



NSA Official Policy September 22, 2020

NSA Shoe Rule

No toe grabs, caulks, stickers, turndowns, inserts, trailers or heel extensions will be allowed on the front or hind shoes. Note: The insert on the toe of the Queen's Plate is considered a "wear plate," not a toe grab. Block heels on the hind shoes (not to exceed ¼ inch) are permissible. Outer rim shoes are prohibited. ONLY QUEEN'S PLATE FLAT, QUEEN'S PLATE WEDGE AND STEEL TRAINING PLATES OR THEIR EQUIVALENT MAY BE USED.