



Shoes Approved by World Athletics - as at 19 August 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 | Spike shoe | 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 | NO | NO | NO | NO | YES | NO |
| Adidas | Adizero Adios Pro | No | NO | NO | NO | NO | YES | NO |
| Adidas | Adizero ambition | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero Avanti | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero Finesse | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero Javelin | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero LJ | Yes | YES | YES | NO* | NO* | n/a | YES |
| Adidas | Adizero TJ | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero Discus Hammer | No | YES | YES | YES | YES | YES | YES |
| Adidas | Adizero HJ | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero prime sp | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Rio Adizero MD | Yes | YES | YES | YES | YES | n/a | YES |
| Adidas | Adizero shot put | No | NO | NO | NO* | NO | YES | NO |
| Asics | MetaRacer | No | NO | YES | NO | YES | YES | YES |
| Asics | Metasprint Tokyo | Yes | YES | YES | YES | YES | n/a | YES |
| Descente | V-Lite | No | NO | YES | NO | YES | YES | YES |
| Li-Ning Company | Feidian 2.0 | No | NO | NO | NO | NO | YES | NO |
| Li-Ning Company | Feidian | No | NO | YES | NO | YES | YES | YES |
| Mizuno | Brave Wing FX | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Onyx 2 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Wave Ekiden | No | YES | YES | YES | YES | YES | YES |

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| | | | ≤ 20mm | ≤ 25mm | ≤ 20mm | ≤ 25mm | ≤ 40mm | ≤ 25mm |
| Mizuno | Ekiden Spirit | No | YES | YES | YES | YES | YES | YES |
| Mizuno | Wave Duel Neo | No | NO | NO | NO | NO | YES | NO |
| Mizuno | Wave Duel Gtz | No | YES | YES | YES | YES | YES | YES |
| Mizuno | Wave Duel | No | NO | YES | NO | YES | YES | YES |
| Mizuno | Wave Emperor Japan | No | NO | NO | NO | NO | YES | NO |
| Mizuno | Wave Emperor | No | NO | YES | NO | YES | YES | YES |
| Mizuno | Wave Spacer Gl | No | NO | YES | NO | YES | YES | YES |
| Mizuno | Wave Amulet | No | NO | NO | NO | NO | YES | NO |
| Mizuno | Wave Zone Power | No | YES | YES | YES | YES | YES | YES |
| Mizuno | Wave Aero | No | NO | NO | NO | NO | YES | NO |
| Mizuno | Wave Cruise Japan So1 | No | NO | YES | NO | YES | YES | YES |
| Mizuno | Wave Cruise Japan | No | YES | YES | YES | YES | YES | YES |
| Mizuno | Wave Cruise Pro | No | YES | YES | YES | YES | YES | YES |
| Mizuno | Wave Spacer Gl So1 | No | NO | NO | NO | NO | YES | NO |
| Mizuno | Wave Spacer Gl So2 | No | NO | NO | NO | NO | YES | NO |
| Mizuno | Wave Spacer Gl So3 | No | NO | YES | NO | YES | YES | YES |
| Mizuno | Wave Spacer Gl So4 | No | NO | NO | NO | NO | YES | NO |
| Mizuno | 2019 Field Geo Jt | Yes | YES | YES | NO* | NO | n/a | YES |
| Mizuno | 2019 Field Geo Rd | No | YES | YES | YES | YES | YES | YES |
| Mizuno | 2019 Field Geo Th | No | YES | YES | YES | YES | YES | YES |
| Mizuno | 2016 Field Geo Ft | No | YES | YES | YES | YES | YES | YES |
| Mizuno | Spectra Type A | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Spectra Type B (21SS Type B) | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Spectra Type C | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Spectra Type D | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Spectra Type E | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Spectra Type F | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Javelin Throw Pro1 So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Javelin Throw Pro2 So2 | Yes | YES | YES | NO* | NO | n/a | YES |
| Mizuno | 2019 Javelin Throw Pro3 So3 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Javelin Throw Pro4 So4 | Yes | YES | YES | NO* | NO | n/a | YES |
| Mizuno | 2019 Field Geo Jt So1 | Yes | YES | YES | NO* | NO | n/a | YES |
| Mizuno | 2019 Field Geo Rd So1 | No | YES | YES | YES | YES | YES | YES |
| Mizuno | 2019 Field Geo Lj | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Field Geo Aj | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Field Geo Hj | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Long Jump Pro1 S01 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Field Geo Lj S02 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | 2019 Field Geo Lj S03 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Field Geo Hj S01 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Inx 9 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Dist 7 | Yes | YES | YES | YES | YES | n/a | YES |

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| Mizuno | Geo Sprint 4 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Geo Silencer Fx | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Geo Versus Fx | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Geo Spurt Md | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Citius Wing Fx | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Geo Cyclone | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Break | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Sprint Pro Type A | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Sprint Pro Type B | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Inx 9 So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Sprint Pro Type B So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Break So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Sprint Pro Type B So2 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Spectra Type E So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Sprint Pro Type A So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Inx9 So2 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Sprint Pro Type A So2 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Chrono Break So2 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Spectra Type A So1 | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | X Blast Next | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | X Laser Next | Yes | YES | YES | YES | YES | n/a | YES |
| Mizuno | Wave Duel Neo Sp | No | NO | NO | NO | NO | YES | NO |
| New Balance | Fuel racer VIP | No | NO | NO | NO | NO | YES | NO |
| New Balance | 1500v4 w1500v4 | No | NO | NO | NO | NO | YES | NO |
| New Balance | FuelCell SD-X | Yes | YES | YES | NO | NO | n/a | YES |
| New Balance | 1400v6 | No | NO | NO | NO | NO | YES | NO |
| New Balance | FuelCell MD-X | Yes | YES | YES | NO | NO | n/a | YES |
| Nike | Air Zoom Alphafly Next% | No | NO | NO | NO | NO | YES | NO |
| Nike | Air Zoom Victory | Yes | YES | YES | YES | YES | n/a | YES |
| Nike | Triple Jump Elite 2 | Yes | NO | YES | NO | YES | n/a | YES |
| Nike | Zoom Superfly Elite 2 | Yes | YES | YES | YES | YES | n/a | YES |
| Nike | Spike-Flat 2020 | Yes | NO | YES | NO | YES | n/a | YES |
| Nike | ZoomX Dragonfly | Yes | YES | YES | YES | YES | n/a | YES |
| ON | Cloudboom Echo | No | NO | NO | NO | NO | YES | NO |
| ON | Cloudboom | No | NO | NO | NO | NO | YES | NO |
| ON | Cloudspike Shinka | Yes | YES | YES | YES | YES | n/a | YES |
| ON | Cloudspike tohka | Yes | YES | YES | YES | YES | n/a | YES |
| ON | Cloudflash | No | NO | YES | NO | YES | YES | YES |
| Puma | Speed 100 R Ignite 2 | No | NO | YES | NO | YES | YES | YES |
| Puma | Speed 300 Racer 2 | No | NO | YES | NO | YES | YES | YES |
| Puma | Speed 500 | No | NO | YES | NO | YES | YES | YES |
| Puma | Speed 600 2 | No | NO | NO | NO | NO | YES | NO |

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| Puma | Speed Sutamina | No | NO | NO | NO | NO | YES | NO |
| Puma | UltraRide | No | NO | NO | NO | NO | YES | NO |
| Puma | 192860 Evospeed Tokyo Brush | Yes | YES | YES | YES | YES | n/a | YES |
| Puma | 192472 Evospeed Tokyo Future | Yes | YES | YES | YES | YES | n/a | YES |
| Puma | 192861 Evospeed Tokyo Brush Mid | Yes | YES | YES | YES | YES | n/a | YES |
| Puma | 192473 Evospeed Tokyo Future Mid | Yes | YES | YES | YES | YES | n/a | YES |
| Puma | Deviate Nitro | No | NO | NO | NO | NO | YES | NO |
| Puma | Deviate Nitro Elite | No | NO | NO | NO | NO | YES | NO |
| Puma | Deviate Nitro Ion | No | NO | NO | NO | NO | YES | NO |
| Saucony | Endorphin Pro | No | NO | NO | NO | NO | YES | NO |
| Saucony | Fatswitch 9 MH2 | No | YES | YES | YES | YES | YES | YES |
| Saucony | Fastwitch 9 | No | YES | YES | YES | YES | YES | YES |
| Under Armour | Centric Grip / 3021862 | No | YES | YES | YES | YES | YES | YES |
| Under Armour | Hovr Skyline Hj / 3022518 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Hovr Silencer / 3022517 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Hovr Skyline Lj / 3021863 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Hovr Skyline Tj / 3021864 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Hovr Miler 3 / 3023397 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Hovr Shakedown / 3021831 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Hovr Smokerider / 3021831 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Kick Distance 3 / 3022003 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Kick Sprint 3 / 3022002 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Speedform Miler 2 / 3000020 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Sprint Pro 2 / 3000019 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Sprint Pro 3 / 3022516 | Yes | YES | YES | YES | YES | n/a | YES |
| Under Armour | Velociti Racer / 3020348 | No | YES | YES | YES | YES | YES | YES |