The front of the shoe does not have to be fully built up but must have a minimum of 6.5 mm non-metallic sole plate.

Breadth of Heel must NOT exceed breadth of shoe.

Instep may be ‘filled’ as per traditional shoe.

Maximum overall heel dimension 35mm

No instep (Type B)

Metal Plate Max 6.5mm

Front of shoe does not have to be fully built up but must have a minimum of 6.5 mm non-metallic sole plate.

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

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