

## FOOTWEAR & SPIKES

Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition. Any person seeking exemption from wearing shoes must support their application with a relevant medical certificate on the day of competition, before competing.

No competitor may wear football boots or cleats in an event.

### Spikes

- a. At Centre level at the Centre Management discretion, athletes from U11 age group and upwards are able to wear spikes in appropriate events as detailed in the table below.
  - b. Competitors in the U6 to U10 age groups may not wear spike shoes.
  - c. Competitors in the U11 to U12 age groups may wear spike shoes in long jump, triple jump, high jump and javelin and in events run entirely in lanes.
  - d. Competitors in the U13 to U17 age groups may wear spike shoes in long jump, triple jump, high jump, javelin and in all track events (except walks).
  - e. Spike shoes with spikes removed shall not be worn by any competitors in events where they are not able to wear spike shoes.
  - f. Spike shoes must only be worn during an event and are not to be worn to and from an event
  - g. Spiked shoes must not be worn in the stand or outer areas of the track.
  - h. Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
  - i. On synthetic track: spikes must be no longer than 7mm.
  - j. On synthetic field: spikes must be no longer than 9mm.
  - k. On grass track or field: spikes must be no longer than 12mm.
  - l. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
  - m. Spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks / slugs installed.
- Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition.



TABLE:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
<b>Track</b>												
<i>Laned</i>	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
<i>Unlaned</i>	---	---	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S
<i>Relays</i>	---	---	---	---	---	lr *	lr *	S∅S	S∅S	S∅S	S∅S	S∅S
<b>Field</b>												
<i>V Jumps</i>	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
<i>H Jumps</i>	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
<i>Javelin</i>	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S

### Legend:

- S∅S May wear spike shoes with spikes
- lr U11 - U12 Athletes competing in 4 x 100m Relays may wear spike shoes with spikes
- \* Athletes competing in U13 - U17 Relay teams may wear spike shoes with spikes