

NSSA Doubles Difficulty Chart

FY 2021	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
START		Sitting dock start		Sliding shoulder start		Sitting start in lift	Flying pick-up start		Sliding start in lift
Seat		Seat	Seat to drape	Seat to gainer	Seat 180 attitude	360 seat	High 360 seat		
			Seat balance		Seat to star				
Drape		Drape	Drape balance	Drape spin down	Drape to star	360 drape*		720 drape*	1080 drape*
			Drape to barbell	Drape to seat	Drape p/o step-up				1440 drape*
			Drape walkover	Drape handstand	Drape p/o attitude				
				Drape to gainer	Drape hndstnd bal	Twisted handstand			
				Drape death drop					
Step-Up		Step-up side	Step-up to stag	Step-up - 180 tabletop	Step-up 180 catch	360 tabletop*	540 tabletop*	720 tabletop*	1080 tabletop*
		Step-up back	Step-up to diver	Step-up to gainer		Tick tock		720 tick tock*	1440 tabletop*
			Tabletop	Step-up to attitude		Step-up 1.5 roll catch			
			Roll down	Step-up to needle		Table top to drape			
				Step-up to scorpion					
Barbell		Side barbell	Back barbell	Barbell catch	Roll down/up (front)	Whirlybird	Roll down/up (side)		
					Barbell 180 catch				
Star			Star	Shooting star	Full butterfly	360 star			
			Star to tabletop		Star 0.75 roll to catch	Reverse 360 star			
Attitude			Back attitude	Front attitude	Bck attitude 180 catch	360 attitude	High 360 attitude	1 arm front thigh lever	
			Attitude to drape	Attitude heel stretch	Attitude to star	360 heel stretch	Whizzo	1 arm back thigh lever	
					Back attitude balance	Torch flip	High 360 scorpion		
					Heel stretch to star				
					Heel stretch to scale				
Gainer			Gainer	Gainer to seat	Gainer p/o step-up				
					Gainer p/o attitude				
				Inverted needle	Inv. ndl to step-up				
					Inv. ndl to attitude				
Skater			Skater	Skater balance	Skater 180 to step-up	360 skater*	540 skater*	720 skater*	1080 skater*
				1 arm skater	Skater roll down	Skater- drape walkover			1440 skater*
Liberty			2 ft shoulder balance	Statue of liberty	Liberty needle				
					Liberty heel stretch				
					Liberty scorpion				
Other			Regal		Scale p/o drape		Step-up to Handstand	Hand/hand handstand	
			Scale		Pike up to drape	Pike up to back attitude	Swing up handstand	1-arm handstand	
					Pike up to star	Guillotine		Jaegernova	
						Barrel roll			
						Pike up to tabletop*			
LANDING		Land on skis	Land in arms	In lift at shoulder		Land in lift overhead			
Land Moves		Spin out	Lift to drape	Drape spin down	Pike up to tabletop*	Swing up handstand	720 barrel roll	1080 barrel roll	1440 barrel roll
		Spin in	Lift to step-up	Walkover	Pike to star	Hip/thigh flip	900 barrell roll		
		Flair	Lift to barbell	Shooting star	Pin wheel	Lasso (ice skater)	Guillotine 720 roll		
		Shoulder sit	Lift to seat	Throw to seat	360 barrel roll	360 skater toss	1 arm detroitier		
		Fish	Lift to attitude	Roll down	Neck wrap	Roll down/roll up	QP		
			Marlin	Body wrap	Torch flip	1 arm F. thigh lever			
				Guillotine	Guillotine 360 roll	1 arm B. thigh lever			
				Barbell spin	Horizontal Star	540 barrel roll			
						Hand to foot stand			
						Guillotine 540 roll			

Notes: Lifts done without proper technique typically reduce difficulty and will receive reduced Technical Merit scores, and can negatively impact Artistic Impression scores.
 Disproportionate partner size will receive a 1 point deduction in the final score, before any penalty is applied. **Jaegernova:** Handstand down to straddle to swing up handstand
 Each fall, including the landing, will result in a 1 point deduction in the final score, before any penalty is applied. **Whirlybird:** Barbell 180 spin with a 360 roll to a catch
 Intermediate Doubles: Levels 2-6 **Whizzo:** Torch flip half twist
 *Denotes skills going either direction; same value either direction.