



UNIFORM AND SPIKES POLICY

Uniform

Athletes must wear Centre uniform at all home and away meets. All uniform items including polo shirts, shorts and hats are to be purchased through the centre to ensure they meet centre and SALAA policies.

The centre top must have the current season's age group badge, registration number and sponsor's patch securely attached, with the sponsor's logos and numbers clearly visible. There should be no other badges attached to the top.

See member handbook for the correct location of patches and badges.

Athletes may wear a second pair of shorts (or leggings for Cross Country) underneath their approved uniform shorts. If worn, they must be plain and the same colour as the approved uniform shorts colour (navy) or black except where they impinge on the safety of the athlete in the event and must not carry any unapproved branding larger than 30mm x 30mm square. Athletes registered in Tiny Tots are exempt from wearing the centre uniform. However the Committee requests that they wear navy shorts and a red polo shirt. All patches and badges must be attached to the polo. Athletes who are registered for a come and try are exempt from wearing the centre uniform, but must abide by the footwear rules outlined below.

Shoes/Spikes

Suitable footwear is to be worn at all times Shoes are compulsory for ALL competitors in ALL events.

Definitions

For the purposes of this policy a spike is defined as a metal spike inserted into the sole of a spike shoe.

A spiked shoe is defined as a shoe with screw holes in the sole capable of accepting spikes.

Rules in relation to footwear

Footwear is compulsory for ALL athletes in ALL events. All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.

All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed. Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Relays	Cross-Country
U6 - U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin	4x100m, Laned sections of 4x200m and Medley	No spike shoes allowed
U13, U14, U15, U16, U17	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed

For relay events where an athlete is competing in a higher age group, the rule for that athlete's age group applies. Only spike designs known as conical or pyramid ("Christmas tree" or "tiered") will be permitted. The permitted maximum length of spike allowed for each age groups in the allowed events is listed in the following table. Athletes must not wear spike shoes with all spikes removed in any event.

Maximum Length Allowed	Specialist High Jump/Javelin footwear with heel spikes
7mm	9mm

Review

This policy will be reviewed annually by the Committee.

Policy developed: Jul 2015

Policy last reviewed and changes accepted: Sep 2018

Policy last reviewed without change: Sep 2019

Date for next review: Sep 2020