

# LEST Cheerleading Stunting Rules

1. All stunts above waist high must be performed on a matted surface. Mats will be available, but you need to pre-request them on the Cheerleading Registration form. You will be responsible for their placement and removal.
2. All stunts above waist high must have a separate head and shoulders spotter.
3. The spotters' attention shall never leave their flyer for the duration of the stunt.
4. All tosses must be performed on a matted surface and have a separate head and shoulders spotter.
5. All extended stunts must have a separate head and shoulders spotter. The use of a second/front spotter is **strongly encouraged**.
6. No inverted stunts may be performed with the **exception** of a forward suspended roll. The flyer shall remain in constant hand to hand contact with their bases at all times for this stunt.
7. Teams may only perform stunts for which they have adequate skills and are proficient at. A deduction of up to 10 points may be taken for a failed or fallen stunt.
8. A deduction will be taken for each non-registered stunt/ stack/ dismount/tumbling move.
9. No stunts may be performed over any person or prop.
10. Flyer may not carry any prop into any stunt. All props must be handed to top once flyer is in position.
11. A safety violation deduction may be taken for any prop or uniform part that is stepped on during any part of the performance.
12. The only props allowed are pompons, megaphones, and signage (poster board size and smaller)

Each participating school should refer to the web site for the National Federation of High Schools (NFHS) Spirit Rules Book (See Web site Directory for the Address and direct link).