

NATIONAL SQUAD

NATIONAL CENTRALISED PROGRAM &
NATIONAL SQUAD GUIDELINES
SQUAD PACK 2025-2026

National Centralised Program and National Squad Guidelines Squad Pack 2025+

Section	Contents	Page
1.	Purpose	2
2.	Scope	2
3.	Definitions	2
4.	Values, Culture & The Athlete/Gymnast Voice	3
5.	National Squads, Selections, Tiers and Services	4
	5.1 Overview of National Squad Levels	4
	5.2 National Squad Selection Criteria	4
	5.3 National Squad Acceptance	4
	5.4 Induction	5
	5.5 National Squad / Centralised Training Policies	5
6.	National Squad/Centralised Rules	6
	6.1 Irish Nationality	6
	6.2 Codes of Conduct	6
	6.3 National Squad Selection Criteria	6
	6.4 National Squad Communication	6
	6.5 National Squad Fees	7
	6.6 Attendance at National Squad Training	7
	6.7 Injury/illness	7
	6.8 Private Health Care*	7
	6.9 Coaches	7
	6.10 Performance Planning	8
	6.11 National Series Events	8
	6.12 Music Licences	8
	6.13 Media/Social Media	8
7.	Centralised Training Program	9
8.	National Squad Tiers	9
	8.1 Tier Level Criteria	9
	8.2 Medical Service Supports	10
	8.3 International Carding	10
9.	GI Support Service Program/Medical	12
	9.1 Discipline Specific Support Services Information	12
	9.2 National Squad Physiotherapist Support	12
	9.3 Concussion	13
	9.4 Nutrition, Hydration & Sleep Guidance	14
	9.5 Use of Free/Machine Weights	14
	9.6 Body Mass	14
	9.7 Stretching	14
	9.8 Education / School	14
10.	FIG International Licences	15
	10.1 Junior/Senior Gymnasts FIG Licences	15
	10.2 Coach FIG Profiles	15
11.	Anti-Doping	15
	11.1 Anti-Doping Rules	15
	11.2 WADA Anti-Doping Training	15
	11.3 Anti-Doping Letter & Consent – National Series	16-17
12.	National Gymnastics Training Centre (NGTC)	18
	12.1 Ratios and NGTC Capacity	18
	12.2 Mobile Phones	18
	12.3 NGTC Housekeeping / Emergencies	18
	12.4 NGTC Bookings (National / Program Coaches)	19
	Appendix 1 Acrobatics National Squad Selection Criteria	20
	Appendix 2 Men's Artistic National Squad Selection Criteria	21
	Appendix 3 Women's Artistic National Squad Selection Criteria	22
	Appendix 4 Trampoline National Squad Selection Criteria	23
	Appendix 5 Tumbling National Squad Selection Criteria	24
	Appendix 6 National Squad Levels Descriptions	25
	Appendix 7 Concussion Guidelines	26
	Appendix 8 Sleep for Athletic Performance	27
	Appendix 9 NGTC Bookings Calendar Procedure (NPC's)	28

National Centralised Program and National Squad Guidelines Squad Pack 2025+

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) program. 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.

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 Program. Parent/Guardians may also find this a useful source of information.

3. Definitions

ADEL	Anti-Doping Education & Learning Platform
CDS	Club Development Sessions
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)
FIG	International Federation of Gymnastics
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
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

4. Values, Culture & The Athlete/Gymnast Voice

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



- 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 program is a person-centred, 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 program 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 Program in line with the GI HP Strategy, including the National Squad program, 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, Tiers, and Services

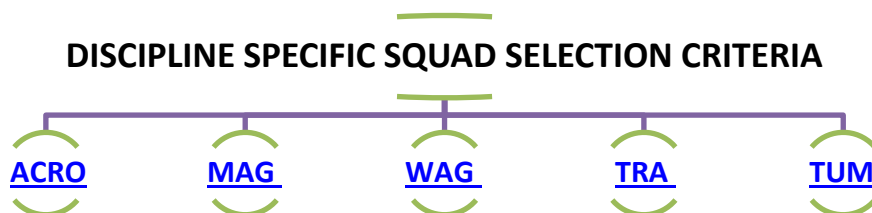
5.1 Overview of National Squad Levels

Discipline specific levels are outlined in the selection criteria for each discipline. Overview of squad levels (non-Olympic disciplines will not have OSS/OS squads):



5.2 National Squad Selection Criteria

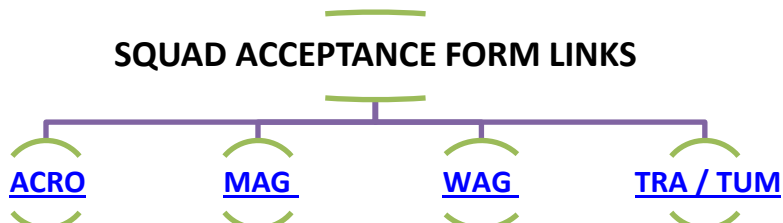
National Squad selections follow discipline specific Selection Criteria (see links below). These define the set standard for each discipline, (agreed with the Head of Discipline (HoD) and Performance & Technical Director (DPT)) in line with the GI High Performance Strategy. For selections to National Squads, in addition to meeting the selection criteria, gymnasts must be a Gymnastics Ireland member and have competed (as an individual) in 3 National Series events within 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 advised via the gymnasts' GI registered club or via the Centralised Program Coach/es. Gymnasts have an option to accept a National Squad place offered.
- **To accept their place on National Squad, gymnasts must:**
 1. **Complete** the **National Squad Acceptance Online Form** (see discipline links below). This provides GI with relevant personal information regarding the gymnast and a declaration of understanding and compliance with National Squad Rules, Codes of Conduct, Anti-Doping Rules and DEIB Policy/Strategy.
 2. **Provide** their GI member club with a copy of the following according to Tier Level:
 - Signed National Squad Contract (if applicable)
 - Copy of Irish passport (or a copy of the official Irish passport application)
 - Digital colour head and shoulders photo (passport size/quality with a white background)
 - Personal Medical Insurance Certificate (Tier 1 - 3 IDS gymnasts only)
 - PDF Anti-Doping Certificate ("International Athlete", in gymnasts name – All Tiers Age 10yrs and over)
 - Music Licence (See 5.11 Music Licences for instructions and exceptions)
- **CLUBS** must then upload the documents to the **File Request** (links in the selection notification email) by the deadline date. NGTC/Centralised gymnasts must upload their documentation via their personal coach/or themselves.
- Gymnasts can only be accepted onto National Squads when their National Squad Acceptance form and all relevant documents have been received by GI. Links below to complete the form for the discipline the gymnast is selected for:



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Coaches & Judges

- Prior to their first attendance at the NGTC for **each** squad year **ALL** National Coaches, Club Coaches, Consultants, Guest Coaches, Support Staff and Judges attending National Squads/trials/internationals, must complete the:

[Coaches/Judges National Squad Data Form](#) - Attendance at National Squads is not permitted without this.

- They must also upload a colour photo, passport copy, (and [Anti-Doping Certificate for Coaches of High Performance](#) – FIG Jun & Sen /WAGC Coaches only) to the file request links contained in the above form).
 - *GI will check to ensure each person has up to date Safeguarding Certificates & Garda Vetting in place.*

NPC's will check against the list of approved persons at each National Squad and advise the POM of non-approved persons for follow up via the [NGTC Reporting Form](#).

- *Access is only permitted once approval has been received in time for the next session.*
- *Attendance in the NGTC cannot be made by personal coaches only and must be within a squad/centralised training session booking with the National Coach present.*

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 program, with information available to parents, including:

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

6. National Squad/Centralised Rules

6.1 Irish Nationality

- 6.1.1 National Squad (NS) gymnasts must hold a current IRISH passport, with the following exceptions:
 - i. Gymnasts with eligibility for an Irish Passport may be considered as a NS gymnast *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 gymnast's passport expires while a member of a NS, they must apply to renew their passport as soon as possible and ensure a copy is received by Gymnastics Ireland (GI).
- 6.1.3 Selection to and representation at any international event is by the GI Selection Policies and GI Rules & Regulations.
- 6.1.4 Gymnasts must be members of a National Squad to be selected to represent Ireland (guest squad members cannot represent). To be eligible to represent Ireland and/or participate in an international selection trial process, gymnasts must hold a current valid Irish passport.
- 6.1.5 In the case of international events outside the direct operation/recognition of FIG/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.
- 6.1.8 FIG Licences can only be agreed and applied for National Squad gymnasts, through the GI Performance & Technical Team, clubs/gymnasts are not permitted to apply for a license independently.

6.2 Codes Of Conduct

- 6.2.1 Codes of Conduct must be adhered to by gymnasts, parents, coaches, and officials. Submission of the National Squad Acceptance Form 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 FIG 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 FIG rules.
- 6.3.3 The wearing of jewellery must be in line with FIG rules. Only 1 pair of stud earrings is permitted during training.
- 6.3.4 All coaches must abide by the FIG rules on the wearing of jewellery in line with the rules for gymnasts.
- 6.3.5 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 Failure to submit the National Squad Acceptance Form and all required documentation by the deadline may result in deselection, in which case gymnasts will be advised via their club.
- 6.4.2 All squad related communication/queries must be via the gymnasts' GI affiliated club only (including gymnasts who reside/train in a club which is outside of Ireland):
 - For gymnasts based in the National Centralised Program (Tier 1&2 gymnasts), communication is via their personal coach to the HoD/NPC
 - **All documentation must be received via the registered club / coach and no documentation will be accepted by gymnasts (except carded or T1-2 O18 gymnasts) or parents/guardians direct**

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6.5 National Squad Fees

- 6.5.1 Fees are set for the year and advised in the National Squad Welcome Letter.
- The High Performance Program is heavily subsidised by GI with a small percentage of these costs paid by gymnasts in National Squad fees.
- 6.5.2 These fees must be paid in full by the stated deadline and are non-refundable. Annual fees are not session based, therefore are not discounted if sessions are cancelled/postponed.

6.6 Attendance at National Squad Training

- 6.6.1 Gymnasts are expected to attend all National Squad training sessions.
- 6.6.2 Reasons for non-attendance must be for exceptional circumstances (e.g., illness, injury). If a gymnast cannot attend a NS session, their club must advise the relevant HoD/NPC **in writing** in advance of the training session.
- 6.6.3 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.
- 6.6.4 National Squad training dates may be subject to change (due to exceptional circumstances) and in such cases will be advised as soon as possible to clubs.
- 6.6.5 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).
- 6.6.6 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.
- 6.6.7 Travel costs and transport arrangements to and from National Squad sessions are the responsibility of coaches and gymnasts. Travel expenses are not re-imbursed. Those travelling from outside of Ireland are advised to have comprehensive travel insurance in place which covers cancellations.

6.7 Injury/Illness

- 6.7.1 If a squad gymnast obtains an injury or becomes ill at any time, the club/personal coach must make the HoD/NPC aware and keep them up to date on progress (see 6.6.2 above). The HoD/NPC may seek additional support via the National Squad Support Service Program.
- 6.7.2 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 provide a copy with their National 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 Coaches

- 6.9.1 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.
- 6.9.2 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 annual Coach/Official Online National Squad Acceptance Form
 - Have up to date Safeguarding Certificates and Garda Vetting in place
- 6.9.3 Upon selection, the personal coach must submit their gymnast's personal program to the HoD/NPC.

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.

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6.11 National Series Events

- 6.11.1 National Squad (IDS, OSS & NDS) gymnasts are expected to compete in all National Series Events.
- 6.11.2 Reasons for non-attendance must be for exceptional circumstances (e.g., illness, injury). If a gymnast cannot attend a National Series event, they must advise the HoD/NPC in advance. In the case of injury/illness, a medical/doctors' certificate must be provided to the HoD/NPC once available.
- 6.11.3 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.
- 6.11.4 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.
- 6.11.5 Gymnasts training multiple disciplines are only eligible to be selected to one National Squad discipline.
- 6.11.5 As per Selection Policy, gymnasts who do not maintain selection standards in National Events may be deselected from the National Squad.
- 6.11.6 Squad gymnasts must be entered into every National Series competition via their GI registered club, (Centralised Program gymnasts in communication with the HoD/NPC & GI Events Executive), via the GI Event Entry System.
- 6.11.7 National Series competitions are used as trial events and for monitoring selection standards.
- 6.11.8 The full National Series competition entry fees must be paid for all tiers of gymnasts.
- 6.11.9 All National Squad gymnasts agree to the Anti-Doping consent letter and Anti-Doping rules for National Series competitions upon submission of the NS Acceptance Form (online).

6.12 Music Licences

- 6.12.1 To meet FIG requirements regarding international music industry rights, floor exercise music must be licensed for use. See link in 6.12.5 for more information.
- 6.12.2 In-age Junior and Senior Women's Artistic and Acrobatics gymnasts (IDS, OS, OSS, and other gymnasts potentially representing in an international event) must ensure to purchase a music license giving the rights for the music to be used in performances.
- 6.12.3 Personal coaches/clubs must ensure all music licenses are purchased and submitted alongside other National Squad Documents at the point of selection. Music must be received via the link sent in the selection confirmation email and the music form updated with the music details.
- 6.12.4 Music Licences must be renewed according to the expiry date on the license purchased if the music is to be used after the licencing period. Up to date music licenses must be submitted to GI and coaches should ensure the performance rights are covered worldwide. Please ensure to update the music and licence(s) with GI should this change during the squad year.
- 6.12.5 User Guide and further information via [Gymnastics Music Rights Education \(clicknclear.com\)](https://clicknclear.com)

6.13 Media/Social Media

- 6.13.1 If required, gymnasts agree to represent GI through the media and through a limited number of public appearances.
- 6.13.2 Gymnasts must seek approval from GI for any individual PR/media opportunities they may wish to participate in.
- 6.13.3 The naming and publicising of GI/Irish team/individual delegations remains the sole ownership of GI and, in relation to the Olympic program, 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.
- 6.13.4 Gymnasts must represent themselves and GI in a respectful and positive manner on any social media platform.
- 6.13.5 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.

National Centralised Program and National Squad Guidelines Squad Pack 2025+

7. Centralised Training Program

By selection/invitation by the HoD/NPC, Senior & Junior T1 & 2 gymnasts may attend regular scheduled training in the NGTC with National Program Coaches.

- Tier 3 gymnasts by selection/invitation by the HoD/NPC may attend regular scheduled training in the NGTC with *personal coaches* and assisted by National Coaches.
- OSS and younger gymnasts may be selected for extra training with NPCs. Such gymnasts will be named and selected based on standards which will be monitored through the NS Program.
- Any squad gymnast who has been selected to represent Ireland may request extra training within program times to support training with personal coaches approved by NPCs.
- Selection criteria is detailed in the relevant discipline Selection Criteria (see Appendices)
*** All gymnasts under 18 must have their personal coach present.**
***All requests to attend must be made through the HoD/NPC only.**

8. National Squad Tiers

- The National Squad program selects gymnasts on a tiered level basis (T1-4). Every National Squad 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 the communication advising of their selection to the National Squad Program (T3 & T4).
- Within each tier level there is a discipline specific National Squad. These are known as CDS/NDS/OSS/IDS/OS (depending on the discipline - see References for full squad names).

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 cycle potential gymnasts in line with FIG World (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 LEVEL	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 Program (subsidised services)
Selected GI National Squad including pathway gymnasts	T4	• Limited support services through the GI National Squad Program
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 T 1-2.</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>		

National Centralised Program and National Squad Guidelines Squad Pack 2025+

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 the 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 Program and/or self-funded	Limited National Squad Support Service Program and/or self-funded
Screening (Physio & Nutrition)	Via SII Team	Via SII Team or referral through the GP	National Squad Support Service Program and/or self-funded	National Squad Support Service Program 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 program. 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:
 1. Athlete integration in the High Performance Programme
 2. Athlete daily training environment
 3. Athlete trajectory on the performance pathway
 4. Podium and final potential of the athlete in Olympic Games
 5. Historic progression of the athlete within the scheme
 6. Past performance record within the cycle
 7. Standards achieved in-line with World Championships/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

National Centralised Program and National Squad Guidelines Squad Pack 2025+

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) • Final 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 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 links.

- [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 Program/Medical

Please refer to National Squad/Centralised Program 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 training throughout the duration of the squad weekend.
- 5 x30 minute 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 program 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)
- 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 [FIG Concussion Guideline PDF \(gymnastics.sport\)](#)

National Centralised Program and National Squad Guidelines Squad Pack 2025+

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 program.
- 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 members area of our Learn Upon platform. 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

- Stretching must be within the guidance of scientific parameters and best practice. GI has produced Stretching Guidelines which must be adhered to by all coaches/gymnasts involved in the National Squad Program – and will be accessible as a module 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. FIG International Licences

10.1 Junior/Senior Gymnasts FIG Licences

- All Junior/Senior National Squad gymnasts who are trialling/competing at international level (and gymnasts selected to attend an FIG approved event) must hold a FIG licence. All licences must be approved via the POM
- The photo, Irish passport and International Athlete WADA Anti-Doping certificate provided with the squad documentation is required for the licence application. Coaches must ensure these documents are in date to prevent delays/invalidation of FIG licence. The application form will be sent to the gymnast/personal coach for signature of the gymnast (and parent if U18)
- Once approved, a copy of the gymnasts' FIG licence can be requested via P&T. Athlete international profiles/licences can be found here [FIG - Athletes Licences](#)
- Coaches must maintain good records of expiry dates and, if renewal is required, request this via P&T 6 months before expiry. (Licences can take up to 6 weeks to approve/renew)
- A gymnast cannot represent Ireland or obtain an FIG licence without holding [citizenship/Irish passport](#)
- See Selection Policy Part 1 for FIG international licence approval

10.2 Coach FIG Profiles

- All coaches of Junior/Senior gymnasts competing at international level require a FIG Coach Profile
- Applications are via P&T and require the following documents – photo, passport, FIG Coach Sport Safeguarding Certificate, Coaches of High Performance WADA Certificate (see Anti-Doping Section)
- P&T will forward the completed application form to the coach for signature and on receipt of the signed copy, will process with FIG Coach Sport for approval
- Coaches will not be permitted by FIG/EG to attend sanctioned events without a coach profile and these must be processed in time for the Nominative Registration

11. Anti-Doping

11.1 Anti-Doping Rules

- 11.1.1 Gymnasts and coaches must abide by the [Sport Ireland Anti-Doping Rules](#).
- 11.1.2 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.
- 11.1.3 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](#).

11.2 WADA Anti-Doping Training

- 11.2.1 All NS gymnasts (10yrs and over) must complete the mandatory [ADEL International-Level Athletes Education Program](#) 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**.
- 11.2.2 Sport Ireland Anti-Doping Unit also require all athletes who access the SII to complete the [ADEL National-Level Athletes Education Program](#) in **addition** to the International Athletes Course.
- 11.2.3 Carded/RTP (Registered Testing Pool) gymnasts must also complete the [ADEL for RTP Athletes Course](#).
- 11.2.4 Coaches of FIG level squad gymnasts must complete the training for [Coaches of High Performance Education Program](#) and provide their PDF certificate via the squad documentation File Request.

11.3 Anti-Doping Consent – National Series

- 11.3.1 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.
- 11.3.2 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://www.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://www.medchecksportireland.com) for medications purchased in Republic of Ireland. For medications purchased in other jurisdictions, please continue to check [Global DRO - Home](https://www.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 ADeI 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 me as the Gymnastics Ireland Anti-Doping Officer.

Kind regards

Megan O'Reilly

Gymnastics Ireland Anti-Doping Officer



Anti-Doping Consent Form – 2025-2026 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.*

12. National Gymnastics Training Centre (NGTC)

12.1 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

12.2 Mobile Phones

- Mobile phones are *not* permitted during training unless on a tripod 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 photos of gymnasts for club or GI profiles are required, they must be taken at the end of the session

12.3 NGTC Housekeeping/Emergencies

12.3.1 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 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. (See 11.3.3 Equipment & Reporting)
- In case of evacuation
- Heating/building temperature issues
- Booking issues
- When last to leave the NGTC inform the DM for security

12.3.2 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
- 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

12.3.3 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
- 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](#)
- 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

National Centralised Program and National Squad Guidelines Squad Pack 2025+

12.3.4 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

12.3.5 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 NGTC Bookings (National/Program 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/Program 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/Program Coaches must use this system for all NGTC use. Please refer to [Appendix 9 - NGTC Bookings Calendar Procedures](#).

National Centralised Program and National Squad Guidelines Squad Pack 2025+

APPENDIX 1 - Acrobatics National Squads Selection Criteria

Discipline:	ACROBATICS
NDS – National Development Squad Selection Process (T3 & T4)	
NDS selection is via National Series competitions and predominantly for FIG partnerships and some IDP partnerships. <i>May include out of age acro partnerships</i>	
Testing- program is fixed and partnerships & individuals will be assessed following an invitation. Partnerships must show realistic high-level potential & pass the NS testing within reasonable time frame following invitation	
Talent ID by NPC and DPT. Alternatively, partnerships must show execution scores of minimum 8.5 at the NS competitions. Artistry scores will be considered to encourage high standards and progressive development	
CDS partnerships can be invited onto NDS for short periods for the purpose of continued development, trials or to attend an additional competition at the discretion of the NPC & DPT. A transition from CDS to NDS can therefore be temporary.	
<i>Purpose – NDS is part of the official pathway for gymnasts to progress to IDS. Assigned to FIG and some IDP levels. Partnerships aiming to continue to develop their skills to a high standard using correct techniques delivered and encouraged during squad sessions. Gymnasts are expected to follow the performance pathway set out for National Squad gymnasts by attending National Series events and friendly internationals (both team Ireland and club) to gain confidence through gradual positive experiences. Access to additional support services such as physiotherapy, educational workshops, and the option of NPC video call sessions.</i> <i>NDS gymnasts are not expected to trial for majors as, unless advised by the NPC, and will not be eligible until they have fulfilled the minimum criteria:</i> <i>Previously attained the score/tolerance score required for selection nationally and/or internationally at their current or previous level</i> <i>Shown the maturity and skills to manage the requirements of major competitions both physically and mentally</i> <i>Coaches and gymnasts to respond and work positively with the NPC in decisions made to aid their journey</i>	
IDS – International Development Squad Selection (T3 & T4)	
To be invited to testing, partnerships must compete in the National Series competitions & pre-approved Internationals.	
Talent ID by NPC & DPT. Alternatively, partnerships must show execution scores of minimum 8.5 at the NS competitions. Artistry scores will be assessed to encourage a high standard and progressive development	
Testing- program is fixed and partnerships & individuals will be assessed following an invitation	
Partnerships must pass the NS testing within a reasonable timeframe following invitation and expected to maintain the squad selection standard throughout their journey	
<i>Purpose – IDS is for developed FIG level partnerships only and is aligned to the FIG codes. Gymnasts can then progress through their international FIG aspirations, with continued education for coaches and access to more specific Support Services including physiotherapy, psychology, injury prevention workshops and the option of NPC video call sessions.</i> <i>Gymnasts will only be eligible to trial for majors as part of IDS if they have fulfilled the minimum criteria:</i> <i>Previously attained the score/tolerance score required for selection nationally and/or internationally at their current or previous level</i> <i>Shown the maturity and skills to manage the requirements of major competitions both physically and mentally</i> <i>Coaches and gymnasts to respond and work positively with the NPC in decisions made to aid their journey</i>	

National Centralised Program and National Squad Guidelines Squad Pack 2025+

APPENDIX 2 – Men's Artistic National Squads Selection Criteria

Discipline:	MEN'S ARTISTIC
NDS – National Development Squad Selection Criteria (T4)	
Gymnasts must have achieved the benchmark score (high execution) for NDS from their National Series results (Intermediate Levels / HP Levels) and met the minimum requirement of 1 year membership with a GI registered club to be invited for NDS testing	
Must pass NDS testing standard within a reasonable time frame	
Gymnasts attending CDS may be invited to test for NDS subject to results	
Testing / Talent ID by National Centralised Performance Coach/NPC and with permission of the DPT	
<i>Purpose – The NDS Squad are our foundation level U14 national squad gymnasts who have demonstrated potential but have not achieved OSS benchmarked standard via results or testing. Gymnasts will continue to be monitored and supported through the NDS squad to progress</i>	
OSS – Olympic Start Squad Selection Criteria (T4)	
Gymnasts must have achieved the benchmark score for OSS (high execution) from their National Series results (Intermediate Levels / HP Levels) and met the minimum requirement of 1 year participation in the National Series events to be invited for OSS testing	
Must pass OSS testing standard within a reasonable time frame	
Gymnasts attending CDS may be invited to test for OSS subject to results	
Testing / Talent ID by National Centralised Performance Coach/NPC and with permission of the DPT	
<i>Purpose – OSS is a higher level of U14 pathway for gymnasts running in-age alongside HP level/ modified FIG Junior code route. Gymnasts can then progress through the age groups, with education whilst learning for coaches, and T4 access to the GI Support Services Program</i>	
IDS – International Development Squad Selection Criteria (T1-2 IDS A & T3-4 IDS B)	
Gymnasts must have achieved the benchmark score (high execution) for IDS squads from their National Series or International results, and met the minimum requirement of 1 year participation in the National Series events to be invited for IDS testing	
Olympic potential (IDS A) demonstrated via National and International results in line with the HP benchmarking trajectory scores	
Current IDS gymnasts must show and maintain realistic high performance / World selection standards potential with consistent performances which meet the benchmark scores for IDS A or B. Movement between these two levels may be fluid and are based on current levels of fitness, standards and testing results	
Talent ID by National Centralised Performance Coach/NPC and DPT	
<i>Purpose – IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG & EG. Gymnasts can progress through their national and international FIG aspirations with education for coaches and more specific Support Services according to the tier level</i>	
OS – Olympic Squad Selection Process (T1)	
Progressed through the Olympic pathway and showing potential for Olympics	
Scores achieved through National Series, World, European, Olympic competition standard, or rank	
Carded gymnasts approved by the DPT and SI Carding Criteria	
<i>Purpose – OS is the final competitive side of the pathway for Senior gymnasts competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services (SII)</i>	

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APPENDIX 3 – Women's Artistic National Squads Selection Criteria

Discipline:	WOMEN'S ARTISTIC
NDS – National Development Squad Selection Process (T4)	
Gymnasts must have achieved the benchmark score (high execution) for NDS from their National Series results (Age Groups/PLUS Levels) and met the minimum requirement of 1 year membership with a GI registered club to be invited for NDS testing	
Must pass NDS testing standard within a reasonable time frame	
Gymnasts attending CDS may be invited to test for NDS subject to results – remove as they have to do NS anyway	
Testing / Talent ID by National Centralised Performance Coach/NPC and with permission of the DPT	
Any coach who requires extra help and education by note of interest to HOD/NPC as per CDS Guidelines	
Talent ID by National Centralised Performance Coach/NPC and DPT	
Gymnasts and coaches must demonstrate growth mindset and commitment to our long-term high performance strategy	
<i>Purpose – NDS is the first point of the official pathway in the National Squad Program, with the aim to support and educate coaches and gymnasts around the squad system with a strong focus on perfecting basics, choreography, and physical preparation. T4 access to the GI Support Services Program.</i>	
OSS – Olympic Start Squad Selection Process (T4)	
Gymnasts must have achieved the benchmark score (high execution) for NDS from their National Series results (Elite/Age Groups/PLUS Levels) and met the minimum requirement of 1 year participation in the National Series events to be invited for OSS testing	
Gymnasts must maintain OSS monitoring standards	
Talent ID by National Centralised Performance Coach/NPC and DPT	
Gymnasts show realistic high-performance potential to continue pathway to IDS & OS level	
<i>Purpose – OSS is the second point of the official pathway in the National Squad Program for gymnasts running in-age alongside the Plus level/Elite level route. Gymnasts can then progress through the age groups, with education whilst learning for coaches including Support Service pathway with T4 access to the GI Support Services Program</i>	
IDS – International Development Squad Selection Process (T1-2 IDS A & T3-T4 IDS B)	
National and International results with score standards as per Selection Policy & testing (IDS A & IDS B Pathway)	
Gymnasts must have achieved the benchmark score (high execution) for IDS squads from their National Series or International results, and met the minimum requirement of 1 year participation in the National Series events to be invited for IDS testing	
Olympic potential (IDS A) demonstrated via National and International results in line with the HP benchmarking trajectory scores	
Current IDS gymnasts must show and maintain realistic high performance / World selection standards potential with consistent performances which meet the benchmark scores for IDS A or B. Movement between these two levels may be fluid and are based on current levels of fitness, standards and testing results	
Talent ID by National Centralised Performance Coach/NPC and DPT	
<i>Purpose – IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG & EG. Gymnasts can progress through their national and international FIG aspirations with education for coaches and more specific Support Services according to the tier level</i>	
OS – Olympic Squad Selection Process (T1)	
Progressed through the Olympic pathway and showing potential for Olympic qualification	
Scores achieved through National Series, World, European, Olympic competition standard, or rank	
Scores achieved through FIG/EG	
World / European / Olympic competition standard and rank	
Carded gymnasts approved by the DPT and SI Carding Criteria	
<i>Purpose – OS is the final competitive side of the pathway for Senior gymnasts competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services (SII)</i>	

National Centralised Program and National Squad Guidelines Squad Pack 2025+

APPENDIX 4 – Trampoline National Squads Selection Criteria

Discipline:	TRAMPOLINE GYMNASTICS
NDS – National Development Squad Selection Criteria (T4)	
Gymnasts aged 9-12 years	
Must have achieved the benchmark score for NDS from their National Series results and met the minimum requirement of 1 year membership with a GI registered club to be invited for NDS squads	
Gymnasts will be selected from National Series events in a rank order to a maximum number of places available per squad (8)	
GI will select two spaces on NDS to allocate for gymnasts in either or both of the following two scenarios: - In the event of a gymnast being unable to post a score due to injury/exceptional circumstances - Via talent identification by the NPC	
Potential club/National Team friendly international options	
<i>Purpose – NDS is the first point of the official pathway in the National Squad Program for gymnasts and is aligned to the NDP. Gymnasts and coaches develop with ongoing education and mentoring and T4 access to the GI Support Services Program. Progression encouraged with club/NS team at friendly internationals</i>	
OSS – Olympic Start Squad Selection Criteria (T4)	
Gymnasts aged 11-16 years	
Must have achieved the benchmark score for OSS from their National Series results and met the minimum requirement of 1 year participation in National Series events to be invited for NDS squads	
Gymnasts showing potential to compete for Ireland at open internationals and develop towards Age Group events	
Gymnasts will be selected in a rank order to a maximum number of places available per squad (8)	
GI will select two spaces on OSS to allocate for gymnasts in either or both of the following two scenarios - In the event of a gymnast being unable to post a score due to injury/exceptional circumstances - Via talent identification by the NPC	
<i>Purpose – OSS is the second point of the official pathway in the National Squad Program for gymnasts. Building strong technical foundations with a view to developing gymnasts capable of competing at international events in the current year or in the future. Gymnasts can progress through the age groups, with education whilst learning for coaches, and T4 access to the GI Support Services Program</i>	
IDS – International Development Squad Selection Criteria (T2-T4)	
Gymnasts aged 13 -21 / Junior and 17+ /Senior FIG level	
Must have achieved the benchmark score for IDS squads/international selection policy standards from their National Series or International results & testing, and met the minimum requirement of 1 year participation in the National Series events to be invited for IDS	
Gymnasts who are meeting major championship (or very close to) selection scores (World Championships / Europeans and World Age Groups)	
Gymnasts must show realistic high-level potential and development with consistent performances	
<i>Purpose – IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG & EG. Gymnasts can progress through their national and international FIG aspirations with education for coaches and more specific Support Services according to the tier level</i>	
OS – Olympic Squad Selection Criteria (T1)	
Progressed through the Olympic pathway and showing potential for Olympic qualification	
Scores achieved through National Series, World, European, Olympic competition standard, or rank	
Scores achieved through FIG/EG	
World / European / Olympic competition standard and rank	
Carded gymnasts approved by the DPT and SI Carding Criteria	
<i>Purpose – OS is the final competitive side of the pathway for Senior gymnasts competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services (SII)</i>	

National Centralised Program and National Squad Guidelines Squad Pack 2025+

APPENDIX 5 – Tumbling National Squads Selection Criteria

Discipline:	TUMBLING
NDS – National Development Squad Selection Process (T4)	
Gymnasts must have achieved the benchmark score for NDS from their National Series results and met the minimum requirement of 1 year membership with a GI registered club to be invited for NDS testing	
Must pass NDS testing standard within a reasonable time frame	
Gymnasts attending CDS may be invited to test for NDS subject to results	
Testing / Talent ID by National Centralised Performance Coach/NPC and with permission of the DPT	
Any coach who requires extra help and education by note of interest to HOD/NPC as per CDS Guidelines	
Pathway for gymnasts who are working towards international standards	
Talent ID by National Centralised Performance Coach/NPC and DPT	
Gymnast shows realistic high-level potential	
<i>Purpose – NDS is the first point of the official pathway for gymnasts in the National Squad Program and is aligned to the NDP. Gymnasts can progress through the age groups 1 year younger than the OSS, with education whilst learning for coaches and T4 access to the GI Support Services Program</i>	
IDS – International Development Squad Selection Process (T3-4)	
Gymnasts must have achieved the benchmark score for IDS squads/international selection policy standards from their National Series or International results & testing, and met the minimum requirement of 1 year participation in the National Series events to be invited for IDS	
Gymnasts who are meeting major championship (or very close to) selection scores (World Championships / Europeans and World Age Groups)	
Gymnasts must show realistic high-level potential and development with consistent performances	
Major Competition Finals potential	
Talent ID by NPC and DPT	
<i>Purpose – IDS is the Age Groups and Junior through to Senior level of the pathway for gymnasts and is aligned to FIG & EG. Gymnasts can then progress through with national and international FIG aspirations, with education for coaches and more specific Support Services via the T3-4 GI Support Services Program</i>	

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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 Program - aligned to NDP and focussed on gymnast and coach development	T4	National Series scores must reflect high execution to be put forward for benchmarking and gymnasts considered for Squad Selection	1 year	Women's Artistic U11 Men Artistic U14 Trampoline U14 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 & Testing National Series scores must reflect high execution in the HP levels or Intermediate levels to be considered for Squad Selection	1 year	Women's Artistic U14 Men's Artistic U16 Trampoline All Age Groups on trajectory
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 & Testing	1 year	Women's Artistic Jun, Sen Men's Artistic Jun, Sen Trampoline Age Groups, Jun, Sen Acrobatics FIG Sen, Jun, Youth
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>

APPENDIX 7- Concussion Guidelines (Guidance Support for Gymnasts)



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.





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APPENDIX 9 – NGTC Bookings Calendar Procedure

Effective Management of NGTC Bookings

Only NPC's/GI Program Coaches can book the NGTC for National Squad sessions. The below must be followed to ensure GI are not billed for any hours booked and not utilised:

- **Cancel/amend** the NGTC hours booked if sessions are not going ahead or times have been changed
- Cancellation must be given with **48 hours' notice**
- Cancel all pre-booked HP sessions that will not be happening due to internationals or holidays
- All Centralised Program training hours must be pre-agreed with DPT at the beginning of the year and entered by the NPC/HoD in the NGTC Bookings Calendar
- Training schedules must be aligned to share hours with other centralised groups and/or other Squad bookings. Any additional hours must be authorised by the DPT

In addition to scheduled NS training sessions, as per Section 6., 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
- Hours requested must already be utilised by another discipline/squad and ratios not compromised
- Club/personal coaches are in attendance

HOD/NPC User Guide for NGTC Bookings Calendar

All GI HP/NS bookings must be made by the HoD/NPC via the [NGTC Bookings System](#) – (access is provided by P&T).

- **New Booking Requests**
 - Select a new entry
 - Choose the start and end date and times
 - Choose the discipline and squad level
 - Choose the slot – if there are more than 2 slots already taken, add your booking to another discipline/squad (if the times align). Liaise with the NPC for that discipline to ensure sharing is possible/schedules catered for
 - Enter the rest of the details, including the numbers attending and equipment / areas needed to be used
 - Insert your details, including your GI email address as this will be used to confirm the bookings
 - Choose status of booking – 'Booked', 'Request booking', 'Cancelled' 'Request Cancellation', 'Amended Time. 'Request to Amend', 'Provisional Booking'
 - Either:
 - Email bookings@sportirelandcampus.ie with the details of your booking etc (cc Jack)
 - The system will automatically email us to make the booking. If you have already advised SI Bookings, then update the booking to reflect this

Completing an entry in the Booking Calendar does **NOT confirm a booking. It **must** be confirmed with Sport Ireland*

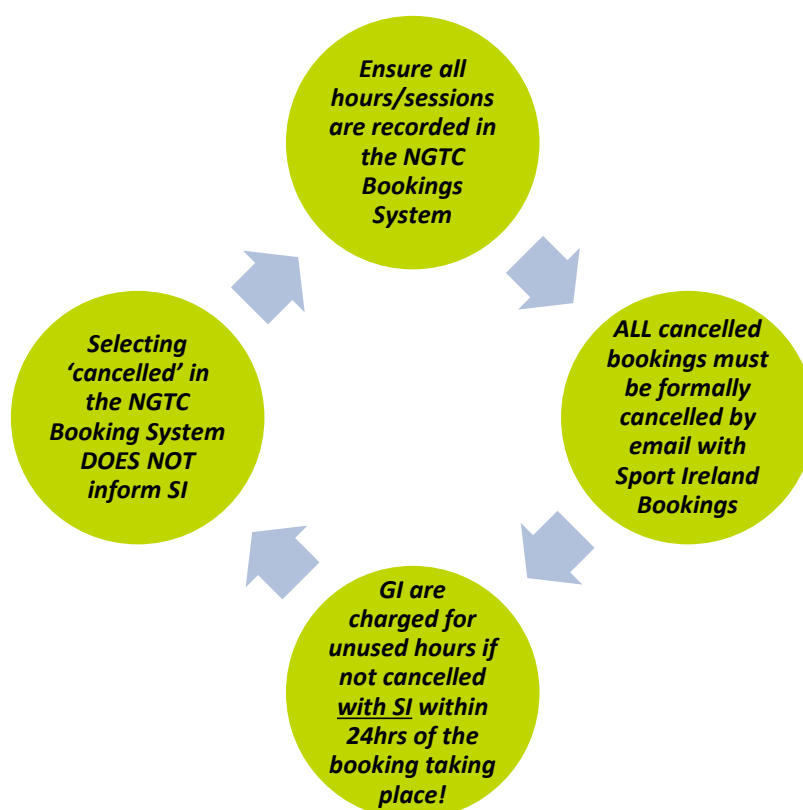
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- **Time Amendments to Bookings**

- Change the time on the booking in the NGTC Bookings Calendar
- If the booking is less than 48 hours away, email: bookings@sportirelandcampus.ie and Jack@gymnasticsireland.com to advise of the change and update Booking Status to 'Time Amended with SI'
- If not urgent, change the Booking Status to 'Please Amend Time'. The system will automatically advise P&T to request the update to the booking with SI and will amend the booking status accordingly

- **Cancellations**

- **Within 48 hours or less** of the booking occurring, email bookings@sportirelandcampus.ie
- Ensure to select "Cancelled" in the NGTC calendar
- With more than 48 hours notice – change Booking Status to "Please Cancel" and P&T will cancel with SI
- **DO NOT** delete the booking from the calendar – the cancelled status must remain so it can be cross checked against the invoice from SI.



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