

# Stunting Rules

## JTA in accordance with the INFC

The rules for stunting can also be found in the football rule booklet that is passed out to all Sponsors at the INFC Meeting each year.

1. No jewelry. Newly pierced ears must be covered with band-aids.
2. No stunting is allowed without a Coach present.
3. Any stunt above shoulder level requires a spotter at all times.
4. No stunting or tumbling in wet conditions.  
Wet conditions are as follows: dew on grass, raining or drizzling weather.

**MIGHTY MITES CAN DO THIGH STANDS ONLY** It does not matter if you have girls on your squad who are on All-Star teams or if they have been doing more than thigh stands their whole life. This is a rule that we must abide by at our games and practices.

**3RD GRADE CAN DO THIGH STANDS AND PREPS** Preps must be taught properly at Cheer Camp, and all Preps must have a front and back spotter in addition to the Coach(s) being there. Flyers must be in contact with the bases at all times.

**4TH GRADE CAN DO THIGH STANDS, PREPS, AND CRADLE CATCHES** These stunts must be taught properly at Cheer Camp, and all Preps must have a front and back spotter in addition to the Coach(s) being there.

**5TH GRADE CAN DO THIGH STANDS, PREPS, CRADLE CATCHES, AND PREP TO EXTENSION OR TORCH** These stunts must be taught properly at Cheer Camp, and all stunts must have a front and back spotter in addition to the Coach(s) being there.

**6TH AND 7TH GRADE CAN DO THIGH STANDS, PREPS, CRADLE CATCHES, PREP TO EXTENSION, TORCH, LIBERTY, ARABESQUE, SCORPION, AND SCALE** But some of these stunts are even too difficult for most squads to attempt. These stunts must be taught properly at Cheer Camp, and all stunts must have a front and back spotter in addition to the Coach(s) being there.

**NO Basket Tosses, Toe Touch Baskets,  
Prep Full Downs, or Extension Full Downs, EVER.**

Due to the dangers of building and stunting, JTA Sponsors must adhere to these rules at all times. Members of the INFC randomly visit our football games each weekend. If these rules are violated, large fines are issued. JTA will NOT pay for these fines. It is the responsibility of the Sponsor!

*When in doubt about the rules, don't stunt!!*

