaches 18 or older who plan to participate in a sanctioned event with their athletes must have the following requirements:
  - a. Professional membership (annually)
  - b. U101 Safety and Risk Management (every 4 years)
  - c. Background check (every 2 years)
  - d. U100 Fundamentals of Gymnastics Instruction
  - e. U110 USOPC SafeSport course (annually)
  - f. T210 T&T Annual Update
  - g. It is strongly recommended that all coaches take the T200 course prior to attending any sanctioned event with their athletes.
2. Coaches 16-17 who plan to participate in a sanctioned event with their athletes must have the following requirements:
  - a. Junior Professional membership (annually)
  - b. U101 Safety and Risk Management (every 4 years)
  - c. U100 Fundamentals of Gymnastics Instruction
  - d. T210 T&T Annual Update
  - e. It is strongly recommended that all coaches take the T200 course prior to attending any sanctioned event with their athletes.

### II. Continuing Education

1. Coaches of any level are able to continue their education through the USA Gymnastics University if they choose.
2. USA Gymnastics Trampoline & Tumbling offers non-certification education opportunities for coaches, judges and athletes. [Click here](#) for a complete list of courses offered.