

FOOTWEAR AND SPIKED SHOES

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

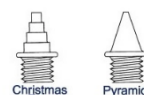
At Centre level, at the Centre Committee discretion, athletes in the U11 to U17 age groups are permitted to wear spiked shoes in appropriate events as detailed below.

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

Spiked Shoes

Any athlete not exercising care when using spiked shoes may be disqualified from wearing spiked shoes for the remainder of the competition.

- i. Athletes in the U6 to U10 age groups may not wear spiked shoes.
- ii. Athletes in the U11 to U12 age groups may wear spiked shoes in long jump, triple jump, high jump and javelin, and track events run entirely in lanes.
- iii. Athletes in the U13 to U17 age groups may wear spiked shoes in long jump, triple jump, high jump and javelin, and all track events (except walks).
- iv. Needle/pin spikes are prohibited on synthetic tracks at LAQ Competitions including Regional Competitions.
- v. On synthetic track: spikes must be no longer than 7mm.
- vi. On synthetic field: spikes must be no longer than 9mm.
- vii. On grass track or field: spikes must be no longer than 12mm.
- viii. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- ix. Spiked shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- x. Spiked shoes must only be worn during an event on the field of play and not worn to and from an event (unless advised by an Official).
- xi. Spiked shoes are to be carried in a suitable bag at all times and stored safely when not in use.



Allowed spike styles.

Age Group and Event Specifications

	U6 to U10	U11	U12	U13	U14	U15	U16	U17
Track								
<i>Laned</i>	NA	SS	SS	SS	SS	SS	SS	SS
<i>Unlaned</i>	NA			SS	SS	SS	SS	SS
<i>Relays</i>	NA	LR	LR	SS	SS	SS	SS	SS
Field								
<i>V Jumps</i>	NA	SS	SS	SS	SS	SS	SS	SS
<i>H Jumps</i>	NA	SS	SS	SS	SS	SS	SS	SS
<i>Javelin</i>	NA	SS	SS	SS	SS	SS	SS	SS

Legend:

- NA Not allowed to wear spiked shoes.
- SS May wear spiked shoes in accordance with the specific rules above.
- LR U11 and 12s competing in laned Relays may wear spiked shoes in accordance with the specific rules above.