

Level 180 skills (novice) in blue		NSSA Swivel Difficulty Chart				Level 360 skills (intermediate) in red	
2026	Level 1: Novice (0-2,5)	Level 2: Novice (2.5-5)	Level 3: 180 (5-7.5)	Level 4: 360 (7.5-10)	Level 5: Rev (10.5-12.5)		
Toe/Knee	Toe hold	180 toe turn	Toe/Knee deep swan				
	Heel hold	Toe hold at knee	180 knee turn				
	Knee hold						
Flips		180 flip turn	180 flip leg around				
		180 flip/ extend	180 leg around flip	360 flip/extend			
		180 flip/ hand to hand extend	180 extended flip	360 extended flip	Reverse extension		
Hand to Hand		180 hand to hand	180 leg around hand to hand	360 hand to hand	Reverse hand to hand		
		180 hand to hand extend	180 extended hand to hand	360 extended hand to hand	Wrap in L/Handle catch R		
			180 legover rope				
Wrap Tricks	Rope between legs		180 rope between the legs	360 rope between the legs			
	Rope between legs/leg on rope		180 wrap in/wrap out	360 wrap in/wrap out	Reverse wrap in/wrap out		
	Maya		180 rollover	KC wrap			
Overheads				Wrap in/wrap out to extended flip			
				360 overhead*			
					540 overhead to flip or extend*		
Split Catch		180/360 extension to split catch	Roll over split catch	180 split catch	360 split catch		
				360 step over			
			180 flip press (fake press)	180/360 overhead press	Reverse press		
Presses				Overhead press to extended flip			
					Press to split catch		
				Extended flip to overhead press (pull press)			
Melt					Reverse meltdown		
					360 reverse meltdown (flip, reverse meltdown)		
Combination			180 hand to hand/back toe turn	Shove ski around			
				Rope between legs to split catch			
Specials					Rope between the legs/wrap in/wrap out		
	Standing start, dock, sitting, or beach			Wrap start			
	Toe hold bow	Sitting rope between legs or wrap start		Sitting toe start			
Specials	Arm/Leg ballet			Ski backwards shove it start			
	Swan			Rope between legs start			
	Bow/pistol squat			Toe hold landing			
Specials	Kneel	RBL - landing		Special landings & positions			

Outside Wake All outside wake tricks are 1 level higher than original skill Level 3 and above.

*Denotes skills with allowable reverses (reverses are the same value as basic skill).

Tasho: Wrap in, overhead, wrap out

Pretzel: 540 in - 540 out

Stuffed Pretzel: 540 in - back to back OH - 540 out

Pretzel Wrap: 360 wrap to with rope in hand swan, to 360 wrap out swan, to unwrap

KC Wrap: Rope wrapped around ski leg while in a swan and spin out

Mic Drop: Opp hand as ski leg, releases rope behind back, handle catch front

Rev Mic Dp: Same hand as ski leg, releases rope behind back, handle catch front

Osmosis: Same hand as ski leg, releases rope, perform R 360 & blind catch same hand

Rev Osmosis: Opposite hand as ski leg, releases rope, perform R 360 & blind catch same hand

540 Osmosis: Same hand as ski leg, releases rope, perform R 360 & blind catch OTHER hand, end in flip turn

Notes: > Doing same skill more than 2 times will not be scored.

> No extra credit for over 5 rotations.

> Opposite foot tricks 1 point higher levels 6-10.

> Butt must be below knee in pistol squat

> Head must be below waist in back bend to toe swan

> 720 wrap start is 2x wrapped, hop, then wrap out

Level 180 skills (novice) in blue		NSSA Swivel Difficulty Chart			Level 360 skills (intermediate) in red	
2026	Level 6: 1 arm (12.5-15)	Level 7: Combo (15-17.5)	Level 8: 540+ (17.5-20)	Level 9: 900+ (20-22.5)	Level 10:12-14 (22.5-25)	
Toe/Knee		360 toe wrap	540 Toe wrap			
		Back bend to toe swan				
Flips	Reverse flip (3 seconds)					
Hand to Hand		Mic drop	Osmosis			
Wrap Tricks	Pretzel wrap*		720 tasho		1080 pretzel wrap	
	Wrap in/wrap out to reverse wrap in/wrap out	1 arm wrap in/ wrap out	720 wrap in/wrap out*	1080 wrap in/wrap out		
	TashO	Reverse 360 rollover	1 arm wrap in/out to rev 1 arm wrap in/out	720 pretzel wrap		
	Reverse KC wrap					
Overheads		720 overhead*		1080 overhead*	1440 overhead* (4 spins)	
	1 arm overhead (R & L)*		1 arm 720 overhead*		1 arm 1080 overhead* (3 spins)	
		900 overhead to flip or extend*	1 arm 900 overhead to flip or extend*		1 arm 1440 overhead* (4 spins)	
	1 arm 540 overhead to flip or extend*				1800 overhead* (5 spins)	
Split Catch	Reverse split catch					
	Reverse step over					
Presses		Pull up 360	540 overhead press*	900 overhead press* (2.5 spins)	1260 overhead press* (3.5 spins)	
		1 arm overhead press*	Press to 540 overhead*	Press to 900 overhead* (2.5 spins)	Press to 1260 overhead* (3.5 spins)	
			Back to back meltdown	1 arm extended press/540 overhead	1 arm extended press/900 or 1260 OH (2.5 or 3.5 spins)	
			Back to back*	Back to back 720* (2 spins)	Back to back 1080 or 1440* (3 or 4 spins)	
				1 arm back to back	1 arm press to press	
	1 arm pull press			Extended press to extended press		
Melt		540 reverse meltdown				
			720 reverse meltdown	1 arm 720 reverse meltdown	1 arm 900 meltdown	
	1 arm rev 360 meltdown		1 arm 540 reverse meltdown	900 reverse meltdown (2.5 spins)	1260 reverse meltdown (3.5 spins)	
Combination	Overhead press/rope between legs (or wran)*		540 reverse meltdown/knee turn			
	Reverse meltdown/split catch	Reverse meltdown/rope between the legs	Pretzel overhead	Stuffed pretzel overhead	1 arm pretzel overhead	
	Split catch/wrap in	1 arm rope between legs wrap 1 arm wrap	540 reverse meltdown/split catch			
	Wrap out/split (or press)					
	1 arm overhead/wrap in/wrap out					
	RBL Pretzel wrap*					
Specials			360 wrap out start			
			Sliding toe/back toe start			
			Backward start			
			Press start			
			180 start			
			720 wrap start			
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