



Spike shoes

Spike shoes are:

-  not permitted for U6 - U10.
-  permitted from U11 and above according to the following regulations:

Age Group	Track Spike length: 7mm max	Field Spike length: 9mm max	
U11 & U12	Only events run entirely in lanes (Hurdles, 70m, 100m, 200m, 400m)	Jumps (long, triple, high)	Javelin
U13+	All (except walks)		



- Spiked shoes must:
 - be worn during an event and are not to be worn to and from an event
 - be carried in a suitable bag at all times and stored safely when not in use
 - be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed
 - not exceed 11 spikes on each shoe.

Starting Blocks

Starting blocks:

- are only permitted up to 400m
- must be used if wearing spikes
- may be used with other non spiked footwear

Here are some tips for setting up starting blocks:

-  [Simple Blocks Setup Part 1 100m](#)
-  [Simple Blocks Setup Part 2 200 400m](#)

References

https://taslittleathletics.com.au/wp-content/uploads/2024/02/Rules_of_Competition_FEB-2024-current.pdf

<https://www.littleathletics.com.au/wp-content/uploads/2024/11/LAA-Standard-Rules-for-Competition-November-2024.pdf>