



## Shoes Approved by World Athletics - as at 11 December 2020

1. This list is primarily a list concerning new shoes that athletes propose to wear in international competitions which have been assessed by World Athletics to date.
2. The assessment and whether a shoe is approved or not is determined by several different factors as set out in Technical Rule 5.13 and the Shoe Sole Thickness Table to Rule 5.13.3.
3. This table has been presented to align with the Shoe Sole Thickness Table, and note that some athletes may choose to wear shoes manufactured for a specific event in other events.
4. The list is not a complete list of every shoe that has ever been worn by an athlete. If a shoe is not on the list, it can be because a manufacturer has failed to submit the shoe, it has not been approved or is an old model / shoe. Any shoe worn before 1 January 2016 is deemed to meet the technical requirements of Rule 5 of the Technical Rules and does not need to be approved unless requested, this deemed approval does not prejudice any rights of World Athletics or Referees to request a shoe be handed over for further examination or any other rights set out in the Rules and Regulations.
5. An old model / shoe is required to comply with Rule 5.13 and, as with any other rule, an athlete must comply with it. Athletes may be asked to complete a declaration concerning their old model / shoe prior to an event and, after the athlete has competed, the old shoe may be taken in by the Referee for further investigation by World Athletics.

Shoe Company	Model	Type	Track up to 800m*	Track from 800m	HJ, PV, LJ, SP, DT, HT, JT	TJ	Road*	Cross-C	Development Shoe	
			*not including 800m				*incl. track RW		start date	end date
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm		
Adidas	Adizero Pro	No spikes	NO	NO	NO	NO	YES	NO		
Adidas	Adizero Adios Pro	No spikes	NO	NO	NO	NO	YES	NO		
Adidas	Adizero Ambition	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero Avanti	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero Finesse	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero Javelin	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero LJ	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero TJ	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero Discus Hammer	No spikes	YES	YES	YES	YES	YES	YES		
Adidas	Adizero High Jump	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero Prime sp	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Rio Adizero MD	Spikes	YES	YES	YES	YES	n/a	YES		
Adidas	Adizero Shot Put	No spikes	NO	NO	YES	NO	YES	NO		
Adidas	Adizero Boston 8	No spikes	NO	NO	NO	NO	YES	NO		
Adidas	Adizero Adios 4	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Adios 5	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Sub 2	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Takumi Sen 5	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Takumi Sen 6	No spikes	NO	YES	NO	YES	YES	YES		
Atreyu	The Artist / SKU: 2-ART	No spikes	NO	NO	NO	NO	YES	NO		
Asics	MetaRacer (Tokyo)	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Metasprint Tokyo	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Javelin Pro 2	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Long Jump Pro 2	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Cosmoracer LD 2	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	High Jump Pro 2 (L)	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Tarthherzeal 6 (MOLD -TJR266)	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Sonicsprint Elite 2	Spikes	YES	YES	YES	YES	n/a	YES		



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			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm		
HokaONeOne	Clifton 7	No spikes	NO	YES	NO	YES	YES	YES		
HokaONeOne	Bondi 7	No spikes	NO	NO	NO	NO	YES	NO		
HokaONeOne	Speed Evo R	Spikes	YES	YES	YES	YES	n/a	YES		
HokaONeOne	Rocket MD	Spikes	YES	YES	YES	YES	n/a	YES		
HokaONeOne	Rocket LD	Spikes	YES	YES	YES	YES	n/a	YES		
HokaONeOne	Rocket X	No spikes	NO	NO	NO	NO	YES	NO		
HokaONeOne	Carbon X	No spikes	NO	NO	NO	NO	YES	NO		
Li-Ning Company	Feidian 2.0	No spikes	NO	NO	NO	NO	YES	NO		
Li-Ning Company	Feidian	No spikes	NO	YES	NO	YES	YES	YES		
Li-Ning Company	Feidian 2.0 Elite	No spikes	NO	NO	NO	NO	YES	NO		
Li-Ning Company	Feidian Challenger	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Brave Wing FX	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Onyx 2	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Wave Ekiden	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	Ekiden Spirit	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	Wave Duel Neo	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Duel Gtz	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Duel Gtz2	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Duel	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Emperor Japan	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Emperor	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Spacer GI	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Amulet	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Zone Power	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	Wave Aero	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Cruise Japan So1	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Cruise Japan	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	Wave Cruise Pro	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	Wave Spacer GI So1	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Spacer GI So2	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Spacer GI So3	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Spacer GI So4	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	2019 Field Geo Jt	Spikes	YES	YES	YES	NO	n/a	YES		
Mizuno	2019 Field Geo Rd	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	2019 Field Geo Th	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	2016 Field Geo Ft	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	Spectra Type A	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Spectra Type B (21SS Type B)	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Spectra Type C	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Spectra Type D	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Spectra Type E	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Spectra Type F	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Javelin Throw Pro1 So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Javelin Throw Pro2 So2	Spikes	YES	YES	YES	NO	n/a	YES		
Mizuno	2019 Javelin Throw Pro3 So3	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Javelin Throw Pro4 So4	Spikes	YES	YES	YES	NO	n/a	YES		
Mizuno	2019 Field Geo Jt So1	Spikes	YES	YES	YES	NO	n/a	YES		
Mizuno	2019 Field Geo Rd So1	No spikes	YES	YES	YES	YES	YES	YES		
Mizuno	2019 Field Geo Lj	Spikes	YES	YES	YES	YES	n/a	YES		

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			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm		
Mizuno	2019 Field Geo Aj	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Field Geo Hj	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Long Jump Pro1 S01	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Field Geo Lj S02	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	2019 Field Geo Lj S03	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Field Geo Hj S01	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Inx 9	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Dist 7	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Geo Sprint 4	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Geo Silencer Fx	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Geo Versus Fx	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Geo Spurt Md	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Citius Wing Fx	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Geo Cyclone	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Break	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Sprint Pro Type A	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Sprint Pro Type B	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Inx 9 So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Sprint Pro Type B So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Break So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Sprint Pro Type B So2	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Spectra Type E So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Sprint Pro Type A So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chronoinx9 So2	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Sprint Pro Type A So2	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Chrono Break So2	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Spectra Type A So1	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	X Blast Next	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	X Laser Next	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Wave Duel Neo Sp	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Duel Sonic	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Field Geo HJ-C	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Field Geo JT-C	Spikes	YES	YES	YES	YES	n/a	YES		
Mizuno	Field Geo LJ-C	Spikes	YES	YES	YES	YES	n/a	YES		
New Balance	FuelCell Racer VIP	No spikes	NO	NO	NO	NO	YES	NO		
New Balance	FuelCell RC Elite	No spikes	NO	NO	NO	NO	YES	NO		
New Balance	FuelCell Racer TC	No spikes	NO	NO	NO	NO	YES	NO		
New Balance	1500v4 w1500v4	No spikes	NO	NO	NO	NO	YES	NO		
New Balance	FuelCell SD-X	Spikes	YES	YES	NO	NO	n/a	YES		
New Balance	1400v6	No spikes	NO	NO	NO	NO	YES	NO		
New Balance	FuelCell MD-X	Spikes	YES	YES	NO	NO	n/a	YES		
New Balance	FuelCell 5280	No spikes	NO	YES	NO	YES	YES	YES		
New Balance	FuelCell Prism	No spikes	NO	NO	NO	NO	YES	NO		
New Balance	Hanzo W v1	No spikes	NO	YES	NO	YES	YES	YES		
New Balance	Hanzo R v3	No spikes	NO	YES	NO	YES	YES	YES		
Nike	Air Zoom Alphafly Next%	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Air Zoom Victory	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Triple Jump Elite 2	Spikes	NO	YES	NO	YES	n/a	YES		
Nike	Zoom Superfly Elite 2	Spikes	YES	YES	YES	YES	n/a	YES		

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			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm		
Nike	Spike-Flat 2020	Spikes	NO	YES	NO	YES	n/a	YES		
Nike	ZoomX Dragonfly	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Vaporfly 4%	No spikes	NO	NO	NO	NO	YES	NO		
Nike	ZoomX Vaporfly Next%	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Zoom Gravity	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Pegasus Turbo 2	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Zoom Fly 3	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Zoom Streak 6	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Zoom Streak 7	No spikes	NO	NO	NO	NO	YES	NO		
Nike	Zoom Streak LT 3	No spikes	NO	YES	NO	YES	YES	YES		
Nike	Zoom Streak LT 4	No spikes	NO	YES	NO	YES	YES	YES		
Nike	High Jump Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Pole Vault Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Rival M 9	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Superfly R3	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom 400	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Ja Fly 3	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Ja Fly	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Javelin Elite 3	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom LJ4	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Mamba V	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Matumbo	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Rival S9	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Rival SD	No spikes	YES	YES	YES	YES	YES	YES		
Nike	Zoom Rotational	No spikes	YES	YES	YES	YES	YES	YES		
Nike	Zoom SD4	No spikes	YES	YES	YES	YES	YES	YES		
Nike	Zoom Superfly Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Triple Jump Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory 2	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory 3	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory Elite 2	Spikes	YES	YES	YES	YES	n/a	YES		
ON	Cloudboom Echo	No spikes	NO	NO	NO	NO	YES	NO		
ON	Cloudboom	No spikes	NO	NO	NO	NO	YES	NO		
ON	Cloudspike Shinka	Spikes	YES	YES	YES	YES	n/a	YES		
ON	Cloudspike tohka	Spikes	YES	YES	YES	YES	n/a	YES		
ON	Cloudflash	No spikes	NO	YES	NO	YES	YES	YES		
Puma	Speed 100 R Ignite 2	No spikes	NO	YES	NO	YES	YES	YES		
Puma	Speed 300 Racer 2	No spikes	NO	YES	NO	YES	YES	YES		
Puma	Speed 500	No spikes	NO	YES	NO	YES	YES	YES		
Puma	Speed 600 2	No spikes	NO	NO	NO	NO	YES	NO		
Puma	Speed Sutamina	No spikes	NO	NO	NO	NO	YES	NO		
Puma	UltraRide	No spikes	NO	NO	NO	NO	YES	NO		
Puma	192860 Evospeed Tokyo Brush	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	192472 Evospeed Tokyo Future	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	192861 Evospeed Tokyo Brush Mid	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	192473 Evospeed Tokyo Future Mid	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	Deviate Nitro	No spikes	NO	NO	NO	NO	YES	NO		
Puma	Deviate Nitro Elite	No spikes	NO	NO	NO	NO	YES	NO		

