



LLYFL Cheer Uniform Specifications

*All uniforms are available in a variety of youth sizing.
Examples of LLYFL's uniforms are pictured below.*

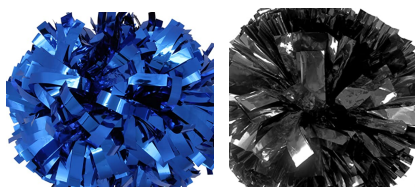
VEST/SHIRT AND SKIRTS OR PANTS

All colors of vests/shirts and skirts/pants will depend on your team.



POM POMS

All pom poms will be returned to your Coach at the end of each practice and game. Your Cheer Coach will be responsible for bringing all poms to games. Colors will depend on your team.



BOWS

All team bows will be provided by LLYFL. Bows should be worn in hair, facing forward and upright positions, with proper hair accessories in place (i.e., bobby tins, hair clips, hair spray, etc.). Colors will depend on your team.



SHOES

LYFA approved cheer footwear includes white shoes with white soles. Only these types of shoes are allowed on any LYFA tracks. We ask that these shoes have good arch support. No Keds, vans, and canvas tennis shoes please!



YES



NO

ADDITIONAL ITEMS NEEDED

SOCKS

All cheerleaders must wear white, ankle socks. No specific brand required. No long socks please!



TANK TOPS

A tank top must be worn underneath every Cheer vest at all times. No midriff or bra/cami straps should be shown at any LYFA game. Colors must match the color of their uniform and not stand out.



SPANDEX/BOY SHORTS

All spandex and boyshorts worn *undemeath* skirts must match the color of their uniform. Colors will depend on your team. If your cheerleader already has these items (in the team color required), then they do NOT need to purchase new ones.



LONG SLEEVE LINERS

All long sleeve liners worn *underneath* vests must match the color of their uniform. Colors will depend on your team. If your cheerleader already has these items (in the team color required), then they do NOT need to purchase new ones.



BLACK LEGGINGS

Black leggings may be worn *underneath* skirts during inclement weather. Leggings must be thick enough



(OPTIONAL TEAM)

RAIN PONCHOS

Rain ponchos are proved by LLYFL and may be used during inclement weather games.



(OPTIONAL TEAM)

WARM UPS

Purchasing league warm ups will be discussed with your team at the beginning of the season. Though warm up sets are not required for the season, they are optional based on your team's desire. All warm ups will be used at colder games. The pictures below are just *examples* of a warm up set may look like if purchased through a third party. Team colors and sizing would vary!

