



M/30/20
Monaco, 28 July 2020

To: **MEMBER FEDERATIONS**
Copy: Council Members
Executive Board Members
Honorary Life Members
Commission Chairpersons
Area Associations
Dentsu Athletics

Re: **Amendments to Rule 5 (Clothing, Shoes and Athlete Bibs) World Athletics Technical Rules & revision to the Olympic Games qualification system (Marathon & Race Walk)**

Dear all,

Amendments to Rule 5 of the Technical Rules

In January 2020, with our Circular Letter M/05/20, we provided you with the approved amendments to Rule 5 (Clothing, Shoes and Athlete Bibs) of the Technical Rules ('the Rule') as the Rule applies to athletic shoes. The amendments put before Council at the start of the year were short-term amendments.

Since these short-term amendments were introduced consultation with manufacturers continued, the situation concerning COVID-19 worsened, and several athletics competitions were postponed and/or cancelled. The change in the global circumstances, and the additional feedback from manufacturers (including the provision of information concerning the height of the sole in spike shoes in the market place across a variety of events) meant further revision to the rules were needed. The amendments cover the period to the end of the Olympic Games in Tokyo in 2021 by which time the new Working Group on Athletic Shoes will have provided its recommendations for the long-term.

In accordance with its powers to adopt, amend and repeal Rules and Regulations as set out in Article 47.2(d) of the Constitution, the World Athletics Council approved amendments to Rule 5 of the Technical Rules (Book C, Chapter C2.1 of the Book of Rules) effective 15 July 2020. The amended Rule 5 can be found in appendix to this Circular and also on the World Athletics website ([here](#)).

A table tracking the amendments to the rules and a clean copy of the approved rules are in the appendices below.

We will be grateful if you could share this information with your athletes and we are available to answer questions sent to rules@worldathletics.org.

Revision to the Olympic Games qualification system

The World Athletics Council has decided that the suspension of the Olympic qualification system, based on entry times, is lifted for the marathon and race walk events from 1 September 2020 onwards.

This decision concerns only the Tokyo Olympic Games entry standards in relation to the pre-identified, advertised and authorised races being staged on World Athletics certified courses, including the implementation of an effective in- and out-of-competition drug testing programme for both the sanctioned competitions and the athletes. The accrual of points for World Rankings and the automatic qualification through Gold Label marathons / Platinum Label marathons remains suspended until 30 November 2020.



This proposal was also approved by the World Athletics Athletes' Commission and Competition Commission prior to the Council decision, recognising that the challenge for athletes to qualify in the marathon and the race walk is particularly acute because the opportunities available for athletes to compete are limited and the probability due to COVID-19 that the number of these competition opportunities will be further reduced both this year and next year.

World Athletics will also work with Member Federations and Meeting Organisers to maximise pre-Tokyo 2020 Olympic Games competition opportunities for all athletics events from 1 December 2020 onwards.

The related press release can be accessed [here](#).

Kind regards,

A handwritten signature in black ink, appearing to read "Jon Ridgeon". The signature is fluid and cursive, with a large initial "J" and "R".

Jon Ridgeon
Chief Executive Officer

Appendices: Rule 5 (formerly Rule 143) – Amendments Table
Rule 5 (amend on 15 July 2020, clean copy)

Amendments to Rule 5 of the Technical Rules (*formerly Competition Rule 143*)
 Approved by the World Athletics Council on 15 July 2020, with immediate effect



Rule 5 (in force on 31 January 2020)	Approved Amendments to Rule 5 (in force from 15 July 2020 - blue text)	Rule 5 (in force from 15 July 2020)
5.(Rule 143) Clothing, Shoes and Athlete Bibs	5.(Rule 143) Clothing, Shoes and Athlete Bibs	5.(Rule 143) Clothing, Shoes and Athlete Bibs
<p>Shoes</p> <p>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, any shoe that is first introduced after 30 April 2020 may not be used in competition unless and until it has been available for purchase by any athlete on the open retail market (i.e. either in store or online) for at least four months prior to that competition. Any shoe that does not meet this requirement is deemed a prototype and may not be used in competition.</p> <p>5.2.1 A shoe that meets the criteria set out in this Rule 5 may be customised to suit the</p>	<p>Shoes</p> <p>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 that is first introduced after 30 April 2020 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 for purchase by any athlete on the open retail market (i.e. either in store or online) for at least four months 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.</p>	<p>Shoes</p> <p>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.</p> <p>5.2.1 A shoe that meets the criteria set out in this Rule 5 may be customised to suit the</p>

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<p>characteristic of a particular athlete's foot. Shoes made to order to suit the characteristics of an athlete's foot or other requirements are not permitted.</p> <p>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.</p> <p>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</p>	<p>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.</p> <p>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.</p> <p><i>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</i></p>	<p>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.</p> <p>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.</p> <p><i>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</i></p>

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<p><i>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).</i></p>	<p><i>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).</i></p> <p><i>Note (ii): Transition Period 31 January 2020 to 08 August 2021. This note has been inserted in recognition of the fact that on [insert Council's date of approval] 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. The following notes (a) to (e)</i></p>	<p><i>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).</i></p> <p><i>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.</i></p> <p><i>(a) Any new shoe (road or spike shoe)</i></p>

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	<p><i>will assist in guiding all stakeholders with the practical application of this Rule 5 as it applies to shoes (road or spike shoe) until, and including, 08 August 2021.</i></p> <p><i>(a) Any new shoe (road or spike shoe) introduced after 31 January 2020 that, as at [insert Council's date of approval], 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 [insert Council's date of approval], 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) or not), numbers</i></p>	<p><i>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.</i></p> <p><i>(b) As from 15 July 2020 where an elite athlete proposes to wear a new shoe</i></p>

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	<p><i>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.</i></p> <p><i>(b) As from [insert Council's the date of approval] 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</i></p>	<p><i>(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.</i></p> <p><i>(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</i></p>

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	<p><i>5.13 prior to use in the International Competition.</i></p> <p><i>(c) As from [insert Council’s the date of approval] 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.).</i></p> <p><i>(d) Subject to compliance with paragraphs (b) and (c) above, any new shoe (road or spike shoe) introduced on or after [insert date of Council approval] 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</i></p>	<p><i>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.).</i></p> <p><i>(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.</i></p> <p><i>(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.</i></p>

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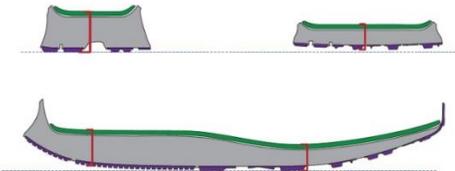
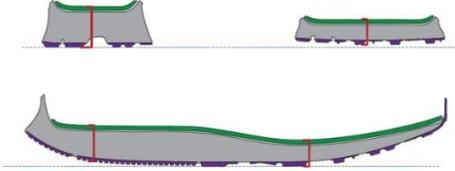
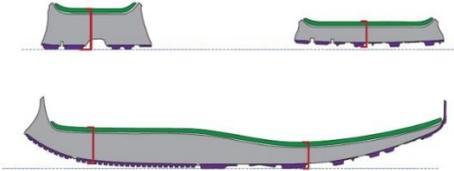


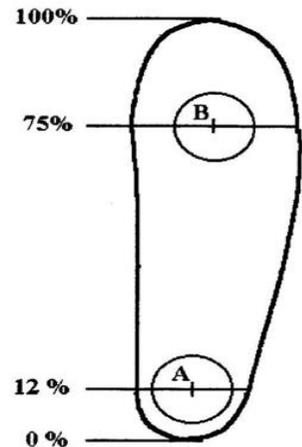
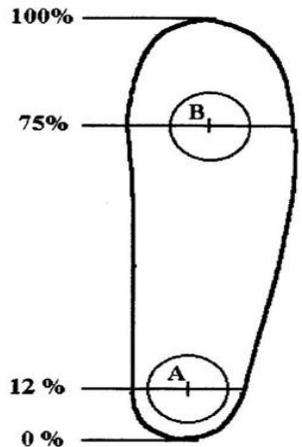
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	<p><i>shoe.</i></p> <p><i>(e) Any shoe that does not meet the above requirements is deemed a prototype and may not be used in competition. For the avoidance of doubt, the opening paragraphs in Rule 5.2 and Rules 5.2.1, 5.3, 5.4, 5.6 and 5.13 apply during the transition period described in this note.</i></p>	
<p>Number of Spikes</p> <p>5.3 The sole and heel of the shoes 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.</p>	<p>Number of Spikes</p> <p>5.3 The sole and heel of the shoes (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.</p>	<p>Number of Spikes</p> <p>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.</p>
<p>Dimensions of Spikes</p> <p>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</p>	<p>Dimensions of Spikes</p> <p>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</p>	<p>Dimensions of Spikes</p> <p>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</p>

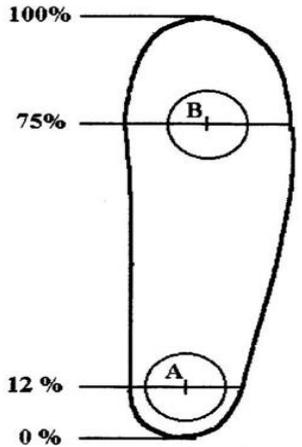
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<p>through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.</p> <p><i>Note (i): The surface must be suitable for accepting the spikes permitted under this Rule.</i></p> <p><i>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.</i></p>	<p>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.</p> <p><i>Note (i): The surface must be suitable for accepting the spikes permitted under this Rule.</i></p> <p><i>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.</i></p>	<p>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.</p> <p><i>Note (i): The surface must be suitable for accepting the spikes permitted under this Rule.</i></p> <p><i>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.</i></p>
<p>The Sole and the Heel</p> <p>5.5 The sole and/or the heel of the shoe may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself.</p> <p>In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm, save that in High Jump, the sole beneath the heel shall have a</p>	<p>The Sole and the Heel</p> <p>5.5 The sole and/or the heel (including the part beneath the athlete's heel) of the shoe 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.</p>	<p>The Sole</p> <p>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.</p> <p><i>Note (i): The thickness of the sole shall be</i></p>

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<p>maximum thickness of 19mm. Subject to Rule 5.13, in all other events, the sole and/or heel may be of any thickness.</p> <p><i>Note (i): The thickness of the sole shall be measured when the shoe is not being worn, at the centre of the forefoot and the centre of the 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:</i> Figure (a) – Measuring the thickness of the sole</p>  <p>Note (ii): The centre of the forefoot is the centre point of the shoe at 75% of its internal length. The centre of the heel is the centre point of the shoe at 12% of its internal length. See Figure</p>	<p>In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm, save that in High Jump, the sole beneath the heel shall have a maximum thickness of 19mm. Subject to Rule 5.13, in all other events, the sole and/or heel may be of any thickness.</p> <p><i>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:</i></p> <p><i>Figure (a) – Measuring the thickness of the sole</i></p> 	<p>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:</p> <p>Figure (a) – Measuring the thickness of the sole</p>  <p><i>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</i></p>

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<p>(b), below. For a standard sample unisex size 42 (EUR), the centre of the forefoot will be the centre point of the shoe approximately 203mm from the inside back of the shoe, and the centre of the heel will be the centre point of the shoe approximately 32mm from the inside back of the shoe.</p> <p>Figure (b) – Location for measurement of the centre of the forefoot and heel</p>  <p>Note (iii): The maximum sole thicknesses referred to in Rule 5 are based on the sole thickness of a standard sample unisex size</p>	<p>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.</p> <p>Figure (b) – Location for measurement of the centre of the forefoot and heel</p>	<p>centre point of the shoe approximately 32mm from the inside back of the shoe.</p> <p>Figure (b) – Location for measurement of the centre of the forefoot and heel</p>  <p>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</p>

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<p>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.</p>	 <p>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.</p>	<p>disregarded for the purposes of confirming compliance with these Rules.</p>

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 Approved by the World Athletics Council on 15 July 2020, with immediate effect



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<p>Moratorium</p> <p>5.13 Until further notice, unless specifically agreed by World Athletics in writing, any shoe used in competition:</p> <p>5.13.1 (save for 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</p> <p>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</p> <p>5.13.3 must have a sole with a</p>	<p>Moratorium</p> <p>5.13 Until further notice, unless specifically agreed by World Athletics in writing, any shoe used in competition:</p> <p>5.13.1 (save except for 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</p> <p>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</p> <p>5.13.3 must have a sole with a maximum thickness as set out in the table below of no more than 40mm (save that any shoe that</p>	<p>Moratorium</p> <p>5.13 Until further notice, unless specifically agreed by World Athletics in writing, any shoe used in competition:</p> <p>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</p> <p>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</p> <p>5.13.3 must have a sole with a maximum thickness as set out in the table below.</p> <p>[insert table below]</p>

Rule 5 (in force on 31 January 2020)	Approved Amendments to Rule 5 (in force from 15 July 2020 - blue text)	Rule 5 (in force from 15 July 2020)
<p>maximum thickness of no more than 40mm (save that any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).</p> <p>Note (i): See the notes to Rule 5.5 for information about measurement of the shoe sole thickness.</p> <p>Note (ii): 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.</p>	<p>contains spikes must have a sole with a maximum thickness of no more than 30mm.</p> <p>[insert table below]</p> <p>Note (i): See the notes to Rule 5.5 for information about measurement of the shoe sole thickness.</p> <p>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.</p> <p>Note (ii): To assist athletes adjusting from their current shoes that do not meet the sole thickness set out in the table to Rule 5.13.3, the date for compliance is 1 December 2020.</p>	<p>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.</p> <p>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.</p>

Shoe Sole Thickness Table – [to insert at Rule 5.13.3]

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 not 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	

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.

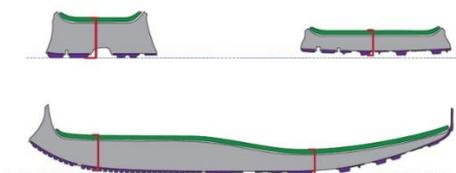
Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.

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:*

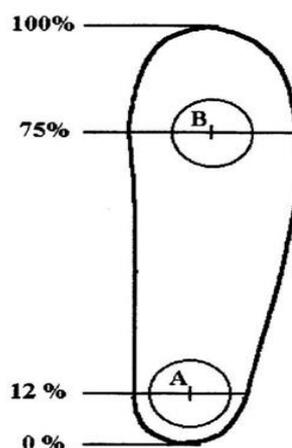
Figure (a) – Measuring the thickness of the sole



*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

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 - 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

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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.