



ATHLETIC SHOE REGULATIONS

*(Approved by Council on 02 December 2025 and
effective from 01 January 2026)*

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

“Approved Shoe” means unless specified otherwise in these Regulations an Athletic Shoe that:

- i. was worn before 01 January 2016, which is deemed to meet the requirements of these Regulations if it meets the maximum sole thickness requirements as set out in the table in APPENDIX 2; or
- ii. was an Available Shoe and approved by the Chief Executive Officer (or their nominee) under Technical Rule 5 in force prior to 01 January 2022; or
- iii. was an Available Shoe or, if applicable, a Development Shoe approved under the regulations in force since 01 January 2022 until the Effective Date of these Regulations;
- iv. is either an Available Shoe or a Development Shoe which meets the requirements of these Regulations and has been approved by the Chief Executive Officer (or their nominee),

except for any Athletic Shoe that that for any reason has been removed from the List of Approved Athletic Shoes at some point .

“Athlete Customisations” means an Approved Shoe (excluding a Development Shoe) which has been adapted for an Athlete in accordance with Regulation 6 of these Regulations.

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

“Athletes’ Representatives” has the same meaning as defined in the Athletes’ Representatives Rules.

“Available Shoe” means an Athletic Shoe that is an Approved Shoe and which satisfies the availability requirements and process set out in APPENDIX 3 (as amended from time to time).

“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.

“Development Shoe” means an Athletic Shoe which is not intended to and has never been available for purchase and which a Shoe 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 Athletic Shoe is available for purchase.

“Disciplinary Officer” means the member of Staff appointed by the Chief Executive Officer from time to time to act as the disciplinary officer (or their equivalent) for World Athletics including any person deputising for that individual.

“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 Body” means a suitably qualified expert body, laboratory or institute appointed by the Chief Executive Officer (or their nominee) from time to time to carry out the function set out in Regulation 10 and APPENDIX 1.

“List of Approved Athletic Shoes” means the list of Available Shoes and Development Shoes that have been approved by World Athletics and that may be worn at World Rankings Competitions, save that Development Shoes cannot be worn in World Athletics Series Events, in accordance with the respective dates indicated on this list. The list is updated by World Athletics on a regular basis and published under <https://certcheck.worldathletics.org>.

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

“Shoe Control” means the procedure pursuant to Regulation 12 of these Regulations by which an Athletic Shoe is checked to identify if it is an Approved Shoe.

“Shoe Declaration” means the procedure pursuant to Regulation 12 by which Athletes are required to declare and confirm which Approved Shoe(s) or, if applicable, Development Shoe(s) they propose to wear in their event or events.

“Shoe Control Officer” means a referee, judge, other competition official or other authorised person appointed to conduct Shoe Control or member of Staff appointed to ensure that an Athletic Shoe undergoes an identification only check during Shoe Control.

“Shoe Manufacturer” means a manufacturer of an Athletic Shoe that is worn or proposed to be worn in a World Rankings Competition.

“Unapproved Shoe” means an Athletic Shoe which has not been approved pursuant to these Regulations or any predecessor Athletic Shoe Rules or Regulations, or an Athletic Shoe which for any reason has been removed from the List of Approved Athletic Shoes at some point or either is not or has not been approved to be worn in individual disciplines or competitions.

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

“World Rankings Competitions” means:

1. Competitions held or sanctioned by World Athletics:

- a. World Athletics Series and the World Athletics Ultimate Championship.
- b. Olympic Games.
- c. The athletics programme of Games and other Athletics Competitions with participants from different Areas.

- d. Invitation meetings / circuits and label road races.
 - e. International Matches with participants from different Areas.
2. Competitions held or sanctioned by an Area Association:
- a. Area Championships (of all types and disciplines).
 - b. Intra-Area Competitions.
 - c. The athletics programme of Games and other Athletics Competitions with participants from a single Area.
 - d. Invitation meetings / circuits and road races.
 - e. International Matches with participants from a single Area.
3. Competitions held or sanctioned by a National Member Federation:
- a. National Senior Championships (in the disciplines included in the World Athletics Championships and World Athletics Indoor Championships competition programme).
 - b. Other selected domestic competitions as identified by the Member Federation held in compliance with the World Athletics Competition and Technical Rules for which an application is submitted within the terms and conditions established by World Athletics and with its approval.
4. The types of World Ranking Competitions are listed on the Global Calendar of events which is accessible here: <https://worldathletics.org/competition/calendar-results>

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 defining the requirements Athletic Shoes shall meet to become an Approved Shoe and establishing the requirements and procedures by which Athletic Shoes to be worn in World Rankings 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 for World Rankings 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 World Rankings Competitions;
 - 3.1.2 all Athletes competing in World Rankings 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 World Rankings Competitions must comply with and respect these Regulations; and
- 3.2.2 each Member Federation must also comply with these Regulations;
- 3.2.3 where appointed by an Athlete to submit information, approval requests, or do any act under these Regulations, Athlete's Representatives must also comply with these Regulations. However, the appointment of an Athletes' Representative shall not relieve the Athletes' obligations to comply with these Regulations.

4. Athletic Shoes

- 4.1 The primary purpose of an Athletic Shoe is to give protection and stability to the feet and a grip on the ground. All Athletic Shoes worn by Athletes in World Rankings Competitions must be Approved Shoes. Athletic Shoes that do not comply with the limits and technical requirements set out at Regulation 8 will be non-compliant under Regulation 5 and therefore an Unapproved Shoe and may not be worn by Athletes in World Ranking Competitions. Athletes must also ensure that any Athletic Shoe worn in a World Ranking Competition is able to be clearly identified by a model number to enable Shoe Control to be conducted.

5. Approval of Athletic Shoes

- 5.1 Unless otherwise agreed, by the Chief Executive Officer (or their nominee), all Athletic Shoes prior to being worn by an Athlete in a World Rankings Competition must be an Approved Shoe under these Regulations and, in the case of an Athletic Shoe submitted for approval beginning with the Effective Date of the Regulations, be approved in accordance with the process set out in APPENDIX 1.
- 5.2 The Chief Executive Officer (or their nominee) will set a fee for the consideration of an Athletic Shoe for inclusion in the List of Approved Athletic Shoes and administrative changes requested by Shoe Manufacturers to Approved Shoes after consultation with the WFSGI in November of the preceding year. The fee should be proportionate to the number of expected Approved Shoes per annum can also be decreased. Each Shoe Manufacturer which wishes to apply for an Athletic Shoe to be included in the List of Approved Athletic Shoes must pay the prescribed fee to World Athletics by the date set by World Athletics. If a Shoe Manufacturer fails to pay the prescribed fee by the set date, World Athletics may remove the Athletic Shoe in question from the List of Approved Athletics Shoes and/or refuse to allow that Shoe Manufacturer to submit any applications for new Athletics Shoes to be included on the List of Approved Athletic Shoes, unless and until all outstanding fees due to World Athletics have been paid.

6. Athlete Customisations and Orthotics

- 6.1 Subject to Regulations 6.2 and 6.3 a Shoe Manufacturer may apply to World Athletics for permission for an Athlete Customisation for an Available Shoe. Athlete Customisations are only permitted if approved by World Athletics or otherwise in accordance with this Rule 6. Permission for an Athlete Customisation will only be granted provided that:
 - 6.1.1 the Athlete Customisation is for medical reasons only;

- 6.1.2 any Athlete Customisation to the construction of the sole and/or thickness of the sole must not go beyond the maximum sole thickness measurement limits for the Athlete's shoe size set out in Regulation 8.4.4;
 - 6.1.3 such Athlete Customisations do not include any embedded 'sensing or intelligent' technology whatsoever; and
 - 6.1.4 proposals to add or remove a rigid structure as defined in Regulation 8 from an Approved Shoe are not permitted;
 - 6.1.5 any proposal to customise an Available Shoe shall only be to the extent necessary to address the medical reason and must clearly indicate the customisation within the proposal with supporting documentation from a suitably qualified medical expert (e.g. a Doctor / Medical Practitioner).
- 6.2 If an Athlete has a medical need to use an Orthotic, they must apply to World Athletics for permission to add an inner sole or insertion as a removable Orthotic (i.e. it is not permanently fixed inside the shoe) or to add a removable heel raise or heel cap (e.g. to jumping shoes) to any Approved Shoe. The Athlete must provide such medical evidence as World Athletics may require to allow World Athletics to assess if the Athlete is permitted to use an Orthotics or a removable heel raise or heel cap in their Athletic Shoes. If that application is granted by World Athletics, the Athlete must keep with them at all World Rankings Competitions the notice of approval and must produce such notice of approval if requested at any time by the relevant event organiser, Shoe Control Officer and/or Referee. World Athletics retains the right to withdraw approval of its permission to the Athlete to use an Orthotic or a removable heel raise or heel cap, if in World Athletics' reasonable opinion, this use is not or is no longer required for medical purposes. For the avoidance of doubt, an Orthotic, a heel raise or a heel cap are not counted in the maximum thickness measurement limits for the Athlete's shoe size set out in Regulation 8.4.4.
- 6.3 The following changes to an Available Shoe are not considered Athlete Customisations, do not require prior written approval from World Athletics and are permitted as set out below:
- 6.3.1 changing an upper of an Available Shoe with an upper from another Available Shoe. However, at least 7 days prior to any Athlete wearing such Customised Shoe, the Athlete or Shoe Manufacturer must notify World Athletics and provide supporting information clearly indicating from which shoes the sole and the upper are coming, a unique code / label number (s) for the Shoe with Athlete Customisation, with side-view and bottom-view photographs and the names of the Athlete(s) that are proposing to wear the proposed Available Shoe with Athlete Customisation. For ease of compliance and Shoe Control the Athletes' name will be shown against the photograph of the Available Shoe on the List of Approved Shoes. An Available Shoe with Athlete Customisation in this way must be clearly identifiable i.e. it must have a unique code / label number and must not have the name of any of the shoes where the upper or sole has been taken from. For the avoidance of doubt, if the Available Shoe with Athlete Customisation cannot be clearly identifiable, the Available Shoe will be non-compliant and an Unapproved Shoe;
 - 6.3.2 adding or removing laces, removable braces or straps (e.g. to throwing shoes) to an Available Shoe, provided always that the laces, braces and

straps do not alter the Available Shoes identification based on its external appearance as shown on the List of Approved Athletic Shoes;

6.3.3 changes to the colour of an Approved Shoe, changes of the location and size of a logo on an Approved Shoe or an Athlete taping their shoe (for example taping the outside of a throwing shoe).

6.4 Customised Shoes are not required to be made available for purchase in accordance with Regulation 11 of these Regulations because, as required by these Regulations, the underlying standard model must be an Available Shoe.

6.5 Changes referred to in Regulation 6.3 cannot be made to a Development Shoe.

7. Development Shoes

7.1 A Development Shoe cannot be worn in World Athletics Series Events, the Olympic Games or the World Athletics Ultimate Championship.

7.2 A Development Shoe can be worn in all other World Rankings Competitions with prior written approval in accordance with APPENDIX 1 and, subject to Regulation 7.3, showing that it is on the List of Approved Athletic Shoes.

7.3 If approved, a Development Shoe may be worn in World Ranking Competitions for a maximum period of 12 months starting from the date when the Development Shoe has been entered on the List of Approved Athletic Shoes. The Development Shoe can only be worn within this 12-month period indicated on the List of Approved Athletic Shoes.

7.4 Development Shoes are not required to be made Available for Purchase in accordance with Regulation 11.

7.5 If a Shoe Manufacturer proposes to make any adjustments to a Development Shoe on the List of Approved Athletic Shoes, the Shoe Manufacturer must follow the process in APPENDIX 4.

8. Technical Requirements for Athletic Shoes

8.1 Unless specifically agreed by the Chief Executive Officer (or their nominee) in writing, all Athletic Shoes must, at the points set out in Regulations 9.3 and 9.4 below but subject to Regulation 8.4.4, have a sole with a maximum thickness as set out in the table in APPENDIX 2. From 1 November 2024, an Athletic Shoe with a sole greater than the maximum thicknesses set out in the new sole thickness table in APPENDIX 2 and in force from the same date, is no longer approved and cannot be worn in World Rankings Competitions.

8.2 The entire or any part of the sole of the Athletic Shoe may have grooves, ridges, indentations, protrusions or protuberances. In respect of Athletic Shoes that contain spikes or traction plates intended to be worn on the track the receptacles that are designed to hold the spikes and for traction plates which do not contain spikes but are intended to be worn in the track their protrusions or protuberances are included in the definition of a sole and therefore included when measuring the sole thickness pursuant to Regulations 8.3 and 8.4.

8.3 The thickness of the sole will be measured at the centre of the forefoot and the centre of the 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 as

defined in Regulation 8.4. To be clear, for these measurements, the shoe will be put on a hard and flat substrate, and the distance will be measured from the inside down to the substrate at the defined points stated in Regulation 8.4. This measurement includes the features stated in Regulation 8.2.

- 8.4 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. However, for the purposes of meeting the technical requirements of these Regulations:
- 8.4.1 for the approval process as set out at APPENDIX 1 the measurement of the sole thickness of the Athletic Shoe with a standard sample shoe sole length of 270 mm (i.e. shoe size US 8.5, EUR 42, UK 8) at 75% of its internal length and 12% of its internal length must be at or under the maximum sole thicknesses set out in APPENDIX 2;
 - 8.4.2 for the purposes of Regulation 12.3 where an Athletic Shoe has been submitted for examination and investigation by the Independent Body the measurement of the thickness of the sole of the Athletic Shoe at 75% of its internal length and 12% of its internal length of the relevant sole length stated in Regulation 8.4.4, a sole thickness measurement tolerance of 5% (i.e. 1mm for 20mm and 2mm for 40mm) shall be applied; and
 - 8.4.3 the features stated in Regulation 8.2 on the sole of the Athletic Shoe that are positioned outside of the Athletic Shoe at 75% of its internal length and Athletic Shoe at 12% of its internal length may impact on measuring the thickness of the sole (for example if the receptacle on spike plate falls outside of these points or if the protusions or protuberances on a traction plate are longer outside of these points on the sole).
 - 8.4.4 World Athletics acknowledges that an Athletic Shoe above that standard sample size (i.e. shoe size with a sole length of 270mm , US 8.5, EUR 42, UK 8) 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.
- 8.5 Until further notice, unless in exceptional circumstances and specifically agreed by the Chief Executive Officer (or their nominee) in writing, any Athletic Shoe proposed to be worn in World Rankings Competitions:
- 8.5.1 must not contain more than one rigid structure if it is a non-spike Athletic Shoe;
 - 8.5.2 the one structure referred to in Regulation 8.5.1 can run the full length of the sole or only part of the sole;
 - 8.5.3 may, if it is a spike Athletic Shoe, contain an additional rigid structure for the purposes of attaching spikes to the outer underside of the sole or is a traction plate (i.e. without spikes) designed for stability and grip on the athletics track which may run the full length of the sole or only part of the sole;
 - 8.5.4 the rigid structures referred to in Regulations 8.5.1 and 8.5.3, whether in one or separate parts, must not overlap itself or, if in separate parts, overlap each

other, must not be a loop, coil, concertina, concentric circle or circles and must not connect to or be a continuation of another rigid structure. For the avoidance of doubt, the rigid structure in Regulation 8.5.1 whether in one or separate parts, must be located in one plane following the curvature of the sole of the Athletic Shoes (e.g. must not be stacked above each other, must not overlap);

8.5.5 must not contain any embedded 'sensing or intelligent' technology whatsoever. This rule 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; and

8.5.6 must have a sole with a maximum thickness at the points on the sole of the Athletic Shoe stated in Regulation 8.4 or, for the purposes of the approval process as set out in APPENDIX 1, as stated in APPENDIX 2.

8.6 These Regulations including, for the avoidance of doubt, the requirements stated in Regulation 8 do not apply to Athletic Shoes worn in Mountain and Trail Races or, from 31 March 2026, Cross-Country Races.

9. Athletic Shoes: Spikes

9.1 The sole of the Athletic 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.

9.2 Any number of spikes up to 11 may be used, but the number of spike positions must not exceed 11.

9.3 In respect of outdoor tracks the part of each spike which projects from the sole or the heel shall not exceed 9 mm except in the High Jump and Javelin Throw, where it must not exceed 12 mm. For indoor tracks each spike shall not exceed 6 mm except where the track manufacturer or stadium / venue operator may permit up to 9 mm. 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 4 mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, or prohibits the use of certain shaped or types of spikes, this shall be applied and the Athletes notified accordingly. The surface track must be suitable for accepting the spikes permitted under this Regulation 9.

9.4 For Cross-Country competitions, the specific regulations may allow an increased length and width of the sizes of the spikes of the shoes depending on the surface(s) of the course.

10. Independent Body

10.1 Subject to these Regulations, the Independent Body will have the following responsibilities in accordance with the written instructions of the Chief Executive Officer (or their nominee):

10.1.1 to apply the technical specifications and related information provided by a Shoe Manufacturer of either an Athletic Shoe, or an Approved Shoe to the technical requirements of these Regulations;

10.1.2 to review and evaluate if either the physical Athletic Shoe or an Approved Shoe "as worn by an Athlete in World Rankings Competitions" meets the

technical requirements stated in Regulation 8 (which includes, if necessary, cutting up the Athletic Shoe or Approved Shoe);

- 10.1.3 to liaise with, seek input from, present results of their reviews to World Athletics and evaluations and to carry out other tasks as instructed by the Chief Executive Officer (or their nominee) concerning their tasks from time to time.

11. Availability of Approved Shoes

- 11.1 Available Shoes must be available for purchase by any Athletes participating in World Rankings Competitions. The procedure for confirming the Available Shoe is available for purchase is set out in APPENDIX 3.

12. Compliance

- 12.1 Any Referee officiating at a World Rankings Competition must report any suspected breach or non-compliance or actual breaches with these Regulations to the Shoe Control Officer in the first instance to act in accordance with Regulation 12.10.
- 12.2 Athletes may be required to declare and confirm which Approved Shoe(s) they propose to wear prior to competing at a World Rankings Competition through a Shoe Declaration at the discretion of the governing body, the event organiser, the Shoe Control Officer and/or at the direction of the Disciplinary Officer.
- 12.3 Shoe Control must only be conducted after each event the Athlete has competed in. Accordingly, Shoe Control must not be conducted in the call room. An Athlete subject to Shoe Control must:
- 12.3.1 comply with the reasonable directions given by the Shoe Control Officer;
 - 12.3.2 if requested give their Athletic Shoes to the Shoe Control Officer who shall submit the information collected from Shoe Control to World Athletics; and
 - 12.3.3 if requested by the Shoe Control Officer or Disciplinary Officer, when the Athlete has finished competing, provide their Athletic Shoe for further examination and investigation by the Independent Body (which includes, if necessary, cutting up the Athletic Shoe) in accordance with Regulation 12.13.
- 12.4 Any changes in Shoe Control procedures which may have any effect on, or place any additional obligations on Shoe Manufacturers which are not already envisaged under these Regulations, any proposal additional obligations must be notified via the WFSGI in advance of implementation. Nothing in the foregoing shall limit World Athletics' right to publish further Shoe Control guidance, information and procedures that are consistent with these Regulations on an urgent basis.
- 12.5 Where an Athlete achieves a World Record (as referred to at Rules 31 to 32 of the Competition Rules) the Athlete will be subject to the full procedure described in Regulation 12.3. U20 World Records are excluded from the procedure described in Regulation 12.3.3 but to have the performance recognised as an U20 World Record the Athlete must have worn an Approved Shoe. If possible, World Athletics will take all reasonable steps to avoid destroying the Athletic Shoe used by the Athlete who achieves a World Record including, but not limited to, reaching out to the relevant Shoe Manufacturer to provide components or other versions of the Athletic Shoes used by

the Athlete in the achievement of the World Record but may need to cut the Athletic Shoe or conduct any other examination if necessary to confirm that the Athletic Shoe complies with these Regulations.

- 12.6 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.
- 12.7 Where the Shoe Control Officer 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 12.8, 12.9 and 12.10.
- 12.8 If either before or at a World Rankings Competition, the status of an Athletic Shoe is not established or is otherwise unclear, the Shoe Control Officer may, in their discretion, permit the Athlete to compete, subject to the following procedure: After competing, the Athletic Shoe must be subject to Shoe Control and the Athlete may provide their Athletic Shoes to the Shoe Control Officer for further examination and investigation, in accordance with Regulation 12.3. Where the Shoe Control Officer has permitted the Athlete to compete pursuant to this Regulation 12.8, the Athlete's result will be classified as 'Uncertified' ('UNC TR5.2').
- 12.9 Where an Athletic Shoe has been handed over for further examination and investigation by an Independent Body then, pending further examination and investigation pursuant to this Regulation 12.9 the use of that Athletic Shoe or technology in World Rankings Competitions is prohibited for that particular Athlete. Where an Athletic Shoe cannot be identified during Shoe Control the Athletic Shoe will be, pending any subsequent steps to identify the Athletic Shoe, classified as being not an Approved Shoe. If necessary World Athletics, may subsequently, take reasonable steps to identify the Athletic Shoe, including, but not limited to contacting the Athletes' Representative or Shoe Manufacturer to identify the Athletic Shoe.
- 12.10 Where an Athlete has competed and after taking steps at the relevant World Rankings Competition to identify the Athletic Shoe, the Athletic Shoe's status is confirmed as being an Unapproved Shoe then the Shoe Control Officer shall inform the Referee who will proceed to disqualify the Athlete pursuant to Regulation 13.1.
- 12.11 Where a Shoe Control Officer exercises their discretion under Regulation 12.8 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 Shoe Control Officer 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 Shoe Control Officer's discretion in consultation with the relevant Referee.
- 12.12 For the avoidance of doubt and in addition to the powers set out above, the Disciplinary Officer, acting reasonably, reserves the right:
 - 12.12.1 to issue a direction to the Referee to act in accordance with Regulations 12.7, 12.8 and/or 12.9;
 - 12.12.2 to instruct at any time that the Athlete gives their Athletic Shoe to the Referee and/or Shoe Control Officer for further examination and investigation; and

12.12.3 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 their Athletic Shoe for further examination and investigation;

12.13 In all situations falling under Regulation 12 arising at a World Athletics Series Event, World Athletics Ultimate Championship or the Olympic Games, World Athletics shall take reasonable steps to identify the Athletic Shoe in question, including, but not limited to contacting the Athlete Representative or shoe manufacturer to assist in verification, prior to rendering any decision which could negatively impact the Athlete. Nothing in the foregoing shall be interpreted to mean that shoe manufacturers are not required to ensure their Athletic Shoes are identifiable.

12.14 Where Regulations 12.7 and 12.9 apply the costs of shipping an Athletic Shoe for further examination and investigation to World Athletics or the Independent Body 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 the Athlete.

13. Breaches and Sanctions

13.1 At a World Rankings Competition, where an Athlete has competed and it is confirmed by the Shoe Control Officer the Athlete has worn an Unapproved Shoe it is for the Referee to disqualify the Athlete.

13.2 If an Athlete:

13.2.1 is found by the Shoe Control Officer to be wearing an Athletic Shoe that does not comply with these Regulations, or

13.2.2 does not comply with any direction or instruction of a Referee or the Shoe Control Officer under these Regulations, or

13.2.3 does not present themselves to Shoe Control when requested,

the matter must be referred to the Disciplinary Officer for investigation, assessment and, if applicable, sanction in accordance with the Disputes and Disciplinary Proceedings Rules.

13.3 If an Athlete has already competed and is either disqualified by a Referee pursuant to Regulation 13.1 or pursuant to the Disputes and Disciplinary Proceedings Rules, then such disqualification has all resulting consequences for the Athlete, as set out in the Disputes and Disciplinary Proceedings Rules.

13.4 Additionally, if at any time it is found that an Athletes' Representative, and/or Member Federation has been acting or, has acted against these Regulations (including Technical Rule 5 in force prior to these Regulations coming into force or any Rules thereover) or does any other act or omission which is contrary to these Regulations; then pursuant to Regulations 13.2 and 13.3 the matter shall be referred to the Disciplinary Officer for investigation, assessment and, if applicable, sanction in accordance with the Disputes and Disciplinary Proceedings Rules and, in addition, including but not limited to:

- 13.4.1 declaring an Athletic Shoe or Approved Shoe as being non-compliant or an Unapproved Shoe;
 - 13.4.2 ordering the removal of an Approved Shoe from the List of Approved Athletic Shoes; and
 - 13.4.3 suspending, for a reasonable time, the submission of approval requests for an Athletic Shoe by the Shoe Manufacturer.
- 13.5 In his or her assessment, the Disciplinary Officer shall give regard to the severity of the breach, whether it is intentional, whether it is a first or repeated breach, and proportionality of the sanction(s) to the conduct.
- 13.6 The Disciplinary Officer may, if they consider it appropriate, announce, publish or otherwise communicate the reasons for any sanction applied pursuant to this Regulation 13.
- 13.7 The Disciplinary Officer may in addition to taking action under these Regulations refer any potential breach of these Regulations, by Applicable Persons, to the Athletics Integrity Unit.
- 13.8 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 12 and/or Regulations 13.1 to 13.4, 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 and Appeals Tribunal Rules.

APPENDIX 1 NEW ATHLETIC SHOES APPROVAL PROCESS

1. A new Athletic Shoe or Development Shoe¹ proposed to be worn in a World Rankings Competition, must be completed and submitted to World Athletics via the dedicated World Athletics shoe approval platform (the Platform') only by the relevant Shoe Manufacturer acting through a person employed or engaged on the Shoe Manufacturer's behalf to submit applications to the Platform. Applications will not be accepted by post or email. At the same time, the Shoe Manufacturer must also provide a sample of the new Athletics Shoe or Development Shoe to the Independent Body.
2. The Platform is confidential for the purposes of reviewing an application for approval of an Athletic Shoe, either World Athletics or the Shoe Manufacturer must not publish any correspondence (e.g. content from the chat functionality on the Platform) and information provided by World Athletics on the Platform in a public document or use such information in any press announcement, media release marketing campaign or any other public facing communication. This paragraph does not restrict World Athletics' publication of the List of Approved Athletic Shoes or a Shoe Manufacturer marketing the Athletic Shoe for promotion and sale.
3. The Shoe Manufacturer must provide all the information (including unique model name, number, and the model number must be visible on any labels in the Athletic Shoe) required in the form(s) provided on the Platform and all associated supporting documentation (including as specified photographs and diagrams of the shoe in format and position(s) (which must include photograph of the position of the outer side view and underside view (i.e. the sole)) which will be used for publication on the List of Approved Athletic Shoes as requested by World Athletics.
4. World Athletics shall/has set designated service levels and timelines which will apply to the Independent Body in relation to the approval process to be consulted with WFSGI. If approved, World Athletics will publish the Approved Shoe or Development Shoe on the List of Approved Athletic Shoes. As referred in paragraph 3 above the photograph of the position of the outer side view and underside view (i.e. the sole) will be used for publication on the List of Approved Athletic Shoes.
5. If approved, an Approved Shoe can be worn in World Rankings Competitions only as of the respective date indicated on the List of Approved Athletic Shoes and not before. No technical or proprietary information belonging to a Shoe Manufacturer will be published.
6. If the request relates to an Athlete Customisation pursuant to Regulation 6, then the relevant medical information relating to the athlete's condition and the medical advice, report or information setting out the reasons why the Athlete Customisation is necessary and it addresses the medical issue identified must be applied by email to [insert address]. If approved, the Shoe Manufacturer or, if applicable, the Athlete will be notified in writing directly.
7. World Athletics reserves the right to implement such measures concerning the practical implementation of the approval procedure following consultation and reasonable notice to the Shoe Manufacturers via the World Federation of the Sporting Goods Industry, as it

¹ 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 6 for obtaining approval from World Athletics for that customization.

sees fit, including the use of technology (e.g. unique codes, certification mark etc.) compliance with which shall form part of these Regulations.

8. World Athletics reserves the right to outsource the approvals, the functions of the Independent Body referred to Regulation 10 and shoe control process to one Independent Body to manage these specific processes. If World Athletics exercises this right it shall run an open process for requests for proposals / bids from potential providers.

**APPENDIX 2
ATHLETIC SHOE SOLE THICKNESS TABLE**

Event	Maximum thickness of the sole (as per Regulation 8 of the Regulations).	Further Requirement/Note
Track and Field Events, excluding Track Race Walking 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 8.3 and 8.4 (i.e. at centre point of the shoe at 12% and 75% of the shoe's internal length).
Road Running Events, Track and Road Race Walking Events	40mm	
Cross-Country Races	20mm spike shoes or 40mm non-spike shoes (i.e. road shoes)	Until 31 March 2026. In accordance with Regulation 8.6, From 01 April 2026 a spike shoe or non-spike shoe (i.e. a road shoe) worn in Cross-Country Races can be any thickness
Mountain and Trail Races	Any thickness	

APPENDIX 3 AVAILABLE SHOES

1. Where an Athlete proposes to wear an Available Shoe at a World Rankings Competition, the Available Shoe must be made available for purchase from the relevant Shoe Manufacturer at any time prior to the start date of the first World Rankings Competition at which the Athlete proposes to wear the Available Shoe..
2. When seeking approval for an Athletic Shoe, the shoe manufacturer must provide information about the Athletic Shoe's availability (e.g. where, how they can be purchased and what quantity of stocks of Athlete Shoes are available). If the requested information is not provided, then the shoe will not be approved and not be entered on the List of Approved Athletic Shoes and thus cannot be worn in World Rankings Competitions.
3. An Available Shoe is considered to be available for purchase, once it can be purchased through a shoe manufacturer's sales channel(s) which includes retail (brick and mortar), brand websites or apps and e-commerce (including pre-order periods).
4. Available Shoes are subject to stock (including size ranges), supply chains and manufacturing timelines. There is no obligation on a shoe manufacturer to re-stock an Available Shoe that has been available for purchase and is sold out.
5. If an Available 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 Available Shoe may, depending on the ability of the shoe manufacturer concerned to provide new stock of the Available Shoe, wish to wait for the Available Shoe to be restocked or purchase an alternative Available Shoe.
6. World Athletics will conduct checks by requesting the shoe manufacturers to provide evidence that the Available Shoe is/was available for purchase.
7. 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 3 in circumstances beyond the reasonable control of the sporting goods industry that make a shoe manufacturer unable to make a Available Shoe available for purchase in accordance with this APPENDIX 3, provided that the shoe manufacturer has made reasonable efforts, to the satisfaction of the World Athletics Chief Executive Officer (or their nominee), to do so.

APPENDIX 4 DEVELOPMENT SHOES

1. Except for the specific requirements in Regulation 7 and this Appendix, the approval process for Development Shoes is set out in APPENDIX 1.
2. For Development Shoes, if approved, World Athletics will publish the Development Shoe on the List of Approved Athletic Shoes stating the date starting from which the Development Shoe can be worn and the expiry date for approval which cannot be more than the maximum period of 12 months. 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, will be removed from the List of Approved Athletic Shoes and can no longer be worn in World Rankings Competitions.² A Development Shoe once approved cannot be re-submitted again as a Development Shoe at any time (i.e. World Athletics can only grant the approval of a Development Shoe once).
3. If at any point the Shoe Manufacturer decides to produce a final version of a Development Shoe (i.e. it passes its performance and safety tests, etc.) and to make it available for purchase, this final version is a new Athletic Shoe and the Shoe Manufacturer must submit a separate application for its approval as a new Athletic Shoe in accordance with Regulation 5 and APPENDIX 1.
4. To be clear, Development Shoes and Available Shoes shall have different model names and model numbers / codes, to ensure they are clearly identifiable.

² Pursuant to Regulation 7 Development Shoes cannot be worn in the Olympic Games or World Athletics Series Events or World Ultimate Championship.