

NATIONAL SQUAD

NATIONAL CENTRALISED
PROGRAMME & NATIONAL
SQUAD GUIDELINES
SQUAD PACK 2026-2027

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1. Purpose

The purpose of these guidelines is to provide a clear understanding of the processes, systems and documentation relating to the Gymnastics Ireland (GI) National Squad (NS) programme. In the main, these guidelines outline NS Selection Criteria; NS Tier Levels and Support Services; Booking, Using and General Health & Safety within the NGTC, Squad Rules and Anti-Doping requirements for National Squads and the Centralised Programme.

2. Scope

These guidelines are applicable to National Coaches, Heads of Disciplines, Judges/Officials, GI Staff and Contractors, Club Coaches and Gymnasts involved in any capacity within the GI National Squad Programme. Parent/Guardians may also find this a useful source of information.

3. Definitions

ADEL	Anti-Doping Education & Learning Platform
CDS	Club Development Sessions (Club Development Programme)
CB	Code Blue (Alarm)
DEIB	Diversity, Equity, Inclusion & Belonging
Disciplines	WAG – Women’s Artistic, MAG – Men’s Artistic, TRA – Trampoline, TUM – Tumbling
DM	Duty Manager (Sport Ireland Campus)
DPT	Director of Performance & Technical
EG	European Gymnastics (Governing Body for Gymnastics in Europe)
WG	World Gymnastics (previously FIG)
GDPR	General Data Protection Regulation
GI	Gymnastics Ireland
HoD	Head of Discipline
HP	High Performance
HPC	High Performance Committee
IDS	International Development Squad
Learn Upon	Gymnastics Ireland E-Learning Platform
NDS	National Development Squad
NGB	National Governing Body
NGTC	National Gymnastics Training Centre, Sport Ireland Campus, Blanchardstown
NPC	The appointed National Performance Coach of a discipline
NS	National Squad
OFI	Olympic Federation of Ireland
OS	Olympic Squad
OSS	Olympic Start Squad
S&C	Strength & Conditioning
SS&IM	Safe Sport & Integrity Manager (Gymnastics Ireland)
P&T	Performance & Technical Department (Gymnastics Ireland)
POM	Performance Operations Manager (Gymnastics Ireland)
SI	Sport Ireland
SII	Sport Ireland Institute
WADA	World Anti-Doping Agency
World Gymnastics	Formerly International Federation of Gymnastics

4. Values, Culture & The Athlete/Gymnast Voice

4.1 As outlined in our Strategic Plan and High Performance (HP) Strategy our values are:

What do we value?

ENJOYMENT
in our inclusive sport whether it is at recreational or competitive level - a positive experience for our members.

PRIDE
in ourselves, in Gymnastics Ireland and in wanting to represent Ireland well on the international stage.

TEAM WORK
underpins our approach, as working together we are stronger.

HARD WORK
is how we achieve success.

AMBITION
to strive to achieve success in everything we do, from training sessions through to competition results.

FAIR PLAY
is the way we work and the way we win.

RESPECT
for each other, our competitors and ourselves.

- 4.2 All National Squad members are expected to reflect, support and embed the Gymnastics Ireland (GI) values, as listed above, to ensure our National Squad programme is a person-centered, safe and enjoyable place to participate in High Performance gymnastics.
- 4.3 GI aims to constantly foster an inclusive culture. All National Squad members will have an equal opportunity to strive for success, and any perceived barriers will be proactively addressed to the best of our ability.
- 4.4 The National Squad programme supports the overall aims and objectives to ensure the sport of gymnastics is inclusive and open to everyone. All athletes have the right to participate, regardless of their gender, civil status, family status, sexual orientation, religion, age, disability, race, membership of the Traveller community or any other ground protected under the Equal Status Acts.
- 4.5 The GI HP Committee (HPC) annually monitors and reviews the HP Programme in line with the GI HP Strategy, including the National Squad programme, in an effort to constantly improve the gymnast experience and performance results. The HPC includes an athlete/gymnast representative member with their role being to ensure the gymnast voice/perspective is present and considered in all key decision making and policy development matters (refer to the High Performance Strategy via the GI website for further information).
- 4.6 GI will review national equipment/facilities to ensure attendees with disabilities are adequately accommodated.

5. National Squads & Selections

5.1 Overview of National Squad Levels

Discipline-specific levels are outlined in the selection criteria for each discipline. The below outlines the overview of the squad levels across the disciplines (non-Olympic disciplines will not have OSS/OS squads). *CDS is under the Club Development Programme, (outside of the National Squad Programme), for the development and education of coaches and gymnasts.*



5.2 National Squad Selection Criteria

Squad selections follow discipline specific Selection Criteria (Appendices 1-5) agreed with the Head of Discipline & Performance & Technical Director. They define the set standard per discipline in line with the GI High Performance Strategy. Additional to meeting the selection standard, gymnasts must be a GI member and competed (as an individual) in 3 National Series events in the 12 month period. Exceptional circumstances are through Sport Ireland medical exemption and agreed with the NPC/DPT.

5.3 National Squad Acceptance

GYMNASTS

- Selections are communicated to gymnasts via their GI registered club or the Centralised Programme Coach(es) and it is optional to accept the place offered. A place will be considered accepted **only** when GI have received:
 - A completed National Squad Acceptance Form, and
 - All required supporting documentation
- A squad place will be deemed not accepted if the Acceptance Form is not completed by the deadline date. If completed and documents are not submitted by the deadline date may result in deselection.

➤ To accept their National Squad place offered, GYMNASTS must:

- i) **Complete their discipline National Squad Acceptance Online Form.** Completion of this form provides GI with the gymnasts personal details and confirms acknowledgement of, and compliance with National Squad Rules, Codes of Conduct, Anti-Doping Rules and DEIB Policy/Strategy. **(Click the discipline specific form link to complete):**



- ii) **Submit required documentation (according to Tier Level):**

- **Irish Passport** - Copy of passport, or confirmation of official Irish passport application
- **Digital Photo** - Colour, head & shoulders, white background, passport standard
- **WADA Anti-Doping Certificate** - "International Level Athlete" course, issued in the gymnast's name
- **Personal Medical Insurance** - Tier 1-3 IDS gymnasts only
- **Music Licence** - See Section 5.11 – Music Licences for instructions and exemptions

Document Upload Responsibility:

- Clubs/O18 gymnasts must upload documents via the File Request (link in Acceptance Forms), by the stated deadline

COACHES & JUDGES NATIONAL SQUAD DATA FORM



- i) **It is compulsory for ALL** Coaches (National, Club, Guest & Consultants), Support Staff & Brevet Judges to complete the Coach/Judge NS Data Form. **Access to the NGTC and attending squads is not permitted without this.** GI will check to ensure all have up to date Safeguarding Certificates & Garda Vetting in place
- ii) Coaches & judges must also upload a colour photo and passport copy, (and [Anti-Doping Certificate for Coaches of High Performance](#) if FIG Jun & Sen Coach), to the file request (upload links in the NS Data form)

GI will provide education to coaches/officials on implementation of the principles and policies contained within the Diversity, Equity, Inclusion and Belonging (DEIB) Policy/Strategy to ensure all of its coaches operate in an inclusive manner and they do not discriminate in their coaching on the basis of gender, civil status, family status, sexual orientation, religion, age, disability, race, membership of the Traveller community or any other ground protected under the Equal Status Acts.

5.4 Induction

An induction day will be organised by the Heads of Disciplines/National Coaches to introduce new gymnasts and coaches to the programme, with information available to parents, including:

National Squad Programme & Policies	Pathways	Culture
Athlete Voice & Reporting / Athlete Rep	Support Services	Codes of Conduct
General Reporting / Review Process	Wellbeing	Anti-Doping

*Refreshers will be arranged per cycle for updates on new cycle plans by the Heads of Disciplines.

5.5 National Squad/Centralised Training Policies

All Gymnastics Ireland Policies and Rules & Regulations including those listed below apply to National Squad members and must be read and adhered to:

- National Centralised Programme & National Squad Guidelines – “Squad Pack”
- National Squad Codes of Conduct
- International Travel Policy
- Selection Policies
- Anti-Doping Rules
- HP Strategy
- Gymnastics Ireland General Rules & Regulations
- National Events Policy
- Complaints & Disciplinary Rules & Procedures
- GI Contract for HP Gymnasts
- Gymnastics Ireland Post Competition & Training Rest & Recovery Protocol
- Diversity, Equity, Inclusion and Belonging Policy/ Strategy

6. National Squad/Centralised Rules

6.1 Eligibility

- 6.1.1 National Squad (NS) gymnasts must hold a current IRISH passport, with the following exceptions:
- i. Gymnasts with Irish passport eligibility may be considered for selection *only* upon receipt of a copy of their official Irish passport application confirmation.
 - ii. Gymnasts *residing in Ireland holding another nationality with permission to train from GI and their home federation (under Guest National Squad status)*.
- 6.1.2 If a National Squad gymnast’s passport expires, an updated passport must be uploaded to the document file request.
- 6.1.3 Selection to and representation at any international event is by GI Selection Policies and GI Rules & Regulations. To represent Ireland or participate in an international selection trial, gymnasts must be a member of an eligible level National Squad and must hold a current valid passport. (Guest squad members cannot represent).
- 6.1.4 A minimum age of 12 years old in the year of the competition will be applied to all international selections.
- 6.1.5 In the case of international events outside the direct operation/recognition of WG/EG, gymnasts participating may only represent Ireland and shall not represent any other nation(s) under any circumstances, including a Home Nation.
- 6.1.6 Squad gymnasts may not represent a club outside of their country of residence in any international event. If the circumstances are believed to be exceptional, e.g., residency issues, express permission must be sought via the DPT.
- 6.1.7 When Ireland is competing as a nation at any international competition, clubs are not permitted to enter the same event. Any possible resolution will need to be discussed with the NPC)/HoD and DPT.

6.2 Codes Of Conduct

- 6.2.1 Codes of Conduct must be adhered to by gymnasts, parents, coaches and officials. National Squad Acceptance Form submission confirms the declaration that you have read, understood, and agree to abide by the Codes of Conduct.
- 6.2.2 If a gymnast/coach is selected to represent Ireland at an international event or training camp, they must abide by the relevant GI rules and regulations and fully co-operate with the officials in charge.
- 6.2.3 The Codes of Conduct can be found on the under each of the National Squad pages: [Gymnastics Ireland | Disciplines](#).

6.3 National Squad/Centralised Training Attire

- 6.3.1 National Squad attire (ordered directly via Quatro-GI Pro Shop) must be worn at all NS Squad sessions, camps, and centralised training. Acceptable training attire is a one-piece long or short-sleeved leotard (with shorts/leggings as per personal preference). The changing rooms must be utilised - changing in the NGTC is not permitted.
- 6.3.2 In line with WG rules, safe alternative attire that conforms with religious and cultural beliefs may be worn. Competing gymnasts must be aware of the attire rules in GI Events Policy and WG rules.
- 6.3.3 The wearing of jewellery must be in line with WG rules and applies to both gymnasts and coaches. Only 1 pair of stud earrings is permitted during training.
- 6.3.4 The National Competition kit is only purchased when a gymnast has been selected to represent Ireland through the GI selection process and/or as part of the compulsory National Squad Kit.

6.4 National Squad Communication

- 6.4.1 All squad related communication must be via the gymnasts’ GI affiliated club only, including gymnasts who reside/train in a club outside of Ireland. T1&2 gymnasts based in the National Centralised Programme communicate via personal coach / O18 gymnast

6.5 Attendance at National Squad Training

- 6.5.1 Gymnasts are expected to attend all National Squad (NS) training sessions.
- 6.5.2 Non-attendance must be for exceptional circumstances (e.g. illness, injury) and the club must advise the relevant HoD/ NPC **in writing** in advance of the training session.

- 6.5.3 If no communication is made, the HoD/NPC will contact the club/personal coach to discuss the gymnasts' position on squads. In the case of injury/illness, a medical/doctors' certificate must be provided to the HoD/NPC once available.
- 6.5.4 National Squad training dates are subject to change and in such cases will be advised as soon as possible to clubs.
- 6.5.5 If a gymnast changes club, (as per [GI Club Transfer Form](#)), this must be notified to the HoD/NPC. (If the new club is not GI affiliated, the gymnast is not eligible to attend squads and may be deselected).
- 6.5.6 Hotel/accommodation will not be provided by GI for gymnasts (all Tiers) or personal coaches attending National Squads. If required, accommodation must be booked via clubs/coaches.
- 6.5.7 Coaches & gymnasts are responsible for National Squad travel costs and transport arrangements. Travel expenses are not re-imbursed. Comprehensive travel insurance covering cancellations is advised for those travelling from outside of Ireland.

6.6 Coaches attendance at National Squad Training

- 6.6.1 A gymnast's personal coach must accompany their gymnast(s) at each training session. If a personal coach is not present, then the gymnast may not be permitted to train. However, arrangements may be made for another coach to be nominated if organised in advance and notified to the HoD/NPC, for u18's the parent must give consent.
- 6.6.2 Any personal / club coach / attending National Squad training/event must:
 - *Be a current member of GI (unless a personal coach to a non-resident gymnast with approval to attend via P&T Dept)*
 - *Have submitted the current year Coach/Official NS Data Form confirming compliance with the [NS Coach Code of Conduct](#)*
 - *Have up to date Safeguarding Certificates and Garda Vetting in place*
- 6.6.3 Upon selection, the personal coach must submit their gymnast's personal programme to the HoD/NPC.

6.7 Injury/Illness

- 6.7.1 If a gymnast becomes injured/ill at any time, the club/personal coach must advise the HoD/NPC and keep them updated on progress (see 6.6.2 above). The HoD/NPC may seek additional support via the NS Support Service Programme.
- 6.7.2 Gymnasts can also self-report injuries via the [INJURY REPORTING FORM \(NATIONAL SQUADS\)](#)
- 6.7.3 Gymnasts who are injured for a significant period of time can request a support service from the HoD/NPC. In cases where this may result in deselection, gymnasts will be given the opportunity to regain selection. The HoD/NPC will consider their rehabilitation progress in conjunction with the support service advice ensuring standards are achieved.

6.8 Private Health Care*

- 6.8.1 All Tier 1, 2 & 3 gymnasts **must** have personal health insurance and upload a copy with their Squad document submission.
- 6.8.2 It is strongly recommended that all gymnasts obtain external personal health insurance cover.
 * ***This is not to be confused with the GI membership and travel insurance***

6.9 National Squad Fees

The High Performance Programme is heavily subsidised by GI with a small percentage of these costs paid by squad fees.

- 6.5.1 Fees are the gymnast contribution to the programme and are advised in the National Squad Welcome Letter. These fees must be paid in full by the stated deadline (for a 12 month period of selection) and are non-refundable.
- 6.9.1 The fees are not session based; therefore, they are not discounted if sessions are cancelled/postponed.

6.10 Performance Planning

- 6.10.1 National Coaches, in conjunction with personal/club coaches, must make realistic cycle plans which include gymnast's capacities and routine objectives.
- 6.10.2 National Coaches must complete year plans in October/November each year in conjunction with club coaches for squad gymnasts in Tiers 1-3. These must include quarterly updates on aims, objectives and reflections.
- 6.10.3 Cycle plans and year plans must be submitted to the POM by November each year and/or when a cycle plan is updated.
- 6.10.4 National Coaches and/or Club Coaches must also complete the gymnast's pathway and score analysis on their plans (or on a personal template document) on completion of any events.

6.11 Post Competition & Training Rest & Recovery Protocol

- 6.11.1 Gymnastics Ireland has a standard for Post-Competition Recovery which must be included in National Squad gymnasts training plans and adhered to. This protocol also applies when a general break from training is required, e.g., where training is not going well and capacities are affected. The full mandatory Recovery Protocol is detailed in Appendix 9. **(The monitoring form to support this only needs to be completed if the gymnast is on an RTP plan).**

- **Mandatory Post-Competition / Training Recovery Defined Rest Window**

- Major Championships (All-Around Nationals & Internationals, Europeans, World Championships): 5-7 days
- 1-2 Apparatus National & International Competitions (National Series, World Cups): 2-3 days
- Other mandatory breaks where capacities are affected: GI/SII discretion
- Extended rest window if 3 or more time zones or over 6 hours travel occurred

- **Recovery Phase**
 - 72-hour recovery protocol (post competition monitoring)
 - Strict Rest and assessment from physio if athlete reported fatigue, soreness, or medical concern
 - Active Recovery if no injury or painful state
 - Daily monitoring and checkpoints for all
 - Coach must implement an agreed load-progression plan
- **Following Rest Window**
 - Return-to-train checklist completion
 - Graded return to skills as per criteria
 - Physio/Medical clearance if athlete reported fatigue, soreness, or medical concern post event
 - GI reserves authority to override return-to-train decisions where athlete welfare is compromised

6.12 National Series Events

- 6.12.1 National Squad (IDS, ISS, OSS & NDS) gymnasts are expected to compete in all National Series Events.
- 6.12.2 Exceptional circumstances will be accepted, i.e. illness, injury, which must be advised to the HOD in advance and a medical/doctors' certificate must be provided to the HoD/NPC once it is available.
- 6.12.3 All Squad gymnasts must enter the plus levels/intermediate level NDP/FIG or have obtained permission from the HoD/PTM to compete in an alternative pathway, i.e., HP Levels where applicable.
- 6.12.4 Squad gymnasts training more than one discipline, are only permitted to compete in National Series events in the discipline of the National Squad they are selected to.
- 6.12.5 Gymnasts training multiple disciplines are only eligible to be selected to one National Squad discipline.
- 6.12.6 As per Selection Policy, gymnasts who do not maintain selection standards in National Events may be deselected.
- 6.12.7 National Series entries must be made via gymnasts' GI registered club, (Centralised Programme gymnasts entries to be made in communication with the HoD/NPC & GI Events Executive), via the GI Event Entry System.
- 6.12.8 National Series competitions are used as trial events and for monitoring selection standards.
- 6.12.9 The full National Series competition entry fees must be paid for all tiers of gymnasts.
- 6.12.10 All National Squad gymnasts agree to the Anti-Doping consent letter and Anti-Doping rules for National Series competitions upon submission of the online NS Acceptance Form.

6.13 Junior/Senior Gymnasts International (FIG) Licences

- 6.13.1 FIG Licences can only be applied for National Squad gymnasts. All licence requests must be approved via the POM and contain the GI company seal and signature of the Chair/CEO. Clubs/gymnasts are not permitted to apply for a licence independently.
- 6.13.2 All NS Junior/Senior gymnasts who are trialling/competing at WG/EG sanctioned international must hold an FIG licence.
- 6.13.3 An up to date photo, Irish passport and International Athlete WADA Anti-Doping certificate is required for the application. The form will be sent to the gymnast/personal coach for signature of the gymnast (and parent if U18).
- 6.13.4 Once approved, a copy of the licence can be requested via P&T - athlete profiles can be found here [WG Athletes Licences](#).
- 6.13.5 Coaches must maintain records of expiry dates and request renewal via P&T 3 months before expiry.
- 6.13.6 A gymnast cannot represent Ireland or obtain an FIG licence without holding an [Irish passport](#).

6.14 Coach International (FIG) Profiles

- 6.14.1 All coaches of Junior/Senior gymnasts competing at international level require an International Coach Profile.
- 6.14.2 Applications are via P&T and require the coach's photo, passport, WG Safeguarding Certificate, High Performance Coaches WADA Certificate (see Anti-Doping Section). Signed applications must be returned to P&T for processing.
- 6.14.3 WG/EG will not permit international event Nominative Registrations for selected coaches without a coach profile in place.

6.15 Music Licences

- 6.15.1 To meet WG requirements regarding [international music industry rights](#), floor exercise music must be licensed for use.
- 6.15.2 In-age Junior & Senior (Women's Artistic & Acrobatics IDS, OS, OSS), and other gymnasts potentially representing in an international event) must purchase a music license giving the rights for the music to be used in performances.
- 6.15.3 Personal coaches/clubs must ensure all music licenses are valid (with worldwide performance rights) and submitted with NS documents to the File Request. Music and the music details form must be received by GI.

6.16 Media/Social Media

- 6.16.1 If required, gymnasts agree to represent GI through the media and through a limited number of public appearances.
- 6.16.2 Gymnasts must seek approval from GI for any individual PR/media opportunities they may wish to participate in.
- 6.16.3 The naming and publicising of GI/Irish team/individual delegations remains the sole ownership of GI and, in relation to the Olympic programme, to the Olympic Federation of Ireland (OFI). Gymnasts must adhere to any embargo (relating to personal PR/media, social media activity) in-line with GI/OFI planned media strategy & announcement dates.

- 6.16.4 Gymnasts must represent themselves and GI in a respectful and positive manner on any social media platform.
- 6.16.5 GI has permission to video/photograph gymnasts in line with the membership agreement. Even given that GI has permission as per membership agreement, if a gymnast requests not to be videoed or if they requested that a photo/video be taken down, GI would comply out of respect for the gymnast/member.

7. Centralised Training Programme

By selection/invitation by the HoD/NPC, Senior & Junior T1 & 2 gymnasts may attend regular scheduled NGTC training with National Programme Coaches. Selection criteria is detailed in the relevant discipline Selection Criteria (see Appendices). Maximum days of attendance are Juniors = max. 3 days per week, Seniors = up to 5 days max.

- By HOD/NPC invitation, T3 gymnasts may attend regular scheduled NGTC training with *personal coaches* and assisted by National Coaches.
- OSS and younger gymnasts may be selected for extra training with NPC's. Such gymnasts will be named and selected based on standards which will be monitored through the NS Programme.
- Any squad gymnast who has been selected to represent Ireland may request extra training within programme times to support training with personal coaches approved by NPCs. (See Section 12.5)
- Centralised Programme Training schedules may change as per the needs of the programme for example, term times, international events, holiday periods. These will be communicated as early as possible.

*** All U18 gymnasts must have their personal coach present. All requests to attend must be via the HoD/NPC only.**

8. National Squad Tiers

The National Squad programme selects gymnasts on a tiered level basis (T1-4). Every NS discipline has a selection criteria.

Each benchmarked tier level has selection criteria, allocated provisions and supports. The Tier Level awarded to gymnasts will be advised on their National Squad Contract (T1 & T2 only) or in their National Squad selection communication (T3 & T4).

TIER LEVEL CRITERIA	
T1	Carded gymnasts only, as per published carding criteria and selected by GI/SI
T2	Selected by DPT & SI as Paris/L/A/Brisbane cycle potential gymnasts in line with World Championships (WCH) & European standards (ECH), outside of carding criteria
T3	Senior & Junior levels in development or at their level of capacity. Aiming for friendly internationals or achieving (or close to achieving) the lower end selection for World Cups/ World Championships/ European Championships standards in line with selection standards... i.e. making a team selection
T4	All other levels of selected National Squad gymnasts aiming for club based international standards

8.1 Tier Level Table

This table defines the category of National Squad gymnast per tier and allocation of support services.

DEFINITION	TIER	SUPPORT SERVICES
Carded Gymnast	T1	• Provided by Sport Ireland Institute (SII) on a specific need basis
Selected Olympic Potential Gymnasts	T2	• Provided by SII and GI, funded with pool funding through SI
Selected FIG Senior/Junior Gymnasts	T3	• Provided by GI Support Programme (subsidised services)
Selected GI National Squad including pathway gymnasts	T4	• Limited support services through the GI National Squad Programme
NOTES		
<i>Tier Levels 1 & 2 are only applicable to Olympic disciplines</i>		
<i>All supports can only be accessed in communication with GI Support Services Manager and HoD/NPC (approved by DPT).</i>		
<i>On an individual basis and under exceptional circumstances, NGB Direct Support Service may be available for Olympic potential gymnasts that do not qualify in T2/3</i>		
<i>Communication and attendance at the (T1 & T2) SII Support Service provisions and update meetings is the National Performance Coach/Head of Discipline with the SII or GI Support Services Manager. Personal coach communication is via the NPC/HoD and not directly with SII.</i>		

8.2 Medical Service Supports

The table below sets out the agreed supports for athletes based on their tiers.

- Carded athletes who are resident and training in Ireland can access medical and physio services through SII and referral for appropriate testing as needed.
- All Tier 1-3 gymnasts must have an individual health insurance plan of a certain standard that provides access to imaging, referrals, consultations, and interventions in line with the National Squad Contract.

Medical Services	Support			
Health Insurance	Self-funded – compulsory for all National Squad Gymnasts (Tiers 1-3)			
Physiotherapy	Tier 1	Tier 2	Tier 3	Tier 4
	SII or agreed Local Service Provider*	SII or agreed Local Service Provider (Individual/Group)*	National Squad Support Service Programme and/or self-funded	Limited National Squad Support Service Programme and/or self-funded
Screening (Physio & Nutrition)	Via SII Team	Via SII Team or referral through the GP	National Squad Support Service Programme and/or self-funded	National Squad Support Service Programme and/or self-funded
Medicine	GP, self-funded			
Blood Testing	Referral via GP, self-funded			
Imaging (MRI/Xray)	Referral via GP, self-funded or insurance cover			
Diagnostic Referral	As required (need assessed by physio & GP). Referral through medical insurance cover			
Medical Intervention	Medical Insurance cover			
NOTES				
UK based T1&2 gymnasts physio will be locally based to the gymnast's place of residence and not under the SII service programme. Reports must be sent on a regular basis to the SII Support Service Manager. Costs are self-funded or expected to be paid for by the gymnasts through their carding.				

8.3 International Carding

8.3.1 International Carding Criteria

National Squad gymnasts in Olympic disciplines are named and selected for Carding from achieving the standards as outlined in the National Squad Selection Criteria and Sport Ireland Carding Criteria. Each T1 gymnast will receive their carding contract based on their performance levels within the cycles. If a gymnast does not achieve the criteria, they will not be awarded funding.

- The primary consideration for funding is the achievement of the Carding Criteria
- The secondary considerations critical to the Carding application and decisions made include:
 - Athlete integration in the High Performance Programme
 - Athlete daily training environment
 - Athlete trajectory on the performance pathway
 - Podium and final potential of the athlete in Olympic Games
 - Historic progression of the athlete within the scheme
 - Past performance record within the cycle
 - Standards achieved in-line with World/European Championships showing final potential, including ranking in the top selected gymnasts of Ireland, and in-line with the Gymnastics Ireland Selection Policy & HP Strategy

OLYMPIC SPORTS : GYMNASTICS	
Category:	International Carding Scheme Criteria (2024-2028 LA Cycle)
Podium	- Medallist in Olympic Games - Medallist in the World Championships
World Class	- Medallist in the European Championships - Medallist at FIG World Cup events - Finalist in the World Championships (AA or Apparatus) - Finalist (Top 8) in Olympic Games (Apparatus)
International	- Medallist in the European Games (AA or Apparatus) - Finals in European Championships (Top 24 AA or Top 8 Apparatus) - Finalist in Olympic Games (AA) - Final at FIG World Cup events - Top 30 in World Championships (AA) - Top 12 in World Championships (Apparatus)
NOTES:	
- Performance validation to be determined by NGB which is specific to each individual athlete and listed in the current Sport Ireland Performance Plan - In order to be eligible for carding consideration, and in addition to the ranking, the score achieved from the international competition must also reflect the international standards in the level of global competition - Individual events only - Refers to senior individual apparatus and AA Artistic, Rhythmic & Trampoline (Olympic) disciplines only	

8.3.2 Carding/Funding Criteria

Up to date information regarding Sport Ireland High Performance Sport Investment and the International Carding Scheme Guidelines can be found under the following Sport Ireland link: [International Carding Scheme](#)

8.3.3 Gymnastics Ireland Direct Support Fund

Over 18 gymnasts may be eligible for Direct Support subject to GI's funding, considered as follows:

- A gymnast not quite achieving Carding status
- Consistent performances and potential for selection and qualification to the Olympics
- In full/time college education
- Not working full time
- Exceptional circumstances
- Resident in Ireland

9. GI Support Service Programme/Medical

Please refer to National Squad/Centralised Programme Support Service above according to the tier level of the gymnast. GI may, where possible, refer gymnasts to a support service as required.

9.1 Discipline Specific Support Services Information

Each discipline has a National Squad page on the Gymnastics Ireland website – please visit this for more information on the discipline specific support services - [Gymnastics Ireland | Disciplines](#)

9.2 National Squad Physiotherapist Support

- Physiotherapy sessions are available to book for T3 & 4 gymnasts as per below.
- Booking is via the GI online booking system.
- GI are heavily subsidising this Support Service which means a reduced charge of €20 per appointment will be billed directly to the club the gymnast represents.
- After the initial booking is made, you will receive a link to complete the GI Physiotherapy Consent Form and GI Pre Appointment Form which must be submitted prior to attending.
- All information collected in relation to the appointment will be sent in one email to:
 - Parent/Guardian/Carer of gymnast u18 and for o18 gymnasts direct to their contact email
 - Club Coach
 - Club Physiotherapist
 - National Coach

9.2.1 National Squad Initial Clinic

A physiotherapist will be present at the first day of a weekend National Squad session (subject to availability). This initial appointment is for:

- Any T3 & 4 gymnast who has any injury concerns/physical capacity limitations that will inhibit their ability to complete all aspects of the National Squad Programme.
- Appointments are available to book in advance via the online booking service.
- Appointments are scheduled from the start of your squad session.

9.2.2 Mid-Week Clinic

The physiotherapist will hold a midweek evening clinic in the NGTC every second week, for T3 & 4 gymnasts. These can be for follow up appointments or for those unable to source a club physio.

- All appointments to be booked in advance using our online booking system.
- GI are heavily subsidising these Support Services and therefore a reduced charge of €20 per appointment will be billed directly to the club the gymnast represents.

If a requirement is needed for another support service, all requests are to be made to jonathan@gymnasticsireland.com for advice, cost and availability.

** Clubs engaging in the National Squad programme should have a physiotherapist linked to the club to help support squad gymnasts. This physio should link in with the Support Service Manager*

9.3 Concussion

ANY ATHLETE WITH A SUSPECTED CONCUSSION MUST BE REMOVED FROM SPORTING ACTIVITY AND EVALUATED BY A MEDICAL PROFESSIONAL OR PHYSIOTHERAPIST.

What is concussion?

- Concussion is a traumatic brain injury
- It is a complex process in which forces are transmitted to the brain and result in temporary impairment of brain function

You don't need to lose consciousness to sustain a concussion!

How does a concussion happen?

- A direct blow to the head
- A blow to another part of the body that results in fast head movement (rotational forces/ whiplash type injury)
- Concussion can happen to anyone at any age, however, **children and young people:**
 - May be more likely to get a concussion
 - Take longer to recover
 - May experience incidents of concussion which, if not managed properly and in rare cases, can have serious consequences, including death
- If an athlete reports ANY concussion symptoms to one of their peers, parents, or coaches, or if anyone witnesses an athlete exhibiting any of the visual signs of concussion, they **must be removed immediately from participation**

Athletes: If you suspect a concussion:

- Stop training
- Report to a coach
- Seek medical review

Coaches/ Parents/ Guardians/ Carers: In any person who sustains a significant impact to the head, face, neck, or body and demonstrates ANY of the visual signs of a suspected concussion and/or:

Loss of consciousness

Disorientation

Memory Loss

Confusion

Balance Problems

Dazed, blank stares

Red Flags

Loss of consciousness, confirmed or suspected
 Seizure or convulsion
 Behaviour change, increasing restlessness, agitation, combativeness
 Vomiting
 Severe or increasing headache
 Double vision
 Weakness or tingling / burning in arms or legs
 Neck pain or tenderness

Observable signs

Lying motionless on the ground
 Disorientation, confusion, inability to respond to questions
 Balance impairment
 Blank or vacant look
 Facial injury after head trauma
 Blurred vision, diplopia, difficulty with tracking a moving target
 Inability to speak or swallow

- Report ANY symptoms of a suspected concussion to a medical professional and/or parents.
- For further guidance and information, refer to the see [Appendix 7 – Concussion](#) and [World Gymnastics \(FIG\) Concussion Guidelines PDF](#)

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9.4 Nutrition, Hydration & Sleep Guidance

Implementation of nutritional, hydration and sleep strategies is key for career longevity, underpinning the gymnast's ability to maintain repeatability of a task, i.e., training day to day, week to week, year to year.

- Nutrition, hydration, and sleep advice is provided through the support service programme.
- National Squad gymnasts are encouraged to maintain a balanced, healthy, and positive nutrition plan which supports and fuels their training requirements.
- Specific dietary requirements will be accommodated and supported in the High-Performance environment on the basis of, for example, religious beliefs or medical issues.
- Adequate rest breaks for hydration, snacks and lunch are scheduled in all NS training sessions.

More information regarding nutrition and sleep information is available in the Learn Upon platform members area. NS gymnasts/coaches/parents will be invited to access these webinar series on acceptance of their National Squad place offered.

- Also see [Appendix 8 - "Sleep for Athletic Performance"](#)

9.5 Use of Free/Machine Weights

Free/machine weights may only be used by gymnasts with a qualified physiotherapist or S&C coach approved by Sport Ireland and Gymnastics Ireland. Use is overseen and approved by Support Service Managers.

- Free weights
 - i.e., bands and ankle weights, barbells, and dumbbells etc.
- Qualified practitioner
 - Accredited UKSCA/ ISCN (UK Strength & Conditioning Association / Irish Strength & Conditioning Network partner and align all qualifications)
 - Chartered Physio with relevant training i.e., UKSCA level 3 trainee award or equivalent
 - Qualified coaches L3 approved by GI may use free weight as training aids as gymnast specific conditioning

9.6 Body Mass

Definition: The quantity of matter in the body. Mass is calculated through the measurement of weight, i.e., the force the matter exerts in a standard gravitational field.

- Coaches are not permitted to measure their gymnasts' body mass
- Only qualified medical professionals/sports scientists with a minimum of BSc (hons) with ISAK level 1 anthropometry qualification are permitted to measure a gymnast's body mass
 - Prior to any engagement all documentation and rationale must be sent to GI/SI for approval
 - Full adherence to all GDPR guidelines in relation to the collection and use of personal data

9.7 Stretching

- **The Gymnastics Ireland Stretching Policy must be adhered to by all coaches/gymnasts attending National Squad training. All coaches Level 2 and above must have completed the mandatory GI Stretching & Flexibility Training Course via the Gymnastics Ireland E-Learning platform.**
- Coaches and gymnasts must not apply pressure or stretch gymnasts with force or use any PNF (proprioceptive neuromuscular facilitation) techniques

9.8 Education / School

Gymnastics Ireland will not endorse gymnasts being excused from their educational setting for regular training purposes. It is extremely important the gymnasts learn a good training/school balance and ensure they are not excused from or miss any opportunities during their educational years.

Support services may provide help with balancing education alongside gymnasts' careers .

10. Anti-Doping

10.1 Anti-Doping Rules

- 10.1.1 Gymnasts and coaches must abide by the [Sport Ireland Anti-Doping Rules](#).
- 10.1.2 Anti-Doping Consent Forms are applicable to all National Squad gymnasts and submission of the NS Acceptance Form confirms their consent to abide by these rules.
- 10.1.3 Gymnasts must declare any regular medication on their NS Acceptance Form and check this medication as per the GI Anti-Doping letter. Support is available from the GI Anti-Doping Officer and [Anti-Doping E-Learning | Sport Ireland](#).

10.2 WADA Anti-Doping Training

- 10.2.1 All NS gymnasts (10yrs and over) must complete the mandatory [ADEL International-Level Athletes Education Programme](#) to meet World Anti-Doping Agency (WADA) requirements. Young gymnasts may require parental/adult support to complete this. Certificates provided to GI must be the original downloaded PDF certificate and in the **gymnast's name**.
- 10.2.2 Sport Ireland Anti-Doping Unit also require all athletes who access the SII to complete the [ADEL National-Level Athletes Education Programme](#) in **addition** to the International Athletes Course.
- 10.2.3 Carded/RTP (Registered Testing Pool) gymnasts must also complete the [ADEL for RTP Athletes Course](#).
- 10.2.4 Coaches of FIG level squad gymnasts must complete the training for [Coaches of High Performance Education Programme](#) and provide their PDF certificate via the squad documentation File Request.

10.3 Anti-Doping Consent – National Series

- 10.3.1 In compliance with Irish Anti-Doping rules, gymnasts taking part in GI National Series events may be subject to drug testing at these events, National Squad training and camps.
- 10.3.2 All squad members provide consent to these tests being conducted on submission of the National Squad online acceptance form. See below letter and consent form.

Double-click on the Brief Guide to Anti-Doping image to download the Sport Ireland "Digital Wallet Card"

This is published each year and includes comprehensive information and updates to Anti-Doping Rules





Dear Gymnast/Parent,

National Series Competitions

In accordance with the Irish Anti-Doping Rules, you should note that Drug Testing **may be carried out** at any of our National Series competitions.

Gymnastics Ireland has signed up to the Irish Anti-Doping Rules and testing is the part of the Irish Anti-Doping Programme. Drug Testing is carried out to protect Ireland's sporting integrity against the threat of doping.

For more information on Anti-Doping, please contact your club or the GI Anti-Doping Officer. Annually the World Anti-Doping Agency (WADA) publishes a Prohibited List (of substances & methods). The latest edition of the list comes into effect on January 1st and can be viewed with additional anti-doping information on our website - [Anti-doping - gymnasticsireland.com](https://gymnasticsireland.com) (in particular, there are important updates to the permitted usage of salbutamol and glucocorticoids). The new medicine checker website is available at [Medcheck Sport Ireland](https://medcheck.sportireland.com) for medications purchased in Republic of Ireland. For medications purchased in other jurisdictions, please continue to check [Global DRO - Home](https://globaldro.com).

Anti-Doping testing may be carried out at any of our National Series Events, National Squad Training Camps and International Events. See the Anti-Doping Consent Form in this pack.

In addition to the Anti-Doping Consent Form, it is compulsory for National Squad gymnasts aged 10 years or above to complete the WADA Anti-Doping Training ([International Athlete WADA ADel Training](https://adel.wada-ama.org/learn)) and submit their PDF certificate as part of the National Squad Documents submission. Guidance from parent/guardians may be required to complete the training. Please note gymnasts hoping to represent Gymnastics Ireland at International Events will require this certificate in order to obtain an FIG Licence if appropriate. *Under present WADA rules, the WADA Adel Certificate expires after two years, however we would encourage a refresher of the training (gymnasts/coaches and parent/guardians) via <https://adel.wada-ama.org/learn>.*

If you have any queries, please do not hesitate to contact the Gymnastics Ireland Anti-Doping Officer.

Kind regards

Gymnastics Ireland Anti-Doping Officer



Anti-Doping Consent Form – 2026-2027 Squad Year

Dear Gymnast/Parent,

In accordance with the Irish Anti-Doping Rules, you should note that Drug Testing may be carried out at:

- National Series Events
- National Squad Training/Camps
- International Events

In selecting “Yes” on the Declaration section of the National Squad Acceptance Form, the gymnast named on the form (parent/guardians of gymnasts u18) is providing consent to submit to a Drug Test under the Irish Anti-Doping Rules if requested.

NB – If you are selected for testing, you must declare any prescription or non-prescription medications and/or supplements taken over the last 14 days on the Doping Control Form.

*Gymnast/Parent of Gymnast U18: Please note we **do not** need to receive a signed copy of this document. Submission of the Declarations on the National Squad Acceptance Form confirms your understanding and agreement with this document.*

11. National Gymnastics Training Centre (NGTC)

The NGTC is the dedicated training base for our National Centralised & National Squad gymnasts across our disciplines. To maintain the NGTC as a high performance environment, strict guidelines govern access, usage and care of the facilities.

11.1 NGTC Access

- Only Gymnastics Ireland Coaches & Programme Staff have approved access to the NGTC doors via the Sport Ireland App.
- Personal coaches, club coaches or other personnel must enter the NGTC only when the specific discipline Programme Coach is in attendance and are not authorised to be added to the Sport Ireland door entry system.
- All access to the NGTC must be pre-approved via the GI digital Entry/Exit system. A personal QR code for entry/exit will be provided on completion of the National Squad Acceptance Form/Coach/Official Data form for each 12 month period.
- The GI Entry/Exit system must be scanned in and out for every session (and if leaving the SI Campus during a session).
- All coaches attending the NGTC (including GI Programme Coaches) must have completed the NGTC Induction Training. This is mandatory training on the NGTC rules, safety protocols, reporting procedures and apparatus use.

11.2 Ratios and NGTC Capacity

- Coach ratio: 2 to 8-16 gymnasts.
- NGTC capacity:
 - Total: Recommended no more than 100 people in the NGTC at any one time
 - Floor: Max 20 gymnasts, e.g. general warmups, not all jumping and tumbling
 - Apparatus: Up to 6 to 8 in one rotation (group). 1 gymnast on an apparatus at a time

11.3 Mobile Phones

- Mobile phones are *not* permitted during training unless on a tripod for technical use. There are dedicated playback cameras at apparatus within the NGTC for this purpose and these are the preferred method for technical use
- All coaches' phones are to be placed on the table or in bags and used only in urgent situations
- All gymnasts' phones are to be kept in bags during training
- If footage/photos of gymnasts for club or GI profiles are required, they must be taken at the end of the session and permission must be sought and received from Sport Ireland Duty Manager. Images/footage must not contain any Sport Ireland staff/contractor or coaching staff, SI Academy gymnasts/parents.

11.4 NGTC Housekeeping/Emergencies

11.4.1 Call the Duty Manager (DM) on 086 142 3291 for any of the following:

- Code Blue, call the DM and/or attend the main reception desk
- Entry/Exit of external doors to NGTC
- Switching lights and vents on/off
- Accident & incidents
- Spillages/Leaks/Cleaning requirements/Toilets
- Equipment issues, report to GI HP using [NGTC Equipment/Reporting Form](#) and to DM for maintenance
- In case of evacuation
- Heating/building temperature issues
- Booking issues
- If last to leave the NGTC, inform the DM for security

11.4.2 Evacuation

- Leave by the closest exit and regroup at the front of the NIA at the allocated fire point area
- Roll call by personal coaches and/or HoD/NPC (check changing room areas, corridors etc.)
- Call DM for an update and report
- Do not return to the NGTC until it is reported safe to do so by the DM
- If access is not permitted, arrange pickup of all individuals. 2 adults to wait until last person collected

11.4.3 Equipment & Reporting

- **Always carry out a safety check before use on ALL equipment**
- Ensure all mats are safe for use i.e., no gaps etc.
- Please leave all mats flat and tidy and in their designated areas
- Please leave the NGTC tidy and respectable and report any issues to the HoD/NPC
- HoD/NPC to report any issues regarding damage, cleanliness, equipment issues, booking problems to POM using the [NGTC Equipment/Reporting Form](#)

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- Remove bottles, cups, litter, socks etc.
- Controlled use of chalk, honey, and grip aids. Put away after use, do not make a mess on mats
- Lost property will be kept for 6 months maximum
- FIG standard equipment is strictly for the use of HP gymnasts only

11.4.4 Temperature

- The temperature in the gym should be between 18-24 degrees
- If the temperature is unsafe (outside of this range), the HoD/NPC will contact the DM to address
- If a resolution is not met to bring the temperature within range the NPC, coaches can decide if unsafe and inform the DM to cancel the rest of the session, notifying the POM

12.4.5 Noise Levels and Music

- Music must be played at a comfortable level - being respectful of all users in the NGTC
- Any music played must not contain any profanity
- Music for floor routines takes priority

12.4.6 Food & Drink

- Water is permitted in the NGTC – preferably in sports water bottles
- Food, hot drinks and fizzy drinks are **not permitted at all** in the NGTC, please use the onsite dining or café areas
- Regular breaks will be scheduled in training sessions for snack breaks/lunches and must be taken in the dedicated areas on campus

11.5 NGTC Bookings (National/Programme Coaches)

GI are charged by the hour for all NGTC bookings and charges cannot be removed retrospectively if Sport Ireland Bookings Department did not receive notice of a cancellation/change. HoD/NPC/Programme Coaches must effectively manage their discipline's bookings in terms of cancellations/amendments/ shared usage and communicate these changes appropriately.

Bookings are managed via the NGTC Bookings Calendar, HoD's/NPCs/Programme Coaches must use this system for all NGTC usage. Education and Events departments will also include their bookings for a full overview of availability, shared usage and numbers.

[NGTC Bookings System](#) - Only NPC's/GI Programme Coaches can book the NGTC for National Squad/Centralised sessions.

• National Squad Sessions – All National Squad Disciplines / All Squad Levels

- All squad sessions are planned in advance and booked (where possible) for the full duration of the squad year
- All booking requests must be added to the NGTC Bookings Calendar and approved by the POM
- On approval, booking will be requested via Sport Ireland Bookings and the status updated in the NGTC Calendar
- Cancelled/postponed sessions must be advised in the NGTC Calendar with at least 48 hours' notice. If less than 48 hours' notice, NPC must email bookings@sportirelandcampus.ie directly and update the calendar also

• Centralised Programme Sessions – Men's & Women's Artistic & Trampoline

- Have set approved programme times with access levels according to the age group and tier level of the gymnasts
- The sessions are booked in advance on approval of the agreed programme hours, with the disciplines aligning their schedules together within these Centralised Programme hours
- There are allocated days and a maximum number of training days per week for approved gymnasts (See Section 7)
- All those accessing the Centralised Programme must be pre-approved

In addition to scheduled National Squad training sessions, if required, National Squad gymnasts may access the NGTC (with club coaches) under the following conditions:

- Gymnast/s are in preparation for an international competition (National Squad gymnasts only)
- Request is made via the HoD/NPC
- Authorisation to access is received – requests via the NPC and approval via the POM
- Hours requested must already be utilised by another discipline/squad and ratios not compromised
- Club/personal coaches are in attendance

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APPENDIX 1

Gymnastics Ireland | ACROBATICS National Squad Selection Policy

Introduction

This policy defines selection criteria for the Acrobatics National Squad program across three squad levels: National Development Squad (NDS), International Development Squad (IDS), and International Senior Squad (ISS).

Squad Structure Overview

SQUAD	Tier	Partnership Type	Progression
National Development Squad (NDS)	T4	FIG & IDP only	Friendly Internationals
International Development Squad (IDS)	T3/T4	FIG only	Major Internationals (Final)
International Senior Squad (ISS)	T3	Senior FIG only	Major Internationals (Medal)
Age & Capacity Assessment (Capacities are Physical, Mental, Technical, Lifestyle, Coach and Facilities)			
Coaches and gymnasts to respond and work positively with the NPC in decisions made to aid their journey.			
Gymnasts out of age (talented) may be invited to CDS sessions (under the Club Development Programme). As National and International standards increase or decrease, selection standards may adjust; also new code changes can affect the selection score.			

Selection Criteria

CRITERIA	NDS (T4)	IDS (T3/T4)	ISS (T3)
Competition History	3 National Series events in 12 months		
Selection Method	NS results only	NS results only	NS results only
Execution Score	8.35/10 in all routines	8.5/10 average in all routines	8.7/10 average in all routines
Artistry Score	8.3/10 in all routines	8.5/10 average in all routines	8.7/10 average in all routines
Minimum Difficulty	N/A- all criteria/SR must be met per level	Youth B 60, D 50 Junior B 90, D 80 Senior B 110, D 100 All criteria/SR must be met per level	Senior- B120, D110 All criteria/SR must be met per level
International Competition Targets	Friendlies and club internationals	Finals at internationals	FIG/EG finals & medals
International Competition	NDS partnerships are NOT eligible to take part in any trial process or to compete at major international competitions unless they have: - Within a 12 month period, previously attained the target event selection score/tolerance score at national or international events at their current or previous level - Shown the maturity and skills to manage the requirements of major competitions both physically and mental (capacities)		
Squad Selection Period	1 year from selection date, scores are monitored in National Series events and must be maintained in 1 out of 3 events in the 12-month period		

Gymnastics Ireland | MEN'S ARTISTIC National Squad Selection Policy

Introduction

This policy defines selection criteria for the Men's Artistic National Squad program across five squad levels: National Development Squad (NDS), Olympic Start Squad, International Development Squad B (IDSB) International Development Squad A (IDS A), and the Olympic Squad (OS).

Squad Structure Overview

SQUAD	Tier	Details	International Competition Level/Targets
National Development Squad (NDS)	T4	HP 1&2 Levels	Club Friendly Internationals
Olympic Start Squad (OSS)	T4	HP 3-5 Levels	Club Friendly Internationals, Team Ireland Friendly Internationals
International Development Squad (IDS B)	T1-4	FIG Junior & Senior	Team Ireland Friendly Internationals, EYOF & JEG
International Development Squad (IDS A)	T1-3	FIG Senior	FIG & EG (Finals)
Olympic Squad (OS)	T1	FIG Senior	Major Internationals (Medal)

Selection Criteria

CRITERIA	NDS	OSS	IDS B	IDS A	OS (T1)
Competition History	3 National Series events in 12 months				
Selection Method	NS results only - a selection may take place from any NS Event			NS results & FIG	
Execution Score	Execution results - 8.0 average in all routines HP 1 & 2 PP must be 70%	8.3 average in all routines HP 3-5 PP must be 70%	AA Selection Score	International Selection Standards	
Age & Capacity Assessment (Capacities are Physical, Mental, Technical, Lifestyle, Coach and Facilities)	U14	U16	Junior O15 & Developing Senior O17 & Senior O18	Senior O18	Senior O19
Aims Regardless of FIG age requirements Gymnastics Ireland will select based on Maturity and development targeting older gymnasts	Gymnasts out of age (talented and too young) may be invited to CDS sessions (Under the Club Development Programme). As National and International standards increase or decrease, selection standards may adjust, also new code changes can affect the selection score		Arrive well prepared as a second year Junior. Transitional years from Junior to Senior	Arrived at Senior fully developed & transitioned from Junior. Olympic potential	Over 18 Olympic standard
International Competition Selection	Selection for international competitions is as per Gymnastics Ireland International Competition Selection Policies.				
Squad Selection Period	1 year from selection date, scores are monitored in National Series events and must be maintained in 1 out of 3 events in a 12-month period			Cycle Retirement plan or standards not maintained	

Gymnastics Ireland | WOMEN'S ARTISTIC National Squad Selection Policy

Introduction

This policy defines selection criteria for the Women's Artistic National Squad program across five squad levels: National Development Squad (NDS), Olympic Start Squad, International Development Squad B (IDSB) International Development Squad A (IDS A), and the Olympic Squad (OS).

Squad Structure Overview

SQUAD	Tier	Details	International Competition Level/Targets
National Development Squad (NDS)	T4	In Age / PLUS Levels	Club Friendly Internationals
Olympic Start Squad (OSS)	T4	In Age / PLUS Levels	Club Friendly Internationals, Team Ireland Friendly Internationals
International Development Squad (IDS B)	T4/3	FIG Junior & Senior	Team Ireland Friendly Internationals, EYOF & JEG
International Development Squad (IDS A)	T3/2	FIG Senior	FIG & EG (Finals)
Olympic Squad (OS)	T1	FIG Senior	Major Internationals (Medal)

Selection Criteria

CRITERIA	NDS	OSS	IDS B	IDS A	OS
Competition History	3 National Series (NS) events in 12 months				
Selection Method	NS results only - a selection may take place from any NS Event			NS results & FIG	
Execution Score	8.0 average in all routines in plus Levels PP must be 70%	8.3 average in all routines Plus Levels PP must be 70%	AA Selection Score	International Selection Standards	
Age & Capacity Assessment (Capacities are Physical, Mental, Technical, Lifestyle and Personal)	In age	In age	Junior 014 & Developing Senior 015 & Senior 016	Senior 017/018	Senior 018
Aims Regardless of FIG age requirements Gymnastics Ireland will select based on maturity and development targeting older gymnasts. Aiming for Senior over 17/18 for international major event selection	Gymnasts out of age (talented and too young) may be invited to CDS sessions (under the Club Development Programme). As National and International standards increase or decrease, selection standards may adjust; also new code changes can affect the selection score.		Arrive well prepared as a second year Junior. Transitional years from Junior to Senior	Arrived at Senior fully developed & transitioned from Junior. Olympic potential	Over 18 Olympic standard
International Competition Selection	Selection for international competitions is as per Gymnastics Ireland International Competition Selection Policies.				
Squad Selection Period	1 year from selection date, scores are monitored in National Series events and must be maintained in 1 out of 3 events in a 12-month period			Cycle Retirement plan or standards not maintained	

Gymnastics Ireland | Trampoline National Squad Selection Policy

Introduction

This policy defines selection criteria for the Trampoline National Squad program across five squad levels: National Development Squad (NDS), Olympic Start Squad, International Development Squad B (IDS B) International Development Squad A (IDS A), and the Olympic Squad (OS).

Squad Structure Overview

SQUAD	Tier	Details	International Competition Level/Targets
National Development Squad (NDS)	T4	Age Groups NDP Level 5	Club Friendly Internationals
Olympic Start Squad (OSS)	T4	Age Groups NDP Level 5 & FIG Levels	Club Friendly Internationals, Team Ireland Friendly Internationals
International Development Squad (IDS B)	T4	Age Groups NDP Level 5 & FIG Levels	Club Friendly Internationals, Team Ireland Friendly Internationals
International Development Squad (IDS A)	T2/3	FIG 17-21, Junior & Senior	FIG & EG (Finals)
Olympic Squad (OS)	T1	FIG Senior	Major Internationals (Medal)

Selection Criteria

CRITERIA	NDS	OSS	IDS B	IDS A	OS (T1)
Competition History	3 National Series events in 12 months				
Selection Method	NS results only - a selection may take place from any NS Event. Max. 8 gymnasts selected in rank order per squad			NS results & FIG Max. 8 gymnasts selected in rank order per squad	
Execution Score	Execution: Average 7.5 in all routines & minimum level score	Execution: Average 8.0 in all routines & minimum level score	Selection Score	International Selection Standards	
Age & Capacity Assessment (Capacities are Physical, Mental, Technical, Lifestyle, Coach and Facilities)	11-12, 13-14	13-14, 15-16	15-16, 17-21 & Senior FIG Level	Senior FIG Level	Senior O21
Aims Regardless of FIG age requirements Gymnastics Ireland will select based on Maturity and development targeting older gymnasts	Gymnasts out of age (talented and too young) may be invited to CDS sessions (under the Club Development Programme). As National and International standards increase or decrease, selection standards may adjust, also new code changes can affect the selection score.		Arrive well prepared as a Junior /17-21 age group gymnast. Transitional years from 17-21 to Senior	Arrive at 17-21 fully developed & transitioned from Junior. Olympic potential	Over 18 Olympic standard
International Competition Selection	Selection for international competitions is as per Gymnastics Ireland International Competition Selection Policies.				
Squad Selection Period	1 year from selection date, scores are monitored in National Series events and must be maintained in 2 out of 3 events in a 12-month period			Cycle Retirement plan or standards not maintained	

National Centralised Programme and National Squad Guidelines Squad Pack

APPENDIX 5

Gymnastics Ireland | Tumbling National Squad Selection Policy

Introduction

This policy defines selection criteria for the Trampoline National Squad program across four squad levels: National Development Squad A & B (NDS), International Development Squad (IDS) and the International Senior Squad (ISS).

Squad Structure Overview

SQUAD	Tier	Details	International Competition Level/Targets
National Development Squad (NDS A & B)	T4	Age Groups	Club Friendly Internationals Team Ireland Friendly Internationals (NDS A Only)
International Development Squad (IDS)	T4	FIG Junior, 17-21 & Senior	Club Friendly Internationals Team Ireland Friendly Internationals
International Senior Squad (ISS)	T3/4	FIG Senior	Major Internationals (Finals/Medal)

Selection Criteria

CRITERIA	NDS	IDS	ISS
Competition History	3 National Series events in 12 months		
Selection Method	National Series results only - a selection may take place from any National Series Event		National Series results & FIG events
Execution Score	Execution: Average 17 across both runs	Selection Score	International Selection Standards
Age & Capacity Assessment (Capacities are Physical, Mental, Technical, Lifestyle, Coach and Facilities)	11-12 NDP 4+ (Year 1 NDS B) 13-14 NDP 5+ 15-16 Pre-FIG+ 17+ FIG	13-14 15-16 17-21 Senior	Senior O21
Aims Regardless of FIG age requirements Gymnastics Ireland will select based on maturity and development targeting older gymnasts	Gymnasts out of age (talented and too young) may be invited to CDS sessions (under the Club Development Programme). As National and International standards increase or decrease, selection standards may adjust, also new code changes can affect the selection score	Arrive well prepared as a Junior /17-21 age group gymnast. Transitional years from 17-21 to Senior	Arrive at Senior fully developed & achieving major international standards
International Competition Selection	Selection for international competitions is as per Gymnastics Ireland International Competition Selection Policies.		
Squad Selection Period	1 year from selection date, scores are monitored in National Series events and must be maintained in 2 out of 3 events in a 12-month period		Cycle Retirement plan or standards not maintained

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APPENDIX 6 – National Squad Levels Descriptions

Description of National Squads					
Squad	Description	Tier	Selection	Term	Age
NDS National Development Squad	1st point of official pathway for gymnasts in the National Squad Programme - aligned to NDP and focussed on gymnast and coach development	T4	National Series scores must reflect high execution in all routines to be considered for Squad Selection	1 year	Women's Artistic U11 Men Artistic U14 Trampoline & Tumbling Minimum Age Group 11-12 Acrobatics FIG & IDP
OSS Olympic Development Squad	2nd point of official pathway for Olympic disciplines. Gymnasts with qualification potential over 2 cycles	T4	National Series scores must reflect high execution in all routines to be considered for Squad Selection	1 year	Women's Artistic U14 Men's Artistic U16 Trampoline 15-16, 17-21, Sen
IDS International Development Squad	Jun/Sen and Age Group pathway aligned to FIG targeting both friendly and major internationals according to tier	T3 T2 B	National Series scores must reflect high execution in all routines to be considered for Squad Selection	1 year	Women's Artistic Jun, Sen Men's Artistic Jun, Sen Trampoline /Tumbling Age Groups, Jun, Sen Tumbling Age Groups, Jun, Sen Acrobatics FIG Sen, Jun, Youth
ISS International Senior Squad	Squad for fully developed Seniors achieving major international standards	T1 Carded T2 T3	Selection based on standards & capacities with potential to final/medal at major events	1 year	Tumbling FIG Sen only
OS Olympic Squad	Final competitive side of the Senior pathway for Olympic disciplines - Olympic experience/ Olympic qualification potential	T1 Carded T2 A with T1 criteria not carded	Invitation by GI based on standards & capacities with potential to qualify to OG	Cycle	Women's Artistic Sen Men's Artistic Sen Trampoline Sen
Guests	National Squad attendance in guest capacity as a foreign national* residing in Ireland and representing / seeking representation with their home nation (* Guests are ineligible to represent Ireland)	T4	Permission of home federation & in agreement with DPT	1 year	<i>Must be GI member training in a GI member club</i>



CONCUSSION MANAGEMENT GUIDELINES

What to expect if you sustain a sports related concussion

RECOGNISE



Forceful impact + any sign or symptom of concussion = remove from sport.

A potential concussion may be identified by an athlete, coach, physiotherapist, doctor, or any other team member.

ANY ATHLETE WITH A SUSPECTED CONCUSSION MUST BE REMOVED FROM SPORTING ACTIVITY

EVALUATE

A medical assessment will be carried out by a physiotherapist or doctor. This will include symptom evaluation, orientation, memory and concentration assessment, balance and vestibular testing, and neurocognitive screening.



IMPLEMENT MANAGEMENT PLAN

Most concussions will resolve within 10-14 days. However some athletes have delayed recovery.

Did you know that you must return to learn or return to work before returning to training? A member of the lifeskills team can support you with this.



CONCUSSION MANAGEMENT GUIDELINES CONTINUED

MONITOR THROUGH MANAGEMENT PLAN

Your physiotherapist or doctor will monitor you through your graded return to play plan. Other performance support team members may be involved depending on your symptoms.

Did you know that emotional symptoms are very common following a concussion? Your sport psychologist can help you address these.

Did you know your nutritionist can help with persistent nausea or difficulties sleeping?



Did you know that physiological testing can be used to help you return to training if you have a prolonged recovery?

Did you know that your physiotherapist can prescribe exercises to help you overcome physical and vestibular symptoms?



MEDICAL CLEARANCE TO RETURN TO PLAY

The fastest any athlete can return to play after sustaining a concussion is 7 days. You must not return to full training or competition until a doctor or physiotherapist clears you to do so.





SLEEP FOR ATHLETIC PERFORMANCE



SLEEP IMPROVES HEALTH, RECOVERY & PERFORMANCE



PERFORMANCE

Sleeping 8–10 hours per night can improve:

- Accuracy
- Skill learning
- Speed
- Endurance



FOODS TO HELP SLEEP



PHONE & CAFFEINE CURFEW



Avoid using your phone or device in the hour before bed



Limit caffeine containing drinks such as energy drinks or tea/coffee after 3pm

INJURY RECOVERY



Sleeping < 7 hours per night = 50% increased risk of new injury



Sleeping 8–10 hours ↑ recovery of muscle cells & hard-wires new skills



WIND-DOWN/SLEEP RITUAL



A wind-down routine that ↓ heart rate & breathing, signals to your body that it is time to fall asleep

Breathing exercises, yoga or meditation can work well to aid sleep onset



This poster was prepared for Gymnastics Ireland by Dr Michelle Biggins
Chartered Physiotherapist & Athlete Sleep Consultant

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APPENDIX 9 – Post Competition & Training & Rest Recovery Protocol

POST-COMPETITION & TRAINING REST & RECOVERY PROTOCOL

Gymnastics Ireland (GI) has established minimum standards for Post-Competition Recovery which must be included in all National Squad gymnasts' training plans and adhered to by coaches and gymnasts. This protocol also applies when a general break from training is required, e.g., where training is not going well and capacities are affected.

Adequate post-competition recovery is essential for tissue repair, nervous system restoration, and mental recovery. Insufficient recovery increases injury risk and can lead to decreased performance and overtraining. Recovery is when adaptation occurs - training loads applied without adequate recovery result in breakdown rather than improvement.

MANDATORY POST-COMPETITION & TRAINING BREAK DEFINED REST PERIODS

Competition Type	Mandatory Defined Rest
Major Events (Europeans, World Championships) & AA Internationals & Nationals	5-7 DAYS
1-2 Apparatus Competitions (National Series, World Cups)	2-3 DAYS
Mandatory breaks & recovery periods (Training not going well, capacities affected)	GI & SII discretion

Delayed muscle soreness and central neural system recovery peak in the first 72 hours post competition - thus reducing injury risk post competition includes the following:

Following Event	Protocol
STRICT REST	• Required if injury or painful state is present • Medical or physio clearance needed before returning to training
ACTIVE RECOVERY PATHWAY (Default after competition)	Goal: Safe, measurable return-to-train checkpoints to reduce injury risk Within 24–72 hours: • Supervised low-load, non-impact activities (pool, walking, light cycling, mobility, breathing) • Prioritise nutrition and sleep • Daily monitoring Note: Strict 'no activity' only if directed by clinician or in painful state
MONITORING REQUIREMENT	All National Squad gymnasts must complete daily post-competition monitoring for 72hrs: • Wellness questionnaire: Sleep quality, muscle soreness, readiness-to-train scores • Graded return-to-training checklist with sign-off: (A) Pain-free state, (B) Wellness scores at baseline, (C) Physio/medical clearance • Graded return to skills: Day 3 (apparatus only) or Day 5 (All-Around) • GI reserves authority to override return-to-train decisions if gymnast welfare is compromised
TRAVEL ADDENDUM	If travel across ≥3 time zones or >6 hours of travel occurs, extend minimum rest by 24–72 hours and implement jet-lag mitigation plan

INDIVIDUAL FACTORS AFFECTING RECOVERY DURATION

Recovery needs vary based on: Training/competition intensity and volume of routines performed, injury history and current injury status, sleep quality during competition, nutrition & hydration, general health & safety and in skills, individual recovery capacity and training age, travel demands/time zone changes. Gymnasts may require extended recovery periods based on these factors.

⚠ RESPONSIBILITIES & COMPLIANCE REQUIREMENTS

- Mandatory rest periods are **MINIMUM** requirements and cannot be shortened under any circumstances
- Individual gymnasts may require extended recovery periods beyond the minimums
- Gymnasts reporting pain, injury, or significant fatigue **MUST** receive medical clearance before returning
- All recovery periods and return-to-training progressions must be documented in gymnast's training plans

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MANDATORY POST-COMPETITION & TRAINING RECOVERY PROTOCOL

GOAL: REDUCE INJURY RISK

1. IDENTIFY COMPETITION TYPE / SCENARIO

MAJOR EVENTS Europeans, Worlds, AA Internationals	APPARATUS COMPETITIONS National Series, World Cups	OTHER MANDATORY BREAKS Capacities affected
5-7 DAYS REST	2-3 DAYS REST	GI/SII DISCRETION

↓ **ENTER 72-HOUR RECOVERY PROTOCOL**

2. 72-HOUR PROTOCOL - ASSESS PHYSICAL STATE

? INJURY OR PAINFUL STATE?

YES → STRICT REST - Complete rest required - Seek medical/physio assessment - Medical clearance before ANY training - Follow clinician rehab plan	NO → ACTIVE RECOVERY (Default) - Low-load, non-impact activities - Pool, walking, cycling, mobility - Prioritise nutrition & sleep - Daily monitoring throughout
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3. MONITORING (72 HOURS)

All National Squad gymnasts must complete daily post-competition monitoring for 72 hours

Wellness Questionnaire - Sleep quality assessment - Muscle soreness levels - Readiness-to-train scores	Why 72 Hours? - Delayed Onset Muscle Soreness peaks in first 72 hours - Central Nervous System recovery period - Critical window for injury risk reduction
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4. RETURN TO TRAINING CHECKLIST & REQUIREMENTS

✓ ALL CRITERIA MUST BE MET WITH SIGN-OFF BEFORE RETURN TO SKILLS

A Pain-Free State	DAY 3	Graded Return to Skills <i>Post Apparatus Only Event</i>
B Wellness Scores at Baseline	DAY 5	Graded Return to Skills <i>Post All-Around Event</i>
C Physio/Medical Clearance if gymnast reported fatigue, soreness or medical condition	AS PER AGREED RTP	Graded Return to Skills <i>Post Prescribed Rest Break</i>

- Coaches must implement a load-progression plan for return to training
- GI reserves authority to override return-to-train decisions where gymnast welfare is compromised

TRAVEL ADDENDUM

If travel involves: ≥3 Time Zones OR >6 Hours Travel		Extend Minimum Rest by 24-72 Hours + Implement Jet-Lag Mitigation Plan
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Gymnastics Ireland | National Squad Post-Competition Recovery Protocol | Safe, measurable return-to-train checkpoints to reduce injury risk

Graded Return-to-Training Protocol (RTP gymnasts only)

Athlete Information

Athlete Name:			
Injury/Condition:			
Date of Injury/Onset:		Baseline Wellness Score	___ / 25

Phase 1: Active Rest & Recovery

Start Date:		End Date:	
Expected Duration:	As needed until clearance criteria met		
Permitted Activities:	Light stretching, walking, non-impact conditioning		

Criteria to Progress to Phase 2:

Pain-free in daily activities		Muscle soreness $\leq 2/5$		Wellness scores improving ($\geq 3/5$ avg)	
Coach Sign-off:			Date		

Phase 2: Modified Training (No Impact)

Start Date:		End Date:	
Expected Duration:	Minimum 3-5 days		
Permitted Activities:	Conditioning, strength work, dance, shapes, flexibility		

Criteria to Progress to Phase 3:

Pain-free during all modified activities		Wellness scores stable at $\geq 4/5$ for 3 consecutive days		Medical/Physio clearance obtained	
Coach Sign-off:			Date		
Medical / Physio Sign-off:			Date		
Notes:					

Phase 3: Reintroduction of Impact (Low Level)

Start Date:		End Date:	
Expected Duration:	Minimum 5-7 days		
Permitted Activities:	Low jumps, basic tumbling (rolls, handstands), trampoline with support		

Criteria to Progress to Phase 4:

Pain-free throughout all Phase 3 activities		Wellness scores returned to baseline ($\geq 4/5$)		No increase in soreness beyond normal training levels		Athlete reports confidence in movements	
Coach Sign-off:			Date				
Notes:							

Phase 4: Progressive Impact & Tumbling

Start Date:		End Date:	
Expected Duration:	Minimum 7-10 days		
Permitted Activities:	Gradual increase in tumbling difficulty, apparatus work with spotting		

Criteria to Progress to Phase 5:

Pain-free state maintained		Baseline wellness scores sustained ($\geq 4/5$)		Successfully completing skills at previous level		Medical/Physio final clearance	
Coach Sign-off:			Date				
Medical/Physio Sign-off:			Date				
Notes:							

Phase 5: Full Return to Training

Date of Full Return:			
Activities:	Unrestricted training at full intensity		
Head Coach Final Sign-off:		Date	

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Ongoing Monitoring Requirements:

Daily wellness tracking continues for minimum 2 weeks	Weekly check-ins with coaching staff scheduled		Any pain or concerns reported immediately	
Coach Sign-off:		Date		
Medical / Physio Sign-off:		Date		
Notes:				

Return-to-Training Final Clearance Checklist

Before Reintroduction of Impact/Tumbling - ALL criteria must be met:

A. Pain-Free State

No pain during daily activities	No pain during modified training activities	No pain on palpation or range of motion testing
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B. Wellness Scores Returned to Baseline

All wellness metrics $\geq 4/5$ for minimum 3 consecutive days	Total wellness score within 2 points of baseline	No concerning trends in any category
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C. Medical/Physiotherapy Clearance

Formal assessment completed	Functional movement screening passed	Written clearance obtained (attached)
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Final Authorisation

Athlete Name:	
Injury/Condition:	
Medical/Physio Clearance Date:	Date
Coach Authorisation Date:	Date
Head of Programme Sign-off:	Date
Date Returned to Full Training:	Date

GYMNASTICS
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