

LLBFL Cheerleading Uniform Guidelines and Care Instructions

For the past few years, Lower Loudoun Boys Football has invested in purchasing new uniforms to be used for our cheerleading program. The cost of this endeavor is staggering. In order to keep our costs for replacement uniforms at a minimum, the league has developed the following guidelines for the cheerleading uniforms:

- The Cheerleading Coordinator will determine when the uniforms will be distributed to the squads. When the uniforms are distributed, the parents and Cheer Coaches will sign for the uniforms and certify that they will return the same to LLBFL.
- When distributing the uniforms to your cheerleaders, the parents are to provide a deposit in the amount of \$75.00 which is fully refundable upon return of the uniform in the same condition in which it was received. Failure to return a uniform or returning a uniform in poor condition will result in forfeiture of the deposit and the parents will receive a bill from LLBFL for the balance of the replacement cost of the uniform.
- The uniforms are not to be permanently altered in any way.
- **Cheerleaders are to wear their uniforms to LLBFL games and events only! As soon as your game is over, cheerleaders remaining at the field to watch the next game must bring a change of clothes with them to change into. Any cheerleader caught at Bill Allen Field or at Firemen's Field in their uniform during any other game other than their own game, will face disciplinary action by the Board to include suspension.**
- **While in cheer uniforms, you are not allowed to eat anything other than the items that have been approved by the league, ie; water, clear soda, soft pretzel, and popcorn. Any cheerleader to violate this rule will be subject to discipline by the Board and may include suspension.**
- Care must be taken while laundering your uniforms. Do not use bleach or any other detergent containing bleach when machine washing your uniforms. They may be machine washed in cold water on a gentle cycle, (preferably separately from other laundry) and hung up to air/line dry. Do not use a clothes dryer for drying the uniform; line/air dry only.
- Do not at any time apply a hot iron directly to any uniform. If you must press your uniform use a damp pressing cloth between the iron and the uniform for brief pressing.
- All uniforms will be returned to the league at your last playoff game. All cheerleaders must come prepared to change from their uniform to their street clothes at this game. Uniforms will be collected at both Bill Allen Field and Firemen's Field.

If you should have any questions concerning the above guidelines and care instructions, please contact Jan Craigue, Cheerleading Coordinator at (703) 969-5818