

SPIKE SHOE LICENCE


Spike Shoe Rules

- A spike shoe is a dedicated running shoe that can take a screw-in stud, spike, or blank

Age groups

- Athletes in age groups U6-U10 **MAY NOT** wear spike shoes (even where blanks are used)
- Athletes in age groups U11-U12:
 - May only wear spike shoes in track events run entirely in lanes
 - May wear spike shoes for long jump, triple jump, high jump, and javelin
- Athletes in age groups U13-U17:
 - May wear spike shoes in all track events (except walks)
 - May wear spike shoes for long jump, triple jump, high jump, and javelin

Shapes and sizes

- Synthetic track spikes allowed:
 - Running shoes: up to 7mm spikes
 - Jumping shoes: up to 9mm spikes
 - Grass track spikes allowed:
 - Running and jumping shoe spikes: up to 12mm
 - There are only TWO types of spikes allowed to be worn at the WA Athletics Stadium:
 - Christmas Tree Spikes
 - Pyramid Spikes
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- All holes in spike shoes must be filled
 - No more than 2 blanks can be used to fill holes
 - Any blanks used instead of spikes must not protrude below the surface of the shoe
 - No more than 11 spikes can be used on each shoe

Safety

- Spike shoes may only be worn at an event site for the purpose of competing
- Spike shoes must not be worn in the stands or outer area of the track
- Spike shoes may be put on prior to a track or field event after presenting them to the coordinator or track starter for inspection
- Spike shoes must be removed at the completion of a track event, prior to leaving the competition area
- Spike shoes must be removed prior to leaving a field site, at the completion of the event
- Spike shoes are to be carried with spikes *facing each other*, to avoid the risk of injury
- Spike shoes must be kept in a shoe bag when not in use, they must not be left where people could tread on them and become injured

Athletes breaching these rules may be disqualified, at the discretion of the board, from the wearing of spiked shoes for the remainder of an event and for the 7 days thereafter. Multiple breaches can result in a spike licence being revoked until a period deemed appropriate by the board.

I, _____ of Joondalup Athletics Centre, have read and understand the rules and conditions for the use of spike shoes at a centre and State level. I will abide by the terms listed and acknowledge that if found in breach of these conditions I will lose the use of spike shoes for a period of 7 days.

Athlete Signature

Parent/Guardian Signature

Assessment Coach Signature