



OLD NCCP Training and Certification

In the old NCCP, you can be trained & certified as a Level 1, Level 2 or Level 3 coach in up to 4 different Gymnastic sports (Men's Artistic Gymnastics, Rhythmic Gymnastics, Trampoline Gymnastics, and Women's Artistic Gymnastics). The training and certification requirements for each sport are outlined on the following pages.

Level 1 Training and Certification

To become a certified Level 1 Gymnastics coach in any of the four Gymnastic sports you must complete the 3 different Level 1 components in the order listed below.

Men's Artistic Gymnastics

1. Level 1 Theory course or *Introduction to Competition - Part A* course (or by Home Study)
2. Level 1 Artistic Gymnastics Technical course
3. Level 1 Practical:
 - 50 hours of recreational coaching after you complete the Level 1 Technical course
 - Your supervisor must review & correct your Level 1 Practical Evaluation workbook
 - You must complete & submit your Level 1 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Rhythmic Gymnastics

1. Level 1 Theory course or *Introduction to Competition - Part A* course (or by Home Study)
2. Level 1 Rhythmic Gymnastics Technical course
3. Level 1 Practical:
 - 30 hours of coaching within 24 months after you complete the Level 1 Technical course
 - You must complete & submit your Level 1 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Trampoline Gymnastics

1. Level 1 Theory course or *Introduction to Competition - Part A* course (or by Home Study)
2. Level 1 Trampoline Gymnastics Technical course
3. Level 1 Practical:
 - 50 hours of recreational coaching after you complete the Level 1 Technical course
 - You must complete & submit your Level 1 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Women's Artistic Gymnastics

4. Level 1 Theory course or *Introduction to Competition - Part A* course (or by Home Study)
5. Level 1 Artistic Gymnastics Technical course
6. Level 1 Practical:
 - 50 hours of recreational coaching after you complete the Level 1 Technical course
 - Your supervisor must review & correct your Level 1 Practical Evaluation workbook
 - You must complete & submit your Level 1 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*



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Level 2 Training and Certification

Prerequisite: You must be a certified Level 1 coach (have completed all 3 Level 1 components) before you take your first Level 2 course)

Level 2 Training and Certification

To become a certified Level 2 Gymnastics coach in any of the four Gymnastic sports you must complete the 3 different Level 2 components in the order listed below.

Men's Artistic Gymnastics:

1. Level 2 Theory course or *Introduction to Competition - Part B* course (or by Home Study)
2. Level 2 Men's Artistic Gymnastics Technical course
3. Level 2 Practical:
 - 200 hours of coaching in a competitive setting after you complete the Level 2 Technical course
 - You must complete & submit your Level 2 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Rhythmic Gymnastics

1. Level 2 Theory course or *Introduction to Competition - Part B* course (or by Home Study)
2. Level 2 Rhythmic Gymnastics Technical course
3. Level 2 Practical:
 - 60 hours of coaching within 24 months after you complete the Level 2 Technical course
 - You must complete & submit your Level 2 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Trampoline Gymnastics

1. Level 2 Theory course or *Introduction to Competition - Part B* course (or by Home Study)
2. Level 2 Trampoline Gymnastics Technical course
3. Level 2 Practical:
 - A basic First Aid and CPR course after you complete the Level 2 Technical course
 - 150 hours of coaching in a competitive setting after you complete the Technical course
 - You must complete & submit your Level 2 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Women's Artistic Gymnastics

1. Level 2 Theory course or *Introduction to Competition - Part B* course (or by Home Study)
2. Level 2 Women's Artistic Technical course
3. Level 2 Practical:
 - 200 hours of coaching in a competitive setting after you complete the Level 2 Technical course
 - You must complete & submit your Level 2 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*





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Level 3 Training and Certification

Prerequisite: You must be a certified Level 2 coach (have completed all 3 Level 2 components) before you take your first Level 3 course).

Level 3 Training and Certification

To become a certified Level 3 Gymnastics coach in any of the four Gymnastic sports you must complete the 3 different Level 3 components in the order listed below.

Men's Artistic Gymnastics:

1. Level 3 Theory course (or by Home Study)
2. Level 3 Men's Artistic Gymnastics Technical course
3. Level 3 Practical:
 - 1 year of coaching in a competitive setting after you complete the Level 3 Technical course
 - You must submit your yearly training plan & video before attending the Level 3 Practical Evaluation session.
 - Upon successful completion of the Level 3 Practical Evaluation session, you will receive a 'successful completion form'. *Make sure you keep this form in your Coaching Portfolio just in case you need it later.*

Rhythmic Gymnastics:

1. Level 3 Theory course (or by Home Study)
2. Level 3 Rhythmic Gymnastics Technical course
3. Level 3 Practical:
 - 120 hours of coaching within 24 months after you complete the Level 3 Technical course
 - You must complete & submit your Level 3 Coaching Record Form to your Provincial / Territorial Gymnastics Organization. *Make sure your supervisor completes the supervisor's section and signs your form otherwise it will be returned to you. Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Trampoline Gymnastics:

1. Level 3 Theory course (or by Home Study)
2. Level 3 Trampoline Gymnastics Technical course
3. Level 3 Practical:
 - 300 hours of coaching in a competitive setting after you complete the Level 3 Technical course
 - You must earn 25 points as per the Trampoline Gymnastics Level 3 Practical Requirements Form
 - You must complete & submit your Level 3 Practical Requirements Form to your Provincial / Territorial Gymnastics Organization. *Keep a copy of the form in your Coaching Portfolio just in case you need it later.*

Women's Artistic Gymnastics:

1. Level 3 Theory course (or by Home Study)
2. Level 3 Women's Artistic Technical course
3. Level 3 Practical:
 - 1 year of coaching in a competitive setting after you complete the Level 3 Technical course
 - You must submit your yearly training plan & video before attending the Level 3 Practical Evaluation session.
 - Upon successful completion of the Level 3 Practical Evaluation session, you will receive a 'successful completion form'. *Make sure you keep this form in your Coaching Portfolio just in case you need it later.*

