

2021年4月

各地方陸上競技協会 様
高体連陸上競技専門部 様
中体連陸上競技専門部 様

一般財団法人 北海道陸上競技協会
専務理事 橋本秀樹
競技運営委員長 万年和紀

2021年度 競技規則改正とC級審判取得（高校生）のお知らせ

陽春の候 皆様方におかれましてはますますご健勝のこととお喜び申し上げます。

さて、下記事項について、2021年度4月より競技規則改正が行われます。関係選手・監督及び生徒・保護者・学校関係者に周知及び準備をお願いします。

また、C級審判取得に関する手順を記載しました。各地方陸協の関係者の皆様へ周知をしていただければ幸いです。

記

I 靴底計測規程について

① 競技会で使用するシューズの靴底の厚さに規程ができました。（別紙参照）トラック種目やフィールド種目によって使用できる靴底の厚さが違います。また、道路競技に使用できるが、トラック種目では使用できない靴底があります。その靴を使用してのトラック競技は公認記録としては扱われません。

② 下記の競技会においては、靴底の計測を行っていただきます。計測は競技者係で行います。

計測器の準備や計測手順等を確認しておいてください。

- ・北海道選手権大会 ・国体選手選考会 ・高体連支部・全道大会 ・支部全道高校新人大会
- ・中体連全道大会 ・通信陸上大会 ・全道ジュニア大会 ・ホクレンディスタンス各会場
- ・全国大会につながる予選会または日本陸連から公認記録書の提出を求められる大会

II C級審判取得の流れ

【対象者条件・・・16歳以上（2022.3.31現在）の高校生で陸連登録者に限る。】

【取得までの流れ】

- ・2021年4～6月 C級審判取得案内資料配布・各地方陸協企画・支部高体連協力
- 6～8月 講習会実施（各地方陸協運営・日本陸連資料参照 60～90分）
- 7～10月中旬 実技研修実施（各地方陸協運営）
- 10月下旬 北海道陸上競技協会へ申請報告
審判手帳と胸章・ホルダー配布（セット料金1200円予定）
- 12月 日本陸連へ申請報告
- 3月 審判グッズを道陸協から各地方陸協へ
- 4月 C級審判員として活動開始

※待遇（交通費・日当・昼食）について・・・ その他の級の審判員と同様の扱いとする。

※審判業務・・・判定の審判をする場合は、必ずB級以上の審判員がついていること。

TR5.13.3 TR5.13.3 靴底の最大の厚さ①

種目	靴底の最大の厚さ (TR5.5、TR5.13.3)	要件・備考
フィールド種目 (除：三段跳)	20mm	全投擲種目と高さを競う跳躍種目および三段跳を除く長さを競う跳躍種目に適用。 全フィールド種目で、靴の前の部分の中心点の靴底の厚さは、踵の中心点靴底の厚さを超えてはならない。
三段跳	25mm	靴の前の部分の中心点の靴底の厚さは、踵の中心点の靴底の厚さを超えてはならない。
トラック種目 (ハードル種目を含み、 800m未満の種目)	20mm	リレーにおいては、各走者が走る距離に応じて適用する。
トラック種目 (障害物競争を含み、 800m以上の種目)	25mm	リレーにおいては、各走者が走る距離に応じて適用する。 競技場内で行う競歩競技の靴底の最大の厚さは、道路競技と同じとする。
クロスカントリー	25mm	
道路競技(競走、競歩)	40mm	
マウンテンレースとトレイル レース(TR57)	制限なし	

国際陸連が認めたシューズ一覧



Shoes Approved by World Athletics - as at 19 March 2021

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.
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. Any shoe worn before 1 January 2016 is deemed to meet the technical requirements of Rule 5 of the Technical Rules and does not need to be approved unless requested, this deemed approval does not prejudice any rights of World Athletics or Referees to request a shoe be handed over for further examination or any other rights set out in the Rules and Regulations.
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.

Shoe Company	Model	Type	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		
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 High Jump	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		
Adidas	Adizero Boston 8	No spikes	NO	NO	NO	NO	YES	NO		
Adidas	Adizero Adios 4	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Adios 5	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Sub 2	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Takumi Sen 5	No spikes	NO	YES	NO	YES	YES	YES		
Adidas	Adizero Takumi Sen 6	No spikes	NO	YES	NO	YES	YES	YES		
Altra Running	Vanish Prime	No spikes	NO	NO	NO	NO	YES	NO	20/12/2020	01/12/2021
Atreyu	The Artist / SKU: 2-ART	No spikes	NO	NO	NO	NO	YES	NO		
Asics	MetaRacer (Tokyo)	No spikes	NO	NO	NO	NO	YES	NO		
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	n/a	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		
Asics	Tarthherzeal 6 (MOLD -TJR266)	No spikes	NO	NO	NO	NO	YES	NO		

Shoe Company	Model	Type	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		
Asics	Sonicsprint Elite 2	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Sortie Magic LT 2 Tenka	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Sortie Magic RP 5 Tenka	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Sortie Magic LT 2	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Sortie Magic RP 5	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Magicspeed	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Hyperspeed	No spikes	NO	NO	NO	NO	YES	NO		
Asics	DS-Trainer 25	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Evoride	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Gel-Featherglide 5	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Tartheredge 2	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Tarther RP	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Tarther Japan	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Skysensor Japan	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Freaks Japan	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Sortiejapan Seiha 2	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Sortiejapan	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Lyteracer 2	No spikes	NO	NO	NO	NO	YES	NO		
Asics	Triple Jump Pro 2	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	D Spurt FX	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Duo Japan	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	High Jump Pro (L)	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	High Jump Pro (R)	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Jet Sprint	Spikes	YES	YES	NO	NO	n/a	YES		
Asics	Marathon EO Japan	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Marathon EO Seiha RP	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Marathon EO Seiha	No spikes	NO	YES	NO	YES	YES	YES		
Asics	Sortie Magic LT	No spikes	NO	YES	NO	YES	YES	YES		
Asics	TF Spike SO (BD)	Spikes	YES	YES	NO	NO	n/a	YES		
Asics	TF Spike SO (JP)	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	TF Spike SO (RY)	Spikes	YES	YES	NO	NO	n/a	YES		
Asics	Triple Jump Pro	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Javelin Pro 3	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	Triple Jump Pro 3	Spikes	NO	YES	NO	YES	n/a	YES		
Asics	Long Jump Pro 3	Spikes	YES	YES	YES	YES	n/a	YES		
Asics	ASD1	No spikes	NO	NO	NO	NO	YES	NO	06/12/2020	05/12/2021
Asics	ASD2	No spikes	NO	NO	NO	NO	YES	NO	06/12/2020	05/12/2021
Asics	ASD4	No spikes	NO	NO	NO	NO	YES	NO	06/12/2020	05/12/2021
Asics	ASD5	No spikes	NO	NO	NO	NO	YES	NO	06/12/2020	05/12/2021
Asics	ASD6	No spikes	NO	NO	NO	NO	YES	NO	06/12/2020	05/12/2021
Asics	ASD7	No spikes	NO	NO	NO	NO	YES	NO	06/12/2020	05/12/2021
Asics	C - LD 1	Spikes	NO	YES	NO	NO	n/a	YES	20/02/2021	19/02/2022
Asics	C - LD 2	Spikes	NO	YES	NO	NO	n/a	YES	20/02/2021	19/02/2022
Asics	C - LD 3	Spikes	NO	YES	NO	NO	n/a	YES	20/02/2021	19/02/2022
Asics	C - LD 4	Spikes	YES	YES	YES	YES	n/a	YES	20/02/2021	19/02/2022
Brooks	Hyperion Elite 2	No spikes	NO	NO	NO	NO	YES	NO		
Brooks	ELMN8 v5	Spikes	YES	YES	YES	YES	n/a	YES		
Brooks	WIRE 6	Spikes	YES	YES	NO	NO	n/a	YES		
Brooks	ELMN8 Proto	Spikes	YES	YES	YES	YES	n/a	YES	05/03/2021	04/03/2022

Shoe Company	Model	Type	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		
Brooks	WIRE 7 Proto	Spikes	NO	YES	NO	NO	n/a	YES	05/03/2021	04/03/2022
Brooks	Hyperion Elite 3	No spikes	NO	NO	NO	NO	YES	NO	05/04/2021	04/04/2022
Descente	V-Lite	No spikes	NO	YES	NO	YES	YES	YES		
Descente	Delta TRI OP	No spikes	YES	YES	YES	YES	YES	YES		
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		
HokaONeOne	Evo Carbon Rocket	No spikes	NO	YES	NO	YES	YES	YES		
HokaONeOne	Tracer 2	No spikes	YES	YES	YES	YES	YES	YES		
HokaONeOne	Rincon 2	No spikes	NO	YES	NO	YES	YES	YES		
HokaONeOne	Mach 3	No spikes	YES	YES	YES	YES	YES	YES		
HokaONeOne	Evo Rehi	No spikes	YES	YES	YES	YES	YES	YES		
HokaONeOne	Clifton 7	No spikes	NO	YES	NO	YES	YES	YES		
HokaONeOne	Bondi 7	No spikes	NO	NO	NO	NO	YES	NO		
HokaONeOne	Speed Evo R	Spikes	YES	YES	YES	YES	n/a	YES		
HokaONeOne	Rocket MD	Spikes	YES	YES	YES	YES	n/a	YES		
HokaONeOne	Rocket LD	Spikes	YES	YES	YES	YES	n/a	YES		
HokaONeOne	Rocket X	No spikes	NO	NO	NO	NO	YES	NO		
HokaONeOne	Carbon X	No spikes	NO	NO	NO	NO	YES	NO		
HokaONeOne	Carbon X2	No spikes	NO	NO	NO	NO	YES	NO		
HokaONeOne	Mach 4	No spikes	NO	YES	NO	YES	YES	YES		
HokaONeOne	Cielo LD	Spikes	YES	YES	YES	YES	n/a	YES	26/02/2021	25/02/2022
HokaONeOne	Cielo MD	Spikes	YES	YES	YES	YES	n/a	YES	26/02/2021	26/02/2022
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		
Li-Ning Company	Feidian 2.0 Elite	No spikes	NO	NO	NO	NO	YES	NO		
Li-Ning Company	Feidian Challenger	No spikes	NO	NO	NO	NO	YES	NO		
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	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Duel Gtz2	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Duel	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Emperor Japan	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Emperor	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Spacer GI	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 GI So1	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Spacer GI So2	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Wave Spacer GI So3	No spikes	NO	YES	NO	YES	YES	YES		
Mizuno	Wave Spacer GI So4	No spikes	NO	NO	NO	NO	YES	NO		

Shoe Company	Model	Type	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		
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		
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	Chrono Inx9 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		
Mizuno	Duel Sonic	No spikes	NO	NO	NO	NO	YES	NO		
Mizuno	Field Geo HJ-C	Spikes	YES	YES	YES	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	Development Shoe	
			*not including 800m					*incl. track RW		start date	end date
			≤ 20mm	≤ 25mm	≤ 20mm		≤ 25mm	≤ 40mm	≤ 25mm		
Mizuno	Field Geo JT-C	Spikes	YES	YES	YES		YES	n/a	YES		
Mizuno	Field Geo LJ-C	Spikes	YES	YES	YES		YES	n/a	YES		
Mizuno	X Blast Elite	Spikes	YES	YES	YES		YES	n/a	YES		
Mizuno	X Laser Elite	Spikes	YES	YES	YES		YES	n/a	YES		
New Balance	FuelCell Racer VIP	No spikes	NO	NO	NO		NO	YES	NO		
New Balance	FuelCell RC Elite	No spikes	NO	NO	NO		NO	YES	NO		
New Balance	FuelCell Racer TC	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		
New Balance	FuelCell Prism	No spikes	NO	NO	NO		NO	YES	NO		
New Balance	Hanzo W v1	No spikes	NO	YES	NO		YES	YES	YES		
New Balance	Hanzo R v3	No spikes	NO	YES	NO		YES	YES	YES		
New Balance	FuelCell PWR-X	Spikes	YES	YES	NO		NO	n/a	YES		
New Balance	RCELV2 - DEV	No spikes	NO	NO	NO		NO	YES	NO	28/02/2021	27/02/2022
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		
Nike	ZoomX Dragonfly	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Vaporfly 4%	No spikes	NO	NO	NO		NO	YES	NO		
Nike	ZoomX Vaporfly Next%	No spikes	NO	NO	NO		NO	YES	NO		
Nike	ZoomX Vaporfly Next% 2	No spikes	NO	NO	NO		NO	YES	NO		
Nike	Zoom Gravity	No spikes	NO	NO	NO		NO	YES	NO		
Nike	Pegasus Turbo 2	No spikes	NO	NO	NO		NO	YES	NO		
Nike	Zoom Fly 3	No spikes	NO	NO	NO		NO	YES	NO		
Nike	Zoom Streak 6	No spikes	NO	NO	NO		NO	YES	NO		
Nike	Zoom Streak 7	No spikes	NO	NO	NO		NO	YES	NO		
Nike	Zoom Streak LT 3	No spikes	NO	YES	NO		YES	YES	YES		
Nike	Zoom Streak LT 4	No spikes	NO	YES	NO		YES	YES	YES		
Nike	High Jump Elite	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Pole Vault Elite	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Rival M 9	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Superfly R3	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom 400	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Ja Fly 3	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Ja Fly	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Javelin Elite 3	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom LJ4	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Mamba V	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Matumbo	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Rival S9	Spikes	YES	YES	YES		YES	n/a	YES		
Nike	Zoom Rival SD	No spikes	YES	YES	YES		YES	YES	YES		
Nike	Zoom Rotational	No spikes	YES	YES	YES		YES	YES	YES		
Nike	Zoom SD4	No spikes	YES	YES	YES		YES	YES	YES		
Nike	Zoom Superfly Elite	Spikes	YES	YES	YES		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	Development Shoe	
			*not including 800m				*incl. track RW		start date	end date
			≤ 20mm	≤ 25mm	≤ 20mm	≤ 25mm	≤ 40mm	≤ 25mm		
Nike	Zoom Triple Jump Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory 2	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory 3	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	Zoom Victory Elite 2	Spikes	YES	YES	YES	YES	n/a	YES		
Nike	ZoomX Streakfly	No spikes	NO	NO	NO	NO	YES	NO	14/02/2021	13/02/2022
Nike	LJ Elite	Spikes	YES	YES	YES	YES	n/a	YES	13/02/2021	12/02/2022
ON	Cloudbloom Echo	No spikes	NO	NO	NO	NO	YES	NO		
ON	Cloudbloom	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 Elite	No spikes	NO	NO	NO	NO	YES	NO		
Puma	Deviate Nitro	No spikes	NO	NO	NO	NO	YES	NO		
Puma	Deviate Nitro Ion	No spikes	NO	NO	NO	NO	YES	NO		
Puma	evospeed LJ	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Distance	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Triple Jump	Spikes	NO	YES	NO	YES	n/a	YES		
Puma	evoSpeed High Jump	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Throw	No spikes	YES	YES	YES	YES	YES	YES		
Puma	evoSpeed Electric	Spikes	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Sprint	Spikes	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed Haraka	Spikes	NO	YES	NO	YES	n/a	YES		
Puma	evoSpeed Mid-Distance	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Sprint TFX	Spikes	YES	YES	NO	NO	n/a	YES		
Puma	evoSpeed High Jump Elite	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed High Jump Power	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	Eternity Nitro	No spikes	NO	NO	NO	NO	YES	NO		
Puma	Liberate Nitro	No spikes	NO	NO	NO	NO	YES	NO		
Puma	Velocity Nitro	No spikes	NO	NO	NO	NO	YES	NO		
Puma	evoSpeed Tokyo Future Jump	Spikes	YES	YES	YES	YES	n/a	YES		
Puma	evoSpeed Tokyo Future Faster	Spikes	YES	YES	NO	NO	n/a	YES		
Reebok	RTBC Racer 1	Spikes	YES	YES	NO	NO	n/a	YES		
Reebok	RTBC Racer 2	Spikes	YES	YES	NO	NO	n/a	YES		
Reshod	Pushover RW Shoe/C15094	No spikes	YES	YES	YES	YES	YES	YES		
Reshod	Coach Carmen RW Shoe/R15094	No spikes	YES	YES	YES	YES	YES	YES		
Salomon	S/LAB Phantasm	No spikes	YES	YES	YES	YES	YES	YES		
Saucony	Endorphin Pro	No spikes	NO	NO	NO	NO	YES	NO		
Saucony	Endorphin Speed	No spikes	NO	NO	NO	NO	YES	NO		

Shoe Company	Model	Type	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		
Saucony	Fastwitch 9 MH2	No spikes	YES	YES	YES	YES	YES	YES		
Saucony	Fastwitch 9	No spikes	YES	YES	YES	YES	YES	YES		
Skechers	Speed Elite	No spikes	NO	YES	NO	YES	YES	YES		
Skechers	Speed 6	No spikes	YES	YES	YES	YES	YES	YES		
Skechers	Speed Freak	Spikes	YES	YES	YES	YES	n/a	YES	30/11/2020	30/11/2021
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		
Under Armour	Velociti Wind / 302545	No spikes	NO	YES	NO	YES	YES	YES		