

**APPENDIX 3
ATHLETIC SHOE SOLE THICKNESS TABLE**

Shoe Sole Thickness Table – in force until 31 October 2024

Event	Maximum thickness of the sole (as per Regulation 10.6).	Further Requirement/Note
Field Events (except Triple Jump)	20mm	Applies to all Throwing Events, and Jumping Events, except the Triple Jump. For all Field Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Triple Jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Track Events (including hurdle events) up to but <u>not</u> 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 steeplechase events)	25mm	For relays, the rule applies to the distance of the leg being run by each athlete. 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 shoe	Athletes may wear spikes or non-spike shoes (i.e. road shoes). If wearing spike shoes the maximum thickness of the sole must not exceed 25mm. If wearing non-spike shoes the maximum thickness of the sole must not exceed 40mm.
Road Events (Running and Race Walking Events)	40mm	
Mountain and Trail Races	Any Thickness	

New Sole Thickness Table – in force from 1 November 2024

Event	Maximum thickness of the sole (as per Regulation 10.6 of the Regulations).	Further Requirement/Note
Track Events including hurdle and steeplechase events	20mm spike shoe or non-spike shoe	For relays, the rule applies to the distance of the leg being run by each athlete. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events.
Field Events	20mm spike shoe or non-spike shoe	For all Jumping Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Road Events (Running and Race Walking Events)	40mm	
Cross-Country	20mm spike shoes or 40mm non-spike shoes	Athletes may wear spikes or non-spike shoes (i.e. road shoes). If wearing spike shoes the maximum thickness of the sole must not exceed 20mm. If wearing non-spike shoes the maximum thickness of the sole must not exceed 40mm.
Mountain and Trail Races	Any thickness	

Important notice: Pursuant to Regulation 5.3, from 1 November 2024 an Existing Shoe whose sole is greater than the maximum thicknesses set out in the above table is no longer approved and cannot be worn in Applicable Competitions.