



COMPETITION AND TECHNICAL RULE AMENDMENTS APPROVED BY WORLD ATHLETICS COUNCIL – December 2025
(to be in force with immediate effect unless stated otherwise)

Legend:

xxx	(black print)	=	rule 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

Competition 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 Gold Referee Guidelines which may be downloaded from the World Athletics website.	Correct naming of the document	Editorial
CR32		Events for which World Records and World U20 Records are Recognised			
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 and 3:17:00 for women.	Definition of requirements for initial records	

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

TR7.1 green text	Amend	Whilst it is normal and usually expected that a yellow card would have been given before a red card, it is envisaged that in the cases of particularly bad unsporting or improper behaviour or failing to participate in a bona fide manner, a red card can be given immediately.	Whilst it is normal and usually expected that a yellow card would have been given before a red card, it is envisaged that in the cases of particularly bad unsporting or improper behaviour or failing to participate in a with bona fide manner effort , a red card can be given immediately.	Consistent use of terminology	Editorial
TR7.3	Amend	Such disqualification shall prevent an athlete from taking part in all further events or rounds of events (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.	Such disqualification shall prevent an athlete from taking part in all further events or rounds of events (including individual events of a Combined Event, other events in which they are simultaneously concurrently participating and relays) in that competition.	To be correct	Editorial
TR9	Competition Classification				
TR9.4.2	Amend	Field Events for men and women may be conducted simultaneously at one or more event sites.	simultaneous competition in Field Events for men and women may be conducted simultaneously at one or more event sites.	Consistent use of terminology	Editorial
TR14	Track Measurements				
TR14.1	Amend	The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").	The nominal length of a standard running track shall be 400m ("400m Standard Oval Track").	Consistent use of terminology	Editorial
TR17	The Race				
TR17.7	Amend	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-marks or place objects on or alongside the running track for their assistance.	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-marks or place objects on or alongside the running track for their assistance.	Consistent use of terminology	Editorial

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

			22.6.4 they directly or indirectly 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.		
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, ...	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	

			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	<i>Note (ii): In the High Jump and Pole Vault, any change in the time period allowed for a trial, except the time specified for consecutive trials, shall not be applied until the bar is placed to a new height.</i>	<i>Note (ii): In the High Jump and Pole Vault, any change in the time period allowed for a trial, except the time specified for consecutive trials, shall not be applied until the bar is placed to at a new height.</i>	To be correct	Editorial
TR25.17 green text	Amend	Particular circumstances which should be taken into account are the availability of the runway for an athlete's trial in High Jump and Javelin Throw (when Running or Race Walking Events are being held simultaneously in the same competition area) and the distance for athletes to walk to and through the cage to reach the circle to take their trial in Discus Throw and Hammer Throw.	Particular circumstances which should be taken into account are the availability of the runway for an athlete's trial in High Jump and Javelin Throw (when Running or Race Walking Events are being held simultaneously concurrently in the same competition area) and the distance for athletes to walk to and through the cage to reach the circle to take their trial in Discus Throw and Hammer Throw.	To be correct	Editorial
TR27	High Jump				
TR27.2.2	Amend	An athlete fails if: ... 27.2.2 They touch the ground including the landing area beyond the vertical	An athlete fails if: ... 27.2.2 They touch the ground, including the landing area, beyond the vertical	In analogy to TR28.2.2	Editorial

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

		is available, a plasticine indicator board placed immediately beyond the take-off line may still be used.	<p>capturing video at 120 frames per second with a minimum resolution of 4K shall be used for competitions under paragraphs 1. (a) and (b) of the World Rankings Competition definition.</p> <p>For other competitions, the use of such technology is strongly recommended, while alternative systems may also be used if access is limited.</p> <p>However, if no technology is available, a plasticine indicator board placed immediately beyond the take-off line may still be used.</p>		
TR32	General Conditions – Throwing Events				
TR32.16	Amend	It shall be a failure if the shot, the discus, the hammer head or the head of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line. 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 of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line. Moreover, 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.	To be correct	Editorial
PART V	200M STANDARD OVAL TRACK STADIUM (SHORT TRACK STADIUM) COMPETITIONS				
TR40	Applicability of 400m Standard Oval Track Stadium Rules to Short Track Stadium Competitions				
TR40	Amend	With the exceptions stated in the following Rules of this Part V and, in the case of performances made in an enclosed and covered facility, the	With the exceptions stated in the following Rules of this Part V and, in the case of performances made in an enclosed and covered facility, the	To be precise	Editorial

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

		white line so that the edge of the base of the cone or flag pole coincides with 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.	placed on the white line so that the edge of the base of the cone or flag pole coincides with 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. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).		
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.	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.	Consequence of the amendment to TR43.4	
TR44	Start and Finish on the Oval 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).	In consistency with the amendment of TR43.4	
TR44.6 – green text	Add		A coloured lane line alone is not sufficient to mark the outer half of the track for group starts and does not	To be clear	

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

			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, Mountain Running and Trail 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 Mountain Running and Trail Running.	Consequence of the recent amendment to TR57	Editorial
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 style="list-style-type: none"> Detailed information regarding aid stations on the course, including location and available refreshments Location of the control posts and medical/aid stations (if applicable) 	<p>supported and the available refreshments</p> <p>...</p> <p>Detailed information regarding aid stations on the course, including location and available refreshments</p> <ul style="list-style-type: none"> 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