

## **8.4 Shoes**

### **8.4.1 Outdoor shoes**

Heel: The heel shall be flush with the sole of the shoe – vertically down from the sole as seen from the back and side of the shoe. The front of the heel facing forward shall also be straight across, perpendicular to the sole and vertically down from the sole of the shoe.

The side of the heel impacting with the ground – the “cutting edge” – can have a tapered edge towards the front of the heel with a maximum protrusion of 15mm to the outside of the heel as measured from the vertical line from the sole. The other side of the heel must be completely flush with the sole and may not have any protruding feature. The breadth of the heel must not exceed the breadth of the shoe.

The maximum height of the heel, including a metal plate with a maximum thickness of 6,5mm, may not be more than 35mm from the bottom of the shoe. The 35mm includes the thickness of the sole. The length of the heel may not be less than one quarter or more than one third of the length of the shoe. (see illustration/drawing)

#### Sole structure

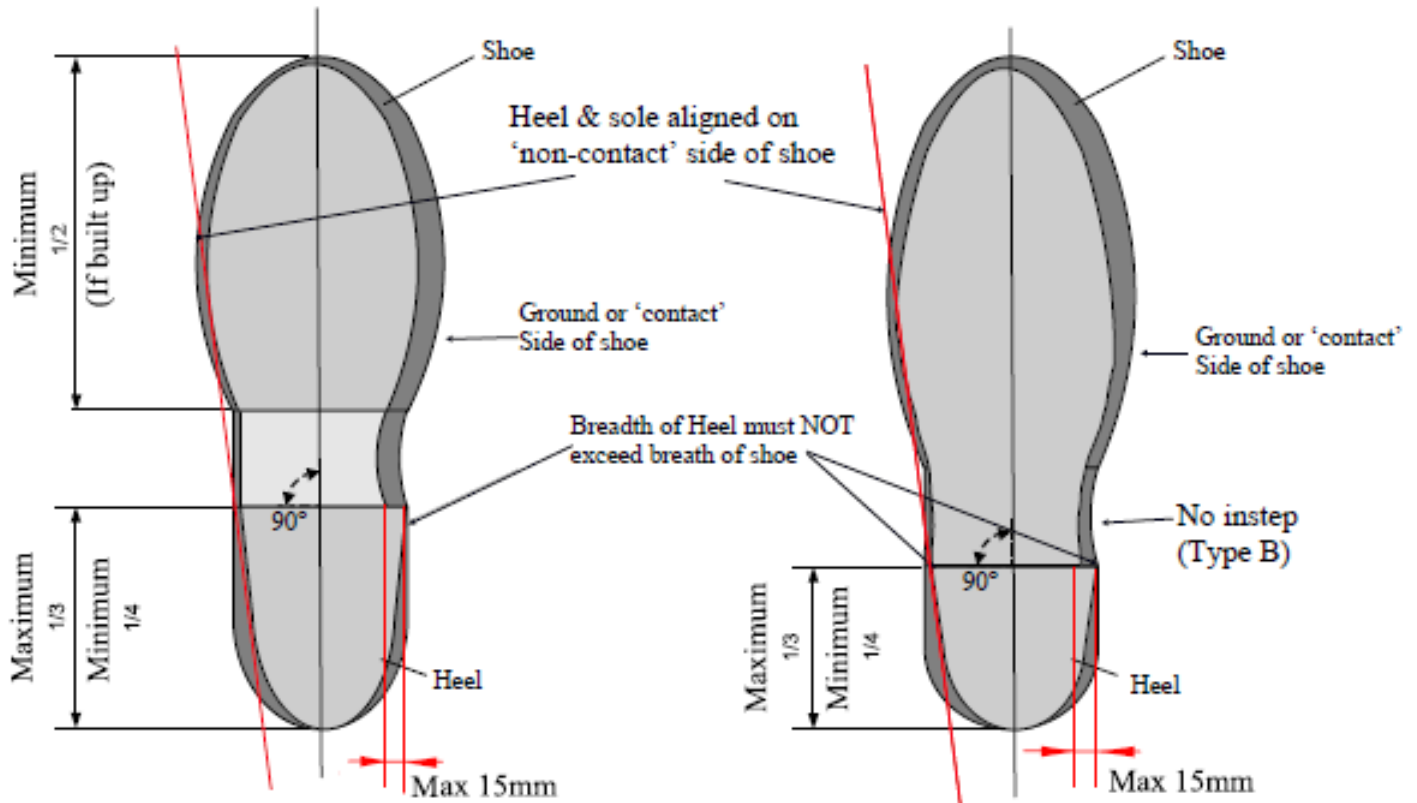
The sole ‘structure’ (which includes the structure of the heel) may be metal but the sole plate must not be metallic, the minimum thickness of the non-metallic plate is 6.5 mm. (see illustration/drawing)

Front part of the Shoe: Can be built up or left as is. If not built up, the sole can be higher than the heel when viewed on a flat horizontal surface. In this configuration, the sole must be a minimum of 6.5 mm higher than the heel.

If built up, the front part of the shoe may not be less than half the total length of the shoe. The maximum height, including the sole may not be more than 35mm. The ‘sole plate’ must not be metallic and be a minimum of 6.5 mm. (see illustration/drawing)

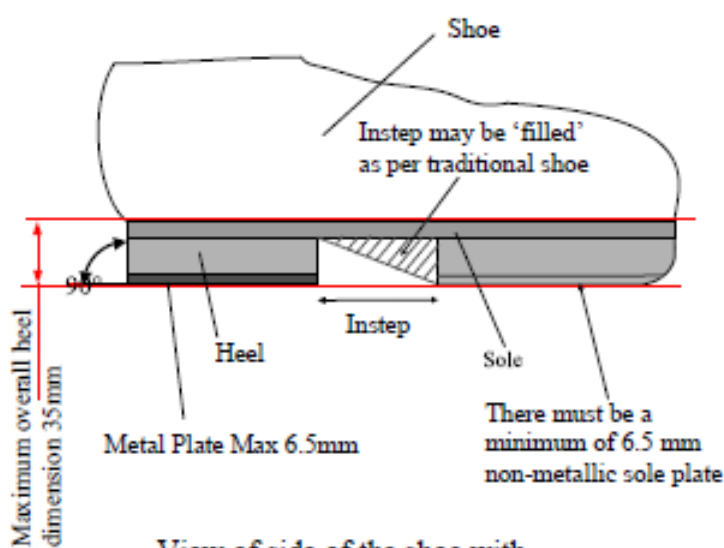
## TYPE A

## TYPE B

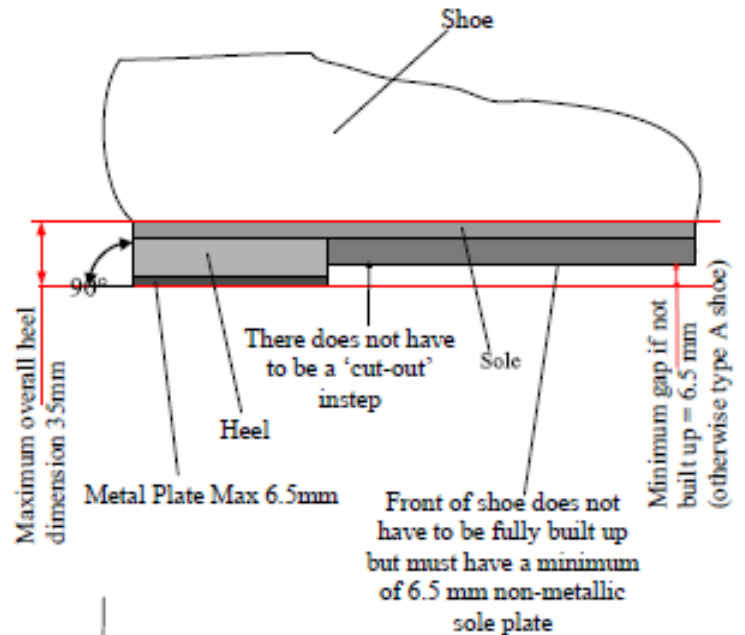


View of bottom of the shoe with 'cut-out' instep

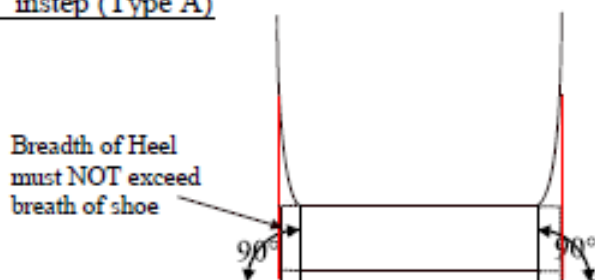
View of bottom of the shoe without 'cut-out' instep



View of side of the shoe with 'cut-out' instep (Type A)



View of side of the shoe without 'cut-out' instep (Type B)



View of heel from the rear of the shoe (Type A and B)

Minimum gap if not built up = 6.5 mm (otherwise type A shoe)