

## 4.7. FOOTWEAR & SPIKES

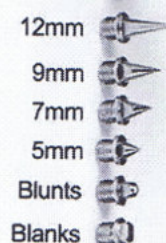
4.7.1. Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition. Any person seeking exemption from wearing shoes must support their application with a relevant medical certificate on the day of competition, before competing. STP 53 ('02)

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

### 4.7.3. 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 - U10 age groups may not wear spike shoes
- c. Competitors in the U11 age group may wear spike shoes in events run entirely in lanes, long jump and triple jump
- d. Competitors in the U12-U15 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin
- e. Competitors in the U13-U15 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin as well as in events not run entirely within lanes, except walks
- f. Spike shoes with spikes removed shall not be worn by any competitors in events where they are not able to wear spike shoes
- g. Spike shoes must only be worn during an event and are not to be worn to and from an event
- h. Spiked shoes must not be worn in the stand or outer areas of the track
- i. Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use
- j. On synthetic track: spikes must be no longer than 7mm
- k. On synthetic field: spikes must be no longer than 9mm
- l. On grass track or field: spikes must be no longer than 12mm
- 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.



### 4.7.4. Table

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
a. Track												
Laned	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS	SWS
Unlaned	---	---	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS
Relays	---	---	---	---	---	*SB	*SB	SWS	SWS	SWS	SWS	SWS
b. Field												
V Jumps	---	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS
H Jumps	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS	SWS
Javelin	---	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS

#### Legend:

SWS Spike shoes with spikes

\* SB Athletes competing in U13 - U17 Relay teams: Spike shoes with or without spikes