

## **NSSA Doubles Difficulty Chart**

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2026	Level 2 (2.5-5)	Level 3 (5-7.5)	Level 4 (7.5-10)	Level 5 (10-12.5)	Level 6 (12.5-15)	Level 7 (15-17.5)	Level 8 (17.5-20)	Level 9 (20-22.5)	Level 10 (22.5-25)
Start	Sitting dock start			Sliding shoulder start		Sitting start in lift	Flying pick-up start		Sliding start in lift
Seat	Seat	Seat to drape	Seat to gainer	Seat 180 attitude		360 seat	High 360 seat		
		Seat balance		Seat to star					
Drape	Drape	Drape balance	Drape spin down	Drape to star		360 drape*		720 drape*	1080 drape*
		Drape to barbell	Drape to seat	Drape p/o step-up					1440 drape*
		Drape walkover	Drape handstand		Drape p/o attitude				
			Drape to gainer		Drape hndstdn bal	Twisted handstand			
			Drape death drop						
Step-Up	Step-up side	Step-up to stag	Step-up - 180 tabletop	Step-up 90 catch		360 tabletop*	540 tabletop*	720 tabletop*	1080 tabletop*
	Step-up back	Step-up to diver	Step-up to gainer			Tick tock		Tick to 360 drape	1440 tabletop*
	Tabletop	Step-up to attitude				Step-up 1.25 roll catch			720 tick tock*
		Roll down	Step-up to needle			Table top to drape			
			Step-up to scorpion			360 step-up		720 step-up	1080 step-up
Barbell	Side barbell	Back barbell	Back barbell catch	Barbell 180 spin catch	Roll down/up (front)	Side barbell 450 catch	Roll down/up (side)		
				Side barbell 90 catch	Barbell 360 spin catch		Whirlybird		
					Side barbell 270 catch				
Star	Star			Shooting star	Full butterfly	360 star*			
	Star to tabletop			Star 0.75 roll to catch					
Attitude	Back attitude	Front attitude	Bck attitude 180 catch	Attitude to star	360 attitude	High 360 attitude	1 arm front thigh lever		
	Attitude to drape	Attitude heel stretch		Star to Attitude	360 heel stretch	Whizzo	1 arm back thigh lever		
			Bow & arrow	Back attitude balance	Torch flip	High 360 scorpion			
				Heel stretch to star					
				Heel stretch to scale					
Gainer	Gainer	Gainer to seat	Gainer p/o step-up						
			Gainer p/o attitude						
		Inverted needle	Inv. ndl to step-up						
				Inv. ndl to attitude					
Skater	Skater	Skater balance	Skater 180 to step-up		360 skater*	540 skater*	720 skater*	1080 skater*	
		1 arm skater		Skater roll down	Skater- drape walkover				1440 skater*
Liberty	2 ft shoulder balance*	Statue of liberty*	Liberty needle						
			Liberty heel stretch						
			Liberty scorpion						
Other	Flag	Regal		Scale p/o drape		Pike up to back attitude	Step-up to handstand	Hand/hand handstand	
	Scale				Pike up to drape	Guillotine	Swing up handstand	1-arm handstand	
					Pike up to star	Barrel roll	Star to handstand	Jaegernova	
					Minnesota combo	Pike up to tabletop*	Lemon drop		
Landing	Land on skis	Land in arms		In lift at shoulder		Land in lift overhead			
Land Moves	Spin out	Lift to drape	Drape spin down		Pike up to tabletop*	Swing up handstand	720 barrel roll	1080 barrel roll	1440 barrel roll
	Spin in	Lift to step-up	Walkover		Pike to star	Hip/thigh flip	900 barrel roll		
	Flair	Lift to barbell	Shooting star	Pin wheel	Torch flip	Lasso (ice skater)	Guillotine 720 roll		
	Shoulder sit	Lift to seat	Throw to seat	360 barrel roll	Guillotine 360 roll	360 skater toss	1 arm detroiter		
	Fish	Lift to attitude	Roll down	Neck wrap	Horizontal Star	Roll down/roll up	QP		
		Marlin	Body wrap			1 arm F. thigh lever			
			Guillotine			1 arm B. thigh lever			
			Barbell spin			540 barrel roll			
						Hand to foot stand			
						Guillotine 540 roll			

**Notes:** Lifts done without proper technique typically reduce difficulty & will receive reduced Technical Merit scores, & can negatively impact Artistic Impression scores.

Disproportionate partner size will receive a 1 point deduction in the final score, before any penalty is applied.

Each fall, including the landing, will result in a 1 point deduction in the final score, before any penalty is applied.

## Intermediate Doubles: Levels 2-6

**Jaegernova:** Handstand down to straddle to swing up handstand

**Whirlybird:** Barbell 180 spin with a 360 roll to a catch

**Whizzo:** Torch flip half twist

**MN combo:** Star, drape handstand, drape

**Bow & arrow:** from attitude, grab L leg with R hand pulling heel over head

**Bow & arrow:** from altitude, grab L leg with R hand pulling heel up. **Lemon drop:** Handstand, 1-arm handstand, 90° pivot, death drop.

\*Denotes skills going either direction: same value either direction

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