



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.

Ridgewood Little Athletics Centre

www.ridgewoodlac.org info@ridgewoodlac.org

PO Box 2480 CLARKSON WA 6030

Centre Mobile: 0498 179 478