



Uniform Requirements

*Unless your centre informs you otherwise the Little Athletics NSW Uniform Requirements apply to all athletes competing at their centre. These requirements apply to **ALL** athletes representing their centre at any competition.*

- ALL LANSW competitors must compete in their registered centre uniform. Clothing displaying non-approved logos must not be worn while competing.
- Individual "McDonald's" registration numbers are to be worn by ALL LANSW competitors firmly affixed to the front of the uniform top.
- Centre numbers are to be worn by ALL LANSW competitors firmly affixed to the back of the uniform.
- Individual and centre numbers must not be modified and must clearly show the sponsor's name, red border and the number.
- Supplied age patches are to be worn on the front left hand side of the uniform.
- Supplied orange Jetstar (national sponsor) patch is to be worn on the right-hand chest of the uniform top.

Footwear – Spikes

- Footwear is compulsory for ALL competitors in ALL events.
- Spike shoes **MUST NOT** be worn in any U6 to U10 event (this is a Little Athletics Australia standard rule).
- Starting blocks can only be used by athletes wearing spikes, ie U11 and above.
- Competitors in the U11 and U12 age group may wear spikes in events run entirely in lanes, long jump, triple jump and high jump.
- Competitors in the U13 to U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, javelin, 800m, 1500m and 3km.
- Competitors must not wear spike shoes with the spikes removed in any event.
- Spike shoes must only be worn during the event and are not to be worn to and from the event.

This information has been taken from the LANSW Rules of Competition. For more detailed information regarding uniforms and footwear for competitions outside your centre please refer to the full version of the Rules of Competition. If you have any further questions please feel free to contact the LANSW office on 9633 4511 or alternatively ask someone at your centre.