

## Footwear Policy

In accordance with the International Association of Athletic Federations (IAAF) rules athletes are permitted to compete with or without footwear. However, Athletics Northern Territory recommend that appropriate footwear be worn in all events, particularly by juniors.

Spike lengths must be in accordance with the IAAF rules except where venue managers have decreed that shorter spike lengths only are permitted in which cases the venue approved length shall apply. Spiked shoes are not permitted in the discus, shot put, weighted throw or hammer events or for track walking events.

Spike lengths at Arafura Stadium are:

Track Events: Maximum 7mm

High Jump and Javelin: Maximum 9mm

Maximum diameter: 4mm

Recommended style of spike: Pyramid or Xmas Tree