

Rule 5 of the Technical Rules
(in force from 15 July 2020 – amendments in red/ bold font)

5. (Rule 143) Clothing, Shoes and Athlete Bibs

Shoes

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- 5.2 Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. They must not give athletes any unfair assistance or advantage. Any type of shoe must be reasonably available to all in the spirit of the universality of athletics. To meet that requirement, **for any shoe first introduced after 31 January 2020, the transition note (Note ii.) below shall also apply, any shoe that is first introduced on or after 9 August 2021** may not be used in competition unless and until it has been **available through the Athletic Shoe Availability Scheme as referenced in Note ii. (a) below**. Any shoe that does not meet this requirement is deemed a prototype and may not be used in competition.
- 5.2.1 A shoe that meets the criteria set out in this Rule 5 may be customised to suit the characteristic of a particular athlete's foot. **However, one-off shoes** made to order **(i.e. that are only ones of their kind)** to suit the characteristics of an athlete's foot or other requirements are not permitted.
- 5.2.2 Where World Athletics has reason to believe that a type of shoe or specific technology may not comply with the letter or spirit of the Rules, it may refer the shoe or technology for detailed examination and it may prohibit the use of such shoes or technology in competition pending examination.

Note (i): At least four months prior to an International Competition at which an athlete proposes to wear a shoe that has not previously been used in International Competitions, the athlete (or their representative) must submit to World Athletics the specification (i.e. size, dimensions, sole thickness, structure etc.) of that new shoe; confirm if the new shoe is to be customised in any way; and provide information about the availability of the new shoe on the open retail market (i.e. either in store or online). After reviewing this information World Athletics may request that samples of the shoe be submitted by the manufacturer for further examination. If the shoe is requested for further investigation, World Athletics will use reasonable efforts to complete its examination as soon as practicable (if possible, within 30 days of receipt of the shoe by World Athletics).

Note (ii): Transition Period 31 January 2020 to 8 August 2021. This note has been inserted in recognition of the fact that on 15 July 2020 a Working Group on Athletic Shoes has been established by Council which by the end of the year 2020, in collaboration with manufacturers, will review the entirety of this Rule 5 as it applies to shoes by the end of the year 2020. The following notes (a) to (e) will assist in guiding all stakeholders with the practical application of this Rule 5 as it applies to all shoes (road or spike shoe) until and including, 8 August 2021.

(a) Any new shoe (road or spike shoe) introduced after 31 January 2020 that, as at 15 July 2020 has already been confirmed by World Athletics as meeting the requirements of Rule 5.13 may be used in International Competitions immediately ('the Approved Shoe'). As from 15 July 2020, the Approved Shoe must also be made available prior to an International Competition for distribution to any uncontracted (i.e. not contracted to a manufacturer) elite athlete ('the Athletic Shoe Availability Scheme'). The Working Group on Athletic Shoes will develop and finalise the process (including timelines), criteria (i.e. if the athlete is given a place to attend a World Athletics Series Event or Olympic Games (known as an 'unqualified athlete' and 'universality place' respectively), numbers of pairs of shoes required (including brand model, sizes etc.), method of distribution and resources (including costs) required for administration of the Athletic Shoe Availability Scheme.

(b) As from 15 July 2020 where an elite athlete proposes to wear a new shoe (road or spike shoe) in an International Competition, the athlete (or their representative) must submit to World Athletics the specification (i.e. size, dimensions, sole thickness, structure etc.) of that new shoe; confirm if the new shoe is to be customised in any way. After reviewing this information, World Athletics may request that samples of the shoe be submitted by the manufacturer for further examination. If the shoe is requested for further investigation, World Athletics will use reasonable efforts to complete its examination as soon as practicable (if possible, within 30 days of receipt of the shoe by World Athletics). The shoe must be confirmed by World Athletics as meeting the requirements of Rule 5.13 prior to use in the International Competition.

(c) As from 15 July 2020 where an elite athlete proposes to wear a new shoe (road or spike shoe) in an International Competition and it has been approved in accordance with paragraph (b) above, the athlete (or their representative) must submit to World Athletics information that confirms that the manufacturer will make the new shoe available to the Athletic Shoe Availability Scheme along with supporting information concerning numbers of pairs of shoes (including brand model, sizes etc.).

(d) Subject to compliance with paragraphs (b) and (c) above, any new shoe (road or spike shoe) introduced on or after 15 July 2020 may be used in an International Competition after it has been made available via the Athletic Shoe Availability Scheme prior to the International Competition where the elite athlete proposes to wear the new shoe.

(e) Any shoe that does not meet the above requirements is deemed a prototype and may not be used in competition. For the avoidance of doubt, the opening paragraphs of Rule 5.2 and Rule 5.2.1, 5.3, 5.4, 5.6 and 5.13 apply during the transition period described in this note.

Number of Spikes

- 5.3 The sole of the **shoe (including the part beneath the athlete's heel)** may be so constructed as to provide for the use of up to 11 spikes.

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

Dimensions of Spikes

- 5.4 That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall 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 disallows the use of certain shape spikes**, this shall be applied.

Note (i): The surface must be suitable for accepting the spikes permitted under this Rule.

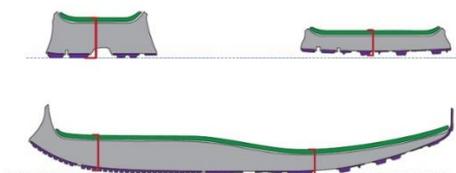
Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.

The Sole

- 5.5 The sole of the shoe **(including the part beneath the athlete's heel)** may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. **The maximum thickness of the sole of the shoe is set out at Rule 5.13.**

*Note (i): The thickness of the sole shall be measured when the shoe is not being worn, at the centre of the **athlete's** forefoot and the centre of the **athlete's** heel as the distance between the inside top side and the outside under side that contacts the ground, including the above-mentioned features and also including any kind or form of loose inner sole or other appliance or insert. See Figure (a) below:*

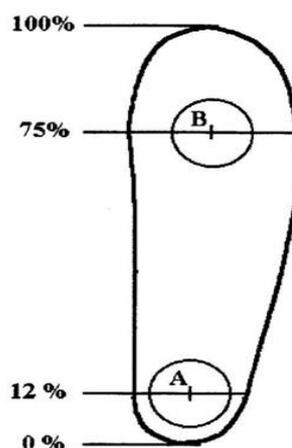
Figure (a) – Measuring the thickness of the sole



*Note (ii): The centre of the **athlete's** forefoot is the centre point of the shoe at 75% of its internal length. The centre of the **athlete's** heel 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 **athlete's** forefoot will be the centre point of the shoe approximately*

203mm from the inside back of the shoe, and the centre of the **athlete's** heel will be the centre point of the shoe approximately 32mm from the inside back of the shoe.

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



Note (iii): The maximum sole thicknesses referred to in Rule 5 are based on the sole thickness of a standard sample unisex size 42 (EUR). World Athletics acknowledges that a 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.

Moratorium

- 5.13 Until further notice, unless specifically agreed by World Athletics in writing, any shoe used in competition:
- 5.13.1 (**except** where Rule 5.13.2 applies) must not contain more than one rigid plate or blade made from carbon fibre or another material with similar properties or producing similar effects, whether that plate runs the full length of the shoe or only part of the length of the shoe; and
 - 5.13.2 may contain one additional rigid plate or other mechanism only where used solely to attach spikes to the outer underside of the shoe; and
 - 5.13.3 must have a sole with a maximum thickness **as set out in the table below**.

Shoe Sole Thickness Table

Event	Maximum thickness of the sole (as per Rule 5.5, Notes (i), (ii), (iii) and Figures (a) & (b) to Rule 5.5, and Rule 5.13.3).	Further Rule Requirement
Field Events (except Triple Jump)	20mm	Applies to all Throwing Events, and Vertical and Horizontal 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.
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.
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 Race Walking Events the maximum thickness of the sole is the same as that for Road Events.
Cross Country	25mm	
Road Events (Running and Race Walking Events)	40mm	
Events under Rule 57 of the Technical Rules	Any Thickness	

Note (i): The one rigid plate or blade referred to in Rule 5.13.1 may be in more than one part but those parts must be located sequentially, in one plane, not in parallel (i.e., not stacked above each other), and must not overlap.

Note (ii): To assist athletes adjusting from their current shoes that do not meet the sole thickness heights set out in the table to Rule 5.13.3, the date for compliance is 1 December 2020.