

QLAA Shoe & Spike rules.

- (i) Spikes may be worn at Centre level in the U11 to U15 age groups **at the discretion of the Centre Committee.**  
Spikes must be no longer than 7mm (synthetic track)  
Spikes must be no longer than 9mm (synthetic field)  
Spikes must be no longer than 12mm (grass - track or field)
- (ii) Spikes must be carried onto the track and to the field event areas and then removed on completion of the event. i.e. may only be worn from the commencement of an event and **MUST** be removed "immediately" at the finish of the event.
- (iii) Spiked shoes must not be worn in the stand or outer areas of the track.
- (iv) Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
- (v) Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the meeting.



	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
<b>Track</b>										
Laned	---	---	---	---	---	S⊔S	S⊔S	S⊔S	S⊔S	S⊔S
Unlanded	---	---	---	---	---	SB	SB	S⊔S	S⊔S	S⊔S
Relays	---	---	---	---	---	* SB	* SB	S⊔S	S⊔S	S⊔S
Walks	---	---	---	---	---	SB	SB	SB	SB	SB
<b>Field</b>										
HJ/LJ/TJ/Jav	---	---	---	---	---	S⊔S	S⊔S	S⊔S	S⊔S	S⊔S

S⊔S Spike shoes with or without spikes

SB Spike shoes without spikes or with blanks

\* Athletes competing in U13 - U15 teams: Spike shoes with or without spikes

That children from U11 age group and upwards be able to wear spikes at Centre level, at Centre Management discretion, in events run entirely in lanes, jumping events and javelin.