



Shoes Approved by World Athletics - as at 16 September 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	Type	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 spikes	NO	NO	NO	NO	YES	NO
Adidas	Adizero Adios Pro	No spikes	NO	NO	NO	NO	YES	NO
Adidas	Adizero ambition	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero Avanti	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero Finesse	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero Javelin	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero LJ	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero TJ	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero Discus Hammer	No spikes	YES	YES	YES	YES	YES	YES
Adidas	Adizero HJ	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero prime sp	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Rio Adizero MD	Spikes	YES	YES	YES	YES	n/a	YES
Adidas	Adizero shot put	No spikes	NO	NO	YES	NO	YES	NO
Asics	MetaRacer	No spikes	NO	NO	NO	YES	YES	YES
Asics	Metasprint Tokyo	Spikes	YES	YES	YES	YES	n/a	YES
Asics	Javelin Pro 2	Spikes	YES	YES	YES	YES	n/a	YES
Asics	Long Jump Pro 2	Spikes	YES	YES	YES	YES		YES
Asics	Cosmoracer LD 2	Spikes	YES	YES	YES	YES	n/a	YES
Asics	High Jump Pro 2 (L)	Spikes	YES	YES	YES	YES	n/a	YES
Descente	V-Lite	No spikes	NO	YES	NO	YES	YES	YES
Descente	Delta TRI OP	No spikes	YES	YES	YES	YES	YES	YES

Shoe Company	Model	Type	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
Descente	Genten-EL	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten-EL+	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten RC	No spikes	YES	YES	YES	YES	YES	YES
Descente	Genten RC+	No spikes	YES	YES	YES	YES	YES	YES
Li-Ning Company	Feidian 2.0	No spikes	NO	NO	NO	NO	YES	NO
Li-Ning Company	Feidian	No spikes	NO	YES	NO	YES	YES	YES
Mizuno	Brave Wing FX	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Onyx 2	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Wave Ekiden	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Ekiden Spirit	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Wave Duel Neo	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	Wave Duel Gtz	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Wave Duel	No spikes	NO	YES	NO	YES	YES	YES
Mizuno	Wave Emperor Japan	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	Wave Emperor	No spikes	NO	YES	NO	YES	YES	YES
Mizuno	Wave Spacer Gl	No spikes	NO	YES	NO	YES	YES	YES
Mizuno	Wave Amulet	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	Wave Zone Power	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Wave Aero	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	Wave Cruise Japan So1	No spikes	NO	YES	NO	YES	YES	YES
Mizuno	Wave Cruise Japan	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Wave Cruise Pro	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Wave Spacer Gl So1	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	Wave Spacer Gl So2	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	Wave Spacer Gl So3	No spikes	NO	YES	NO	YES	YES	YES
Mizuno	Wave Spacer Gl So4	No spikes	NO	NO	NO	NO	YES	NO
Mizuno	2019 Field Geo Jt	Spikes	YES	YES	YES	NO	n/a	YES
Mizuno	2019 Field Geo Rd	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	2019 Field Geo Th	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	2016 Field Geo Ft	No spikes	YES	YES	YES	YES	YES	YES
Mizuno	Spectra Type A	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Spectra Type B (21SS Type B)	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Spectra Type C	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Spectra Type D	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Spectra Type E	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Spectra Type F	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Javelin Throw Pro1 So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Javelin Throw Pro2 So2	Spikes	YES	YES	YES	NO	n/a	YES
Mizuno	2019 Javelin Throw Pro3 So3	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Javelin Throw Pro4 So4	Spikes	YES	YES	YES	NO	n/a	YES
Mizuno	2019 Field Geo Jt So1	Spikes	YES	YES	YES	NO	n/a	YES
Mizuno	2019 Field Geo Rd So1	No spikes	YES	YES	YES	YES	YES	YES

Shoe Company	Model	Type	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	2019 Field Geo Lj	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Field Geo Aj	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Field Geo Hj	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Long Jump Pro1 S01	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Field Geo Lj S02	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	2019 Field Geo Lj S03	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Field Geo Hj S01	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Inx 9	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Dist 7	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Geo Sprint 4	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Geo Silencer Fx	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Geo Versus Fx	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Geo Spurt Md	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Citius Wing Fx	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Geo Cyclone	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Break	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Sprint Pro Type A	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Sprint Pro Type B	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Inx 9 So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Sprint Pro Type B So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Break So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Sprint Pro Type B So2	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Spectra Type E So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Sprint Pro Type A So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	ChronoInx9 So2	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Sprint Pro Type A So2	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Chrono Break So2	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Spectra Type A So1	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	X Blast Next	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	X Laser Next	Spikes	YES	YES	YES	YES	n/a	YES
Mizuno	Wave Duel Neo Sp	No spikes	NO	NO	NO	NO	YES	NO
New Balance	Fuel racer VIP	No spikes	NO	NO	NO	NO	YES	NO
New Balance	1500v4 w1500v4	No spikes	NO	NO	NO	NO	YES	NO
New Balance	FuelCell SD-X	Spikes	YES	YES	NO	NO	n/a	YES
New Balance	1400v6	No spikes	NO	NO	NO	NO	YES	NO
New Balance	FuelCell MD-X	Spikes	YES	YES	NO	NO	n/a	YES
New Balance	FuelCell 5280	No spikes	NO	YES	NO	YES	YES	YES
Nike	Air Zoom Alphafly Next%	No spikes	NO	NO	NO	NO	YES	NO
Nike	Air Zoom Victory	Spikes	YES	YES	YES	YES	n/a	YES
Nike	Triple Jump Elite 2	Spikes	NO	YES	NO	YES	n/a	YES
Nike	Zoom Superfly Elite 2	Spikes	YES	YES	YES	YES	n/a	YES
Nike	Spike-Flat 2020	Spikes	NO	YES	NO	YES	n/a	YES

Shoe Company	Model	Type	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
Nike	ZoomX Dragonfly	Spikes	YES	YES	YES	YES	n/a	YES
Nike	Vaporfly 4%	No spikes	NO	NO	NO	NO	YES	NO
Nike	Vaporfly Next	No spikes	NO	NO	NO	NO	YES	NO
ON	Cloudboom Echo	No spikes	NO	NO	NO	NO	YES	NO
ON	Cloudboom	No spikes	NO	NO	NO	NO	YES	NO
ON	Cloudspike Shinka	Spikes	YES	YES	YES	YES	n/a	YES
ON	Cloudspike tohka	Spikes	YES	YES	YES	YES	n/a	YES
ON	Cloudflash	No spikes	NO	YES	NO	YES	YES	YES
Puma	Speed 100 R Ignite 2	No spikes	NO	YES	NO	YES	YES	YES
Puma	Speed 300 Racer 2	No spikes	NO	YES	NO	YES	YES	YES
Puma	Speed 500	No spikes	NO	YES	NO	YES	YES	YES
Puma	Speed 600 2	No spikes	NO	NO	NO	NO	YES	NO
Puma	Speed Sutamina	No spikes	NO	NO	NO	NO	YES	NO
Puma	UltraRide	No spikes	NO	NO	NO	NO	YES	NO
Puma	192860 Evospeed Tokyo Brush	Spikes	YES	YES	YES	YES	n/a	YES
Puma	192472 Evospeed Tokyo Future	Spikes	YES	YES	YES	YES	n/a	YES
Puma	192861 Evospeed Tokyo Brush Mid	Spikes	YES	YES	YES	YES	n/a	YES
Puma	192473 Evospeed Tokyo Future Mid	Spikes	YES	YES	YES	YES	n/a	YES
Puma	Deviate Nitro	No spikes	NO	NO	NO	NO	YES	NO
Puma	Deviate Nitro Elite	No spikes	NO	NO	NO	NO	YES	NO
Puma	Deviate Nitro Ion	No spikes	NO	NO	NO	NO	YES	NO
Saucony	Endorphin Pro	No spikes	NO	NO	NO	NO	YES	NO
Saucony	Fatswitch 9 MH2	No spikes	YES	YES	YES	YES	YES	YES
Saucony	Fastswitch 9	No spikes	YES	YES	YES	YES	YES	YES
Under Armour	Centric Grip / 3021862	No spikes	YES	YES	YES	YES	YES	YES
Under Armour	Hovr Skyline Hj / 3022518	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Silencer / 3022517	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Skyline Lj / 3021863	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Skyline Tj / 3021864	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Miler 3 / 3023397	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Shakedown / 3021831	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Hovr Smokerider / 3021831	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Kick Distance 3 / 3022003	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Kick Sprint 3 / 3022002	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Speedform Miler 2 / 3000020	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Sprint Pro 2 / 3000019	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Sprint Pro 3 / 3022516	Spikes	YES	YES	YES	YES	n/a	YES
Under Armour	Velociti Racer / 3020348	No spikes	YES	YES	YES	YES	YES	YES