



Shoes Approved by World Athletics - as at 12 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	YES	YES
Adidas	Adizero Avanti	Yes	YES	YES	YES	YES	YES	YES
Adidas	Adizero Finesse	Yes	YES	YES	YES	YES	YES	YES
Adidas	Adizero Javelin	Yes	YES	YES	YES	YES	YES	YES
Adidas	Adizero LJ	Yes	YES	YES	NO*	NO*	n/a	YES
Adidas	Adizero TJ	Yes	YES	YES	YES	YES	YES	YES
Adidas	Adizero Discus Hammer	No	YES	YES	YES	YES	YES	YES
Adidas	Adizero HJ	Yes	YES	YES	YES	YES	YES	YES
Adidas	Rio Adizero MD	Yes	YES	YES	YES	YES	YES	YES
Adidas	Adizero shot put	No	NO	NO	NO*	NO	YES	NO
Asics	MetaRacer Model 20SS-2 SMU	No	NO	YES	NO	YES	YES	YES
Asics	MetaRacer type B	No	NO	YES	NO	YES	YES	YES
Asics	Metasprint Smu-K	Yes	YES	YES	YES	YES	YES	YES
Asics	Metasprint Tokyo	Yes	YES	YES	YES	YES	YES	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	YES	YES
Mizuno	Chrono Onyx 2	Yes	YES	YES	YES	YES	YES	YES

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
Mizuno	Wave Ekiden	No	YES	YES	YES	YES	YES	YES
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	YES	YES
Mizuno	2019 Spectra Type B (21SS Type B)	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Spectra Type C	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Spectra Type D	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Spectra Type E	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Spectra Type F	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Javelin Throw Pro1 So1	Yes	YES	YES	YES	YES	YES	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	YES	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	YES	YES
Mizuno	2019 Field Geo Aj	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Field Geo Hj	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Long Jump Pro1 S01	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Field Geo Lj S02	Yes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Field Geo Lj S03	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Field Geo Hj S01	Yes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Onyx 2	Yes	YES	YES	YES	YES	n/a	YES

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
Mizuno	Chrono Inx 9	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Chrono Dist 7	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Geo Sprint 4	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Geo Silencer Fx	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Geo Versus Fx	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Geo Spurt Md	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Citius Wing Fx	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Geo Cyclone	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Chrono Break	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Sprint Pro Type A	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Sprint Pro Type B	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Chrono Inx 9 So1	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Sprint Pro Type B So1	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Chrono Break So1	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Sprint Pro Type B So2	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Spectra Type E So1	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Sprint Pro Type A So1	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Chronoinx9 So2	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Sprint Pro_Type_A_So2	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Chrono Break_So2	Yes	YES	YES	YES	YES	YES	YES
Mizuno	Spectra Type A So1	Yes	YES	YES	YES	YES	YES	YES
Mizuno	X Blast	Yes	YES	YES	YES	YES	YES	YES
Mizuno	X Laser	Yes	YES	YES	YES	YES	YES	YES
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	YES	YES
New Balance	FuelCell MD-X	Yes	YES	YES	NO	NO	YES	YES
Nike	Air Zoom Alphafly Next%	No	NO	NO	NO	NO	YES	NO
Nike	Air Zoom Victory	Yes	YES	YES	YES	YES	YES	YES
Nike	Triple Jump Elite 2	Yes	NO	YES	NO	YES	YES	YES
Nike	Zoom Superfly Elite 2	Yes	YES	YES	YES	YES	YES	YES
Nike	Spike-Flat 2020	Yes	NO	YES	NO	YES	YES	YES
Nike	ZoomX Dragonfly	Yes	YES	YES	YES	YES	YES	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	YES	YES
ON	Cloudspike tohka	Yes	YES	YES	YES	YES	YES	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

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
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	YES	YES
Puma	192472 Evospeed Tokyo Future	Yes	YES	YES	YES	YES	YES	YES
Puma	192861 Evospeed Tokyo Brush Mid	Yes	YES	YES	YES	YES	YES	YES
Puma	192473 Evospeed Tokyo Future Mid	Yes	YES	YES	YES	YES	YES	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	n/a	YES
Under Armour	Hovr Skyline Hj / 3022518	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Silencer / 3022517	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Skyline Lj / 3021863	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Skyline Tj / 3021864	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Miler 3 / 3023397	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Shakedown / 3021831	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Smokerider / 3021831	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Kick Distance 3 / 3022003	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Kick Sprint 3 / 3022002	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Speedform Miler 2 / 3000020	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Sprint Pro 2 / 3000019	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Sprint Pro 3 / 3022516	Yes	YES	YES	YES	YES	YES	YES
Under Armour	Velociti Racer / 3020348	No	YES	YES	YES	YES	YES	YES