



Shoes Approved by World Athletics - as at 15 October 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. [This is the core requirement under Rule 5 of the Technical Rules.](#)
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.
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.

*To assist Field Event athletes adjusting, the date for compliance is 1 December 2020 according to Rule 5.13 Note (ii).

Shoe Company	Model	Type	Track up to 800m*	Track from 800m	HJ, PV, LJ, SP, DT, HT, JT	TJ	Road*	Cross-C
			*not including 800m				*incl. track RW	
			≤ 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 HJ	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

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			*not including 800m				*incl. track RW	
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm
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	Tartherzeal 6 (MOLD -TJR266)	No spikes	NO	NO	NO	NO	YES	NO
Asics	Sonicsprint Elite 2	Spikes	YES	YES	YES	YES	n/a	YES
Asics	Sortiemagic LT 2 Tenka	No spikes	NO	YES	NO	YES	YES	YES
Asics	Sortiemagic RP 5 Tenka	No spikes	NO	YES	NO	YES	YES	YES
Asics	Sortiemagic LT 2	No spikes	NO	YES	NO	YES	YES	YES
Asics	Sortiemagic RP 5	No spikes	NO	YES	NO	YES	YES	YES
Asics	Magicspeed	No spikes	NO	NO	NO	NO	YES	NO
Asics	Hyperspeed	No spikes	NO	NO	NO	NO	YES	NO
Asics	DS-Trainer 25	No spikes	NO	NO	NO	NO	YES	NO
Asics	Evoride	No spikes	NO	NO	NO	NO	YES	NO
Asics	Gel-Featherglide 5	No spikes	NO	NO	NO	NO	YES	NO
Asics	Tartheredge 2	No spikes	NO	NO	NO	NO	YES	NO
Asics	Tarther RP	No spikes	NO	NO	NO	NO	YES	NO
Asics	Tarther Japan	No spikes	NO	NO	NO	NO	YES	NO
Asics	Skysensor Japan	No spikes	NO	NO	NO	NO	YES	NO
Asics	Freaks Japan	No spikes	NO	NO	NO	NO	YES	NO
Asics	Sortiejapan Seiha 2	No spikes	NO	NO	NO	NO	YES	NO
Asics	Sortiejapan	No spikes	NO	NO	NO	NO	YES	NO
Asics	Lyteracer 2	No spikes	NO	NO	NO	NO	YES	NO
Brooks	Hyperion Elite 2	No spikes	NO	NO	NO	NO	YES	NO
Descente	V-Lite	No spikes	NO	YES	NO	YES	YES	YES
Descente	Delta TRI OP	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten-EL	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten-EL+	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten RC	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten RC+	No spikes	YES	YES	YES	YES	YES	YES
HokaONEone	Evo Carbon Rocket	No spikes	NO	YES	NO	YES	YES	YES
HokaONEone	Tracer 2	No spikes	YES	YES	YES	YES	YES	YES
HokaONEone	Rincon 2	No spikes	NO	YES	NO	YES	YES	YES
HokaONEone	Mach 3	No spikes	YES	YES	YES	YES	YES	YES
HokaONEone	Evo Rehi	No spikes	YES	YES	YES	YES	YES	YES
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

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			*not including 800m				*incl. track RW	
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm
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
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	YES	YES	YES	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

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			*not including 800m				*incl. track RW	
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm
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
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
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

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			*not including 800m				*incl. track RW	
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm
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
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
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
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
Puma	Deviate Nitro Ion	No spikes	NO	NO	NO	NO	YES	NO

Shoe Company	Model	Type	Track up to 800m*	Track from 800m	HJ, PV, LJ, SP, DT, HT, JT	TJ	Road*	Cross-C
			*not including 800m				*incl. track RW	
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm
Saucony	Endorphin Pro	No spikes	NO	NO	NO	NO	YES	NO
Saucony	Endorphin Speed	No spikes	NO	NO	NO	NO	YES	NO
Saucony	Fastwitch 9 MH2	No spikes	YES	YES	YES	YES	YES	YES
Saucony	Fastwitch 9	No spikes	YES	YES	YES	YES	YES	YES
Under Armour	Centric Grip / 3021862	No spikes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Skyline Hj / 3022518	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Silencer / 3022517	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Skyline Lj / 3021863	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Skyline Tj / 3021864	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Miler 3 / 3023397	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Shakedown / 3021831	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Smokerider / 3021831	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Kick Distance 3 / 3022003	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Kick Sprint 3 / 3022002	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Speedform Miler 2 / 3000020	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Sprint Pro 2 / 3000019	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Sprint Pro 3 / 3022516	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Velociti Racer / 3020348	No spikes	YES	YES	YES	YES	YES	YES