



SECTION VIII: EDUCATION & CERTIFICATION – COACHES

I. Coaching Requirements

1. Coaches who plan to participate in a sanctioned event with their athletes must have the following requirements:
 - a. USA Gymnastics Competitive Coach membership (annually)
 - b. U101: Safety and Risk Management (every 4 years)
 - c. U100: Fundamentals of Gymnastics Instruction
 - d. T210: T&T Annual Update (annually, updated September)
2. Coaches age 18+ will also need:
 - a. Background check
 - b. U110: U.S. Center for SafeSport course (annually)
 - c. U112: Tough Coaching or Emotional Abuse Course
 - d. U113: Safe Sport Policy Course
 - e. Concussion education acknowledgement
3. It is strongly recommended that all coaches take the T200 course prior to attending any sanctioned event with their athletes.

II. Continuing Education

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