



UNIFORM POLICY

In order to ensure fairness, consistency and professionalism the Ridgewood Little Athletics Centre has the following Uniform Policy for competitions run during the season.

Ridgewood Little Athletics Centre has a different Uniform Policy for both RLAC run events and Little Athletics Western Australia (LAWA) run state events.

RLAC run events:

A RLAC run event is where athletes are competing for the individual clubs (ie Butler, Clarkson, Mindarie, Quinns Rocks and Yanchep) at an event held by Ridgewood LAC.

These events are usually held at our home – Ridgewood Oval, however on the odd occasion a RLAC event may be staged at an alternate venue such as the WA Athletics Stadium or another Centre's venue. Notice will be given to all clubs whenever a RLAC event is held away from Ridgewood Oval.

All athletes must wear the correct approved club uniform, including:

TOPS

- Tops – All athletes must wear the approved singlet/shirt in the prescribed colour and design as submitted and approved by RLAC. These may be purchased from your club. The tops must clearly display the age tag on the left hand front of the uniform top, and the sponsor badge on the right hand front. The Athlete number must be displayed in the front centre of the uniform top and have the athlete's name clearly displayed in the space provided. Exposed midriffs are not permitted. RFID tag must be sewn into the registration number on the back behind the number.
- Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved uniform top or white. If manufacturer's logos are present on the top, the logo must not exceed 7cm x 5cm (approximate size of a matchbox).

SHORTS

- All athletes must wear navy blue shorts with no marks or lines at all times. *It is the preference that all athletes compete in RLAC shorts. These are available to purchase from the Centre.*
- Athletes may wear a second pair of shorts underneath their approved uniform shorts. If worn they must be navy, predominately black or skin colour.
- Athletes wear compression shorts as an outer garment only. If worn they must be navy or predominately black.
- For Walking events, short length must finish at least 5cm above the knee.
- Athletes may wear leggings of any length except in Walking events. If worn they shall be navy or predominately black.
- If manufacturer's logos are present on the uniform (i.e. leggings or compression shorts), the logo must not exceed 7cm x 5cm (approximate size of a matchbox).

SHOES

- Shoes – lightweight running shoes/joggers must be worn for all events. Basketball boots are not suitable. No athlete may wear football boots or cleats in any event. Spikes may be worn for certain events as per LAWA guidelines. Athletes must have a “Spike Licence” in order to compete in spikes. Please see your club coach for details.

HATS

- Hats – Hats must be removed before the start of all track events. For Field events hats must be removed before each athletes turn. Athletes are encouraged to wear hats whilst waiting for their turn. In extreme heat the Arena Manager may allow hats to be worn whilst competing in field events.

Enforcement and Penalties

- The Arena Manager will determine the enforcement of the uniform policy on event days. Athletes not wearing the correct approved uniform may be excluded from events, or disqualified from an event after a protest.
- The Arena Manager will allow a reasonable attempt to ensure the correct uniform is being worn for the first day of competition.
- Replacement registration numbers can be purchased from the Centre for \$10 each.
- Replacement RFID tags, age tags and sponsor badges can be purchased from the Centre for \$5 each.
- The Arena Manager, and or RLAC Committee may allow temporary changes to the uniform policy for specific events such as Pinkletics and Australia Day. Notice will be given to all clubs if a change is made to the Uniform Policy for specific events.

It is the Clubs' responsibility to ensure all Athletes are competing in correct uniform at all times.

LAWA run State Events

A LAWA run State event is where athletes are competing for the Ridgewood Little Athletics Centre as opposed to their Club. Such events include (but not limited to) State Relay Championships, State Combined Events Championships, Zone Championships and State Championships and Winter Competition.

At all LAWA run State Events all athletes must compete in the approved Ridgewood LAC uniform. (Exception: U7 and U8 athletes may wear club uniform for Zones Championships and for Winter Competition only.)

At all LAWA run events Ridgewood does not have control over the enforcement or penalties for breach of the policy. LAWA is very strict in enforcing uniform policy during these events. If an athlete is not 100% compliant they will be disqualified or denied entry to the events. A copy of the current LAWA Standard is attached, see Rule 143.

<http://walittleathletics.com.au/Portals/49/Competition/2018%20-%202019/LAWA%20Standard%20Rules%20for%20Competition%202018%20-%202019%20-%20FINAL.pdf?timestamp=1539144885260>



SPIKE LICENCE

Date: _____

I, _____ (name) of _____ Little Athletics Club, have read and understand the rules and conditions for the use of spike shoes at a club, centre or State level. I will abide by the terms listed below and acknowledge if found in breach of these conditions I will lose the use of spike shoes for 7 days.

Athlete signature

Assessment Coach

SPIKES

1. Spike shoe means a shoe that is able to take a screw-in stud, spike, blank, etc.
2. Competitors in the U6-U10 age group may not wear spike shoes.
3. Competitors in the U11-U12 age group may wear spike shoes in events run entirely in lanes (inc. 4 x 100m relay), long jump, triple jump, high jump and javelin.
4. Competitors in the U13-U17 age group may wear spike shoes in all track events except walks (inc. 4 x 100m and 4 x 400m relay). Spike shoes may also be worn for long jump, triple jump, high jump and javelin.

SPIKE SIZES

1. Spikes to be allowed as determined by the LAWA Board from time to time but if not otherwise specified are as follows:
Synthetic Track: Running shoe spikes up to 7mm
 Jumping shoe spikes up to 9mm
Grass Track: Running and jumping shoe spikes up to 12mm
2. Christmas Tree and Pyramid Spikes are the only spikes allowed to be worn at the WA Athletics Stadium.



3. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed. The blanks to be put into shoes in place of spikes must not protrude below the surface of the shoe.
4. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.

SPIKE SAFETY

1. Spiked shoes shall only be worn within the arena or at the field event site for the purpose of the event in which the competitor is competing.
2. Spiked shoes must not be worn in the stands or outer areas of the track.
3. Spiked shoes should be donned prior to the start of a track event only at the starting end of that event.
4. At the completion of a track event, spiked shoes must be immediately removed before the competitor moves from the track.
5. At the completion of a field event, spiked shoes must be removed before the competitor leaves the site.
6. Spiked shoes should be carried with spikes (soles) facing, in order to prevent risk of accidental injury.
7. Spikes must be kept in a safe place when not in use and not left where other people may be injured.
8. Any competitor who breaches these rules or who does not exercise care when using spikes may be disqualified from the wearing of spiked shoes at the discretion of the Arena Manager or Centre Executive Committee and in State Run Events may be disqualified from the wearing of spiked shoes for the remainder of the State Run Event as well as having his/her performance ruled invalid.