

### Rule 5 of the Technical Rules

(in force from 4 December 2020 – amendments from 28 July 2020 in red/ bold font;  
amendments from 4 December 2020 in in blue/bold font)

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

### Clothing

- 5.1 In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges.

At all competitions under paragraphs 1.1, 1.2, 1.3, 1.6 and 1.7 of the International Competition definition, and when representing their Member Federation under paragraphs 1.4 and 1.8 of the International Competition definition, athletes shall participate in the uniform clothing approved by their Member Federation. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

*Note (i): Rule 5.1 of the Technical Rules should be interpreted widely in terms of what “could impede the view of the judges”, including athletes wearing their hair in a particular way.*

### Shoes

- 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. The use of a Development Shoe (defined in paragraph (f) below) or any other similar type of shoe is set out in the transition note (Note ii.)**

- 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 (t) will assist in guiding all stakeholders with the practical application of this Rule 5 as it applies to all shoes (unless otherwise specified, meaning road, cross-country or track and field shoes) until and including, 8 August 2021. This Rule 5 as it applies to shoes covers International Competitions and competitions sanctioned by Member Federations where it is decided the Rules and Regulations shall apply.**

**(a) Any new shoe introduced after 31 January 2020 that, as at 28 July 2020 has already been confirmed by World Athletics as meeting the requirements of Rule 5.13, may be used immediately ('the Approved Shoe'). As from 28 July 2020, new road shoes must also be made available through the Athletic Shoe Availability Scheme, as referred to in paragraphs (n) to (r) below, unless otherwise stated in writing by World Athletics. The use of a Development Shoe or any other similar type of shoe is set out in paragraphs (f) to (t) below.**

**(b) As from 28 July 2020 where an elite athlete proposes to wear a new shoe, 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, or whether it is intended that the new shoe be used as a Development Shoe or any other similar type of shoe. After reviewing this information, World Athletics may request that samples of the new shoe be submitted by the manufacturer for further examination. If the new 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 new shoe by World Athletics). The shoe must be confirmed by World Athletics as meeting the requirements of Rule 5.13 prior to use.**

**(c) As from 28 July 2020 where an elite athlete proposes to wear a new road shoe in a Designated 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 it available to the Athletic Shoe Availability Scheme unless the shoe is a Development Shoe or any other similar type of shoe, in which case, paragraphs (f) to (r) below apply.**

*(d) Subject to compliance with paragraphs (b) and (c) above, any new shoe) introduced on or after 28 July 2020 may be worn except that for a road shoe the Athletic Shoe Availability Scheme applies and for a Development Shoe or any other similar type of shoe paragraphs (f) to (t) below apply.*

*(e) 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 only during the transition period described in this note.*

*(f) “Development Shoe” means a road, cross-country or track or field shoe which has never been Available for Purchase but which a sports manufacturer is developing to bring to market and would like to conduct tests with their sponsored athletes (who agree to test the shoe) on issues such as safety and performance before the shoe is Available for Purchase.*

*(g) Development Shoes are not permitted to be worn at the World Athletics Series and the Olympic Games.*

*(h) Development Shoes are not required to be made Available for Purchase or subject to the Availability Scheme provided that, prior to being worn for the first time, the Development Shoe meets the following conditions:*

- i. the athlete (or their representative) must submit the specification to World Athletics in accordance with paragraph (b) above and, where requested, provide a sample of the Development Shoe for further examination which includes, if necessary, cutting up the shoe, and provide the date and competition the first time the athlete wishes to compete in a Development Shoe;*
- ii. confirm the latest date upon which the sports manufacturer will make the final version of the Development Shoe Available for Purchase; and for road shoes only, comply with the requirements of the Availability Scheme;*
- iii. the date referred to in paragraph (h)(ii) above must not be later than 12 months after the first time the Development Shoe is worn. The Development Shoe must only be worn within this period;*
- iv. the athlete (or their representative) submits to World Athletics a list containing the date of the first and all subsequent competitions at which the athlete proposes to wear a Development Shoe within the 12 month period. The athlete (or their representative) must notify World Athletics of any changes to that list;*

- v. *the athlete (or their representative) has received prior written approval from World Athletics that the Development Shoe complies with the requirements of Rule 5 of the Technical Rules and is approved for use.*

*(i) Subject to compliance with all Rules and Regulations (including this Rule 5 of the Technical Rules and these notes), performances achieved by an athlete wearing a Development Shoe will be valid. After the conclusion of an event a Development Shoe must be handed over by the athlete on request by World Athletics for further investigation by World Athletics which includes, if necessary, cutting up the Development Shoe.*

*(j) World Athletics will publish from time to time 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.*

*(k) After the expiry date specified in paragraph (h)(iii) or if use of the Development Shoe ends before the expiry date, the shoe no longer qualifies as a Development Shoe and can no longer be worn. The shoe will be removed from the approved list after its expiry date or the date it is no longer in use and, subject to compliance with all Rules and Regulations (including this Rule 5 of the Technical Rules and these notes), results achieved by an athlete wearing the Development Shoe will remain valid.*

*(l) If the sports manufacturer decides:*

- i. not to continue with the Development Shoe so it is not subsequently either made Available for Purchase or complies with requirements of the Availability Scheme, then World Athletic reserves the right to request from the sports manufacturers further information concerning the discontinuance of the Development Shoe;*
- ii. 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 road, cross-country or track and field shoe and will need to require written approval from World Athletics that the final version of the Development Shoe complies with the requirements set out in Rule 5 of the Technical Rules and, in the case of new road shoes, comply with the additional requirements of the Athletic Shoe Availability Scheme as set out in paragraphs (n) to (r) below.*

*(m) If World Athletics finds that an athlete and/or sports manufacturer has been acting against the letter or spirit of the Development Shoe conditions, then it reserves the right to apply a range of consequences including but not limited to:*

- i. removing the sports manufacturers' existing Development Shoe; and/or*
- ii. removing any other existing approved Development Shoes from the approved list; and/or*
- iii. withholding, for a reasonable of time, approval of subsequent requests from the sports manufacturer for an athlete to wear a Development Shoe.*

*(n) The Athletic Shoe Availability Scheme. The aim of the Athletic Shoe Availability Scheme is to ensure athletic shoes are available for purchase for athletes participating in Designated International Competitions. The current scheme focusses on road shoes. In order for as many athletes as possible to have the opportunity to receive a pair of shoes, a separate solidarity scheme will be established that gives shoes to athletes who receive solidarity / invitational places to specified World Athletics Series Events or the Olympic Games.*

*(o) The Athletic Shoe Availability Scheme Definitions:*

*“Available for Purchase” means an athlete can purchase a shoe through a sports manufacturer’s sales channel(s), as determined solely by the sports manufacturer. Sales channels include retail (brick and mortar), brand websites or apps, and e-commerce.*

*“Bespoke Shoes” means shoes that are one-off made to order (i.e. that are only ones of their kind) specifically for a single athlete and is not Available for Purchase.*

*“Customised Shoe” means an Existing Retail Shoe or New Shoe that is Available for Purchase but only where the shoe is customised to suit the characteristics of a particular athlete’s foot in accordance with Rule 5.2.1 of the Technical Rules, and the customisation does not leave the shoe outside of the technical requirements of Rule 5 of the Technical Rules.*

*“Designated International Competition” means World Athletics Championships, World Athletics Half Marathon Championships (World Athletics Road Running Championships), the Olympic Games and World Athletics Platinum Label Road Races.*

*“Existing Retail Shoe” means a shoe that meets or is deemed to meet the requirement of Technical Rule 5 and is or has been Available for Purchase.*

*“New Shoe” means shoe that meets the requirements of Technical Rule 5 and will be worn for the first time by an athlete supported or sponsored by a sports manufacturer at a Designated International Competition and is not a Development Shoe (as defined in paragraph (f) above).*



*(p) Where an athlete proposes to wear a New Shoe (i.e. road shoe only) at a Designated International Competition the New Shoe (road shoe) must be Available for Purchase no later than one month prior to the start date of the Designated International Competition at which the athlete proposes to wear the New Shoe (road shoe). New Shoes (road shoes) that are Available for Purchase are subject to stock (including size ranges) and manufacturing timelines. If a New Shoe (road shoe) is sold out, then the athlete wishing to purchase the New Shoe (road shoe) may wish to wait for the New Shoe to be back in stock or purchase an alternative New Shoe that is Available for Purchase.*

*(q) In accordance with paragraph (c) above, the athlete (or their representative) must notify World Athletics where and how the New Shoe (road shoe) is Available for Purchase and World Athletics will circulate and/or publish this information for its Member Federations and athletes. World Athletics may, on written request, require an athlete (or their representative) to provide evidence from a sports manufacturer that the New Shoe (road shoe) is Available for Purchase. If a sport manufacturer is unable to do so, World Athletics will withdraw the New Shoe's (road shoe) approval until such a time as the sport manufacturer can provide the requested evidence showing the New Shoe (road shoe) is Available to Purchase.*

*(r) Customised Shoes are permitted in accordance with Technical Rule 5.2.1 and, by definition (i.e. the underlying retail version is Available for Purchase), are not required to be made either Available for Purchase or subject to the Availability Scheme. As stated in paragraph (b) above, any plan to customise a shoe needs to be provided to World Athletics at the time of submitting the specification to the shoe and/or shoe for further investigation.*

*(s) In accordance with Rule 5.2.1 of the Technical Rules, Bespoke Shoes or any other similar type of shoes are not permitted to be worn.*

*(t) In accordance with the Rules and Regulations, World Athletics reserves the right to classify a result as 'Uncertified' ('UNC TR5.5') or declare the athlete's performance as invalid for non-compliance with Rule 5 of the Technical Rules.*

### 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.*

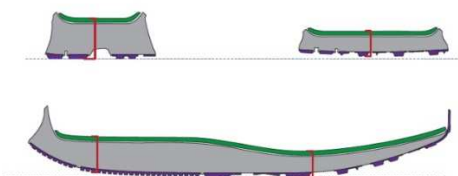
*Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.*

## 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.**

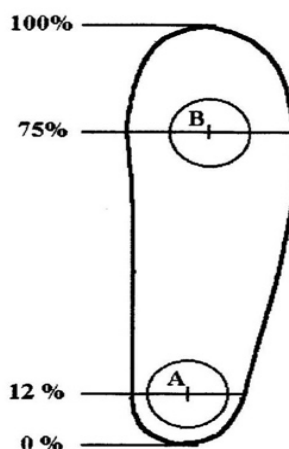
*Note (i): The thickness of the sole shall be measured when the shoe is not being worn, at the centre of the **athlete's** forefoot and the centre of the **athlete's heel** as the distance between the inside top side and the outside under side that contacts the ground, including the above-mentioned features 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.*

### **Inserts and Additions to the Shoe**

- 5.6 Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which they would not obtain from the type of shoe described in the previous paragraphs.

Please refer to the further rules on shoes set out at Rules 5.12 (Non-Compliance) and 5.13 (Moratorium) below.

### **Athlete Bibs**

- 5.7 Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the front of the torso and back, except in the Jumping Events, where one bib may be worn on the front of the torso or back only. Either the athletes' names or other suitable identification will be allowed instead of numbers on any or all of the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner.
- 5.8 No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.
- 5.9 These bibs must be worn as issued and may not be cut, folded or obscured in any way. In running or walking events of 10,000 metres and longer, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.



5.10 Where a Photo Finish System is in operation, the Organisers may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.

5.11 If an athlete does not follow any part of this Rule 5 and:

5.11.1 refuses the direction of the relevant Referee to comply; or

5.11.2 participates in the competition,

they shall be disqualified.

Rule 5.11 of the Technical Rules prescribes the sanction if any aspect of Rule 5 of the Technical Rules is not followed. It is expected however that where possible the relevant officials should request and encourage the athlete to comply and to advise them of the consequence if they do not. But where an athlete does not follow an aspect of the Rule during competition and it is not practical for an official to request compliance, athletes should note that disqualification may follow.

It is a responsibility of the Starters Assistants and Umpires (for Track and Out of Stadium Events) and the Judges (for Field Events) to be vigilant on these matters and report any apparent breaches to the relevant Referee.

### **Non-Compliance**

5.12 If the Referee has a reasonable suspicion that a shoe worn by an athlete in a competition might not comply with the letter or the spirit of the Rules, the Referee may request and the athlete must immediately hand over the shoe to the Referee at the conclusion of the event for further investigation by World Athletics. However, where it has already been declared that a shoe does not comply with the letter or spirit of the Rules, the relevant Referee shall immediately act in accordance with Rule 5.11.

When shoes have been handed over to the Referee under Rule 5.12 and the athlete intends to subsequently compete in later rounds of the same event or in other events during the same competition, the Referee shall ensure the shoes are 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 is at the Referees' discretion.

### **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**

| <b>Event</b>  | <b>Maximum thickness of the sole (as per Rule 5.5, Notes (i), (ii), (iii) and Figures (a) &amp; (b) to Rule 5.5, and Rule 5.13.3).</b> | <b>Further Rule Requirement</b>  |
|---|--|--|
| <b>Field Events (except Triple Jump)</b>  | <b>20mm</b>  | <b>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.</b> |
| <b>Triple Jump</b>  | <b>25mm</b>  | <b>The sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel.</b>  |
| <b>Track Events (including hurdle events) up to but <u>not</u> including 800m</b> | <b>20mm</b>  | <b>For relays the rule applies to the distance of the leg being run by each athlete.</b>   |
| <b>Track Events from 800m and above (including steeplechase events)</b>           | <b>25mm</b>  | <b>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.</b>  |
| <b>Cross Country</b>  | <b>25mm</b>  |  |
| <b>Road Events (Running and Race Walking Events)</b>                              | <b>40mm</b>  |  |
| <b>Events under Rule 57 of the Technical Rules</b>                                | <b>Any Thickness</b>   |  |

*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 Field Event 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.***