

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).

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