



World Athletics
2022 -2023
Rules Update

Rule Changes to the World Athletics Competition and Technical Rule 2022-2023 Edition

Key

Black – Rule Text

Black Bold Print – Added to the Rule Text

Black (Bold & Italics) – Interpretation Notes

Personal observations and explanations

COMPETITION RULES



Competition Rule 18 – The Referee

18.3

.... **The Start Referee (or if one is not appointed, the relevant Running and Race Walking Events Referee)** has jurisdiction to decide on any facts related to the starts if they do not agree with the decisions of the start team except in the cases when it regards an apparent false start indicated by a World Athletics Start Information System (SIS), unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.

This change is designed to be more correct and explicit. TR8.4.1 has also been amended.

For practicality, where there is no Start Referee appointed, the Track Referee can give this duty to the Start Area Coordinator for any events not started at the start/finish line.

Competition Rule 18 – The Referee

18.5

The applicable Referee shall have the authority to **warn or exclude** from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 6, 16.5, 17.14, 17.15.4 25.5, 25.19, **54.7.6**, 54.10.8 or 55.8.8 of the Technical Rules

- TR 6 Assistance to Athletes
- TR 16.5 The Start
- TR 17.14 The Race (Calling of Intermediate Times)
- TR 17.15.4 Drinking/Sponging
- TR 25.5 Competing Order and Trials (Field)
- TR 25.19 Absence from Competition (Field)
- **TR 54.7.6 Race Walking (Leaving the Course when disqualified)**
- TR 54.10.8 Race Walking Drinking/Sponging/Refreshment Stations
- TR 55.8.8 Road Races Drinking/Sponging /Refreshment Stations

Competition Rule 19 - Judges

19.1

The Chief Judge for **Running and Race Walking Events** and the Chief Judge for each Field Event shall co-ordinate the work of the Judges in their respective events. **If the duties of the Judges have not been allocated in advance**, they shall allocate the duties.

Allows others (e.g., Meeting Managers for Field Events and Chief Track Umpire) to validly do the work in advance.

19.4

.....The appropriate judge shall **normally** indicate the validity or non-validity of a trial by raising the white or red flag, as appropriate.

Alternate visual indication may also be approved.



Competition Rule 25 Competition Secretary, Technical Information Centre (TIC)

25.4 Added symbol to list of symbols to be used

**Lane infringement (Rules 17.4.3 and
17.4.4 of the Technical Rules)**

L

This symbol to be used in races where there are subsequent rounds of an event and only in results where there is a further round to be held and never in the result of the final round.

The symbol (L) should not be used in races where the event is conducted in a single round or in Combined Events where the rule does not apply.

Competition Rule 25 Competition Secretary, Technical Information Centre (TIC)

25.4 Added Interpretation Note

An athlete shall be regarded as DNS if:

- a. after their name having been included on the start list for any event, they do not report to the Call Room for that event;***
- b. having passed through the Call Room, they do not make any attempt in a Field Event or do not attempt to make a start in a Running or Race Walking event; or***
- c. Rule 39.10 of the Technical Rules applies.***

TR39.10 (Combined Events)

Any athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification. Any athlete deciding to withdraw from the Combined Events competition shall immediately inform the Combined Events Referee of their decision.

Competition Rules 31 World Records

31.3.5

Update of rules regarding doping control

31.14.4

Ratification of records

Competition Rule 32 Events for which World Records are Recognised

This Rule details what World Records will be recognised. The three acceptable ways of timing are:

Fully Automatically Timed (F.A.T)

Hand Timed performances (H.T)

Transponder Timed performances (T.T)

New events have been added to the lists under these three headings.

- **Race Walking (Track) – 35,000m**
- **Road Races - 50 km**
- **Road Walking - 35 km**

TECHNICAL RULES



Technical Rule 5 - Clothing, Shoes and Athlete Bibs

5.2 Rule 5.2 has experienced a major re-write due to the ongoing nature of improvements in shoe design.

A major statement was released by World Athletics (WA) on 22 December 2021 and effective from 1 January 2022. The document can be found on WA website Technical Rule 2.1a)

The following definition will provide some guidance as to the applicability of the new rule.

- **A definition of ‘applicable competitions’ to make the scope of events the rule and regulations apply to clear and to avoid them being applied to amateur club, school or college or even masters level competitions**

Athletics Australia distributed a protocol document in relation to the application of this rule in January 2022. In a nutshell there is a requirement by Under 20 and Open athletes to declare their shoe type at National Championships, summer and winter, for the purposes of records and qualifications for events of a higher level e.g. Olympics/Commonwealth Games, World Championships.

WA Athletes Shoe Regulations – Appendix 3 until 31/10/24

EVENT	MAXIMUM THICKNESS OF THE SOLE (as per Regulation 10.6)	FURTHER REQUIREMENT/NOTE
Field Events (except Triple Jump)	20mm	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	As per note above
Track Events (including hurdle events) up to but NOT 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 Steeple Chase)	25mm	Same as above for relays. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events
Cross Country	25mm spike shoe or 40mm non-spike shoes	
Road Races (Running and Race Walking Events)	40mm	
Mountain and Trial Races	Any thickness	

Technical Rule 5 - Clothing, Shoes and Athlete Bibs

5.4

If the track manufacturer or the stadium operator mandates a lesser maximum **or prohibits the use of certain shaped spikes**, this shall be applied **and the athletes notified of this accordingly**

NOTE:

An expansion of the legalities of shoes TR 5.2 through to TR 5.6 is dealt within a separate document located on the World Athletics site.

In support of the above shoe rules, a World Athletics Shoe Compliance List, published fortnightly, detailing shoe appropriateness for use on the track (up to 800m/track from 800m), all field events with the exception of triple jump, road, cross country and finally development shoe. Shoe makes and models are listed with YES or NO indicating their suitability for listed events.

An example of the list, located on WA website, Library [top right hand corner of page] Technical Information. An example of the shoe list is found on the next slide.

World Athletics Shoe Compliance Example

SPIKE SHOES

Shoe Company	Model	Track up to 800m*	Track from 800m	HJ, PV, LJ, SP, DT, HT, JT	TJ	Road*	Cross-C	Development Shoe	
		*not including 800m			*incl. track RW			start date	end date
		≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm		
Nike	Zoom Rival S 9	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Superfly Elite	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Superfly Elite 2	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Superfly R 3	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory 2	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory 3	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory Elite	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory Elite 2	YES	YES	YES	YES	n/a	YES		
Nike	ZoomX Dragonfly	YES	YES	YES	YES	n/a	YES		
ON	Cloudspike Shinka	YES	YES	YES	YES	n/a	YES		
ON	Cloudspike tohka	YES	YES	YES	YES	n/a	YES		
Puma	1evoSpeed Tokyo Future Mid	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Complete TFX Jump	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Crossfox	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Distance	YES	YES	YES	YES	n/a	YES		
Puma	evopSpeed Distance Nitro Elite+	YES	YES	NO	NO	n/a	YES	05/05/2021	04/05/2022
Puma	evoSpeed Electric	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Haraka	NO	YES	NO	YES	n/a	YES		
Puma	evoSpeed High Jump	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed High Jump Elite	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed High Jump Power	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Javelin	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Javelin Elite	YES	YES	YES	YES	n/a	YES		
Puma	evospeed LJ	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Mid-Distance	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Sprint	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Sprint TFX	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Tokyo Brush	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Tokyo Brush Mid	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Tokyo Future	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Tokyo Future Faster+	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Tokyo Future Jump	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Tokyo Future Nitro Faster+	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Tokyo Nitro	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Tokyo Nitro Jump	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Triple Jump	NO	YES	NO	YES	n/a	YES		
Puma	evoSpeed Triple Jump Power	YES	YES	YES	YES	n/a	YES		

Technical Rule 6 Assistance to Athletes

6.3 Assistance not Allowed

For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed:

6.3.4

The use of any mechanical aid, **unless on the balance of probabilities** the use of an aid would not provide them with an overall competitive advantage over an athlete not using **such** aid.

(Decision of Court of Arbitration for Sport)

Technical Rule 7 Effect of Disqualification

7.2

If an athlete is excluded from competition under Rule 18.5 of the Competition Rules (*Referee's decision*), they should be disqualified from that event. If the athlete's second warning occurs in a different event, they shall be disqualified from the second event.....Such disqualification shall prevent an athlete from taking part in all further events **or rounds of the events** (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.

7.3 Added to the end of the Rule regarding Relay Teams

.....**However, if the behaviour of one or more such individual athletes is considered serious enough, Rule 18.5 of the Competition Rules may be applied to them with the applicable consequences.**

Technical Rule 8 Protests and Appeals

8.4.1

If an athlete makes an immediate oral protest against having been charged for a false start, **the Start Referee (or if one is not appointed, the relevant Running or Race Walking Events Referee)** may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.

From a practical point, if there is no Start Referee appointed the Track Referee will usually designate the Start Area Co-Ordinator to fulfill this role in the starts that occur away from the finish line area.

Technical Rule 8 Protests and Appeals

8.4.3 if a protest or appeal is based on an athlete's incorrect exclusion from an event due to a false start and is upheld after the completion of the race, then the athlete should be afforded the opportunity to run on their own to record a time in the event and consequently, if applicable, to be advanced to subsequent rounds. No athlete should be advanced to a subsequent round without competing in all rounds unless the Referee or Jury of Appeal determines otherwise in the particular circumstances of the case, e.g. the shortness of time before the next round or the length of the race.

Note: This Rule may also be applied by the Referee, the Jury of Appeal in other circumstances where it is deemed appropriate (see Rule 17.2 of the Technical Rules).

8.4.4 when a protest is made by or on behalf of an athlete or team which did not finish a race the Referee must first ascertain whether the athlete or team was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest. Should that be the case, the protest shall be dismissed.

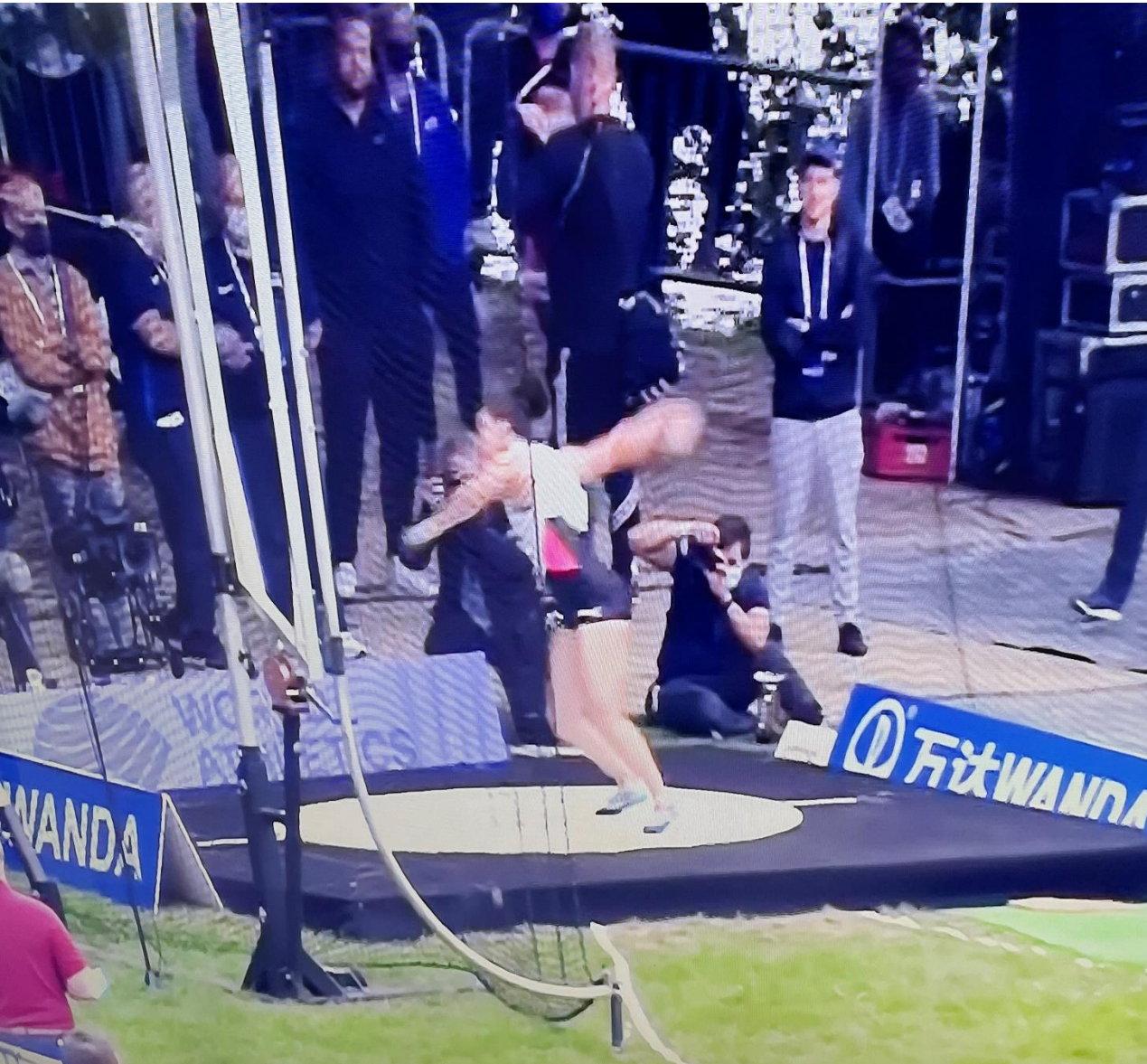
Technical Rule 11 Validity of Performance

Updated details concerning this topic. Ranges from TR 11.1 through to TR 11.4

11.2 Performances in events normally conducted in the stadium, made outside traditional athletes facilities (such as those held **on a temporary facility** in town squares, other sporting facilities, beaches etc) or on a temporary facility built within the stadium shall be recognised for all purposes.....

An example can be seen on the next slide

Outside Stadium Facility –Day 1 of WANDA Diamond League Final 2021 in Zurich



Technical Rule 16 The Start

16.10

The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun, **or activating a suitable audible signal.**

Change made to reflect practice in that alternate methods are available and valid.

Technical Rule 17 The Race

17.2 Obstruction

If an athlete is jostled or obstructed during an event so as to impede their progress, then:.....

World Athletics have now provided a definition of the word jostled

Jostling should be understood as physical contact with another athlete or athletes that results in an unfair advantage or causes injury or harm to them or, consequently, to another athlete or athletes

This definition has prompted a change in the writing of this rule on the umpire infringement form. The words "pushed", "deliberately" and "accidentally" have been taken out. The umpire now reports the incident on the form and decides whether an advantage was gained or not by the reported athlete.

2020 – 21 VERSION

Rule No.	INFRINGEMENT
	General
TR 17.2.2	Pushed, obstructed or jostled competitor no..... so as to impede his/her progress. Deliberately <input type="checkbox"/> Accidentally <input type="checkbox"/> Advantage gained? Yes / No

2022 -23 VERSION

Rule No.	INFRINGEMENT
	General
TR 17.2.2	Obstructed or jostled competitor no..... so as to impede his/her progress. Advantage gained? Yes / No

Technical Rule 17 The Race

Lane Infringement

17.4 An athlete, or in the case of a relay **race**, their team, should not be disqualified if the athlete:

17.4.1 is pushed or forced by another person **or object** to step or run outside their lane or inside the kerb or line marking the applicable border, or

17.4.2 steps or runs outside their lane in the straight, any straight part of the diversion from the track for the steeplechase water jump or outside the outer line of their lane on the bend;

Technical Rule 17 The Race

17.4.3 in all races run in lanes, touches **ONCE** the line on their left, or the kerb or line marking the applicable border (as defined in Rule 17.3.2 of the Technical Rules) on the bend: or

17.4.4 in all race (or any part of races) not run in lanes, steps **ONCE** on or completely over the kerb or line marking the applicable border (as defined in Rule 17.3.2 of the Technical Rules) on the bend:

and no material advantage is gained and no other athlete being jostled or obstructed so as to impede **the other athlete's progress (see Rule 17.2 of the Technical Rules)**. If material advantage is gained, the athlete (or team) shall be disqualified.

In races with multiple rounds, an infringement defined in Rules 17.4.3 and 17.4.4 of the Technical Rules may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second infringement will result in the disqualification of that athlete whether it was made in the same round or in another round of the same event.

Technical Rule 17 The Race

In the case of Relay Races, any second step (as described in this Rule 17.4.3 and 17.4.4 of the Technical Rules) by an athlete who is a member of a team, regardless of whether committed by the same or different athletes, will result in a disqualification of the team whether it happens in the same round or in another round of the same event.

For ratification of records, see Rule 31.14.4 of the Competition Rules.

CR31.14.4

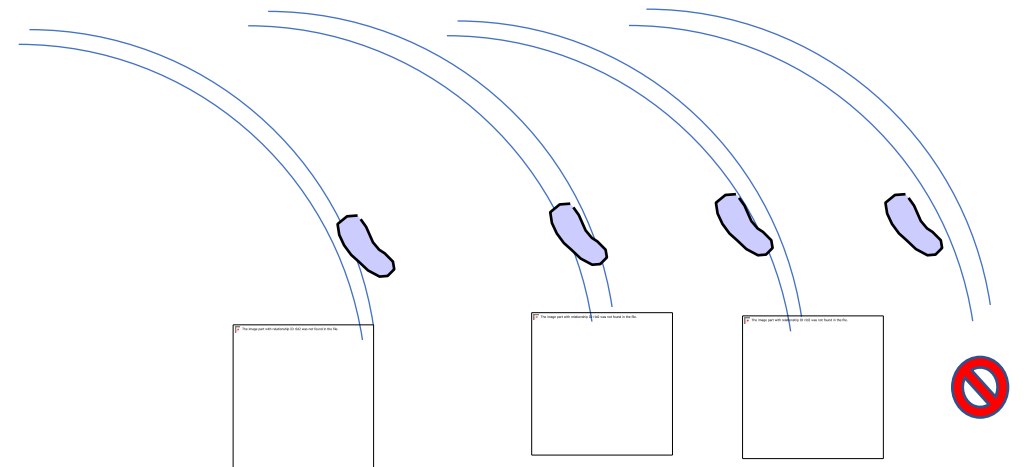
No performance will be ratified where the athlete has infringed Rule 17.3 of the Technical Rules **unless, in cases covered in Rules 17.4.3 and 17.4.4 of the Technical Rules, it is the first infringement in the event,** nor in the case an individual event where an athlete has recorded a false start as allowed under Rule 39.8.3 of the Technical Rules.

(Combined Events)

Technical Rule 17.4 – Races run in Lanes (Lane infringement)

Lane races (indoor/outdoor):

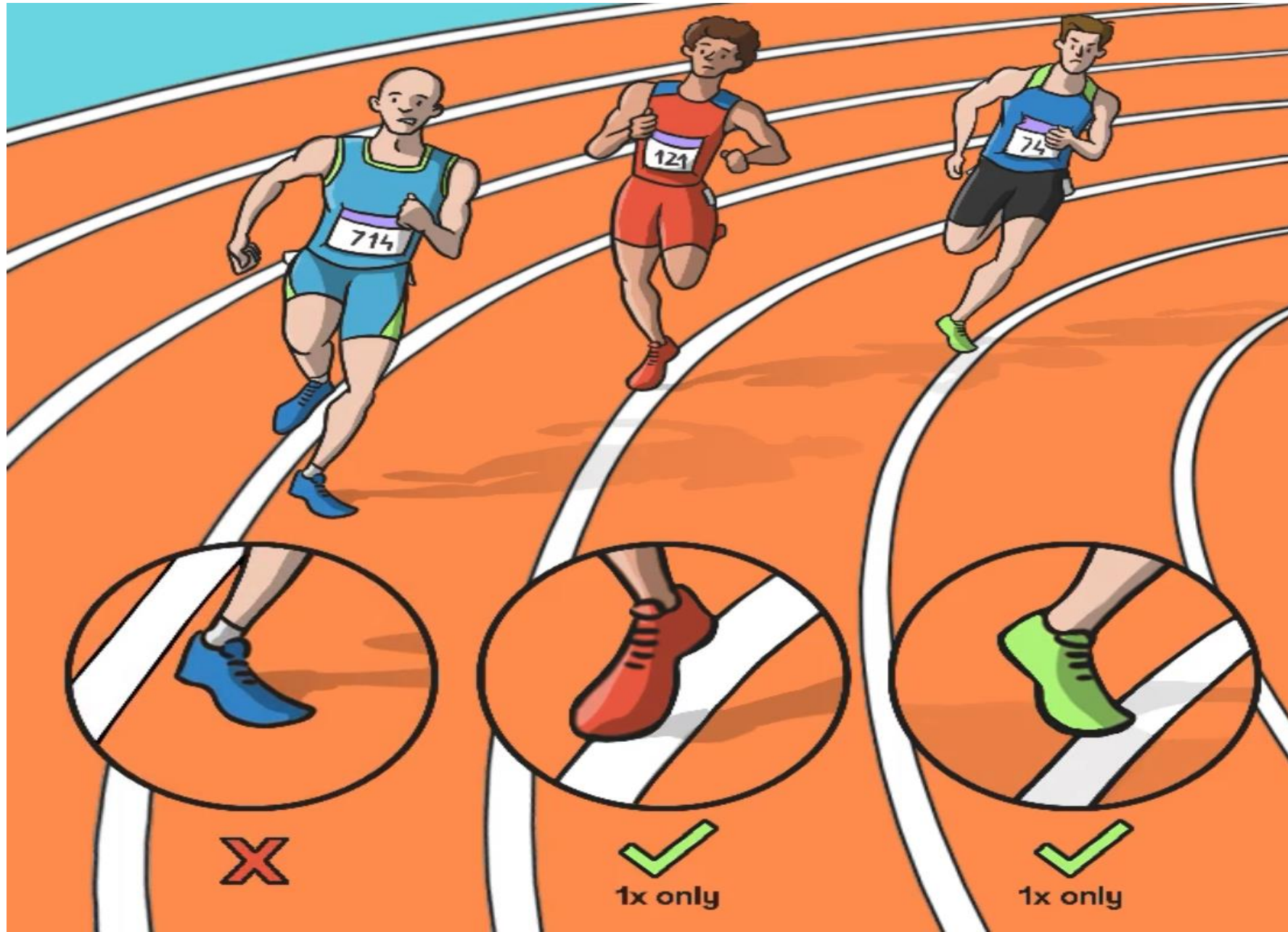
One step on the line or kerb, (any lane, first occurrence) per athlete at any left hand side line or kerb on a curved part of the track **allowed** per race without DQ.



Umpire Infringement form

TR 17.3.1 Ran outside lane no..... Into lane no..... for strides (touch / whole foot in inside lane)

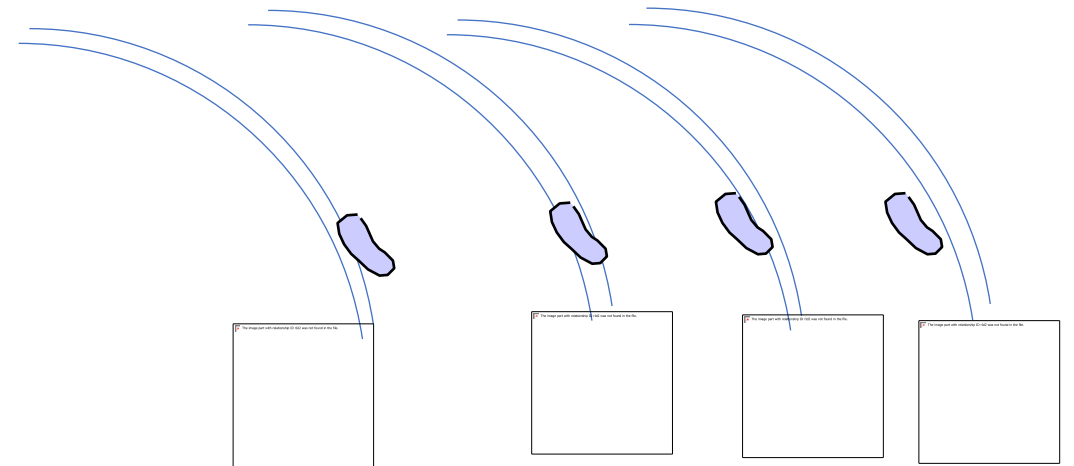
TR 17.4.3 Lane Infringement – Laned Event



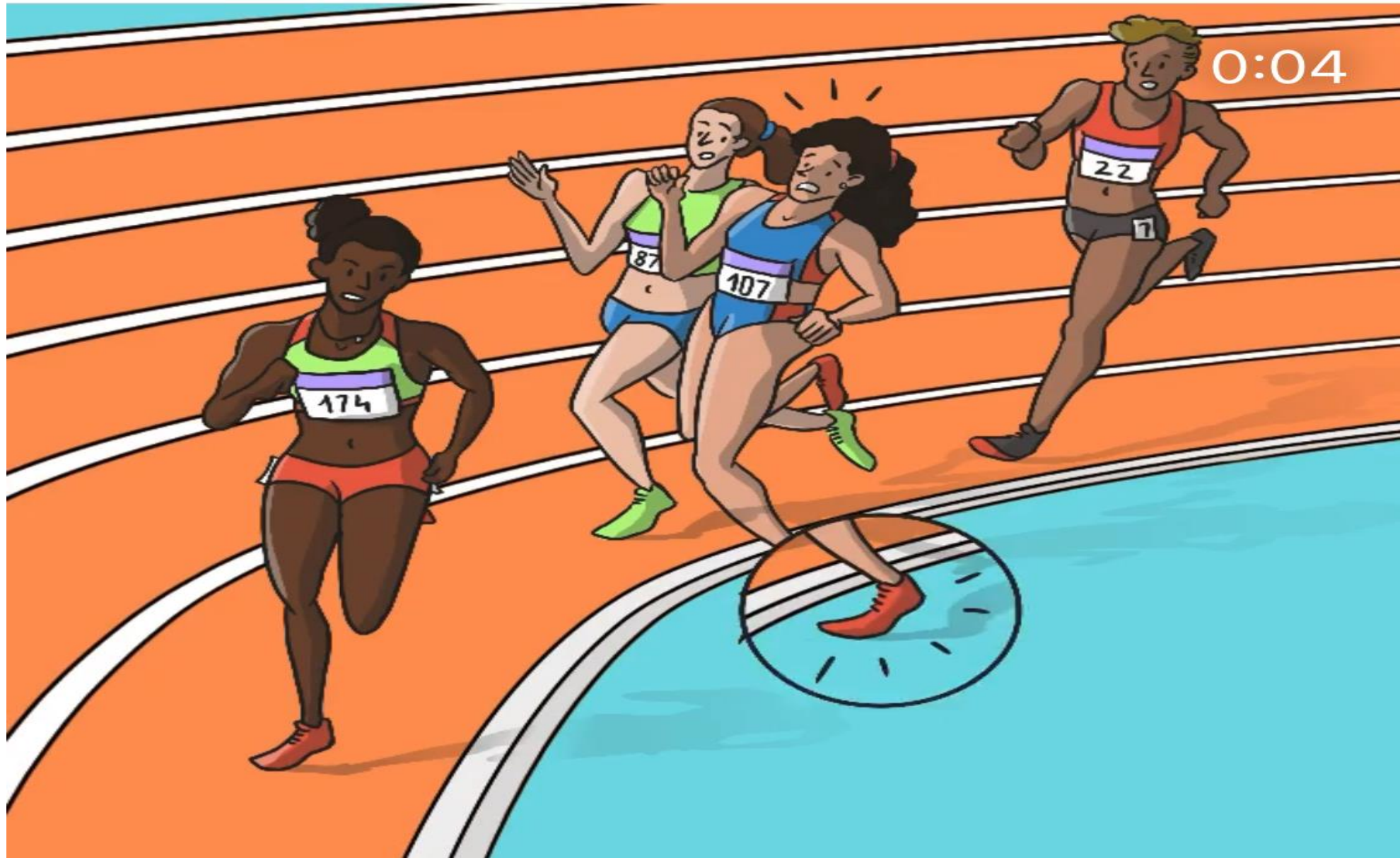
Technical Rule 17.4 – Races not run in Lanes (Lane infringement)

Non Lane races (indoor/outdoor):

One step on the line or over the kerb, (inside lane, first occurrence) per athlete at any left hand side line or kerb on a curved part of the track **allowed** per race without DQ.



TR 17.4.4 Lane Infringement – Non Laned Event



Technical Rule 17 The Race

Note: Material advantage includes improving their position by any means, including removing themselves from a “boxed” position in the race by having stepped or run inside the inside edge of the track

This Note specifically outlaws the practice of an athlete seeking to improve their position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee has the power to disqualify in their discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage.

Technical Rule 17 The Race

Where a race is started in lanes and then continues not using separate lanes, Rules 17.4.3 and 17.4.4 of the Technical Rules apply accordingly to each such part of the race.

When determining whether the exception in 17.4.3 applies in such cases where some part of the shoe/foot is also to the left of the line, there is a requirement for at least some part of the outline of the athlete's shoe/foot to be touching the line, i.e. some contact on the line (depicted by the outline of the relevant part of the shoe or foot) is required for this exception to apply. If this is not the case, then the exception does not apply.

All lane infringements should be tracked in the competition data systems and shown in the start lists and results. (See Rule 25.4 of the Competition Rules for the symbol to be used).

The carry-forward rule only applies to the same event and not to a race of a different distance.

Technical Rule 22 Hurdles

In addition, an athlete shall be disqualified if:

22.6.2

they knock down or displace any hurdle by hand, body or the **front side of the lead lower limb**

.....The front side of the lead lower limb means the front of the lead leg starting from the top of the thigh down to the end of the foot.

For the avoidance of doubt, the front of the lead leg does not include the sole or heel of that foot.

Competition Rule 23 Steeplechase Races

23.2

For the 3 000m event, there shall be 28 hurdles and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, **those hurdles not being placed** until the athletes have entered the first lap.

NOTE

- *This applies **ONLY** when the water jump is located on the inside of the track.*
- *If the 3 000m and 2 000m steeple (18 hurdles/5 water jumps) is conducted at the same time:*
 - *With an outside water jump **NO** hurdles need to be removed from the track.*
 - *With an inside water jump **ALL** hurdles need to be removed from the track and after the first group of athletes (whether 3 000m or 2 000m athletes) pass. **ALL** hurdles **NEED** to be replaced onto the track.*

Technical Rule 25 General Conditions

Field Events

25.6

In situations in the horizontal Field Events where there are more than eight athletes, only the eight athletes with the best valid performances are allowed any additional trial(s). This requires an athlete to have a measured mark recovered from a fair jump or throw in at least one of their first three trials. Where less than eight athletes achieve such a valid performance it is only those athletes who are allowed any additional trial(s) even though it will mean less than eight athletes proceeding.

Technical Rule 25 General Conditions

Field Events

25.16

It is important when seeding High Jump and Pole Vault QUALIFYING GROUPS that the requirements of Rule 25.10 and 25.16 of the Technical Rules are both observed.

The Technical Delegates and the ITO/Referee must follow closely the progress of the qualifying rounds of the High Jump and Pole Vault to ensure that, on the one hand, the athletes must jump (or indicate that they are passing) as long as they are not eliminated under Rule 26.2 of the Technical Rules until the qualifying standard has been reached (unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules) and, on the other hand, any tie between athletes in the overall standings in the two groups is resolved according to Rule 26.8 of the Technical Rules. Close attention must also be kept to the application of Rule 25.14 of the Technical Rules to ensure that athletes do not unnecessarily continue in the competition once it is certain that they will be in the final regardless of what may happen to the other athletes continuing to compete in the Qualification Round.

Technical Rule 30 Long Jump

30.1 An athlete fails if:

30.1.1

they while taking off (**prior to the instant which they cease contact with the take-off board or ground**) break the vertical plane of the take-off line with any part of their **take-off** foot/shoe whether running up or without jumping or in the act of jumping;

Technical Rule 32 General Conditions

Throwing Events

32.6

The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick. **The inside and top of the rim** shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.....

Technical Rule 32 General Conditions

Throwing Events

32.13 Trials

*There is no restriction on how, or from which direction, an athlete may enter the circle **nor in the case of the shot put is there any restriction on making contact with the stop board during this process.** The relevant requirement is that once inside, they must adopt a stationary position before commencing the trial.*

A stationary position means that an athlete having entered the circle to make their trial and before doing so adopts a stance in which both feet are simultaneously in firm contact with the ground inside the circle and with no contact with the top of the rim or the ground outside. Such contact to be sufficiently long in time to be visible to the judges. There is no requirement for the arms or hands or other parts of the athlete's body to be stationary.

Technical Rule 32 General Conditions

Throwing Events

32.14

NOTE (i):

It shall be considered a failure if the discus or the head of the hammer strikes the far side of the cage (left side for a right-handed thrower when facing the landing sector or the right side for a left-handed thrower when facing the landing sector) after the release of the implement.

NOTE (ii):

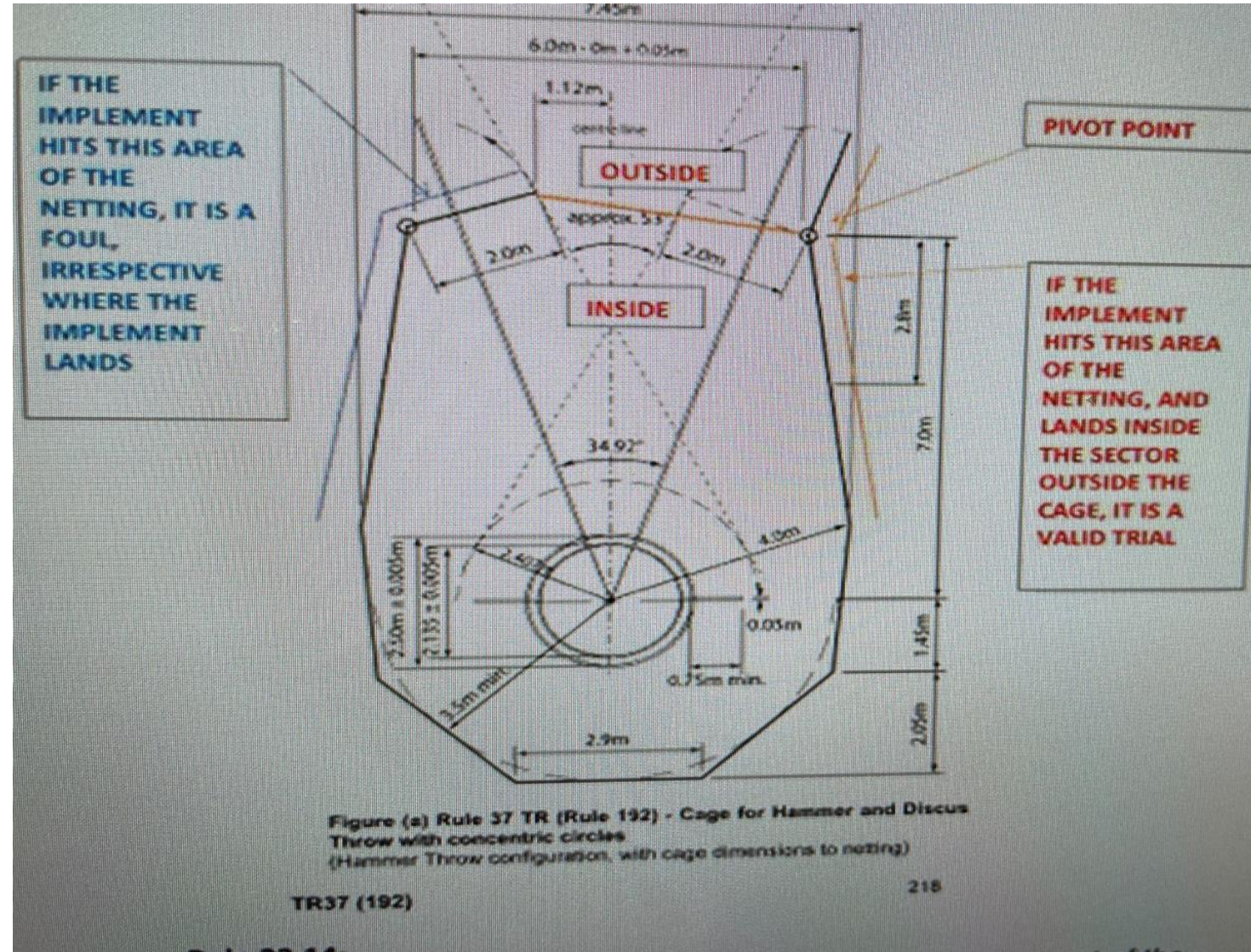
It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for the left-handed thrower when facing the landing sector) after the release of the implement then lands within the landing sector outside limits of the cage, provided that no other Rule is infringed, including Rule 32.10 of the Technical Rules.

Technical Rule 32 General Conditions Throwing Events

32.14

The limits of the cage shall be defined as the boundary formed by the cage and the gates, when in position, completed by an imaginary straight line drawn between the ends of the cage/gates closest to the landing sector.

Orange line on diagram



Technical Rule 54 Race Walking

54.1

The standard distances shall be outdoor: 5 000m, 10km, 10 000m, 20km, 20 000m, **35km, 35 000m**, 50km, 50 000m

54.7.3

The applicable period in the Penalty Zone shall be as follows:

5 000m/5km 0.5 mins

10 000m/10km 1.0 mins

20 000m/20km 2.0 mins

30 000m/30km 3.0 mins

35 000m/35km 3.5 mins

40 000m/40km 4.0 mins

50 000m/50km 5.0 mins

Technical Rule 54 Race Walking

54.7.8

.... In all other competitions (*excluding competitions included in the World Athletics Series, the Athletics program of the Olympic Games*), the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1 (*Chief Judge's role*), 54.7.1 (*Disqualification i.e. three red cards*), or **54.7.5** (*additional Red Card*), of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.