

## 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