Gymnastics Saskatchewan: CCP 6/7 Requirements for 2026/27 (USAG DP 2026-2030)

	Level	Special Requirements 4 @ 0.5 each	Value Parts	Restricted Elements
Vault	CCP 6 CCP 7	Three Vault options: **Front handspring entry onto table**: Arrive on mat stack on feet in a straight body position with tight arch in upper back (arm placement optional) **¼ - ½ twist on (Tsukahara entry) onto table**: arrive on mat stack on feet (6/7) or on the back (CCP 7 only) in a straight-hollow body position; arm position optional **Round-off (Yurchenko) entry onto table**: Arrive on mat stack on feet (6/7) or on the back (CCP 7 only) in straight-hollow body position; arm position optional	10.0 SV	Spot during vault: VOID Spot upon landing: 0.5 Spot after landing: No Deduction
Uneven Bars	CCP 6	1. One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal – angle deductions below 45° will apply) 2. Minimum of one bar change 3. One 360° clear circling element from groups 3/6/7 4. Salto dismount, minimum "A"	A – 4 B – 2 C – 0 Allowable Cs = B VP	Allowable: All "A / B" elements (no flight/release) ONE of the following selected "C"s: Clear hip/stalder/pike sole circles bwd to HS Restricted: Any other "C"s and all "D/E" elements Any flight/release elements HB to LB; LB to HB
	CCP 7	1. Cast to HS (SR awarded when angle is a minimum of 45° – cast HS angle deductions will apply) 2/3. Two 360° clear circling elements, same or different: a. One 360° clear circling element, minimum of "B" b. One 360° clear circling elements, Groups 3/6/7	A – 4 B – 3 C – 0 Allowable Cs = B VP	Allowable: All "A / B" elements Any number of the following selected "C" elements: Cast to HS with ½ turn Clear hip/stalder/pike sole circle bwd to HS Above circle elements with ½ turn to regular grip Restricted: Any other "C"s and all "D/E" elements

		4. Salto dismount, minimum "A"		
Balance Beam	CCP 6	1. Non-flight across series (excluding Mt/Dmt) **OR** one acro flight element (isolated/ in connection) 2. One leap/jump with 180° cross/ side split 3. Min of 360° turn on one foot (Gr. 3) 4. Aerial / salto dismount, min "A"	A – 4 B – 2 C – 0 Allowable Cs = B VP	Allowable: All "A / B" elements ONE "C" Dance elements; considered in chronological order Restricted: Any additional "C" dance elements ALL "C/D/E" acro elements
	CCP 7	1. Acro series (w or w/o flight), excluding Mt and dmt **AND** One Acro flight element (isolated / in connection) 1. One leap/jump with 180° cross / side split 2. Min of 360° turn on one foot (Gr 3) 3. Aerial / salto dismount min. "A"	A – 4 B – 3 C – 0 Allowable Cs = B VP	Allowable: All "A / B" elements All "C" Dance elements Restricted: All "D/E" dance elements ALL "C/D/E" acro elements
Floor Exercise	CCP 6	1. 1 acro pass, min. two directly connected flight elements, one MUST be a salto 2. Second across pass w/ different salto; min two directly connected flight elements, one must be a salto OR an isolated "B" salto 3. Dance passage: min 2 different Gr. 1 elements (directly/indirectly connected) with 1 LEAP requiring 180° cross/side split 4. Turn – minimum 360° turn on one foot	A – 4 B – 2 C – 0 Allowable Cs = B VP	Allowable: All "A / B" elements ONE "C" Dance elements; considered in chronological order Restricted: Any additional "C" dance elements ALL "C/D/E" acro elements
	CCP 7	1 / 2. Minimum of two acro passes: - 1 pass: min two directly connected flight elements, one MUST be backward salto - 1 pass w/ salto forward (additional elements allowed) - 1 salto (fwd or bwd) must be stretched (no twist) and land on 2 feet	A – 4 B – 3 C – 0 Allowable Cs = B VP	Allowable: All "A / B" elements All "C" Dance elements Restricted: All "D/E" dance elements ALL "C/D/E" acro elements

		3. Dance passage: min 2 different Gr. 1 elements (directly/indirectly connected) with 1 LEAP requiring 180° cross/side split 4. Turn – minimum 360° turn on one foot		