



UNIFORM POLICY

In order to ensure fairness, consistency and professionalism the Ridgewood Little Athletics Centre has the following Uniform Policy for competitions run during the season.

Ridgewood Little Athletics Centre has a different Uniform Policy for both RLAC run events and Western Australian Little Athletics (WALA) run state events.

RLAC run events:

A RLAC run event is where athletes are competing for the individual clubs (ie Butler, Clarkson, Mindarie, Quinns Rocks and Yanchep) at an event held by Ridgewood LAC.

These events are usually held at our home – Ridgewood Oval, however on the odd occasion a RLAC event may be staged at an alternate venue such as the WA Athletics Stadium or another Centre's venue. Notice will be given to all clubs whenever a RLAC event is held away from Ridgewood Oval.

All athletes must wear the correct approved club uniform, including:

- Tops – All athletes must wear the approved singlet/shirt in the prescribed colour and design as submitted and approved by RLAC. These may be purchased from your club. The tops must clearly display the age tag on the left hand front of the uniform top, and the sponsor badge on the right hand front. The Athlete number must be displayed in the front centre of the uniform top and have the athlete's name clearly displayed in the space provided. Tops must be tucked into shorts for all events. Exposed midribs are not permitted.
- Shorts – All athletes must wear navy blue pants with no marks or lines at all times. Cycle pants are allowed as long as they are completely navy blue. All pants must finish above the knees. No logo's or other writing is allowed unless smaller than 7cm x 5cm. (This is a WALA guideline).
Note: SKINS are not permitted as per WALA guidelines. Some compression garments are allowed. Please refer to the current WALA guidelines.
It is the preference that all athletes compete in RLAC shorts. These are available to purchase from the Centre.
- Shoes – lightweight running shoes/joggers must be worn for all events. Basketball boots are not suitable. Spikes may be worn for certain events as per WALA guidelines. Athletes must have a "Spike Licence" in order to compete in spikes. Please see your club coach for details. Only short socks are allowed.
- Hats – Hats must be removed before the start of all track events. For Field events hats must be removed before each athletes turn. Athletes are encouraged to wear hats whilst waiting for their turn. In extreme heat the Arena Manager may allow hats to be worn during competing in field events.

Enforcement and Penalties

- The Arena Manager will determine the enforcement of the uniform policy on event days. Athletes not wearing the correct approved uniform may be excluded from events, or disqualified from an event after a protest.

- The Arena Manager will allow a reasonable attempt to ensure the correct uniform is being worn for the first day of competition.
- The Arena Manager, and or RLAC Committee may allow temporary changes to the uniform policy for specific events such as Pinkletics and Australia Day. Notice will be given to all clubs if a change is made to the Uniform Policy for specific events.

It is the Clubs responsibility that all Athletes are competing in correct uniform at all times.

WALA run State Events

A WALA run State event is where athletes are competing for the Ridgewood Little Athletics Centre as opposed to your Club. Such events include (but not limited to) State Relay Championships, WA Multi Day Championships, Zone Championships and State Championships.

Please note WALA is very strict in enforcing uniform policy during these events. If an athlete is not 100% compliant they will be disqualified or denied entry to the events.

At all WALA run State Events all athletes must compete in the approved Ridgewood LAC uniform.

- Tops – All athletes must wear the approved RLAC singlet in the prescribed colour and design as submitted and approved by WALA. These may be purchased from the centre. The tops must clearly display the age tag on the left hand front of the uniform top, and the sponsor badge on the right hand front. The Athlete number must be displayed in the front centre of the uniform top and have the athlete's name clearly displayed in the space provided. Tops must be tucked into shorts for all events. Exposed midribs are not permitted.
- Shorts – All athletes must wear the approved RLAC shorts in the prescribed colour and design as submitted and approved by WALA. No other pants will be allowed. These may be purchased from the centre.

Note: SKINS are not permitted as per WALA guidelines. Some compression garments are allowed. Please refer to the current WALA guidelines as at August 2014: (Note: these are subject to changes by WALA and should be confirmed before any competition)

(i) Shorts: must be in the approved colours & design.

Track Pants in the approved colours of the Centre bottoms or black may be worn when competing at Discus, Shot and Javelin.

(ii) Cycle Pants if worn must be in the approved colours and design as for the shorts or completely black and must finish above the knee.

Compression pants completely black (including stitching) or in the approved centre bottom colours with 7cm x 5cm logo are allowed but must end at least 5cm above the knee.

- Shoes – lightweight running shoes/joggers must be worn for all events. Basketball boots are not allowed. Spikes may be worn for certain events as per WALA guidelines. Rules regarding spikes are strictly enforced. Please refer to the current WALA guidelines. Please see your centre coach for details. Only short socks are allowed.
- Hats – Hats must be removed before the start of all events.

Enforcement and Penalties

- As this is a WALA run event we do not have any control over the enforcement or penalties for breach of the policy. WALA are very strict. Athletes will be disqualified or denied entry to events for non-compliance.