



Lakeville South FOOTBALL
DRESS REQUIREMENTS FOR PRACTICES AND GAMES
APPLICABLE FOR ALL LEVELS

Team: a group organized to work together.

Program Rule: The team comes first. Every decision is based on the team. Players won't conduct themselves in any manner to draw attention to themselves and away from the TEAM.

Uniform: 1) Always the same; unvarying. 2) Being the same as or consistent with another or others. 3) A distinctive outfit intended to identify those who wear it as members of a specific group or team.

1. SHOES & CLEATS

- a. for lifting in the weight room or any inside activity players **MUST** have a running or cross-training shoe
- b. for practice & games or any outside activity players **MUST** have football cleats (½" length)
- c. the primary color of football cleats **MUST** be Black or White or School Colors
- d. it is preferred that players purchase **MOLDED** cleats because they wear better throughout the season

2. SOCKS

- a. players **MUST** wear the **same color** socks for **ALL GAMES** (9th, 10th, JV & VARSITY).
- b. players **MUST** wear a sock that is mid-calf **OR** over-the-calf in length.
- c. **IT IS PREFERRED FOR PLAYERS TO WEAR THEIR SOCKS AT MID-CALF!!!!**
- d. players MAY NOT wear 'NO-SHOW socks – this is completely unacceptable.

3. SHORTS

- a. players **MUST** have Football Shorts for all football activities which require shorts be worn i.e. lifting, running, etc.
- b. players **MUST** wear a jock/cup and/or compression shorts for **ALL** practices and games
- c. players may **NOT** wear boxer shorts for practice or games as this is a health/medical issue

4. PANTS

- a. players will wear practice pants with a belt for all practices
- b. players will wear game pants with a belt for all games (home and away)
- c. in cold weather, players may wear leggings under their pants but **SOCKS MUST BE WORN** over the leggings.

5. T-SHIRTS

- a. only "Lakeville South Football" t-shirts may be worn for **ALL** football activities (practices & games)
- b. on game nights the season t-shirt **MUST** be worn under the jersey unless the player selects to wear Under Armour or similar performance gear which **MUST** be school colors
- c. if players wear any long-sleeved t-shirt or sweatshirt under their practice or game jersey it **MUST** be school colors

6. JERSEY

- a. players will wear a practice jersey to all practices and lifting activities
- b. **WHITE GAME JERSEYS** will be worn for **AWAY** games
- c. **CRIMSON GAME JERSEYS** will be worn for **HOME** games
- d. game jerseys **MUST** be tucked-in at all times!
- e. game jerseys which are altered by players **MUST** fit appropriately at the waist and **MUST** be approved by the head coach.

7. JEWELRY

- a. absolutely **NO JEWELRY** of any kind may be worn at practice or in games; this is an Lakeville South Football and MSHSL regulation that is for your safety!
- b. this includes the "Live Strong" bracelets and/or any type of necklace or earring.



8. UNDER ARMOUR and other PERFORMANCE APPAREL

- a. players may wear SCHOOL COLORS with Under Armour for practice and/or games; no other colors are acceptable.
- b. it is recommended that players purchase the long sleeve cold weather Under Armour for use in practice and games later in the season.

9. GLOVES

- a. players may wear padded linemen gloves or tactified receiver/running back gloves for practices and/or games
- b. gloves must be in school colors

10. HATS/CAPS

- a. when involved in ANY football related activity (practice, game, fund-raiser, etc.) players may only wear "Lakeville South" hats/caps.
- b. Players shouldn't wear any type of helmet caps or bandanas under their helmets.
- c. **No hats/caps may be worn for team meetings or weight room sessions.**

11. EYE BLACK

- a. Eye black (strips or paint) may be worn for games however the use is limited to the traditional 'smear' under the eye.
- b. This is now a new state high school league rule about eye black and face paint.

12. SHIELDS

- a. Shields which attach to the helmet are NOT permissible unless there is a medical condition which is verified in writing by a licensed medical doctor and then it must adhere to MSHSL rules. They must be transparent.

13. ARM OR LEG BANDS

- a. Arm bands (sweat bands) may NOT be worn at all – doing so is a violation of MSHSL rules.

14. USE OF TAPE

- a. Tape of any type is NOT permissible to alter the uniform or shoes of the player – doing so is a violation of MSHSL rules.

15. MOUTH GUARDS

- a. Players MUST wear a mouth guard whenever they are wearing a helmet in practice or game situations.
- b. Mouth guards which have a strap connected to the helmet are PREFERRED! We do NOT recommend that a player use a mouth guard that does not have a strap attaching it to the helmet.

16. DRESS OF INJURED PLAYERS

- a. Players who do not dress in full pads because of an injury MUST adhere to the following guidelines for games:
 - i. MUST wear their game jersey and it MUST be tucked in.
 - ii. MUST wear khaki pants with a belt and the pants may NOT be sag below the belt line.
 - iii. May wear Lakeville South Football hooded sweatshirts under the game jersey.
 - iv. May wear a coat in colder weather over the game jersey provided it fits within the team colors.
 - v. May only wear hats which are Lakeville South or approved by the head coach...hats must be worn in such a manner that is fitting of our team.