

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			
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