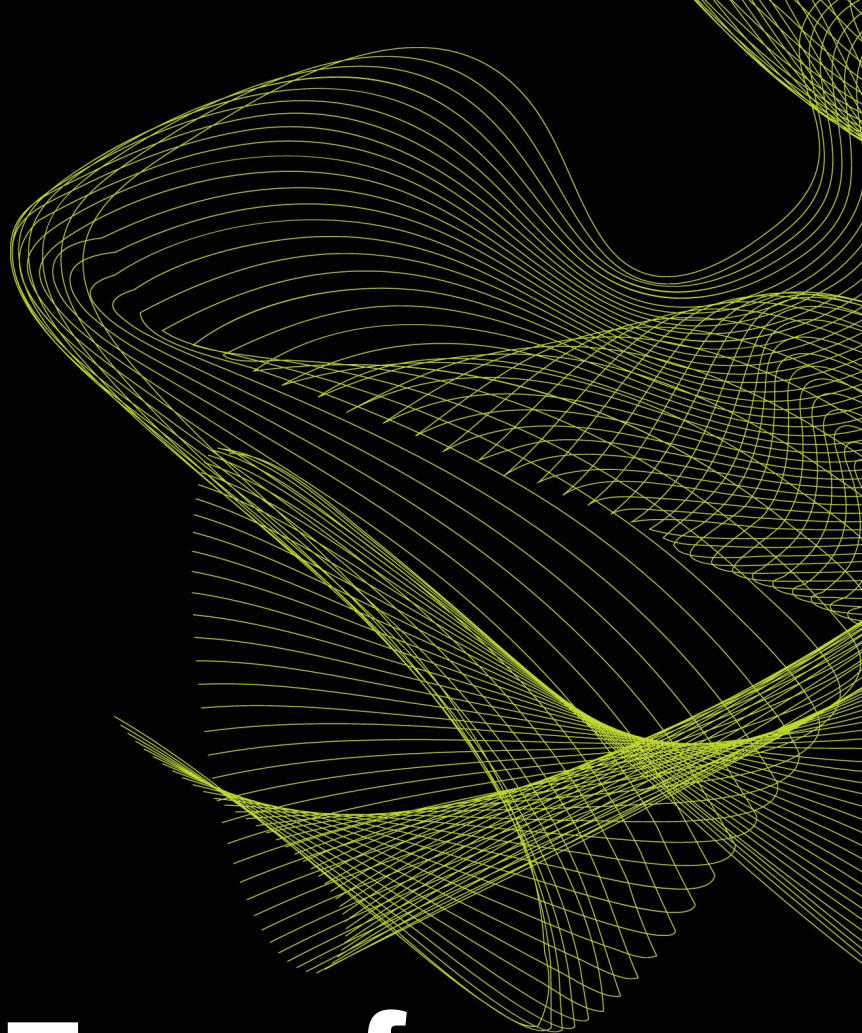




Coaching Transfer Journeys

Cycle 5 - 2025-2028

Coach Reference Guide: A visual guide to transferring coaching qualifications between disciplines and tiers under Cycle 5.

How to use this guide

1. Find your existing qualification on the Contents page.
2. Turn to your page.
3. Find your target discipline and read the module sequence left to right.

How to Read This Guide

Each page in this guide covers one previous-cycle coaching qualification. Find your starting qualification on the Contents page and turn to your page.

Your page contains:

- A green banner showing your starting qualification (YOU HOLD).
- A grey banner showing what your qualification maps to automatically under Cycle 5 (no action needed).
- Journey cards showing the modules you need to attend to add each other discipline at the same tier.

Colour key for module pills

Module name	A practical module you must attend.
Module + assessment	Module attendance plus a practical assessment in which you must be marked competent.
Partial module	Only part of a module is required (e.g. vault portion only) because your existing qualification covers the rest.

Important

This guide is derived from the Gymnastics Ireland Coaching Policy. In the event of any inconsistency between this guide and the Policy, the Policy prevails.

For the general transfer rules including the Floor & Vault prerequisite for Women's Artistic and Men's Artistic, vault-only partial credit, and Common Core attendance – see section 3.13.2 in the Coaching Policy.

Contents – Find Your Starting Qualification

Find the qualification you currently hold below, then turn to the page indicated.

Level 1 (previous cycle) → Assistant Coach (Cycle 5)

If you hold...	Turn to page
GymSTART Level 1	<u>4</u>
Women's Artistic Level 1	<u>5</u>
Men's Artistic Level 1	<u>6</u>
Acrobatics Level 1	<u>7</u>
Trampoline Level 1	<u>8</u>
Tumbling Level 1	<u>9</u>
Rhythmic Level 1	<u>10</u>

Level 2 (previous cycle) → Club Coach (Cycle 5)

If you hold...	Turn to page
GymSTART Level 2	<u>11</u>
Women's Artistic Level 2	<u>12</u>
Men's Artistic Level 2	<u>13</u>
Acrobatics Level 2	<u>14</u>
Trampoline Level 2	<u>15</u>
Tumbling Level 2	<u>16</u>
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Level 3 (previous cycle) → Advanced Coach (Cycle 5)

If you hold...	Turn to page
Any Level 3 discipline qualification	<u>18</u>

YOU HOLD

GymSTART Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Floor & Vault Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

*Plus the **Assistant** Common Core session (attendance optional – exempt for all Level 1 transfers).*

To become: **Women's Artistic Assistant Coach**

**Women's Artistic
Assistant module**

To become: **Men's Artistic Assistant Coach**

**Men's Artistic
Assistant module**

To become: **Acrobatics Assistant Coach**

**Acrobatics Assistant
module**

To become: **Trampoline Assistant Coach**

**Trampoline Assistant
module**

To become: **Tumbling Assistant Coach**

**Tumbling Assistant
module**

To become: **Rhythmic Assistant Coach**

**Rhythmic Assistant
module**

YOU HOLD

Women's Artistic Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Women's Artistic Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

*Plus the **Assistant** Common Core session (attendance optional – exempt for all Level 1 transfers).*

To become: **Men's Artistic Assistant Coach**

**Men's Artistic
Assistant module**

To become: **Acrobatics Assistant Coach**

**Acrobatics Assistant
module**

To become: **Trampoline Assistant Coach**

**Trampoline Assistant
module**

To become: **Tumbling Assistant Coach**

**Tumbling Assistant
module**

To become: **Rhythmic Assistant Coach**

**Rhythmic Assistant
module**

YOU HOLD

Men's Artistic Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Men's Artistic Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

*Plus the **Assistant** Common Core session (attendance optional – exempt for all Level 1 transfers).*

To become: **Women's Artistic Assistant Coach**

**Women's Artistic
Assistant module**

To become: **Acrobatics Assistant Coach**

**Acrobatics Assistant
module**

To become: **Trampoline Assistant Coach**

**Trampoline Assistant
module**

To become: **Tumbling Assistant Coach**

**Tumbling Assistant
module**

To become: **Rhythmic Assistant Coach**

**Rhythmic Assistant
module**

YOU HOLD

Acrobatics Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as an **Acrobatics Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

*Plus the **Assistant Common Core** session (attendance optional – exempt for all Level 1 transfers).*

To become: **Women's Artistic Assistant Coach**

**Vault portion of Floor
& Vault Assistant**



**Women's Artistic
Assistant module**

To become: **Men's Artistic Assistant Coach**

**Vault portion of Floor
& Vault Assistant**



**Men's Artistic
Assistant module**

To become: **Trampoline Assistant Coach**

**Trampoline Assistant
module**

To become: **Tumbling Assistant Coach**

**Tumbling Assistant
module**

To become: **Rhythmic Assistant Coach**

**Rhythmic Assistant
module**

YOU HOLD

Trampoline Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Trampoline Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

Plus the **Assistant Common Core session** (attendance optional – exempt for all Level 1 transfers).

To become: **Women's Artistic Assistant Coach**

**Floor & Vault Assistant
module**



**Women's Artistic
Assistant module**

To become: **Men's Artistic Assistant Coach**

**Floor & Vault Assistant
module**



**Men's Artistic
Assistant module**

To become: **Acrobatics Assistant Coach**

**Acrobatics Assistant
module**

To become: **Tumbling Assistant Coach**

**Tumbling Assistant
module**

To become: **Rhythmic Assistant Coach**

**Rhythmic Assistant
module**

YOU HOLD

Tumbling Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Tumbling Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

*Plus the **Assistant** Common Core session (attendance optional – exempt for all Level 1 transfers).*

To become: **Women's Artistic Assistant Coach**

**Vault portion of Floor
& Vault Assistant**



**Women's Artistic
Assistant module**

To become: **Men's Artistic Assistant Coach**

**Vault portion of Floor
& Vault Assistant**



**Men's Artistic
Assistant module**

To become: **Acrobatics Assistant Coach**

**Acrobatics Assistant
module**

To become: **Trampoline Assistant Coach**

**Trampoline Assistant
module**

To become: **Rhythmic Assistant Coach**

**Rhythmic Assistant
module**

YOU HOLD

Rhythmic Level 1 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Rhythmic Assistant Coach** under Cycle 5.

To add Assistant Coach status in another discipline

Plus the **Assistant Common Core session** (attendance optional – exempt for all Level 1 transfers).

To become: **Women's Artistic Assistant Coach**

**Floor & Vault Assistant
module**



**Women's Artistic
Assistant module**

To become: **Men's Artistic Assistant Coach**

**Floor & Vault Assistant
module**



**Men's Artistic
Assistant module**

To become: **Acrobatics Assistant Coach**

**Acrobatics Assistant
module**

To become: **Trampoline Assistant Coach**

**Trampoline Assistant
module**

To become: **Tumbling Assistant Coach**

**Tumbling Assistant
module**

YOU HOLD

GymSTART Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Floor & Vault Club Coach**, and also as a **Women's Artistic Assistant Coach** and **Acrobatics Assistant Coach** under Cycle 5.

Important: *GymSTART Level 2 has no Advanced Coach equivalent. To progress to Advanced, first complete a Club transfer above, then attend the relevant Advanced practical module + assessment.*

To add Club Coach status in another discipline

Plus the **Club** Common Core session (attendance required – logbook & assignments not required).

To become: **Women's Artistic Club Coach**

**Women's Artistic Club
module + assessment**

To become: **Men's Artistic Club Coach**

**Men's Artistic
Assistant module**



**Men's Artistic Club
module + assessment**

To become: **Acrobatics Club Coach**

**Acrobatics Club
module + assessment**

To become: **Trampoline Club Coach**

**Trampoline Assistant
module**



**Trampoline Club
module + assessment**

To become: **Tumbling Club Coach**

**Tumbling Assistant
module**



**Tumbling Club module
+ assessment**

To become: **Rhythmic Club Coach**

**Rhythmic Assistant
module**



**Rhythmic Club module
+ assessment**

YOU HOLD

Women's Artistic Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Women's Artistic Club Coach** under Cycle 5.

To add Club Coach status in another discipline

Plus the **Club Common Core session** (attendance required – logbook & assignments not required).

To become: **Men's Artistic Club Coach**

**Men's Artistic
Assistant
module**



**Men's Artistic Club
module + assessment**

To become: **Acrobatics Club Coach**

**Acrobatics Assistant
module**



**Acrobatics Club
module + assessment**

To become: **Trampoline Club Coach**

**Trampoline Assistant
module**



**Trampoline Club
module + assessment**

To become: **Tumbling Club Coach**

**Tumbling Assistant
module**



**Tumbling Club module
+ assessment**

To become: **Rhythmic Club Coach**

**Rhythmic Assistant
module**



**Rhythmic Club module
+ assessment**

YOU HOLD

Men's Artistic Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Men's Artistic Club Coach** under Cycle 5.

To add Club Coach status in another discipline

Plus the **Club Common Core session** (attendance required – logbook & assignments not required).

To become: **Women's Artistic Club Coach**

**Women's Artistic
Assistant
module**



**Women's Artistic Club
module + assessment**

To become: **Acrobatics Club Coach**

**Acrobatics Assistant
module**



**Acrobatics Club
module + assessment**

To become: **Trampoline Club Coach**

**Trampoline Assistant
module**



**Trampoline Club
module + assessment**

To become: **Tumbling Club Coach**

**Tumbling Assistant
module**



**Tumbling Club module
+ assessment**

To become: **Rhythmic Club Coach**

**Rhythmic Assistant
module**



**Rhythmic Club module
+ assessment**

YOU HOLD

Acrobatics Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as an **Acrobatics Club Coach** under Cycle 5.

To add Club Coach status in another discipline

Plus the **Club** Common Core session (attendance required – logbook & assignments not required).

To become: **Women's Artistic Club Coach**

Vault portion of
Floor & Vault
Assistant



Women's Artistic
Assistant module



Floor & Vault Club +
assessment



Women's Artistic
Club module +
assessment

To become: **Men's Artistic Club Coach**

Vault portion of
Floor & Vault
Assistant



Men's Artistic
Assistant module



Floor & Vault Club +
assessment



Men's Artistic Club
module +
assessment

To become: **Trampoline Club Coach**

Trampoline Assistant
module



Trampoline Club
module + assessment

To become: **Tumbling Club Coach**

Tumbling Club module
+ assessment

To become: **Rhythmic Club Coach**

Rhythmic Assistant
module



Rhythmic Club module
+ assessment

YOU HOLD

Trampoline Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Trampoline Club Coach** under Cycle 5.

To add Club Coach status in another discipline

Plus the **Club Common Core** session (attendance required – logbook & assignments not required).

To become: **Women's Artistic Club Coach**

Floor & Vault
Assistant module



Women's Artistic
Assistant module



Floor & Vault Club +
assessment



Women's Artistic
Club module +
assessment

To become: **Men's Artistic Club Coach**

Floor & Vault
Assistant module



Men's Artistic
Assistant module



Floor & Vault Club +
assessment



Men's Artistic Club
module +
assessment

To become: **Acrobatics Club Coach**

Acrobatics Assistant
module



Acrobatics Club
module + assessment

To become: **Tumbling Club Coach**

Tumbling Assistant
module



Tumbling Club module
+ assessment

To become: **Rhythmic Club Coach**

Rhythmic Assistant
module



Rhythmic Club module
+ assessment

YOU HOLD

Tumbling Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Tumbling Club Coach** under Cycle 5.

To add Club Coach status in another discipline

Plus the **Club Common Core** session (attendance required – logbook & assignments not required).

To become: **Women's Artistic Club Coach**

**Vault portion of
Floor & Vault
Assistant**



**Women's Artistic
Assistant module**



**Vault portion of
Floor & Vault Club +
assessment**



**Women's Artistic
Club module +
assessment**

To become: **Men's Artistic Club Coach**

**Vault portion of
Floor & Vault
Assistant**



**Men's Artistic
Assistant module**



**Vault portion of
Floor & Vault Club +
assessment**



**Men's Artistic Club
module +
assessment**

To become: **Acrobatics Club Coach**

**Acrobatics Assistant
module**



**Acrobatics Club
module + assessment**

To become: **Trampoline Club Coach**

**Trampoline Assistant
module**



**Trampoline Club
module + assessment**

To become: **Rhythmic Club Coach**

**Rhythmic Assistant
module**



**Rhythmic Club module
+ assessment**

YOU HOLD

Rhythmic Level 2 (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as a **Rhythmic Club Coach** under Cycle 5.

To add Club Coach status in another discipline

Plus the **Club** Common Core session (attendance required – logbook & assignments not required).

To become: **Women's Artistic Club Coach**

Floor & Vault
Assistant module



Women's Artistic
Assistant module



Floor & Vault Club +
assessment



Women's Artistic
Club module +
assessment

To become: **Men's Artistic Club Coach**

Floor & Vault
Assistant module



Men's Artistic
Assistant module



Floor & Vault Club +
assessment



Men's Artistic Club
module +
assessment

To become: **Acrobatics Club Coach**

Acrobatics Assistant
module



Acrobatics Club
module + assessment

To become: **Trampoline Club Coach**

Trampoline Assistant
module



Trampoline Club
module + assessment

To become: **Tumbling Club Coach**

Tumbling Assistant
module



Tumbling Club module
+ assessment

YOU HOLD

Any Level 3 discipline qualification (previous cycle)

AUTOMATIC MAPPING (no action needed)

You are recognised as an **Advanced Coach** in your existing discipline under Cycle 5.

To add Advanced Coach status in another discipline

The pathway is the same for every Level 3 source qualification, and follows two steps:

Standard Level 3 → Advanced pathway in a new discipline

Step 1 Complete the Club Coach transfer in the new discipline (see your L2 page)



Step 2 Advanced practical module in the new discipline + practical assessment

Worked example

A coach holding **Women's Artistic Level 3** wants to be certified as a **Trampoline Advanced Coach**.

Step 1: On the Women's Artistic Level 2 page (page 12), follow the journey for Trampoline Club Coach – attend the Trampoline Assistant module, then the Trampoline Club module + assessment.

Step 2: Attend the Trampoline Advanced module + practical assessment.

Common Core: *All Level 3 transfers are exempt from Common Core. Attendance is optional.*



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