

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		
				Wrap in/wrap out to extended flip		
Overheads				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 (null 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. > 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			
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						