Performance Coach

Women's Artistic Gymnastics (Cycle 8)

Syllabus

v.1.0

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Syllabus

The syllabus for the Performance Coach (WAG) is categorised by 'Characteristics' on each piece of apparatus (see Table 1). By categorising the syllabus in this way, it enables you to safely operate and continue to develop as your discipline does. The syllabus provides the coded skills as they appear in the FIG Women's Artistic Code of Points (2025-2028).

The skills on this syllabus can be developed in any recognised gymnastics environments, using a variety of training aids, gymnastics apparatus or surfaces, as long as you have been trained to use these and they have been appropriately risk assessed. Some regulations exist which you should be aware of, these appear in the Syllabus Regulations section.

Prerequisite skills

As the discipline has developed there has been a noticeable increase in the skill level required at the highest end of our sport. Coaches progressing from Development Coach (Level 3) may find there is a noticeable jump in skills to the new level – we have termed this a 'skill gap'. The skills that fall in this gap will be covered on course and they have been highlighted in the 'Prerequisites' in Table 1. Each apparatus has its own set of prerequisite skills that should be consolidated with gymnasts before preparing them for skills that fall in the new characteristics.

Completion of the course enables you to cover the 'Prerequisite skills' in addition to the stated PC Syllabus Skills.

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Table 1. Syllabus

Vault

Vault Group 1, 2, 3, 4 & 5 Vaults			
Prerequisites: - Handspring front salto (all shapes)			
Characteristics	**CoP Skill Numbers (2025-28)**		
Group 1 Vaults only: 1. Up to 1/1 turn in first flight – Greater than 1/1 turn in second flight (no saltos)	1.03 1.04 1.05 1.23 1.24	1.50 1.51 1.52 1.53	1.60 1.61 1.62
Group 2, 3, 4 & 5 Vaults: 2. Standard entry (no additional turns) - any shape single salto in second flight with up to 1/1 turn	2.11 2.12 2.21 2.22 2.31 2.32	3.11 3.12 3.31 3.32	4.11 4.12 4.31 4.32
Group 2, 3, 4 & 5 Vaults: 3. Up to 1/1 turn in first flight – any shape single salto in second flight (no turn)	2.40 2.41	4.40 4.50 4.51	5.10 5.20 5.30

Bars

Bars Mounts		
Characteristics	**CoP Skill Numbers (2025-28)**	
1. Jump over LB forwards/backwards in straight shape (with/without hand contact) with up to 1/1 turn to catch LB/HB in any grip (exc L-grip)	1.406 1.208	1.308 1.408
2. Jump/clear to handstand with up to 1/1 turn in handstand.	1.310 1.410 1.411	

Bars Pirouettes & turns			
Characteristics	**CoP Skill Numbers (2025-28)**		
1. Cast or Clear (forwards/backwards) to handstand with up to 1/1 turn (No hop)	2.201 (c) 2.301 2.404 (b)	2.305 (c) 2.405	
2. Stalder circle (forward/backward) to handstand with up to 1/1 turn (no L-grip)	4.201 (b) 4.302 (b) 4.301 (b)	4.401 4.304 (b) 4.404	
3. Pike circle (forward/backward) to handstand with up to 1/1 turn (no L-grip)	4.406 4.506	4.407 4.507	5.305 (b) 5.308 (c) 5.408
4. Giant circle to handstand with up to 1/1 turn	3.201 (b) 3.301	3.206 (c) 3.306	

Bars Transitions LB to HB			
Prerequisites: - Shoot from LB straddle cut to catch HB			
Characteristics	**CoP Skill Numbers (2025-28)**		
From cast, clear, pike or stalder circle: 1. Backward counter movement flight from LB to HB (no turn)	2.307 2.406	4.305 4.308 4.405	5.301 (c) 5.409

Bars Transitions HB to LB	
Prerequisites: - Straddle flight backwards from HB to LB - Salto roll from HB to LB	
Characteristics	**CoP Skill Numbers (2025-28)**
1. From HB flight **over** LB with up to ½ turn to clear support/handstand (no salto)	3.402 5.301 (a, b)
2. From HB single salto (no turn) to clear support on LB	3.304 3.404 4.402

Bars Release & Catch skills	
Prerequisites: - Pike circle cut to hang on same bar (5.301) - Vault over bar with one hand contact (2.202)	
Characteristics	**CoP Skill Numbers (2025-28)**
1. Swing backward into forward salto	3.308 3.408
2. Swing forward into backward salto with up to ½ turn	3.405 (b)
From giant, clear, pike or stalder circle: 3. Backward counter movement over same bar to hang	3.403

Bars Dismounts		
Prerequisites: - Hecht with turn (no salto) (6.309) - Salto from handstand (forwards/backwards) (6.210/6.310)		
Characteristics	**CoP Skill Numbers (2025-28)**	
1. Underswing (with feet or clear) to fwd salto (any shape) with up to 1/1 turn	6.301 6.302 6.401	6.303 6.403
2. Single Forward/Backward salto (straight) with up to 2/1 turn	6.204 6.304	6.208 6.308
3. Double Forward/backward salto (tucked/piked)	6.205 6.305	6.408
4. Hecht with backward salto (tuck/piked)	6.409 6.310	6.210

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Beam

Beam Mounts			
Characteristics	**CoP Skill Numbers (2025-28)**		
1. Flighted acrobatic skills (with or without hand support on beam) to finish on beam	1.309 1.314 1.315	1.416 1.516 1.317	1.417 1.518 1.618 (b)
2. Turning leaps/jumps to any landing position on beam.		1.204 (D) 1.304 (D) 1.405 (D)	
3. Non-flighted acrobatic skills with up to 540 turn in handstand	1.208 1.210 (c) 1.211 1.310	1.311 1.411 1.312 1.412	1.213 1.313 1.413

Beam Leaps, Jumps & Hops			
Characteristics	**CoP Skill Numbers (2025-28)**		
1. Leap OR hop in split including with ring, with up to 3/4 turn	2.301 2.302 2.204	2.404 2.405 2.206	2.306 2.209 (a)
2. Jumps from two feet including split/straddle & ring up to 1/1 turn	2.402 2.303 2.403	2.208 2.308 2.408 (a, b)	2.209 (b) 2.311 2.412

Beam Turns		
Characteristics	**CoP Skill Numbers (2025-28)**	
1. Standing/tuck stand/prone up to 2/1 spin with free leg in any horizontal position	3.201 3.401 3.402 3.307	3.404 3.208 3.504
2. Standing 1/1 spin with free leg in split	3.305 3.206 3.406	

Beam Holds/Non-flight	
Characteristics	**CoP Skill Numbers (2025-28)**
1. Non-flighted acrobatic skill in side position with more than ½ turn in handstand to finish touching beam, OR across beam	4.308 4.309 4.310

Beam Acrobatic Flight			
Prerequisites: - Forward salto - Side salto - Aerial			
Characteristics	**CoP Skill Numbers (2025-28)**		
1. Forward/backward/sideways flighted skill, with up to 1/2 turn to optional end position on beam	5.401 5.501 5.302 5.402	5.303 5.304 5.306 5.508	5.511 5.611 5.613

Beam Dismounts			
Prerequisites: - 1/1 twist in any salto - Gainer salto			
Characteristics	**CoP Skill Numbers (2025-28)**		
1. Forwards/gainer single salto (any shape) with up to 2/1 turn	6.301 6.302 6.402 6.303	6.403 6.206 6.306	6.307 (b) 6.407 6.507
2. Backwards single salto (any shape) with up to 2 ½ turn	6.304 6.404		
3. Double salto forward/backward (tuck/pike)	6.602 6.405 6.505		

Floor

Floor Leaps, Jumps & Hops		
Characteristics	**CoP Skill Numbers (2025-28)**	
1. Any split leap/hop with up to 1/1 turn, including with ring of back leg.	1.301 1.302 1.404	1.405 1.409
2. Jumps in any shape with up to 2/1 turn.	1.310 1.311	1.313 1.514
3. Jump to front lying support with up to 1/1 turn	1.214 1.108 (b, c) 1.208 (a)	
4. Jump with ring of both legs (sheep jump)	1.206	

Floor Turns		
Characteristics	**CoP Skill Numbers (2025-28)**	
1. Spin variations up to 2/1 turn (including change of body position and leg above horizontal)	2.201 2.402 2.403	2.404 2.307 2.407

Floor Hand Support	
Characteristics	**CoP Skill Numbers (2025-28)**
1. Skills with up to 1/1 turn in flight	3.305 3.207
2. Skills with up to 2/1 turn, where the turn happens with hands in contact with the floor (Pirouette)	3.201 3.203

Floor Saltos	
Prerequisites: - Double salto tucked	
Characteristics	**CoP Skill Numbers (2025-28)**
1. Single salto (forward or sideways) with up to 2/1 turn	4.302 (b) 4.402
2. Single salto (backwards) with up to 2 ½ turn	5.301 5.401 5.304
3. Double salto piked (forwards or backwards)	5.402 4.601 (B)
4. Double salto stretched (backwards)	5.603 (a)

Coaching & Training Aids

The below coaching and training aids can be utilised as part of your accreditation to develop and train the skills on your syllabus.

- Sprung floor areas
- Springboards
- Landing mats
- Coaching platforms/blocks
- Fast track
- Air track
- Trampette (all types)
- Trampolines/DMT may be utilised, if already safely set-up by qualified individuals.

Syllabus Regulations

Coaching skills in Training versus Competition
Once you have attended the PC Practical Course (WAG) you are insured to coach the skills on this syllabus in the training environment, for the duration of your registration period.

To coach skills from this syllabus at competition you must have passed all components of the practical assessment and hold the relevant theory accreditation.