



World Athletics Shoe Rule – National Implementation – January 2022

For all Applicable Competition held in Australia, World Athletics Rule 5 will be enforced for the following Age Groups.

a) Under 20 and Open athletes

Athletes are required to declare their shoes via the Shoe Declaration form. Athletes' shoes must appear on the World Athletics list of approved competition shoes (unless it is an Existing Shoe)

b) Under 20 and Open Para

Athletes are required to declare their shoes via the Shoe Declaration form. Athletes' shoes must appear on the World Athletics list of approved competition shoes (unless it is an Existing Shoe).

c) Under 14, Under 15, Under 16, Under 17 and Under 18

The Shoe rules will not be applied for these age groups

Shoe Declaration

Athletes competing in the Under 20 and Open events will be required to complete an online Shoe Declaration prior to their first National / International competition for the season.

Athletes have the option to declare multiple shoes within the online portal and will be permitted to update their declaration throughout the season if required. Amendments to an athlete's shoe declaration will be permitted until 90 minutes prior to the scheduled start time of the event.

Athlete's shoes will be confirmed against their declaration in the Call Room. National Shoe Declaration: <https://www.athletics.com.au/events/109141/f/>

National Records and International Qualifiers

Shoe type is a compulsory section of the application process for both Under 20 and Open National Records and International qualifying performances:

a) National Championships, Area Permit Meets & Continental Tour Meets

Under 20 and Open athletes' shoes will be checked during the call room process

b) National Permit Meets

Athletes are required to have their shoes checked post event and signed off by the Referee of the event.

c) State Meets – Non-National Permit Meets

National records and international qualifiers cannot be achieved at these meets

National Rankings

National Ranking lists will contain performances from both National and International meets where the rule is applied.

Additional Information – Rule 14.4

Unless an Athlete is directed by the Referee to give them their Athletic Shoe in accordance with Regulations 14.5 to 14.7, Athletes must always keep their Athletic Shoe in their possession in the Warm-up Area, Call Room and Field of Play, and must not give their shoes to any Athlete Support Personnel or throw their Athletic Shoes into the crowd at any time. For the avoidance of doubt, this includes after the Athletes has finished competing but is still to complete any post competition procedures.

World Athletics Shoe Sole Thickness Table – in force until 31 October 2024

Event	Maximum thickness of the sole
Field Events (except Triple Jump)	20mm
Triple Jump	25mm
Track Events (including hurdle events) up to but not including the 800m	20mm
Track Events from 800m and above (including Steeplechase events)	25mm
Cross Country	25mm spike shoe or 40mm non-spike shoes
Road Events (Running and Race-Walking Events)	40mm
Mountain and Trail Races	Any Thickness

World Athletics Shoe Sole Thickness Table –in force from 1 November 2024

Event	Maximum thickness of the sole
Track Events (including hurdle and Steeplechase events)	20mm spike shoe or non-spike shoe
Field Events	20mm spike shoe or non-spike shoe
Road Events (Running and Race-Walking Events)	40mm
Cross Country	20mm spike shoe or 40mm non-spike shoes
Mountain and Trail Races	Any Thickness

Specific Definitions

“Applicable Competition” means a competition that holds a permit issued by either World Athletics, an Area Association or a National Federation where all relevant World Athletics’ Rules and Regulations are complied with and consequently at which World Ranking Points (see: <https://www.worldathletics.org/world-rankings/introduction> and <https://www.worldathletics.org/world-ranking-rules/basics>) are obtained.

For competitions holding a permit issued by their National Federation, in addition the National Federation must endorse the competition as being valid for World Athletics’ statistical and results purposes.

“Existing Shoe” means an Athletic Shoe that has been approved by the Chief Executive Officer (or their nominee) under Technical Rule 5 in force prior these Regulations coming into force or was worn before 1 January 2016, which is deemed to meet the requirements of these Regulations unless specified otherwise in these Regulations or by the Chief Executive Officer (or their nominee).