



# **ATHLETIC SHOE REGULATIONS**

*(Approved by Council on 22 December 2021 and  
effective from 1 January 2022)*

## Specific Definitions

The words and phrases used in these Regulations that are defined terms (denoted by initial capital letters) will have the meanings specified in the Constitution and the Generally Applicable Definitions, or (in respect of the following words and phrases) the following meanings:

**“Applicable Competition”** means a competition that holds a permit issued by either World Athletics, an Area Association or a National Federation where all relevant World Athletics’ Rules and Regulations are complied with and consequently at which World Ranking Points (see: <https://www.worldathletics.org/world-rankings/introduction> and <https://www.worldathletics.org/world-ranking-rules/basics> ) are obtained. For competitions holding a permit issued by their National Federation, in addition the National Federation must endorse the competition as being valid for World Athletics’ statistical and results purposes.

**“Applicable Persons”** means the persons described in Rule 1 of the Integrity Code of Conduct.

**“Athletes”** means, unless specified otherwise in these Regulations, any Person who is entered for, or participating in, an Athletics event or competition of World Athletics, its Members or Area Associations by virtue of their agreement, membership, affiliation, authorisation, accreditation, entry or participation.

**“Athlete Support Personnel”** means, unless specified otherwise, any coach, trainer, manager, authorised Athlete Representative, agent, team staff, official, medical or para-medical personnel, parent or any other Person working with, treating or assisting an Athlete participating in, or preparing for, an Athletics event or competition.

**“Athletic Shoe”** means, unless otherwise specified, road, cross-country and/or track and field shoes.

**“Available for Purchase”** means an Athletic Shoe that satisfies the availability requirements and process set out in Appendix 4 (as amended from time to time).

**“Bespoke Shoe”** means an Athletic Shoe that is one-off made to order (i.e. that are only one of its kind) specifically for a single Athlete and is not Available for Purchase. Customised Shoes and/or Development Shoes are not Bespoke Shoes for the purposes of these Regulations.

**“Call Room”** means the room(s) at the event where Athletes gather immediately prior to their competition and entering the Field of Play.

**“Chief Executive Officer (or their nominee)”** means the chief executive officer of World Athletics or their Staff nominee.

**“Customised Shoe”** means an Existing Shoe or New Shoe that is Available for Purchase which has been adapted in accordance with Regulation 7 of these Regulations.

**“Development Shoe”** means an Athletic Shoe which has never been Available for Purchase and which a sports manufacturer is developing to bring to market and would like to conduct tests with their sponsored and/or supported Athletes (who agree to test the shoe) on issues for safety and performance before the shoe is Available for Purchase.

**“Existing Shoe”** means an Athletic Shoe that has been approved by the Chief Executive Officer (or their nominee) under Technical Rule 5 in force prior these Regulations coming into force or was worn before 1 January 2016, which is deemed to meet the requirements of these Regulations unless specified otherwise in these Regulations or by the Chief Executive Officer (or their nominee).

**“Field of Play”** means the area in which the Athlete participates and/or competes in their Competition (which for non-stadium events means the course) including the post event area and, if the Athlete wins a podium place, the area leading to the podium, the mixed zone, press conference areas and where a medal ceremony or victory laps take place.

**“Independent Expert”** means a biomechanical or other suitably qualified expert appointed by the Chief Executive Officer (or their nominee) from time to time to apply the technical requirements and protocols for the approval of Athletic Shoes set out in these Regulations.

**“New Shoe”** means an athletics shoe that meets the requirements of these Regulations and will be worn for the first time by an Athlete at an Applicable Competition and is not a Development Shoe.

**“Orthotics”** means a prescription medical device inserted in an Athletic Shoe to correct a biomechanical foot or other medical issue of an Athlete.

**“Shoe Control”** means the procedure by which an Athletic Shoe is checked pursuant to Regulation 14.5 of these Regulations.

**“Shoe Control Officer”** means a referee, judge or other competition official or a volunteer or member of Staff appointed to ensure that an Athletic Shoe is checked during Shoe Control.

**“Staff”** means any person employed or engaged by World Athletics to undertake work for it, or on its behalf (including those employed or engaged to work with the Integrity Unit, unless specified otherwise).

**“Warm-Up Area”** means the area where Athlete may warm up, train and prepare themselves prior to competing.

**“World Athletics Series Event” or “WAS Event”** means the World Athletics Championships, the World Indoor Championships, the World Athletics Relays, the World Athletics U20 Championships, the World Athletics Road Running Championships, the World Athletics Race Walking Team Championships and the World Athletics Cross-Country Championships.

## **1. Overview**

- 1.1 These Regulations seek to implement the objects of Articles 4.1 (a), (c), (d) and (e) of the Constitution and Rule 5.2 of the Technical Rules by establishing the requirements and procedures by which Athletic Shoes to be worn in Applicable Competitions are submitted for approval to World Athletics.
- 1.2 Without prejudice to the specific limitations and requirements of these Regulations, these Regulations seek to balance the following principles:
  - 1.2.1 fairness within the sport of Athletics;
  - 1.2.2 measures that support health & safety (including injury prevention) of Athletes upon whom high levels of physical and mental demands are placed;
  - 1.2.3 performances (including records) in Athletics are achieved through the primacy of human endeavour over technology in Athletic Shoes and advances in the same (e.g. to allow for meaningful competition); and
  - 1.2.4 acknowledging that Athletes wish to compete in 'high quality', 'innovative' and 'leading' Athletic Shoes.
- 1.3 The implications of the principles referred to in Regulation 1.2 above are reflected in these Regulations and arise from World Athletics' review of Athletic Shoes only. These Regulations will continue to be reviewed and amended from time to time to reflect the constantly changing nature of technological and other developments in Athletic Shoes.

## **2. Purpose**

- 2.1 The purpose of these Regulations is to:
  - 2.1.1 establish a transparent, objective, feasible, and fair set of requirements and procedures;
  - 2.1.2 identify the actions, timescales, criteria, and the application and decision-making processes and procedures for approving Athletic Shoes in Applicable Competitions; and
  - 2.1.3 ensure that all Applicable Persons involved in such processes and procedures comply with the Integrity Code of Conduct.

## **3. Application**

- 3.1 These Regulations apply to:
  - 3.1.1 all Applicable Competitions;
  - 3.1.2 all Athletes competing in Applicable Competitions; and
  - 3.1.3 all Applicable Persons, including World Athletics Officials, Area Officials, and Staff.
- 3.2 Without limiting the above:

- 3.2.1 Athletes competing in Applicable Competitions will comply with and respect these Regulations; and
- 3.2.2 each Member Federation is responsible for the activities and conduct of Athletes throughout the application and decision-making process; and
- 3.2.3 where appointed by an Athlete or Member Federation to submit information, approval requests, or do any act under these Regulations, their representatives (including sports manufacturers who either support or sponsor them) must also comply with these Regulations. However, appointing a representative shall not avoid the Athletes' or Member Federations' obligations to comply with these Regulations and the Athlete shall procure that its representatives (including sports manufacturers who either support or sponsor them) comply with these Regulations.

#### **4. Bare Foot and Athletic Shoes**

- 4.1 Where an Athlete competes in Athletic Shoes, their primary purposes are to give protection and stability to the feet and a grip on the ground.
- 4.2 Unless otherwise stated, all Athletic Shoes must meet the limits and requirements set out in these Regulations.

#### **5. Existing Shoes**

- 5.1 Unless requested by the Chief Executive Officer (or their nominee), an Existing Shoe does not need to be submitted to World Athletics for approval under these Regulations and be deemed approved by World Athletics.
- 5.2 If an Existing Shoe is customised, then it must comply with Regulation 7.
- 5.3 From 1 November 2024, an Existing Shoe with a sole greater than the maximum thicknesses set out in the new sole thickness table in Appendix 3, and in force from the same date, is no longer approved and cannot be worn in Applicable Competitions.

#### **6. New Shoes**

- 6.1 All New Shoes prior to being worn by an Athlete for the first time in an Applicable Competition must be approved by World Athletics in accordance with the process set out in Appendix 1.
- 6.2 If a New Shoe is customised, then it must comply with Regulation 7.

#### **7. Customised Shoes, Inserts and Additions**

- 7.1 Customised Shoes are permitted to be worn in Applicable Competitions provided that:
  - 7.1.1 any proposal to customise an Existing Shoe or New Shoe needs to be submitted to World Athletics for approval in accordance with the process set out in Appendix 1; and
  - 7.1.2 within the proposal, the reason(s) for the customisation of the Existing Shoe or New Shoe must also be submitted;

7.2 Subject always to approval of the Chief Executive Officer (or their nominee) under Regulation 7.1, the following customisations for medical and/or safety reasons are permissible:

7.2.1 changes to the construction of the sole and/or maximum thickness of the sole provided always that the maximum thickness does not go beyond the limits set out in Appendix 3;

7.2.2 customising a non-spike shoe into a spike shoe can only be made to an Existing Shoe or New Shoe;

7.2.3 changing an upper of an Existing Shoe or New Shoe with an upper from another Existing Shoe or New Shoe or adding a new upper;

7.2.4 adding inner soles, other insertions and additions to an Athletic Shoe but only in the following circumstances:

a. the additional inner sole or insertion is a removable Orthotic (i.e. it cannot be permanently fixed inside the shoe); or

b. the addition is a heel raise or heel cap (e.g. to jumping shoes) or a brace or strap (e.g. to thrower shoes);

7.2.5 for the avoidance of doubt, the use of an Orthotic, a heel raise or heel cap pursuant to Regulation 7.2.4 above does not fall within the maximum thickness for soles set out in the table in Appendix 3,

with the intent that any other type of additional inner soles, insertions or additions are not permitted.

7.3 For the avoidance, of doubt, changes to the colour and/or the look of an Existing Shoe or New Shoe or an Athlete taping their shoe (for example taping the outside of a throwing shoe) are not customisations, are permitted and do not require approval.

7.4 Customised Shoes are not required to be made Available for Purchase in accordance with Regulation 13 of these Regulations because, as required by these Regulations, the underlying standard model must be Available for Purchase.

## **8. Development Shoes**

8.1 A Development Shoe cannot be worn by an Athlete in an Applicable Competition without prior written approval by World Athletics in accordance with Appendix 1 and Appendix 2.

8.2 If approved, a Development Shoe may be worn by an Athlete for a maximum period of 12 months starting from the date when an Athlete proposes to wear the Development Shoe for the first time in an Applicable Competition. The Development Shoe can only be worn within this 12-month period.

8.3 Development Shoes are:

8.3.1 not required to be made Available for Purchase in accordance with Regulation 13; and

8.3.2 not permitted to be worn at the World Athletics Series Events and the Olympic Games.

## 9. Bespoke Shoes

9.1 Bespoke Shoes are not permitted to be worn in any Applicable Competition.

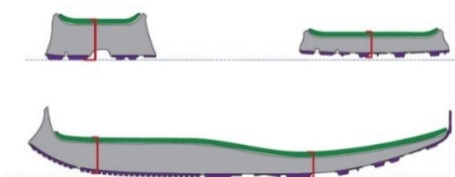
## 10. Technical Requirements for Athletic Shoes

10.1 Unless specifically agreed by the Chief Executive Officer (or their nominee) in writing, any Athletic Shoe worn in Applicable Competitions must, at the points set out in Regulations 10.3 and 10.4 below, have a sole with a maximum thickness as set out in the table in Appendix 3. For the avoidance of doubt, the maximum thickness of the soles excludes the thickness of an additional inner sole, other insertion or addition that are inserted in accordance with Regulation 7.

10.2 The sole of the shoe (including the part beneath the heel of the Athletic Shoe) may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself.

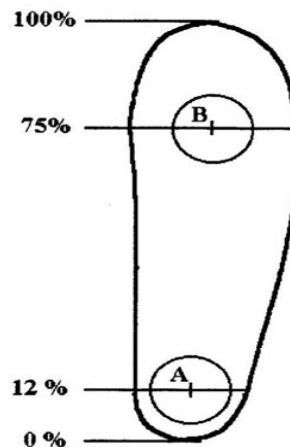
10.3 The thickness of the sole will be measured at the centre of the forefoot and the centre heel of the Athletic Shoe as the distance between the inside top side and the plane of the outside under side at the centre of the forefoot and heel respectively. This measurement includes the above-mentioned features. See Figure (a) below:

**Figure (a) – Measuring the thickness of the sole**



10.4 The centre of the forefoot of the Athletic Shoe is the centre point of the shoe at 75% of its internal length. The centre of the heel of the Athletic Shoe is the centre point of the shoe at 12% of its internal length. See Figure (b), below. For a standard sample unisex size 42 (EUR), the centre of the forefoot of the Athletic Shoe will be the centre point of the shoe approximately 203mm from the inside back of the shoe, and the centre of the heel of the Athletic Shoe will be the centre point of the shoe approximately 32mm from the inside back of the shoe. The thickness of the sole outside of these points is not relevant for the purposes of meeting the technical requirements of these Regulations.

**Figure (b) – Location for measurement of the centre of the forefoot and heel**



- 10.5 World Athletics acknowledges that an Athletic Shoe above that standard sample size might contain a marginally thicker sole than that of a standard sample size shoe of the same make and model, which marginal increase in sole thickness is only attributable to the larger size of the shoe. Such marginal increases will be disregarded for the purposes of confirming compliance with these Rules.
- 10.6 Until further notice, unless in exceptional circumstances and specifically agreed by the Competition Commission in writing, any Athletic Shoe used in Applicable Competitions:
- 10.6.1 (except where Regulation 10.6.3 applies) must not contain more than one rigid structure (e.g. plate, blade etc.) whether that structure runs the full length of the shoe or only part of the length of the shoe;
  - 10.6.2 the one rigid structure referred to in Regulation 10.6.1 may be in more than one part, but those parts must be located in one plane (i.e. must not be stacked above each other, must not overlap);
  - 10.6.3 may contain one additional rigid structure or other mechanism (e.g. plate, blade etc.) only where used solely to attach spikes to the outer underside of the shoe. For the avoidance of doubt, the additional rigid structure to attach spikes cannot be a continuation of the rigid structure referred to in Regulation 10.6.1;
  - 10.6.4 must not contain any embedded 'sensing or intelligent' technology whatsoever. This does not prevent heart rate or speed distance monitors or stride sensors carried or worn personally by an Athlete pursuant to Technical Rule 6.4.4;
  - 10.6.5 must have a sole with a maximum thickness as set out in the table in Appendix 3.

## **11. Athletic Shoes: Spikes**

- 11.1 The sole of the shoe (including the part beneath the heel of the Athletic Shoe) may be so constructed as to provide for the use of up to 11 spikes.
- 11.2 Any number of spikes up to 11 may be used, but the number of spike positions must not exceed 11.



- 11.3 That part of each spike which projects from the sole or the heel will not exceed 9mm (for indoor 6mm) except in the High Jump and Javelin Throw, where it must not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, or prohibits the use of certain shaped spikes, this will be applied and the Athletes notified accordingly. The surface (outdoor or indoor) must be suitable for accepting the spikes permitted under this Regulation 11.
- 11.4 For Cross-Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface (s) of the course.

## **12. Independent Expert**

- 12.1 Subject to these Regulations, the Independent Expert will have the following responsibilities and authority:
- 12.1.1 to check if the physical Athletic Shoe complies with the technical requirements of these Regulations (which includes, if necessary, cutting up the Athletic Shoe);
  - 12.1.2 to review and evaluate physical Existing Shoes, New Shoes, Development Shoes or Customised Shoe and/or their specifications against the criteria and requirements set out in these Regulations;
  - 12.1.3 to liaise with and seek input from the Chief Executive Officer (or their nominee) concerning their tasks;
  - 12.1.4 to present the results of their reviews and evaluations to the Chief Executive Officer (or their nominee); and
  - 12.1.5 to carry out such other tasks as instructed by the Chief Executive Officer (or their nominee) from time to time.

## **13. Availability Scheme**

- 13.1 Existing Shoes and New Shoes must be Available for Purchase by any Athletes participating in Applicable Competitions.
- 13.2 Where an Athlete proposes to wear a New Shoe at an Applicable Competition, if approved by World Athletics in accordance with these Regulations, the New Shoe must be made Available for Purchase by the relevant sport manufacturer no later than one month prior to the start date of the first Applicable Competition at which the Athlete proposes to wear the New Shoe unless otherwise agreed in writing by the Chief Executive Officer (or their nominee).
- 13.3 In accordance with Regulation 13.2 above, the Chief Executive Officer (or their nominee) must be notified where and how the New Shoe is or will be made Available for Purchase at the time of seeking approval in accordance with Regulation 6 above and Appendix 1 below.
- 13.4 The Chief Executive Officer (or their nominee) may, on written request, require evidence from the sports manufacturer that the New Shoe is or will be Available for Purchase.

13.5 The procedure for the Availability Scheme is set out in Appendix 4.

## **14. Compliance**

14.1 Athletes may be subject to Shoe Control at any time before, during or after an Applicable Competition and immediately before or immediately after competing at the discretion of the event organiser and/or Chief Executive Officer (or their nominee). The Chief Executive Officer (or their nominee) may publish further Shoe Control procedures that are consistent with these Regulations.

14.2 An Athlete subject to Shoe Control:

14.2.1 must comply with the reasonable directions given by the Shoe Control Officer or other authorised person conducting Shoe Control;

14.2.2 may be required at any time;

a. to confirm the Athletic Shoe they are wearing;

b. to give their Athletic Shoes to the Shoe Control Officer for the purpose of checking (e.g. photographing, measuring etc.) the information which will be sent to World Athletics for verification; and

14.2.3 where they have finished competing, give their Athletic Shoe to the Referee or Chief Executive Officer (or their nominee) for further examination and investigation (which includes, if necessary, cutting up the Athletic Shoe). The Athletic Shoe will be shipped to the Independent Expert and returned (if practicable) to the Athlete in accordance with Regulation 14.9.4.

14.3 Where an Athlete achieves a World Record (as referred to at Rules 31 to 35 of the Competition Rules) the Athlete will be subject to the procedure at Regulation 14.2.

14.4 Unless an Athlete is directed by the Referee to give them their Athletic Shoe in accordance with Regulations 14.5 to 14.7, Athletes must always keep their Athletic Shoe in their possession in the Warm-up Area, Call Room and Field of Play, and must not give their shoes to any Athlete Support Personnel or throw their Athletic Shoes into the crowd at any time. For the avoidance of doubt, this includes after the Athlete has finished competing but is still to complete any post competition procedures.

14.5 Where the Referee has reason to believe that an Athletic Shoe or specific technology may not comply with the letter or spirit of these Regulations, they may act in accordance with Regulations 14.6 and 14.7.

14.6 If either before or at an Applicable Competition, the status of an Athletic Shoe is not established or is otherwise unclear, the Referee may, in their discretion, permit the Athlete to compete, but after competing the Athletic Shoe must be given to the Referee pursuant to Regulation 14.7 for further examination and investigation by an Independent Expert. Where the Referee has permitted the Athlete to compete pursuant to this Regulation 14.6, the Athlete's result will be classified as 'Uncertified' ('UNC TR5.2'). However, where it has already been declared that an Athletic Shoe does not comply with the letter or spirit of these Regulations, the relevant Referee will act as soon as reasonably practical in accordance with Regulation 15.1.

14.7 Pursuant to Regulation 14.5, the Referee may request the Athlete immediately to hand over the shoe to the Referee at the conclusion of the event for further examination and

investigation by an Independent Expert. Pending further examination and investigation pursuant to this Regulation 14.7 the use of that Athletic Shoe or technology in Applicable Competitions is prohibited.

- 14.8 Where a Referee exercises their discretion under Regulation 14.6 and permits the Athlete to compete, but the Athlete intends to subsequently compete in later rounds of the same event or in other events during the same competition, the Referee will ensure the Athletic Shoe is available to the Athlete to use in each such subsequent event. How, when and on what conditions the shoe is made available to the athlete during the competition are at the Referees' discretion.
- 14.9 For the avoidance of doubt and in addition to the powers set out above, the Chief Executive Officer (or their nominee), acting reasonably, reserves the right:
- 14.9.1 to issue a written direction to the Referee to act in accordance with Regulations 14.5, 14.6 and/or 14.7;
  - 14.9.2 to instruct at any time that the Athlete give their Athletic Shoe to the Referee and/or for further examination and investigation;
  - 14.9.3 where the Athletic Shoe has not already been handed over for, or has not already been subject to further examination and investigation, to request the Athlete to hand over to the Chief Executive Officer (or their nominee) their Athletic Shoe for further examination and investigation; and
  - 14.9.4 the costs of shipping the Athletic Shoe for further examination and investigation to World Athletics or the Independent Expert must be borne by the event organiser who will send them immediately to the address notified by the Chief Executive Officer (or their nominee) and provide a copy of the shipping documents and tracking number. Once the examination and investigation has been completed World Athletics will, if practicable, arrange for the return of the Athletic Shoe to Athlete.

## **15. Breaches and Sanctions**

- 15.1 If an Athlete:
- 15.1.1 is found by either the Referee or Shoe Control Officer to be wearing an Athletic Shoe that does not comply with these Regulations; or
  - 15.1.2 does not comply with any direction or instruction of the Referee under these Regulations; or
  - 15.1.3 does not present themselves to Shoe Control when requested;
- the Athlete may be disqualified.
- 15.2 If an Athlete disqualified pursuant to Regulation 15.1 has already competed, then such disqualification has all resulting consequences for the Athlete, including but not limited to declaring the Athlete's performance as invalid for non-compliance with these Regulations, the forfeiture of all titles, awards, medals, points and prize and appearance money.
- 15.3 In addition to any disqualification of the Athlete by a Referee, or if at any time it is found that either an Athlete or their representatives (including sports manufacturers who

support or sponsor them) and/or Member Federation has been acting or, has acted against the letter or spirit of these Regulations (including Technical Rule 5 in force prior to these Regulations coming into force or any Rules thereover), then the Chief Executive Officer (or their nominee) reserves the right to apply a range of sanctions including but not limited to:

- 15.3.1 issuing a warning to the Athlete and/or Member Federation;
  - 15.3.2 imposing a fine on the Athlete and/or their Member Federation;
  - 15.3.3 disqualifying the Athlete and declaring the Athlete's performance as invalid for non-compliance with these Regulations with all resulting consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money;
  - 15.3.4 declaring an Existing Shoe, New Shoe, Development Shoe or Customised Shoe as being non-compliant;
  - 15.3.5 removing an Existing Shoe, New Shoe or Development Shoe from the list of shoes which have been approved by World Athletics; and
  - 15.3.6 withholding, for a reasonable time, approval of subsequent requests for an Existing Shoe, New Shoe, Development Shoe or Customised Shoe from a particular shoe manufacture.
- 15.4 The Chief Executive Officer (or their nominee) may, if it considers it appropriate, announce, publish or otherwise communicate the reasons for any sanction applied pursuant to this Regulation 15.
- 15.5 The Chief Executive Officer (or their nominee) may in addition to taking action under these Regulations refer any potential breach of these Regulations, by Applicable Persons, to the Athletics Integrity Unit.
- 15.6 Any potential breach of these Regulations by Applicable Persons may amount to a breach of the Integrity Code of Conduct and, in addition to any action taken under Regulation 14 and/or Regulation 15.3, may be subject to investigation and prosecution by the Athletics Integrity Unit under the Athletics Integrity Unit Reporting, Investigation and Prosecution Rules (Non-Doping) and possible proceedings under the Disciplinary Tribunal Rules.

## **APPENDIX 1 NEW SHOES, DEVELOPMENT SHOE OR CUSTOMISED SHOES APPROVAL PROCESS**

1. Where a New Shoe, Development Shoe<sup>1</sup> or Customised Shoe<sup>2</sup> is proposed to be worn in an Applicable Competition, an Athletic Shoe specification form must be completed by the relevant sports manufacturer, or where applicable by the Athlete (i.e. where an Athlete arranges for a Customised Shoe themselves and with no involvement of a sports manufacturer), and submitted to World Athletics containing the following information:
  - 1.1. sports manufacturer's brand name and shoe/model name;
  - 1.2. size, dimensions, sole thickness, structure (including number and construction of plates, technology (including if it contains any smart, responsive, adaptive technology), date of availability, photograph, diagrams;
  - 1.3. confirmation if the shoe is a New Shoe, Development Shoe or Customised Shoe; and
  - 1.4. if the request relates to a Customised Shoe pursuant to Regulation 7.2, then the relevant medical information relating to the athlete's condition and the medical advice, report or information setting out the reasons why the customisation is necessary.
2. If requested by World Athletics, a sample of the New Shoe or Development Shoe or, if applicable, the Customised Shoe will be submitted by either the Athlete<sup>3</sup> or the sports manufacturer for further examination by an Independent Expert.
3. World Athletics will use reasonable efforts to complete its examination as soon as practicable (if possible, within 30 days of receipt of the New Shoe by the Independent Expert).
4. If approved, then World Athletics will publish the New Shoe or Development Shoe on the list of approved Athletic Shoes. Customised Shoes will not be published, as customisations are made to an Existing Shoe which are deemed approved or New Shoe that has been approved, see Regulation 7 of these Regulations.
5. Except for Development Shoes, as soon as a New Shoe appears on World Athletics' published list, the New Shoe can be worn in Applicable Competitions and not before. For the period when a Development Shoe can be worn, see Appendix 2.
6. World Athletics reserves the right to implement such measures concerning the practical implementation of the approval procedure as it sees fit, including the use of technology (e.g. unique codes, certification mark etc.) compliance with which shall form part of these Regulations.
7. World Athletics reserves the right to remove an approved Athletic Shoe from its published list at any time, if it no longer complies with these Regulations.

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<sup>1</sup> For Development Shoes, in addition, process and information set out in Appendix 2 must be followed.

<sup>2</sup> Where an Athlete arranges for the customization of their Athletic Shoe without the involvement of a sports manufacturer the Athlete shall be responsible pursuant to Regulation 7 for obtaining approval from World Athletics for that customization.

<sup>3</sup> See footnote 2.

## **APPENDIX 2 DEVELOPMENT SHOE**

1. For Development Shoes, at the same time as submitting the specification under Appendix 1, the sports manufacturer must complete and submit the template development shoe form with the following information:
  - 1.1. sports manufacturer brand and shoe/model name or number;
  - 1.2. a list containing the dates and names of the first and all subsequent competitions at which the sponsored or supported Athlete proposes to wear a Development Shoe within the 12-month period starting from date of the first use of the Development Shoe;
  - 1.3. a readable code (i.e. it can be scanned or be a link) that is unique to the Development Shoe, which can either be inserted in a visible location in or on the Development Shoe or provided to the Athlete in paper form or on a phone to show to the event officials. The code is to host either the Development Shoe form or the information contained within it;
  - 1.4. confirmation of the latest date upon which the sports manufacturer will make the final version of the Development Shoe Available for Purchase (i.e. when it is intended that the Development will become a New Shoe), see paragraph 5 below.
2. Any changes to the list of competitions stated in the Development Shoe Form must be notified to World Athletics in writing with an updated Development Shoe Form.
3. If approved, World Athletics will publish on its website a list of approved Development Shoes stating the date starting from which the Development Shoe can be worn and the expiry date for approval. No technical or proprietary information belonging to a sports manufacturer will be published.
4. After the expiry date or if use of the Development Shoe ends before the expiry date, the Athletic Shoe no longer qualifies as a Development Shoe and can only continue to be worn if under paragraph 5.2 below the sports manufacturer decides to propose the Development Shoe to be a New Shoe. The Development Shoe will be removed from the approved list after its expiry date or the date when it is no longer in use.
5. If the sports manufacturer decides:
  - 5.1. not to continue with the Development Shoe, so it is not either made Available for Purchase or complies with requirements of the Availability Scheme, then World Athletics reserves the right to request from the sports manufacturers further information concerning the discontinuance of the Development Shoe;
  - 5.2. to proceed to produce a final version of the Development Shoe (i.e. it passes its performance and safety tests, etc.), then the Development Shoe will be deemed a New Shoe and will need to require written approval from World Athletics in accordance with Regulation 6 of these Regulations (i.e. that the final version of the Development Shoe complies with the requirements set out in these Regulations) highlighting any changes or confirming that no changes have been made to the Development Shoe.
6. World Athletics reserves the right to implement such measures concerning the practical implementation of the approval procedure as it sees fit including the use of technology (e.g. unique codes, certification mark etc.) compliance with which shall form part of these Regulations.

**APPENDIX 3  
ATHLETIC SHOE SOLE THICKNESS TABLE**

**Shoe Sole Thickness Table – in force until 31 October 2024**

<b>Event</b>	<b>Maximum thickness of the sole (as per Regulation 10.6).</b>	<b>Further Requirement/Note</b>
Field Events (except Triple Jump)	20mm	Applies to all Throwing Events, and Jumping Events, except the Triple Jump. For all Field Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Triple Jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Track Events (including hurdle events) up to but <u>not</u> including 800m	20mm	For relays, the rule applies to the distance of the leg being run by each athlete.
Track Events from 800m and above (including steeplechase events)	25mm	For relays, the rule applies to the distance of the leg being run by each athlete. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events.
Cross-Country	25mm spike shoe or 40mm non-spike shoe	Athletes may wear spikes or non-spike shoes (i.e. road shoes). If wearing spike shoes the maximum thickness of the sole must not exceed 25mm. If wearing non-spike shoes the maximum thickness of the sole must not exceed 40mm.
Road Events (Running and Race Walking Events)	40mm	
Mountain and Trail Races	Any Thickness	

**New Sole Thickness Table – in force from 1 November 2024**

<b>Event</b>	<b>Maximum thickness of the sole (as per Regulation 10.6 of the Regulations).</b>	<b>Further Requirement/Note</b>
Track Events including hurdle and steeplechase events	20mm spike shoe or non-spike shoe	For relays, the rule applies to the distance of the leg being run by each athlete. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events.
Field Events	20mm spike shoe or non-spike shoe	For all Jumping Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Road Events (Running and Race Walking Events)	40mm	
Cross-Country	20mm spike shoes or 40mm non-spike shoes	Athletes may wear spikes or non-spike shoes (i.e. road shoes). If wearing spike shoes the maximum thickness of the sole must not exceed 20mm. If wearing non-spike shoes the maximum thickness of the sole must not exceed 40mm.
Mountain and Trail Races	Any thickness	

**Important notice:** Pursuant to Regulation 5.3, from 1 November 2024 an Existing Shoe whose sole is greater than the maximum thicknesses set out in the above table is no longer approved and cannot be worn in Applicable Competitions.



## **APPENDIX 4 ATHLETIC SHOE AVAILABILITY PROCESS**

1. An Athletic Shoe can be purchased through a sports manufacturer's sales channel(s) which includes retail (brick and mortar), brand websites or apps and e-commerce (including pre-order periods which must be for at least one month).
2. Whilst Existing Shoes are deemed to or already comply with the requirement to be Available for Purchase, evidence of their availability may be requested by World Athletics from a sports manufacturer.
3. When seeking approval for a New Shoe, the sports manufacturer must provide information about the Athletic Shoe's availability (i.e. where and how they can be purchased) the time limit for which must be at least one month before an Applicable Competition.
4. If the requested information is not provided, then the shoe will not be approved and not be entered on the approved list. The New Shoe cannot be worn, unless it is on the approved list.
5. New Shoes that are Available for Purchase are subject to stock (including size ranges), supply chains and manufacturing timelines. There is no obligation on a shoe manufacturer to re-stock an Athletic Shoe that has been Available for Purchase and is sold out.
6. If a New Shoe is no longer Available for Purchase (e.g. if it is sold out awaiting restocking, the line has ended, there are supply chain issues affecting manufacturer or delivery issues etc.), then the Athlete wishing to purchase the New Shoe may, depending on the ability of the sports manufacturer concerned to provide new stock of the New Shoe, wish to wait for the New Shoe to be restocked or purchase an alternative Existing Shoe or New Shoe that is Available for Purchase.
7. World Athletics will conduct checks by requesting sports manufacturers to provide evidence that the Athletic Shoe is/was Available to Purchase.
8. If evidence is provided that the Athletic Shoe is/was Available to Purchase, then no further action will be necessary.
9. If no evidence is provided, then the Athletic Shoe is not compliant, and then:
  - a. the Athletic Shoe is removed from the approved list;
  - b. this action is notified to Member Federations/Athletes; and
  - c. the Athlete(s)', who wore the shoe, results will be marked accordingly 'UNC TR5.2' (uncertified).
10. If a sports manufacturer is unable provide evidence of a New Shoes' availability, World Athletics may withdraw the New Shoe's approval until such a time as the sports manufacturer can provide the requested evidence showing the New Shoe is Available to Purchase.
11. The World Athletics Chief Executive Officer (or their nominee) may, on the written request of the World Federation of the Sporting Goods Industry, temporarily waive any or all of the requirements set out in this Appendix 4 in circumstances beyond the reasonable control of the sports goods manufacturer industry that make a sports goods manufacturing industry unable to make the New Shoe Available for Purchase in accordance with this

Appendix 4, provided that the sports manufacturers have made reasonable efforts, to the satisfaction of the World Athletics Chief Executive Officer (or their nominee), to do so.