

# ALLOWABLE STUNTING TABLE BY LEVEL – Revised May 2018

\*\*All Extension Level Stunts Must Have Both Front & Back Spotters\*\*

	Pony Sits	Foot Sit	"V" Sits	"L" Lift	Thigh Stand	Single Base Knee Down Thigh Stand	Double Base Knee Down Thigh	Piggyback	Elevator	Hitch in Stunt	Shoulder Sits	Shoulder Stand	Show & Go	Twist Cradle	Extension	V Sit Extension			
Flag	X	X	At waist	With back spot	With back spot	With Back spot	With back spot	With back spot	With back spot at waist level	With one foot on ground	With back spot								
Freshman	X	X	At waist	With back spot	With back spot	With Back spot	With back spot	With back spot	With back spot at waist level	With one foot on ground	With Back spot								
JV	X	X	X	X	With back spot	X	X	X	With back spot	X	X						With back and front spots	With back spot	At shoulder height
Varsity	X	X	X	X	With back spot	X	X	X	With back spot	X	X						With back & front spots	With back spot	At shoulder height