

Note: Level 180 skills (novice) in blue

NSSA Swivel Difficulty Chart

Note: Level 360 skills (intermediate) in red

Year 2022	Level 2 (Novice)	Level 3 (Basic)	Level 4 (180)	Level 5 (360)	Level 6 (Reverse)	Level 7 (Combo/720)	Level 8 (540/720)	Level 9 (900/1080)	Level 10 (1440)
Toe/Knee	Toe hold	180 toe turn	Toe deep swan		Opposite toe turn	360 toe wrap			
	Heel hold	Toe hold at knee	180 knee turn			Back bend to toe swan			
	Knee hold								
Flips		180 flip turn	180 flip leg around	Reverse flip					
		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	Osmosis (handle catch)*			
		180 hand to hand extend	180 extended hand to hand	360 extended hand to hand					
			180 legover rope						
Wrap Tricks	Rope between legs		180 rope between the legs	360 rope between the legs	KC wrap		540 toe wrap		
	Rope between legs/leg on rope		180 wrap in/wrap out	360 wrap in/wrap out	Reverse wrap in/wrap out	1 arm wrap in/ wrap out	720 wrap in/wrap out*	1080 wrap in/wrap out	
	Maya		180 rollover		180 rollover to 360 rope between legs	Reverse 360 rollover			
Overheads				Wrap in/wrap out to extended flip	180 overhead/wrap in	Wrap in/wrap out to reverse wrap in/wrap out			
				360 overhead	Reverse overhead	720 overhead*		1080 overhead*	1440 & 1800 overhead*
					1 arm overhead (R & L)*		1 arm 720 overhead*		1 arm 1080 overhead*
					540 overhead to flip or extend*	900 overhead to flip or extend*			1 arm 1440 overhead*
Split Catch		180/360 extension to split catch	Roll over split catch	180/360 split catch	Reverse split catch				
				360 step over	Reverse step over				
Presses			180 flip press (fake press)	180/360 overhead press	Reverse press	1 arm pull press	540 overhead to press*	900 overhead to press*	1 arm 900 out*
				Overhead press to extended flip		1 arm reverse overhead press		Press to 900 overhead*	1 arm 1260 out*
				Press to split catch		1 arm overhead press	Press to 540 overhead*	1 arm extended press/540 overhead	
						Back to back meltdown	Back to back*	Back to back 720*	Back to back 1080*
				Extended flip to overhead press (pull press)				1 arm back to back	Back to back 1440
Melt					Reverse meltdown		540 reverse meltdown	1 arm 540 reverse meltdown	
					360 reverse meltdown (flip reverse meltdown)		720 reverse meltdown	1 arm 720 reverse meltdown	
							900 meltdown		
Combination			180 hand to hand/back toe turn	Shove ski around	Overhead press/rope between legs (or wrap)	Reverse meltdown/split catch	540 reverse meltdown/knee turn	540 reverse meltdown/split catch	
					1 arm overhead/wrap in/wrap out	Reverse meltdown/rope between the legs		Pretzel (540 in to 540 out)	Stuffed pretzel (540 in/back to back/540 out)
					Split catch/wrap in	1 arm rope between legs wrap 1 arm wrap			
					Wrap out/split (or press)				
					Rope between the legs/wrap in/wrap out				
Specials	Standing start, dock, or beach			Wrap start			360 wrap out start		
	Sitting start	Sitting rope between legs or wrap start		Sitting toe start			Sliding toe start		
	Arm/Leg ballet			Ski backwards shove it start			Backward start		
	Swan			Rope between legs start			Press start		
	Bow			Beach start					
Kneel	RBL - landing		Special landings & positions						

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

Notes Performing the same skill more than 2 times will not be scored

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