

## COMPETITION AND TECHNICAL RULE AMENDMENTS APPROVED BY WORLD ATHLETICS COUNCIL - December 2025

(to be in force with immediate effect unless stated otherwise)

Legena:	XXX	(black print)	=	ruie text
	XXX	(blue strikethrough)	=	deleted
	XXX	(red bold)	=	added to rule text
	XXX	(green print)	=	interpretation notes
	XXX	(green strikethrough)	=	deleted interpretation notes
	XXX	(green bold print)	=	added to interpretation notes
	XXX	(violet strikethrough)	=	text moved unchanged
	XXX	(violet)	=	text moved unchanged

ompetition Rules				
Rule Action	Current	Amended	Reason	Comment
CR8		World Athletic Referees		•
CR8.2 Amend	In Cross Country, Road Running, Mountain Running and Trail Running competitions, World Athletics Referees, if appointed, shall provide all necessary support to the Organisers.	In Road Running, Cross Country, Road Running, and Mountain Running and Trail Running competitions, World Athletics Referees, if appointed, shall provide all necessary support to the Organisers.	Consequence of the recent amendment to TR57 and reordering according to rule numbers	Editorial
CR8 Amend	Specific information is provided in the World Athletics Referee Guidelines which may be downloaded from the World Athletics website.	Specific information is provided in the World Athletics <b>Gold</b> Referee Guidelines which may be downloaded from the World Athletics website.	Correct naming of the document	Editorial
CR32	Events for which W	orld Records and World U20 Records are R	lecognised	
CR32 Amend	Half-Marathon Race Walk: Initial records to be recognised after 1 January 2026. For the purpose of recognising the first World Record, the minimum performance that needs to be beaten will be published in 2025 Marathon Race Walk: Initial records to be recognised after 1 January 2026. For the purpose of recognising the first World Record, the minimum performance that needs to be beaten will be published in 2025.	Half-Marathon Race Walk: Initial records to be recognised after 1 January 2026.  For the purpose of recognising the first World Record, the minimum performance that needs to be beaten will be published in 2025. The performance shall be better than 1:21:30 for men and 1:30:30 for women.   Marathon Race Walk: Initial records to be recognised after 1 January 2026. For the purpose of recognising the first World Record, the minimum performance that needs to be beaten will be published in 2025. The performance shall be better than 2:56:30 for men	Definition of requirements for initial records	

Technical Rules					
Rule	Action	Current	Amended	Reason	Comment
TR4			Entries		
TR4.3	Amend	Simultaneous Entries	Simultaneous Entries in Concurrent	To be correct	Editorial
		If an athlete is entered in both a Track	Events		
		Event and a Field Event, or in more than	If an athlete is entered in both a Track		
		one Field Event taking place	Event and a Field Event, or in more than		
		simultaneously, the appropriate Referee	one Field Event taking place		
		may,	simultaneously concurrently, the		
			appropriate Referee may,		
TR4.4	Amend	At all competitions under paragraphs 1.	At all competitions under paragraphs 1.	To be correct	Editorial
		(a), (b), (c) and 2. (a), (b) of the World	(a), (b), (c) and 2. (a), (b) of the World		
		Rankings Competition definition, an	Rankings Competition definition, an		
		athlete shall be excluded from	athlete shall be excluded from		
		participation in all further events	participation in all further events		
		(including other events in which they are	(including other events in which they are		
		simultaneously participating) in the	simultaneously concurrently		
		competition, including relays, in cases	participating) in the competition,		
		where:	including relays, in cases where:		
TR4.4 green text	Amend	The relevant Referee, once aware of	The relevant Referee, once aware of	Consistent use of	Editorial
		such a situation and is satisfied that the	such a situation and is satisfied that the	terminology	
		athlete who abandoned the race was not	athlete who abandoned the race was not		
		competing with a bona fide effort, must	competing with <del>a-</del> bona fide effort, must		
		make a reference to this in the relevant	make a reference to this in the relevant		
		results as "DNF TR4.4.3".	results as "DNF TR4.4.3".		
TR7		,	Warnings and Disqualification		
TR7.1	Amend	Athletes and relay teams shall	Athletes and relay teams shall	Consistent use of	Editorial
		participate in athletics competitions in a	participate in athletics competitions in a	terminology	
		bona fide manner and shall not engage	with bona fide <del>manner effort</del> and shall		
		in unsporting or improper conduct. Any	not engage in unsporting or improper		
		athlete or relay team failing to comply	conduct. Any athlete or relay team failing		
		with this Rule may be warned or	to comply with this Rule may be warned		
		disqualified.	or disqualified.		

TR7.1 green text	Amend	Whilst it is normal and usually expected	Whilst it is normal and usually expected	Consistent use of	Editorial
1117.1 green text	7 illicita	that a yellow card would have been given	that a yellow card would have been given	terminology	Editoriat
		before a red card, it is envisaged that in	before a red card, it is envisaged that in	tommotogy	
		the cases of particularly bad unsporting	the cases of particularly bad unsporting		
		or improper behaviour or failing to	or improper behaviour or failing to		
		participate in a bona fide manner, a red	participate <del>in a</del> <b>with</b> bona fide <del>manner</del>		
		card can be given immediately.	effort, a red card can be given		
		,	immediately.		
TR7.3	Amend	Such disqualification shall prevent an	Such disqualification shall prevent an	To be correct	Editorial
		athlete from taking part in all further	athlete from taking part in all further		
		events or rounds of events (including	events or rounds of events (including		
		individual events of a Combined Event,	individual events of a Combined Event,		
		other events in which they are	other events in which they are		
		simultaneously participating and relays)	simultaneously concurrently		
		in that competition.	participating and relays) in that		
			competition.		
			•		
TR9			Competition Classification		
<b>TR9</b> TR9.4.2	Amend	Field Events for men and women may be	Competition Classification simultaneous competition in Field	Consistent use of	Editorial
	Amend	conducted simultaneously at one or	Competition Classification simultaneous competition in Field Events for men and women may be	Consistent use of terminology	Editorial
	Amend	-	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or		Editorial
TR9.4.2	Amend	conducted simultaneously at one or	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.		Editorial
TR9.4.2		conducted simultaneously at one or more event sites.	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements	terminology	
TR9.4.2	Amend	conducted simultaneously at one or more event sites.  The nominal length of a standard running	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements The nominal length of a standard running	terminology  Consistent use of	Editorial
TR9.4.2		conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard")	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements The nominal length of a standard running track shall be 400m ("400m Standard")	terminology	
TR9.4.2  TR14  TR14.1		conducted simultaneously at one or more event sites.  The nominal length of a standard running	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").	terminology  Consistent use of	
TR9.4.2  TR14  TR14.1  TR17	Amend	conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  The Race	Consistent use of terminology	Editorial
TR9.4.2  TR14  TR14.1		conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  Except as stated in Rule 24.4 of the	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  The Race  Except as stated in Rule 24.4 of the	Consistent use of terminology  Consistent use of	
TR9.4.2  TR14  TR14.1  TR17	Amend	conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  Except as stated in Rule 24.4 of the Technical Rules, when all or the first	Competition Classification simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  The Race Except as stated in Rule 24.4 of the Technical Rules, when all or the first	Consistent use of terminology	Editorial
TR9.4.2  TR14  TR14.1  TR17	Amend	conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in	Competition Classification  simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  The Race  Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in	Consistent use of terminology  Consistent use of	Editorial
TR9.4.2  TR14  TR14.1  TR17	Amend	conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in lanes, athletes may not make check-	Competition Classification  simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  The Race  Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in lanes, athletes may not make check-	Consistent use of terminology  Consistent use of	Editorial
TR9.4.2  TR14  TR14.1  TR17	Amend	conducted simultaneously at one or more event sites.  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in	Competition Classification  simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.  Track Measurements  The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").  The Race  Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in	Consistent use of terminology  Consistent use of	Editorial

TR19			Timing		
TR19.13.1	Amend	The System must record the finish	The System must <del>record <b>capture</b></del> the	To be technically precise	Editorial
		through a camera positioned in the	finish through a camera positioned in the		
		extension of the finish line, producing a	extension of the finish line, producing a		
		composite image.	composite image.		
		a. For competitions under paragraphs 1.	a. For competitions under paragraphs 1.		
		and 2. of the World Rankings	and 2. of the World Rankings		
		Competition definition, this composite	Competition definition, this composite		
		image must be composed of at least	image must be <del>composed of at least</del>		
		1000 images per second.	captured at a minimum rate of 1000		
		b. For other competitions, this	images frames per second.		
		composite image must be composed of	b. For other competitions, this		
		at least 100 images per second.	composite image must be <del>composed of</del>		
		In each case, the image must be	at least captured at a minimum rate of		
		synchronised with a uniformly marked	100 <del>images <b>frames</b> per second.</del>		
		time-scale graduated in 0.01 seconds.	In each case, the image must be		
			synchronised with a uniformly marked		
			time-scale graduated in 0.01 seconds.		
TR22			Hurdle Races		
TR22.1	Amend	For 100m, 110m and 400m hurdle races,	For 100m, 110m and 400m hurdle races,	To be correct	Editorial
		there shall be ten flights of hurdles in	there shall be ten flights of hurdles in		
		each lane, for 300m hurdle races, there	each lane. <del>,</del> fFor 300m hurdle races,		
		shall be seven flights of hurdles in each	there shall be seven flights of hurdles in		
		lane.	each lane.		
TR22.6	Amend	In addition, an athlete shall be	In addition, an athlete shall be	Minor displacements of	
		disqualified, if:	disqualified, if:	hurdles without significant	
		22.6.3 they directly or indirectly knock	22.6.3 they directly or indirectly knock	effect to other athletes	
		down or displace a hurdle in their or in	down <del>or displace</del> a hurdle in their or in	shall not lead to an	
		another lane in such a manner that there	another lane in such a manner that there	immediate DQ	
		is effect or obstruction upon any other	is effect or obstruction upon any other		
		athlete(s) in the race, and/or another	athlete(s) in the race, and/or another		
		Rule is also infringed.	Rule is also infringed.		

TR22.6 green text	Amend	Situations when an athlete knocks down or displaces a hurdle in another lane should be interpreted in a logical way. For example, an athlete who knocks down or displaces a hurdle in the lane of an athlete who has already gone over that hurdle, should not necessarily be disqualified unless they otherwise infringe the Rules,	displace a hurdle in their or in another lane in such a manner that there is a significant effect or obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed.  Situations when an athlete knocks down or displaces a hurdle in another lane should be interpreted in a logical way. For example, an athlete who knocks down or displaces a hurdle in the lane of an athlete who has already gone over that hurdle, or whose displacement does not significantly affect the other athlete's progression (i.e. does not result in significant effects such as altering their rhythm, shortening or lengthening their stride, changing direction, or causing an impact with the hurdle that would not have happened without the displacement) should not necessarily be disqualified unless they otherwise infringe the Rules,	Minor displacements of hurdles without significant effect on other athletes shall not lead to an immediate DQ
TR24			Relay Races	
TR24.10	Amend	However, once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team.	However, once a relay team has started in a competition, up to a total of four two additional athletes may be used as substitutes in the composition of the team.	To provide a more level playing field for all teams
TR24.22 green text	Add		To ensure that the positioning of the waiting athletes in the Medley Relay and all 4x400m relays is done in accordance with this Rule, electronic	To reduce the likelihood of errors in the positioning of the waiting athletes

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			systems may be used (e.g.		
			transponders, face- or uniform-		
			recognition applications, timing cells,		
			etc.). Data showing the order of the		
			teams as they enter the last bend shall		
			be made available to the Running and		
			Race Walking Events Referee and Chief		
			Umpire immediately on a dedicated		
			monitor or on one of the stadium's		
			main screens.		
TR25			General Conditions – Field Events		
TR25.17	Amend	Note (ii): In the High Jump and Pole	Note (ii): In the High Jump and Pole Vault,	To be correct	Editorial
		Vault, any change in the time period	any change in the time period allowed for		
		allowed for a trial, except the time	a trial, except the time specified for		
		specified for consecutive trials, shall not	consecutive trials, shall not be applied		
		be applied until the bar is placed to a	until the bar is placed <del>to </del> at a new height.		
		new height.			
TR25.17 green	Amend	Particular circumstances which should	Particular circumstances which should	To be correct	Editorial
text		be taken into account are the availability	be taken into account are the availability		
		of the runway for an athlete's trial in High	of the runway for an athlete's trial in High		
		Jump and Javelin Throw (when Running	Jump and Javelin Throw (when Running		
		or Race Walking Events are being held	or Race Walking Events are being held		
		simultaneously in the same competition	simultaneously concurrently in the		
		area) and the distance for athletes to	same competition area) and the		
		walk to and through the cage to reach	distance for athletes to walk to and		
		the circle to take their trial in Discus	through the cage to reach the circle to		
		Throw and Hammer Throw.	take their trial in Discus Throw and		
			Hammer Throw.		
TR27			High Jump		
TR27.2.2	Amend	An athlete fails if:	An athlete fails if:	In analogy to TR28.2.2	Editorial
		27.2.2 They touch the ground including	27.2.2 They touch the ground, including		
		the landing area beyond the vertical	the landing area, beyond the vertical		

		plane through the peersy adde of the	plane through the peersy odge of the		
		plane through the nearer edge of the	plane through the nearer edge of the		
		crossbar,	crossbar,		
TR28			Pole Vault		
TR28.2.2	Amend	An athlete fails if:	An athlete fails if:	To clarify that it is also a	Editorial
				failure if the athlete	
		28.2.2 they touch the ground, including	28.2.2 any part of their body, or the	releases the pole and it	
		the landing area, beyond the vertical	pole, touches they touch the ground,	subsequently touches the	
		plane through the back end of the box	including the landing area, beyond the	ground beyond the zero	
		with any part of their body or with the	vertical plane through the back end of	line.	
		pole, without first clearing the bar; or	the box <del> with any part of their body or with</del>		
			the pole, without the athlete first		
			clearing the bar; or		
TR28.2.2	Amend	Note (ii): It is not a failure if the pole	Note (ii): It is not a failure if the pole	Consistent use of	Editorial
		touches the landing mats, in the course	touches the landing <del>mats</del> <b>area</b> , in the	terminology	
		of trial, after properly being planted in the	course of <b>a</b> trial, after properly being		
		box.	planted in the box.		
TR28.2.2 green	Amend	Provided that they have time left for their	Provided that they have time left for their	To be clear	Editorial
text		trial and they did not touch the ground	trial and they did not touch the ground		
		beyond the zero line, they may continue	beyond the zero line, they may continue		
		with the trial. This also applies in cases	with the trial. This also applies in cases		
		where the athlete during the time for	where the athlete during the time for		
		their trial is, for any reason, placing the	their trial is, for any reason, placing the		
		pole in the box or otherwise through the	pole in the box or otherwise through the		
		vertical plane of the zero line and the	vertical plane of the zero line and the		
		pole touches the ground beyond the zero	pole <b>does not</b> touch <del>es</del> the ground		
		line, this is a failure;	beyond the zero line <del>, this is a failure</del> ;		
TR29		Ge	neral Conditions – Horizontal Jumps		
TR29.5	Amend	The use of video or other technology, to	The use of video or other technology, to	To harmonize take-off	
		assist the Judges in deciding the	To assist the Judges in deciding the	camera standards for	
		application of Rule 30.1.1 of the	application of Rule 30.1.1 of the	horizontal jumps	
		Technical Rules, is strongly	Technical Rules, <del>is strongly</del>		
		recommended at all levels of	recommended at all levels of		
		competition. However, if no technology	competition. video technology		

		to accellable and catalog builting (			
		is available, a plasticine indicator board	capturing video at 120 frames per		
		placed immediately beyond the take-off	second with a minimum resolution of		
		line may still be used.	4K shall be used for competitions		
			under paragraphs 1. (a) and (b) of the		
			World Rankings Competition		
			definition.		
			For other competitions, the use of such		
			technology is strongly recommended,		
			while alternative systems may also be		
			used if access is limited.		
			However, if no technology is available, a		
			plasticine indicator board placed		
			immediately beyond the take-off line		
			may still be used.		
TR32			neral Conditions – Throwing Events		
TR32.16	Amend	It shall be a failure if the shot, the discus,	It shall be a failure if the shot, the discus,	To be correct	Editorial
		the hammer head or the head of the	the hammer head or the head of the		
		javelin in contacting the ground when it	javelin in contacting the ground when it		
		first lands touches the sector line or the	first lands touches the sector line or the		
		ground outside the sector line.	ground outside the sector line. Moreover,		
		ground outside the sector line. Moreover, it shall be a failure if the shot,	ground outside the sector line. Moreover, it shall be a failure if the shot, the discus,		
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		Moreover, it shall be a failure if the shot,	it shall be a failure if the shot, the discus,		
		Moreover, it shall be a failure if the shot, the discus, the hammer head or the	it shall be a failure if the shot, the discus, the hammer head or the head any part of		
		Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before		
		Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any		
		Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided		
PART V		Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (ii) to Rule 32.14 of the Technical Rules) outside the sector line.	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (iii) to Rule 32.14 of the	COMPETITIONS	
PART V TR40		Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (ii) to Rule 32.14 of the Technical Rules) outside the sector line.	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (iii) to Rule 32.14 of the Technical Rules) outside the sector line.		
	Amend	Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (ii) to Rule 32.14 of the Technical Rules) outside the sector line.	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (iii) to Rule 32.14 of the Technical Rules) outside the sector line.  RACK STADIUM (SHORT TRACK STADIUM)		Editorial
TR40	Amend	Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (ii) to Rule 32.14 of the Technical Rules) outside the sector line.  200M STANDARD OVAL T Applicability of 400m Standard	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (iii) to Rule 32.14 of the Technical Rules) outside the sector line.  RACK STADIUM (SHORT TRACK STADIUM)  Oval Track Stadium Rules to Short Track S	tadium Competitions	Editorial
TR40	Amend	Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (ii) to Rule 32.14 of the Technical Rules) outside the sector line.  200M STANDARD OVAL T  Applicability of 400m Standard With the exceptions stated in the	it shall be a failure if the shot, the discus, the hammer head or the head any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (iii) to Rule 32.14 of the Technical Rules) outside the sector line.  RACK STADIUM (SHORT TRACK STADIUM)  Oval Track Stadium Rules to Short Track S  With the exceptions stated in the	tadium Competitions	Editorial

		requirement for wind measurement set	requirement for wind measurement set		
		out in Rules 17 and 29 of the Technical	out in Rules 17 and 29 of the Technical		
		Rules, the Rules of Parts I to IV for 400m	Rules, the Rules of Parts I to IV for 400m		
		Standard Oval Track Stadium	Standard Oval Track Stadium		
		competitions shall apply to Short Track	competitions shall apply to Short Track		
		Competitions.	Stadium Competitions.		
TR41			The Short Track Stadium		
TR41.3	Amend	All the tracks, runways or take-off	All the tracks, runways or take-off	Will be updated as of	Editorial
		surface areas shall be covered with a	surface areas shall be covered with a	1 January 2026, when the	
		synthetic material that should preferably	synthetic material that should preferably	relevant paragraph will be	
		be able to accept 6mm spikes in running	be able to accept 6mm spikes in running	in Regulation 9.	
		shoes (see also Regulation 11 of the	shoes (see also Regulation 9 11 of the	_	
		Athletic Shoe Regulations). The track	Athletic Shoe Regulations). The track		
		manufacturer or the stadium operator	manufacturer or the stadium operator		
		may allow the use of spikes of up to	may allow the use of spikes of up to		
		9mm.	9mm.		
TR43			The Oval Track and Lanes		
TR43.1	Amend	The nominal length of a standard running	The nominal length of a standard running	Consistent use of	Editorial
		track shall be 200m ("200m Standard	track shall be 200m ("200m Standard	terminology	
		Oval Track"). It shall consist of two	Oval Track"). It shall consist of two		
		parallel straights and two bends, which	parallel straights and two bends, which		
		may be banked, and whose radii should	may be banked, and whose radii should		
		be equal	be equal		
TR43.4	Amend	Where the inside edge of the track is	Where the inside edge of the track is	To reduce the risk of	
		bordered with a white line, it shall be	bordered with a white line, it shall be	athletes hitting larger	
		marked additionally with cones or flags	marked additionally with cones, 0.10m	cones or flags in short	
		on the bends and, optionally, on the	to 0.15m high, or flags on the bends and,	track races	
		straights. The cones shall be at least	optionally, on the straights. <del>The cones</del>		
		0.15m high. The flags shall be	shall be at least 0.15m high. The flags		
		approximately 0.25m × 0.20m in size, at	shall be approximately 0.25m × 0.20m in		
		least 0.45m high and set at an angle of	size, at least 0.45m high and set at an		
		60° with the ground away from the track.	angle of 60° with the ground away from		
1		The cones or flags shall be placed on the	the track. The cones or flags shall be		

white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line so that the edge of the white line closest to the track. The cones or flags shall be placed at intervals not exceeding 1.5m on the bends and, if used, 10m on the straights.  TR43.4 green text    Amend When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44.6    TR44.6    Add    A					
edge of the white line closest to the track. The cones of flags shall be placed at intervals not exceeding 1.5m on the bends and, if used, 10m on the straights.  TR43.4 green text  Amend When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44.6  TR44.6  Add  Add  Add  Add  Add  Add  Add  A			white line so that the edge of the base of	placed on the white line so that the edge	
track. The cones or flags shall be placed at intervals not exceeding 1.5m on the bends and, if used, 10m on the straights.  TR43.4 green text  Amend When positioning the flags or cones it must be taken into account that the white tine on the inside edge of tane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44.6  TR44.6  Add  Add  Add  Add  Add  TR44.6-green text  TR44.6-g			the cone or flag pole coincides with the	of the base of the cone <del> or flag pole</del>	
at intervals not exceeding 1.5m on the bends and, if used, 10m on the straights.  ITR43.4 green text  Amend When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  ITR44.6  Add  Add  ITR44.6  Add  Add  Add  Add  Add  Add  Add  A			edge of the white line closest to the	coincides with the edge of the white line	
bends and, if used, 10m on the straights.    Dends and, if used, 10m on the straights.   exceeding 1.5m on the bends and, if used, 10m on the straights. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).    TR43.4 green text			track. The cones or flags shall be placed	closest to the track. The cones <del>or flags</del>	
used, 10m on the straights. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR43.4 green text  Amend must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  TR44.6  Add  Add  Add  Add  Add  Add  Add  A			at intervals not exceeding 1.5m on the	shall be placed at intervals not	
TR43.4 green text  Amend when positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that tane. Cones are preferred and recommended for Short Track Competitions.  TR44.6  TR44.6  Add  Add  TR44.6  Add  Add  Add  Add  Add  Add  Add  A			bends and, if used, 10m on the straights.	exceeding 1.5m on the bends and, if	
TR43.4 green text  Amend When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  Add  Add  Add  Add  Add  A				used, 10m on the straights. Other	
TR43.4 green text  Amend When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  Add  TR44.6  TR44.6  Add  Add  Add  Add  Add  Add  Add  A				suitable physical markers of similar	
TR43.4 green text  Amend When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  Add  Add  TR44.6  TR44.6  Add  Add  Add  Add  Add  Add  Add  A				height may also be used if approved by	
text white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  Add  TR44.6  TR44.6  Add  Add  Add  Add  Add  Add  Add  A				the Technical Delegate(s).	
white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44.6  Add  Add  In the case of group starts, the outer half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  Add  A coloured lane line atone is not sufficient to mark the outer half of the	TR43.4 green	Amend	When positioning the flags or cones it	When positioning the <del>flags or</del> cones it	Consequence of the
does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  Add  Add  TR44.6  TR44.6  Add  Add  Add  Add  Add  Add  Add  A	text		must be taken into account that the	must be taken into account that the	amendment to TR43.4
that lane. Cones are preferred and recommended for Short Track Competitions.  TR44  TR44.6  Add  Add  Add  Add  Add  In the case of group starts, the outer half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6-green text  Add  A coloured lane line alone is not sufficient to mark the outer half of the			white line on the inside edge of lane 1	white line on the inside edge of lane 1	
TR44.6 Add			does not belong to the athlete drawn in	does not belong to the athlete drawn in	
TR44.6 - green text    Competitions.    Competitions.    Start and Finish on the Oval Track  In the case of group starts, the outer half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 - green text    Add    A coloured lane line alone is not sufficient to mark the outer half of the			that lane. Cones are preferred and	that lane. <del>Cones are preferred and</del>	
TR44.6 Add In the case of group starts, the outer half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  To be clear			recommended for Short Track	recommended for Short Track	
TR44.6 Add In the case of group starts, the outer half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  Add  A coloured lane line alone is not sufficient to mark the outer half of the			Competitions.	Competitions.	
half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  Add  A coloured lane line alone is not sufficient to mark the outer half of the	TR44			Start and Finish on the Oval Track	
cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  To be clear					
the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green Add A coloured lane line alone is not sufficient to mark the outer half of the		Add		In the case of group starts, the outer	In consistency with the
of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  Acoloured lane line alone is not sufficient to mark the outer half of the		Add			l
the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  Add  A coloured lane line alone is not sufficient to mark the outer half of the		Add		half of the track shall be marked by	l
outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  Add  A coloured lane line alone is not sufficient to mark the outer half of the		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on	l
intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  To be clear		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge	l
Suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  TR44.6 – green text  Acoloured lane line alone is not sufficient to mark the outer half of the		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with	l
height may also be used if approved by the Technical Delegate(s).  TR44.6 – green text  A coloured lane line alone is not sufficient to mark the outer half of the		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the	l
TR44.6 – green Add A coloured lane line alone is not text Sufficient to mark the outer half of the		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at	l
TR44.6 – green text  A coloured lane line alone is not sufficient to mark the outer half of the		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other	l
text sufficient to mark the outer half of the		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar	l
		Add		half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).	l
track for group starts and does not	TR44.6			half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).	amendment of TR43.4
	TR44.6 – green			half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).  A coloured lane line alone is not	amendment of TR43.4

			replace the requirement to use physical markers.		
TR48			Relay Races		
TR48	Amend	Note: Owing to the narrow lanes, Short Track Relay Races are much more liable to collisions and unintended obstruction than Relay Races on 400m Standard Oval Tracks. It is, therefore, recommended that, when possible, a spare lane should be left between each	Note: Owing to the potentially narrower lanes, Short Track Relay Races are may be much more liable to collisions and unintended obstruction than Relay Races on 400m Standard Oval Tracks. It is, therefore, recommended that, when necessary and possible, a spare lane	To be precise	Editorial
TR54		team.	should be left between each team.  Race Walking		
TR54.1	Amend	The standard distances on a Short Track shall be: 3000m, 5000m; on a 400m Standard Oval Track: 5000m, 10,000m, 20,000m, 35,000m, 50,000m; and on road courses: 10km, 20km, 35km, 50km.  (In force from 1 January 2026: The standard distances on a Short Track shall be: 3000m, 5000m; on a 400m Standard Oval Track: 5000m, 10,000m, Half-Marathon, Marathon, 50,000m; and on road courses: 10km, Half-Marathon, Marathon, 50km.)	The standard distances on a Short Track shall be: 3000m, 5000m; on a 400m Standard Oval Track: 5000m, 10,000m, 20,000m, 35,000m, 50,000m; and on road courses: 10km, 20km, 35km, 50km. (In force from 1 January 2026: The standard distances on a Short Track shall be: 3000m, 5000m; on a 400m Standard Oval Track: 5000m, 10,000m, Half-Marathon, Marathon, 50,000m; and on road courses: 10km, Half-Marathon, Marathon, 50km.)	Will be updated as of 1 January 2026, when the new Rule previously approved by Council comes into force	Editoria
TR54.6	Amend	When a Judge observes an athlete failing to comply with Rule 54.2 of the Technical Rules by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.	When a Judge observes an athlete failing to comply with Rule 54.2 of the Technical Rules by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge indicating the Judge's number, the athlete's bib	To clarify that a red card is effective at the time of writing by the RW judge	

				identification, the offence the Red Card was written. Each Red Card, including t which results in the disqua the athlete, has effect at the written by the Judge.	the Red Card alification of he time it is		
TR54.7.3	Amend	The applicable period in the Penalty		The applicable period in the Penalty		Will be updated as of	Editorial
		Zone shall be as follows:		Zone shall be as follows:		1 January 2026, when the	
		Races up to and including	Time	Races up to and including	<del>Time</del>	new Rule previously	
		5000m/5km	0.5 min	<del>5000m/5km</del>	<del>0.5 min</del>	approved by Council	
		10,000m/10km	1 min	<del>10,000m/10km</del>	<del>1 min</del>	comes into force	
		20,000m/20km	2 min	<del>20,000m/20km</del>	<del>2 min</del>		
		30,000m/30km	3 min	<del>30,000m/30km</del>	<del>3 min</del>		
		35,000m/35km	3.5 min	<del>35,000m/35km</del>	3.5 min		
		40,000m/40km	4 min	<del>40,000m/40km</del>	<del>-4 min</del>		
		50,000m/50km	5 min	<del>50,000m/50km</del>	<del>5 min</del>		
		(In force from 1 January 2026: The applicable period in the Penalty Zone shall be as follows:)		(In force from 1 January 2026: The applicable period in the Penalty Zone shall be as follows:)			
		Races up to and including	Time	Races up to and including	Time		
		5000m/5km	0.5 min	5000m/5km	0.5 min		
		10,000m/10km	1 min	10,000m/10km	1 min		
		Half Marathon	2 min	Half Marathon	2 min		
		30,000m/30km	3 min	30,000m/30km	3 min		
		Marathon	4 min	Marathon	4 min		
		50,000m/50km	5 min	50,000m/50km	5 min		
TR54.11.1	Amend	The circuit shall be no shorter than 1km		The circuit shall should be	no shorter	To allow for shorter circuits	
		and no longer than 2km. For events that		than 1km and shall be no longer than		if justified and approved by	
		start and finish in the stadium, the circuit		2km. Where the conduct of the race		the Technical Delegate	
		should be located as close as possible		justifies a circuit of less than 1km, this			
		to the stadium.		may be approved by the Technical			
				Delegate(s). For events that start and			
				finish in the stadium, the ci	rcuit should		

			be located as close as possible to the				
			stadium.				
PART VIII	CROSS COUNTRY, AND MOUNTAIN AND TRAIL RACES						
Part VIII	Amend	There are extreme variations in conditions in which Cross Country Running, Mountain Running and Trail Running are practised throughout the world and it is difficult to legislate international standardisation of these events. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist Members to develop Cross Country Running,	There are extreme variations in conditions in which Cross Country Running, and Mountain Running and Trail Running are practised throughout the world and it is difficult to legislate international standardisation of these events. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist Members to develop Cross Country Running, and	Consequence of the recent amendment to TR57	Editorial		
		Mountain Running and Trail Running	Mountain Running and Trail Running.				
TR57	Mountain and Trail Races						
TR57.4	Amend	For athletes' safety reasons and considering the peculiarities of each race, the Race Organiser shall, prior to the race, publish specific regulations of the race including at minimum:  • Detailed information about the technical characteristics of the race: total distance, total ascent / descent, description of the main difficulties of the track and the position of the aid stations	For athletes' safety reasons and considering the peculiarities of each race, the Race Organiser shall, prior to the race, publish specific regulations of the race including at minimum:   • Detailed information about the technical characteristics of the race; including total distance, total ascent / and descent, a description of the main difficulties of the track course and the position locations of the aid stations, specifying whether they are supported or non-	To avoid duplication	Editorial		

		<ul> <li>Detailed information regarding aid stations on the course, including location and available refreshments</li> <li>Location of the control posts and medical/aid stations (if applicable)</li> </ul>	supported and the available refreshments  Detailed information regarding aid stations on the course, including location and available refreshments  Location of the control posts and medical/aid stations (if applicable)		
TR57.10	Amend	In addition to the General Rules above, International and Regional Championships should follow the World Athletics Mountain and Trail Running Championships Technical Guidelines.	In addition to the General Rules above, International and Regional Championships should follow the World Athletics Mountain and Trail Running Championships Technical Guidelines.	Correct terminology	Editorial