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## UNIFORM POLICY

The wearing of uniforms in Little Athletics performs two very important tasks, to provide protection from the elements and to provide a means of identification of the athlete in a consistent and tidy manner.

LAQ strongly recommends affiliated Centres specify materials with appropriate UV protection ratings when designing Centre uniforms. It is strongly recommended that athletes in the U13 - U17 age groups wear the approved Centre polo shirt or sun safe compliant top when on the competition arena between trials.

All competing athletes must be attired in the correct Centre uniform which conforms to the Centre design and colours approved by LAQ. Failure to comply with this will lead to the athlete not being allowed to enter the competition arena.

Centre uniforms must abide by the following:

### **Crop Tops/Singlets (U13 - U17 athletes only)**

- Approved crop tops and/or singlets may only be worn by U13 - U17 athletes
- Crop tops and singlets are to be of sufficient size to clearly display the registration label so that the registration number and sponsor logo are entirely visible
- Crop tops and singlets must conform to LAQ minimum standards

### **Shirts/Tops/Bodysuits**

- Shirts/Bodysuits must have sleeves and collars
- The minimum specification for the sleeve area is to be of sufficient size to cover the shoulder and deltoid area
- Collars must be designed to ensure that the neckline of the shirt/bodysuit is high and narrow enough to provide sun safe protection for the nape and chest area of the athlete
- The shirt must overlap the bike pants/shorts/skirt by not less than 10cm
- Compression garment tops (if worn by athletes) cannot be visible
- Bodysuits (uni-tard/one piece): Pants incorporated as part of the bodysuit shall extend a reasonable length down the legs covering the buttocks and the upper thigh or bike pants must be worn with the bodysuit

### **Shorts/Skirts/Bike Pants/Compression Garments (e.g. Skins)**

- Uniform bottoms are defined as bike pants/compression garments, sports shorts (suitable for track and field)
- Bike pants/compression garments shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs
- Bike pants/compression garments shall extend a reasonable length down the legs covering the buttocks and the upper thigh
- If boys choose to wear bike pants/compression garments as part of their uniform, they must wear sports shorts over the top. Bike pants/compression garments on their own are not acceptable for boys
- Bike pants/compression garments may be worn under shorts as long as they are the correct uniform bottom colour or black. Coloured stitching is permissible

**Age Labels/Registration Numbers/LAA**

- Registration patches are to be affixed to the front of the uniform top and must be entirely visible
- The age label is to be affixed to the left shirt sleeve or, in the case of a crop top or singlet, on the left side of the shorts or similar
- The right sleeve and front right chest side of the uniform top must be reserved for LAA sponsorships
- LAQ reserves the right to set aside other parts of Centre uniforms for LAQ sponsorship as approved by the Board of Directors

**Logos/Sponsorship**

- The manufacturer's logo on shorts are to be no larger than 4cm×4cm
- The total space allocated for Centre sponsorship logos is a maximum of 10cm×5cm on shorts and 30cm×10cm on uniform top
- The Centre logo on the shorts are to be no larger than 10cm×5cm
- Any Centre sponsorship logos must not conflict with LAQ sponsors or be of an inappropriate nature for children's sport (e.g. gambling or alcohol related sponsorship). If there is doubt as to whether a sponsor is inappropriate, approval must be obtained from LAQ
- Any logos on uniforms that do not follow the above size guidelines will be covered or the athlete will be asked to remove them
- No other logo including manufacturers logos be displayed on the shirts, singlets or crop top

**Socks**

- Socks or compression socks are not considered part of the Centre uniform, however they must be worn below the knees