

## International Performance Coach (IPC)

### What is an IPC?

An IPC is an award granted to a coach in respect of performance at international level. It is awarded to individuals who have worked with and developed gymnasts who have excelled on the international stage and is recognition for the skills and knowledge the coach has developed to obtain these results.

### Eligibility

Please read this policy and eligibility criteria carefully before requesting an IPC. If you have any questions or require clarification of the content, please contact the Education Coordinator – Performance & Judging at [education@british-gymnastics.org](mailto:education@british-gymnastics.org).

Applications for an IPC are open to coaches who meet all of the following eligibility criteria:

1. Level 5 or High Performance Coach (or equivalent) qualified for a minimum of 4 years.
2. Must have a gymnast currently on squad or have had a gymnast on squad/GB Team within the past 8 years.
3. Must be directly associated to a gymnast, either through the national programme or as a personal coach, who has medalled at an Olympic Games, World Championships, World Games or European Championships at senior level.
4. Coaches can be from both Olympic and Non-Olympic disciplines.

### Application Process

If you wish to obtain your IPC, you will be required to complete an application form followed by a presentation to a panel. Please request an IPC application form from the Education Department by emailing the Education Coordinator – Performance & Judging at [education@british-gymnastics.org](mailto:education@british-gymnastics.org).

Once the form has been completed, please return it electronically to the Education Coordinator – Performance & Judging. The application will be reviewed and, if deemed sufficient, you will be contacted to arrange a suitable day and time for your presentation. The presentation will consist of the following elements:

- A technical specialism of your choice. It will be expected that this is a practical element to demonstrate your coaching points.
- A non-technical presentation of your choice. For example, you may wish to discuss psychology and, in particular, the psychological development of a prepubescent athlete in an early specialism sport.

The panel for the presentation will consist of National Coaches, Performance Team, Education Team, Technical Committee members and Home Nations representatives, where required. The panel will have the ability to ask any questions regarding your specific specialism of choice as well as your coaching history, experiences and philosophies. The coach is expected to answer the questions to demonstrate sufficient knowledge expected of an IPC.

The presentation with questions should take no more than 1 hour. The panel will convene to discuss as a collective and will conclude whether or not the coach was successful in obtaining their IPC. All IPC presentations will take place at British Gymnastics National Centre based in Lilleshall.

## Appendix

To help candidates assess their readiness for an IPC award below is a non-exhaustive list of the types of technical skills expected to see at IPC level within each discipline. Skills could also be a new skill or an adaptation of an already existing skill in addition to the list below.

Discipline	Skills
<b>Double Mini Trampoline</b>	<ul style="list-style-type: none"> <li>• Double forwards somersault with 1 twist in and ½ twist out (full in ½ out)</li> <li>• Double somersault straight</li> <li>• Double forwards somersault with 1½ twist out (Rudy out)</li> <li>• Other forwards double somersault with twist</li> <li>• Double backwards somersault with ½ twist in and ½ twist out (½ in ½ out)</li> <li>• Double backwards somersault back in with 1 twist out (back in full out)</li> <li>• Double backwards somersault with 1 twist in (full in back out)</li> <li>• Double somersault with 1 twist in and 1 twist out</li> <li>• Backwards triple somersault</li> <li>• Double somersault with more than 2 twists</li> <li>• Forwards triple somersault with twist</li> <li>• Backwards triple somersault with twist</li> </ul>
<b>Men's Artistic</b>	<p><b>Tumbling and floor Skills:</b></p> <ul style="list-style-type: none"> <li>• Full spindle</li> <li>• Flairs to handstand</li> <li>• Flair spindle to handstand</li> <li>• Backwards somersault with 3/1 twists</li> <li>• Double layout</li> <li>• Double backwards somersault with 1/1 out, ½ in, ½ out</li> <li>• Full in backwards somersault out tucked</li> <li>• Whip into double backwards somersault tucked</li> <li>• Whip backwards somersault with ½, 1/1, 1 ½ twists</li> <li>• Stretched forwards somersault</li> <li>• Forwards somersault combinations</li> <li>• Forwards somersault stretched with 2/1 twists into flyspring or forwards somersault</li> <li>• Forwards somersault with 2½ twists</li> <li>• Double Arabian somersault tucked</li> </ul> <p><b>Pommel Skills:</b></p> <ul style="list-style-type: none"> <li>• Flair to handstand</li> <li>• Flair travel down</li> <li>• Flair czechkehre</li> <li>• Various Magyar travels (in circle and flair)</li> </ul>

**Men's  
Artistic  
(cont.)**

- Various sivado travels (in circle and flair)
- Czech direct stockli A
- Czech direct stockli B
- Multiple Russian wendeswing
- Full spindle in circle and flair within two circles
- Multiple direct stockli B
- One handle circle combinations including wendeswing in various one handed set ups

**Ring Skills:**

- Inverted cross
- Maltese cross or swallow
- Back circle to cross
- Upstart/kip to cross or  $\frac{1}{2}$  lever cross
- Jonnasson
- Li ning one
- Li ning two and into cross
- Handstand ball into Li ning to cross
- Guczoghy tucked
- Inverted cross ball to stemme
- Felge to handstand
- Double backwards somersault piked and stretched
- Back in full out
- Full in back out
- Tsukahara
- Backwards somersault stretched into 2/1 twists
- Forwards somersault stretched with 3/2 and 2/1 twists
- Double forwards somersault

**Vault Skills:**

- Cuervo tucked (handspring  $\frac{1}{2}$  turn backwards somersault tucked)
- Handspring forwards somersault tucked and piked with  $\frac{1}{2}$  turn
- Tsukahara with  $\frac{1}{2}$  and 1/1 twist tucked and stretched
- Yurchenko with  $\frac{1}{2}$  and 1/1 twist tucked and stretched
- Kasamatsu tucked and stretched
- Round off  $\frac{1}{2}$  turn on
- Handspring forwards somersault off tucked and piked

**Parallel Bar Skills:**

- Above the bar: front to catch in support,  $1\frac{3}{4}$  forwards somersault tucked to upper arm support, swinging healey turn, flying backwards to handstand, tumulovich, hope forwards pirouette, Richards, handstand bail with straight legs

	<ul style="list-style-type: none"> <li>• Below the bar: under somersault to support and to handstand, upstart clips to handstand, backwards giant with 1/2 turn, cross bar stoop in and lift to handstand</li> <li>• Double backwards somersault piked dismount</li> <li>• Double forwards somersault tucked dismount</li> </ul> <p><b>Horizontal Bar Skills:</b></p> <ul style="list-style-type: none"> <li>• Inverted giants</li> <li>• Steineman</li> <li>• Stoop in 1/2 turn out</li> <li>• Stoop endo in 1/2 turn out</li> <li>• Squat in shoot out with 1/2 turn</li> <li>• Voronin</li> <li>• Geinger somersault</li> <li>• Jaeger somersault</li> <li>• Tkatchev straddled</li> <li>• Hecht 1/2 turn (markelov)</li> <li>• Double backwards somersault stretched dismount</li> <li>• Stretched single backwards somersault with 2/1 and 3/1 twists dismount</li> <li>• Double backwards somersault full out tucked dismount</li> <li>• Full in back out tucked dismount</li> <li>• 1/2 in, 1/2 out tucked dismount</li> <li>• Double forwards somersault tucked and piked with 1/2 turn dismount</li> </ul>
<p><b>Women's Artistic</b></p>	<p><b>Vault Skills:</b></p> <ul style="list-style-type: none"> <li>• Handspring forwards somersault</li> <li>• Tsukahara with full turn</li> <li>• Kasamatsu</li> <li>• Yurchenko with 1/1 turn</li> <li>• Round off 1/2 turn on forwards somersault off</li> </ul> <p><b>Bar Skills:</b></p> <ul style="list-style-type: none"> <li>• Inverted giant</li> <li>• Stalder 1/1 turn</li> <li>• Toe on and off 1/2 and 1/1 turn</li> <li>• Stoop in and out to handstand</li> <li>• Gienger somersault</li> <li>• Jaeger somersault</li> <li>• Tkatchev</li> <li>• Pak somersault</li> <li>• Shaposhkinova</li> <li>• Backwards somersault with 2/1 twist</li> </ul>

<b>Women's Artistic</b> (cont.)	<ul style="list-style-type: none"> <li>• Double back layout</li> <li>• Double backwards somersault tucked with 1/1 turn</li> <li>• Double forwards somersault</li> <li>• Double forwards somersault with ½ turn</li> </ul> <p><b>Beam Skills:</b></p> <ul style="list-style-type: none"> <li>• Forwards somersault into immediate acro/dance element</li> <li>• Flic with 1/1 twist and korbut with 1/1 twist</li> <li>• Hand support flight elements with ½ turn flic ½ twist walkover out</li> <li>• Flic with ½ turn</li> <li>• Forwards somersault with ½ turn</li> <li>• Round off 2½ twisting backwards somersault</li> <li>• Backwards somersault with 1½ and 2/1 twists</li> <li>• Double backwards somersault – tucked and piked</li> </ul> <p><b>Floor Skills:</b></p> <ul style="list-style-type: none"> <li>• Backwards somersault with triple twist</li> <li>• Double layout backwards somersault</li> <li>• Back in full out</li> <li>• Tsakahara (½ in, ½ out)</li> <li>• Whip into backwards somersault 3/2 turns</li> <li>• Double arabian somersault tucked or piked</li> </ul> <p><b>Dance Elements (Beam and Floor):</b></p> <ul style="list-style-type: none"> <li>• Yang bo</li> <li>• Wolf jump or hop 1½ turn</li> <li>• Change leg ¼ and ½ turn</li> </ul>
<b>Acrobatics</b>	<p><b>Individual Elements:</b></p> <ul style="list-style-type: none"> <li>• Study of FIG tables of difficulty</li> </ul> <p><b>Pair Balance Elements:</b></p> <ul style="list-style-type: none"> <li>• Top planche</li> <li>• One arm handstand on straight arm support</li> <li>• Diamidov to handstand</li> <li>• Reverse through to handstand on long arm support</li> <li>• Flag handstand on long arm support</li> <li>• One arm Mexican handstand</li> <li>• Motions of the base to include spiral and roll up and down and slide to splits</li> <li>• Lever up and down to two on two on long arm and with motions of the base</li> <li>• Lever up and down to two on one on long arm and with motions of the base</li> <li>• Neck balance and balance on foot with base in bridge</li> </ul>

**Acrobatics**  
(cont.)

- Study of the handstand table in the FIG code
- Complex entries and exits from balances
- Study of the FIG tables of difficulty

**Pair Dynamic Elements:**

- Boosted overhead double somersault
- Linked moves to and from wrap
- Half turn of the base to catch
- 360° re-catch from angel to angel position
- Round off 360° with ¼ to catch in cradle
- Round off to cannonball
- Swing to somersault dismount
- Double arabian dismount
- Double pike dismount
- Study of the FIG tables of difficulty

**Women's Group Balance Elements:**

- Two bases on the floor
- One base with two tops
- One base supporting on a variety of positions
- Middle of the shoulders of base
- Middle of feet of base
- Middle on hands of base, or base in handstand
- Motions of top, middle and base
- Transitions
- Study of the FIG tables of difficulty

**Women's Group Dynamic Elements:**

Advanced forwards and backwards somersaults to a range of caught positions:

- Cradle
- Overhead log
- Supported handstand
- Handstand on platform
- Splits on partners
- Wrap
- Stand on platform
- Advanced somersaults performed as boosted elements
- Double somersaults with twist
- Linked elements
- Study of the FIG tables of difficulty

<b>Acrobatics</b> (cont.)	<p><b>Men's Group Balance Elements:</b></p> <ul style="list-style-type: none"> <li>• Four-man column</li> <li>• Supports with third base on necks of bases one and two</li> <li>• Supports with base one in splits and bridge</li> <li>• Supports with base one in rear support</li> <li>• Motions of middle and bases</li> <li>• Mounts with the top in a position of value</li> <li>• Study of the FIG tables of difficulty</li> </ul> <p><b>Men's Group Dynamic Elements:</b></p> <ul style="list-style-type: none"> <li>• Advanced pitches from two bases to one and from one base to two to stand and to handstand</li> <li>• Pitching from pyramid start positions</li> <li>• Dismounts of the middle</li> <li>• Dynamic pitches from double paired start</li> <li>• Pendulum with somersault off and to catch</li> <li>• Somersaults from swing to catch by third base</li> <li>• Turntable</li> <li>• Catching on a pyramid</li> <li>• Double somersault with twist to re-catch on platform</li> <li>• Links</li> <li>• Study of the FIG tables of difficulty</li> </ul>
<b>Team Gym</b>	<p><b>Tumble Skills:</b></p> <ul style="list-style-type: none"> <li>• Straight forwards somersault and multiple twists</li> <li>• Straight backwards somersault and multiple twists</li> <li>• Double backwards somersault straight</li> <li>• Double backwards somersault with twists</li> <li>• Double backwards somersault</li> </ul> <p><b>Trampoline Skills:</b></p> <ul style="list-style-type: none"> <li>• Straight forwards somersault with multiple twists</li> <li>• Double forwards somersault with multiple twists</li> </ul> <p><b>Trampoline Vault Skills:</b></p> <ul style="list-style-type: none"> <li>• Handspring forwards somersault tucked, piked Handspring forwards somersault tucked, piked and straight with 180° out</li> <li>• Tsukahara tuck and straight and with twists</li> <li>• Kasamatsu tucked and straight</li> </ul> <p><b>Floor Skills:</b></p> <ul style="list-style-type: none"> <li>• International level routine construction</li> </ul>

<b>Trampoline</b>	<ul style="list-style-type: none"> <li>• Full in Full out (8 2 2 /)</li> <li>• 1½ in ½ out (8 3 1 o &amp; &lt;)</li> <li>• ½ in Rudy out (8 1 3 o &amp; &lt;)</li> <li>• Miller (8 3 3 /)</li> <li>• Full in Double full out (8 2 4 /)</li> <li>• Randy Out (8 – 5 o &amp; &lt;)</li> <li>• ½ in Randy Out (8 1 5 o &amp; &lt;)</li> <li>• Full in Rudy Out (8 2 3 /)</li> <li>• 2¾ front ss (11 – – – o &amp; &lt;)</li> <li>• Triple Back ss (12 – – – o &amp; &lt;)</li> <li>• Half out Triffis (12 – – 1 o &amp; &lt;)</li> <li>• ½ in ½ out Triffis (12 1 – 1 o &amp; &lt;)</li> <li>• Full in ½ out Triffis (12 2 – 1 o &amp; &lt;)</li> <li>• Rudy Out Triffis (12 – – 3 o &amp; &lt;)</li> <li>• ½ in Rudy Out Triffis (12 1 – 3 o &amp; &lt;)</li> </ul>
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