

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		
Presses			180 flip press (fake press)	180/360 overhead press	Reverse press	
				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		
					Rope between the legs/wrap in/wrap out	
Specials	Standing start, dock, sitting, or beach			Wrap start		
	Toe hold bow	Sitting rope between legs or wrap start		Sitting toe start		
	Arm/Leg ballet			Ski backwards shove it start		
	Swan			Rope between legs start		
	Bow/pistol squat			Toe hold landing		
	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).			Notes: > Doing same skill more than 2 times will not be scored.			
Tasho: Wrap in, overhead, wrap out			> No extra credit for over 5 rotations.			
Pretzel: 540 in - 540 out			> Opposite foot tricks 1 point higher levels 6-10.			
Stuffed Pretzel: 540 in - back to back OH - 540 out			> Butt must be below knee in pistol squat			
Pretzel Wrap: 360 wrap to with rope in hand swan, to 360 wrap out swan, to unwrap			> Head must be below waist in back bend to toe swan			
KC Wrap: Rope wrapped around ski leg while in a swan and spin out			> 720 wrap start is 2x wrapped, hop, then wrap 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						

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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)
	1 arm 540 overhead to flip or extend*	900 overhead to flip or extend*	1 arm 900 overhead to flip or extend*			1 arm 1440 overhead* (4 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 pull press			1 arm back to back		1 arm press to press
Melt		540 reverse meltdown				
	1 arm rev 360 meltdown		720 reverse meltdown	1 arm 720 reverse meltdown		1 arm 900 meltdown
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	540 reverse meltdown/split catch			
	Wrap out/split (or press)	1 arm wrap				
	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			
Outside Wake	All outside wake tricks are 1 level higher than original skill Level 3 and above.					

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