

Skill tabel - Swivel

Skill tabel swivel (versie 2023.07.12)

IWWF 2022

Deze punten tellen enkel voor de individuals

	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)
	0-5 punten	5-7 punten	8-11 punten	12-15 punten	16-17 punten	18-19 punten	20-21 punten	22-23 punten	24-25 punten
Toe/knee	Toe hold	180 toe turn	Toe deep swan		Opposite toe turn	360 toe wrap			
	Knee hold	Toe hold at knee	180 knee turn			Back bend to toe swan			
	Heel 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 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			
				Wrap in/wrap out to extended flip	180 overhead/wrap in	Wrap in/wrap out to reverse wrap in/wrap out			
Overheads				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 *
					1 arm 540 overhead to flip or extend *				1260 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*
						1 arm reverse overhead press		Press to 900 overhead *	1 arm 1260 out*
				Overhead press to extended flip	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
							Extended press to extended press		

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		
Combinations			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 legs		Pretzel (540 in 540 out)	Stuffed pretzel (540 in/back to back/540 out)	
					Split catch/wrap in					
					Wrap out/split (or press)					
					Rope between the legs/wrap in/ wrap out					
Specials					Pretzel wrap					
	Standing start			Wrap start			360 wrap out start			
	Sitting 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			Special landings & positions						
Outside wake	All outside wake tricks are 1 level higher than original skill.						<i>*Denotes skills with allowable reverses. Reverses are the same value as basic skill.</i>			