



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.