

**Rule 5 of the Technical Rules**  
(in force from 28 July 2020 – amendments in red/ 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.** 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.*

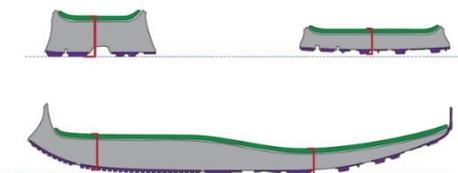
*Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.*

### 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.**

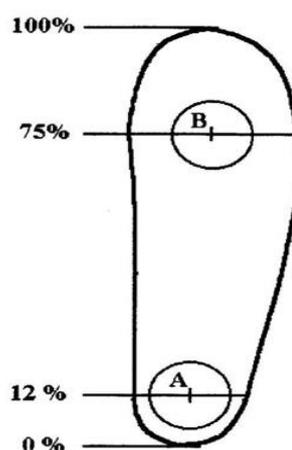
*Note (i): The thickness of the sole shall be measured when the shoe is not being worn, at the centre of the **athlete's forefoot** and the centre of the **athlete's heel** as the distance between the inside top side and the outside under side that contacts the ground, including the above-mentioned features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

### 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

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

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

***Note (ii): To assist 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.***