

SHORT TRACK

REVISION OF RULES 31, 32, 33, 34, 35, 36 OF THE COMPETITION RULES AND 2, 11, 14, 15, 17, 20, 40, 41, 42, 43, 44, 48, 52, 54 OF THE TECHNICAL RULES

APPROVED BY WORLD ATHLETICS COUNCIL – AUGUST 2023

(to be in force from 1 November 2023)

COMPETITION RULES

PART III - WORLD RECORDS

31. World Records

31.1...

31.2 The following categories of World Records are accepted by World Athletics:

31.2.1 World Records;

31.2.2 World U20 Records;

31.2.3 ~~World Indoor Records;~~

31.2.4 ~~World U20 Indoor Records.~~

31.3...

31.3.3 in the case of a performance submitted under Rules 31.2.2 ~~or 31.2.4~~ of the Competition Rules unless ...

31.4...

31.5...

31.6...

31.7...

31.8...

31.9...

31.10 ...

31.10.3 ... This list shall represent the performances regarded by World Athletics as being, from the date of the list, the best ratified performances yet set by an athlete or team of athletes in each of the recognised events listed in Rules 32, ~~33, 34 and 35~~ of the Competition Rules.

Specific Conditions

31.12 ~~Except in Road Events~~ For World Records on 400m Standard Oval Track:

31.12.1 The performance shall be made in a World Athletics certified athletics facility or at a competition area which conforms to Rule 2 of the Technical Rules or, where applicable, Rule 11.2 **or 11.3** of the Technical Rules.

31.12.2 ...

31.12.3 ...

31.12.4 A performance **made** in a Track Event **outdoors on a 400m Standard Oval Track** may be made only on a track which conforms to Rule 14 of the Technical Rules.

31.13 For World ~~Indoor~~ Records on 200m Standard Oval Track (Short Track):

31.14 ...

31.14.1 ...

31.14.2 ...

31.14.3 For performances made outdoors up to and including 200m, **except for races on a 200m Standard Oval Track**, information concerning wind velocity, ...

31.14.4 ...

31.14.5 For performances up to and including 400m (including 4 × 200m and 4 × 400m) under Rules 32 ~~and 34~~ of the Competition Rules, starting blocks linked to a World Athletics Certified Start Information System under Rule 15.2 of the Technical Rules must have been used and have functioned correctly so that reaction times were obtained and are shown on the results of the event.

31.15 ...

31.16 ...

31.17 ...

31.18 ...

31.19 ...

31.20 ...

31.21 ...

32. Events for which World Records **and World U20 Records are Recognised**

Fully Automatically Timed performances (F.A.T.)

Hand-Timed performances (H.T.)

Transponder Timed performances (T.T.)

Men

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;

110m Hurdles; 400m Hurdles;

4 × 100m Relay; 4 × 200m Relay; 4 × 400m Relay;

Decathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;

5000m; 10,000m; 1 Hour;

3000m Steeplechase;

4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay;

Race Walking (Track): 20,000m; 30,000m; 35,000m; 50,000m.

F.A.T. or H.T. or T.T.: Road Races: Road Mile; 5km; 10km; Half Marathon; Marathon; 50km; 100km;

Road Relay (Marathon distance only);

Race Walking (Road): 20km; 35km; 50km.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

Women

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;

100m Hurdles; 400m Hurdles;

4 × 100m Relay; 4 × 200m Relay; 4 × 400m Relay;

Heptathlon; Decathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;

5000m; 10,000m; 1 Hour;

3000m Steeplechase;

————— 4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay;

————— Race Walking (Track): 10,000m; 20,000m; 35,000m^o; 50,000m*.

F.A.T. or H.T. or T.T.: ————— Road Races: Road Mile⁺; 5km; 10km; Half Marathon; Marathon; 50km[#]; 100km;
Road Relay (Marathon distance only);

————— Race Walking (Road): 20km; 35km^o; 50km.

Note (i): Except Race Walking and Road Mile competitions, World Athletics shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed” or “Mx”) races and a World Record for performance achieved in single gender (“Women only” or “Wo”) races.

In Race Walking, only one World Record is kept, and it can be achieved either in a Mixed or Women only race.

In the Road Mile, only single gender World Records are kept.

Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.

⁺Initial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00.

^oInitial records to be recognised after 1 January 2023. The performance shall be better than 2:22:00 for men and 2:38:00 for women.

The 30,000m for men shall be deleted from the list upon ratification of the initial record for 35,000m.

[#]The initial records will be the best performances that comply with Rule 31 of the Competition Rules as at 1 January 2022. The performances shall be equal or better than 2:43:38 for men and 3:07:20 for women only and 2:59:54 for mixed race.

^{*}From 1 January 2023. Prior to 1 September 2023, official recognition of a World Record will require a performance of at least 3:50.00 (men) / 4:19.00 (women). If these standards are not met by 1 September 2023, the best record-eligible performances at this date will be recognised as the World Records.

~~Either Fully Automatic Times to 0.01 second accuracy or Hand / Transponder Times to 0.1 second accuracy will be accepted.~~

~~Jumping Events: ————— High Jump; Pole Vault; Long Jump; Triple Jump.~~

~~Throwing Events: ————— Shot Put; Discus Throw; Hammer Throw; Javelin Throw.~~

Universal

Running, Combined and Race Walking Events:

F.A.T. only: —————

————— 4 × 400m Relay (mixed)

33. Events for which World U20 Records are Recognised

Fully Automatically Timed performances (F.A.T.)

Hand Timed performances (H.T.)

Transponder Timed performances (T.T.)

U20 Men

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;

110m Hurdles; 400m Hurdles;

4 × 100m Relay; 4 × 400m Relay;

Decathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;

5000m; 10,000m; 3000m Steeplechase;

Race Walking (Track): 10,000m.

F.A.T. or H.T. or T.T.: Race Walking (Road): 10km.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

U20 Women

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;

100m Hurdles; 400m Hurdles;

4 × 100m Relay; 4 × 400m Relay;

Heptathlon, Decathlon*.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;

5000m; 10,000m; 3000m Steeplechase;

Race Walking (Track): 10,000m.

F.A.T. or H.T. or T.T.: Race Walking (Road): 10km.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

*Only ratified if over 7300 points.

34. Events for which World Indoor Records are Recognised

Fully Automatically Timed performances (F.A.T.)

Hand Timed performances (H.T.)

Men

Running, Combined and Race Walking Events:

F.A.T. only: 50m; 60m; 200m; 400m; 800m;

50m Hurdles; 60m Hurdles;

4 × 200m Relay; 4 × 400m Relay;

Heptathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m;

4 × 800m Relay;

Race Walking: 5000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Event: Shot Put.

Women

Running, Combined and Race Walking Events:

F.A.T. only: 50m; 60m; 200m; 400m; 800m;

50m Hurdles; 60m Hurdles;

4 × 200m Relay; 4 × 400m Relay;

Pentathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m;

4 × 800m Relay;

Race Walking: 3000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Event: Shot Put.

35. Events for which World U20 Indoor Records are Recognised

Fully Automatically Timed performances (F.A.T.)

Hand Timed performances (H.T.)

Men

Running and Combined Events:

F.A.T. only: 60m; 200m; 400m; 800m;

60m Hurdles;

Heptathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Event: Shot Put.

Women

Running and Combined Events:

F.A.T. only: 60m; 200m; 400m; 800m;

60m Hurdles;

Pentathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Event: Shot Put.

Event		Men	Women	U20 Men	U20 Women	Timing
<i>Running Events</i>	50m	✓	✓			FAT
	60m	✓	✓	✓	✓	FAT
	100m	✓	✓	✓	✓	FAT
	200m	✓	✓	✓	✓	FAT
	200m sh	✓	✓	✓	✓	FAT
	400m	✓	✓	✓	✓	FAT
	400m sh	✓	✓	✓	✓	FAT
	800m	✓	✓	✓	✓	FAT

	800m sh	✓	✓	✓	✓	FAT
	1000m	✓	✓	✓	✓	FAT or HT
	1000m sh	✓	✓	✓	✓	FAT or HT
	1500m	✓	✓	✓	✓	FAT or HT
	1500m sh	✓	✓	✓	✓	FAT or HT
	1 Mile	✓	✓	✓	✓	FAT or HT
	1 Mile sh	✓	✓	✓	✓	FAT or HT
	2000m	✓	✓			FAT or HT
	3000m	✓	✓	✓	✓	FAT or HT
	3000m sh	✓	✓	✓	✓	FAT or HT
	5000m	✓	✓	✓	✓	FAT or HT
	5000m sh	✓	✓	✓	✓	FAT or HT
	10,000m	✓	✓	✓	✓	FAT or HT
	1 Hour	✓	✓			FAT or HT
	3000m SC	✓	✓	✓	✓	FAT or HT
<i>Hurdle Races</i>	50m Hurdles	✓	✓			FAT
	60m Hurdles	✓	✓	✓	✓	FAT
	100m Hurdles		✓		✓	FAT
	110m Hurdles	✓		✓		FAT
	400m Hurdles	✓	✓	✓	✓	FAT
<i>Field Events</i>	High Jump	✓	✓	✓	✓	n/a
	Pole Vault	✓	✓	✓	✓	n/a
	Long Jump	✓	✓	✓	✓	n/a
	Triple Jump	✓	✓	✓	✓	n/a
	Shot Put	✓	✓	✓	✓	n/a
	Discus Throw	✓	✓	✓	✓	n/a
	Hammer Throw	✓	✓	✓	✓	n/a
	Javelin Throw	✓	✓	✓	✓	n/a
<i>Combined Events</i>	Pentathlon sh		✓		✓	FAT
	Heptathlon		✓		✓	FAT
	Heptathlon sh	✓		✓		FAT
	Decathlon	✓	✓	✓	✓	FAT
<i>Race Walking Events</i>	3000m sh		✓			FAT or HT
	5000m sh	✓				FAT or HT
	10,000m		✓	✓	✓	FAT or HT
	10km			✓	✓	FAT or HT or TT
	20,000m	✓	✓			FAT or HT
	20km	✓	✓			FAT or HT or TT
	30,000m	✓				FAT or HT
	35,000m	✓	✓			FAT or HT
	35km	✓	✓			FAT or HT or TT
	50,000m	✓	✓			FAT or HT
	50km	✓	✓			FAT or HT or TT
<i>Road Races</i>	Road Mile	✓	✓			FAT or HT or TT
	5km	✓	✓			FAT or HT or TT
	10km	✓	✓			FAT or HT or TT

	Half Marathon	✓	✓			FAT or HT or TT
	Marathon	✓	✓			FAT or HT or TT
	50km	✓	✓			FAT or HT or TT
	100km	✓	✓			FAT or HT or TT
	Road Relay (42.195km)	✓	✓			FAT or HT or TT
<i>Relay Races</i>	4 x 100m	✓	✓	✓	✓	FAT
	4 x 200m	✓	✓			FAT
	4 x 200m sh	✓	✓			FAT
	4 x 400m	✓	✓	✓	✓	FAT
	4 x 400m sh	✓	✓			FAT
	4 x 400m Mixed*	✓	✓			FAT
	4 x 800m	✓	✓			FAT or HT
	4 x 800m sh	✓	✓			FAT or HT
	4 x 1500m	✓	✓			FAT or HT
	Distance Medley	✓	✓			FAT or HT

*Universal event

sh = Short Track (200m Standard Oval Track – Part V of the Technical Rules)

Fully Automatically Timed performances (FAT)

Hand Timed performances (HT)

Transponder Timed performances (TT)

Note (i): Except Race Walking and Road Mile competitions, World Athletics shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed” or “Mx”) races and a World Record for performance achieved in single gender (“Women only” or “Wo”) races. In Race Walking, only one World Record is kept, and it can be achieved either in a Mixed or Women only race. In the Road Mile, only single gender World Records are kept.

Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.

Note (iii): For the Road Mile, either Fully Automatic Times to 0.01 second accuracy or Hand / Transponder Times to 0.1 second accuracy will be accepted.

Decathlon U20 Women: Only ratified if over 7300 points.

The 30,000m for men shall be deleted from the list upon ratification of the initial record for 35,000m.

35,000m Race Walk: Initial records to be recognised after 1 January 2023. The performance shall be better than 2:22:00 for men and 2:38:00 for women.

35km Race Walk Men: Initial records to be recognised after 1 January 2023. The performance shall be better than 2:22:00. ~~for men and 2:38:00 for women.~~

50,000m Race Walk Women: Initial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00.

~~Road Mile: From 1 January 2023. Prior to 1 September 2023, official recognition of a World Record will require a performance of at least 3:50.00 (men) / 4:19.00 (women). If these standards are not met by 1~~

~~September 2023, the best record-eligible performances at this date will be recognised as the World Records.~~

~~50km: The initial records will be the best performances that comply with Rule 31 of the Competition Rules as at 1 January 2022. The performances shall be equal or better than 2:43:38 for men and 3:07:20 for women only and 2:59:54 for mixed race.~~

~~36.~~ **33. Other Records**

...

TECHNICAL RULES

2. The Athletics Facility

...

~~Outdoor~~ **400m Standard Oval Track Stadium** competitions under paragraphs 1. (a) and (b) of the World Rankings Competition definition may be held only on facilities that hold a World Athletics Class 1 Athletics Facility Certificate. It is recommended that, when such facilities are available, ~~outdoor~~ **400m Standard Oval Track Stadium** competitions under paragraphs 1. (c), (d), (e) and 2. of the World Rankings Competition definition should also be held on these facilities.

In any case, a World Athletics Class 2 Athletics Facility Certificate shall be required for all facilities intended for use for ~~outdoor~~ **400m Standard Oval Track Stadium** competitions under paragraphs 1. (c) and 2. (a), (b), (c) of the World Rankings Competition definition. It is recommended that all competitions under paragraphs 1. (d), (e), 2. (d), (e) and 3. of the World Rankings Competition definition should also be held on certified facilities or, at least, the facility must conform to the Rules and Regulations, as amended from time to time. If the applicable regulations or World Rankings Competition categories so require, the facility must be certified.

...

*Note (iv): For the ~~indoor~~ **200m Standard Oval Track (Short Track) Athletics Facility**, see Rule 41 of the Technical Rules.*

11. Validity of Performances

11.1...

11.2...

11.3 Performances in events conducted ~~indoors or in an otherwise fully or partly covered~~ venue where the length or other specifications of the facility do not comply with the rules for ~~indoor~~ **Short Track** competitions shall be valid and recognised as if they were achieved ~~outdoors~~ **on a 400m Standard Oval Track**, if they are made subject to all of the following conditions:

...

When a result is achieved on a complying facility with no advantage gained and all related rules observed, the fact that it happened at a covered competition site does not prevent a result being listed among the outdoor equivalent distances and used for any statistical purpose (performances, e.g. on covered 400m tracks and straights). The current practice that results made in ~~indoor~~ tracks shorter than 200m count towards the ~~indoor~~ **200m Short Track results** does not change.

14. Track Measurements

14.1 The **nominal** length of a standard running track shall be 400m (**"400m Standard Oval Track"**).

15. Starting Blocks

...

15.3 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings

Competition definition and for any performances submitted for ratification as a World Record under Rules 32–~~34~~ of the Competition Rules, the starting blocks shall be linked to a World Athletics certified Start Information System. ...

17. The Race

17.10 The Running and Race Walking Events Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, **30m (50m and 60m races) or 50m (100m, 110m and 200m races)** from the finish line. The measuring plane shall be positioned 1.22m ± 0.05m high and not more than 2m away from the track.

17.12 The periods for which the wind velocity shall be measured from the flash / smoke of the Starter's gun are as follows:

	Seconds
50m	5
50m Hurdles	5
60m	5
60m Hurdles	5
100m	10
100m Hurdles	13
110m Hurdles	13

In the 200m event, **except for races on a 200m Standard Oval Track**, the wind velocity shall normally be measured for a period of 10 seconds commencing when the first athlete enters the straight.

20. Seedings, Draws and Qualification in Track Events

20.1...

20.2 ...

...

The requirements of the Rule in relation to the “best performed athletes” does require some deviation from the strict protocol outlined above. For example, an athlete who might normally be seeded in a high position might not have any, or only a poor, valid performance in the predetermined period (through injury, illness, ineligibility or in the case of ~~indoor~~ **Short Track** meetings only have ~~outdoor~~ **400m Standard Oval Track Stadium** results). Whilst they would normally be placed lower or at the bottom of the seeding list, adjustment should be considered by the Technical Delegate(s). Similar principles should be applied to avoid a clash in a Qualification Round between athletes considered to be the favourites to place highly in the event if the results of the previous round would strictly dictate that they should be in the same heat. At this same time any adjustments to ensure as much as possible that athletes from the same nation or team are in different heats should also be made.

...

PART V – ~~INDOOR~~ 200M STANDARD OVAL TRACK STADIUM (SHORT TRACK) COMPETITIONS

40. Applicability of ~~Outdoor~~ 400m Standard Oval Track Stadium Rules to ~~Indoor~~ Short Track Competitions

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 requirement for wind measurement set out in Rules 17 and 29 of

the Technical Rules, the Rules of Parts I to IV for ~~outdoor~~ **400m Standard Oval Track Stadium** competitions shall apply to ~~indoor~~ **Short Track** Competitions.

41. The ~~indoor~~ **Short Track Stadium**

41.1 The stadium ~~shall~~ **may** be completely enclosed and covered. **If enclosed and covered**, lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.

41.2...

41.3...

~~Indoor Short Track Track and Field Athletics~~ competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition should be held only on facilities that hold a World Athletics ~~Indoor Short Track~~ Athletics Facility Certificate. It is recommended that, when such facilities are available, competitions under paragraphs 1. (d), (e) and 2. (c), (d), (e) of the World Rankings Competition definition should also be held on these facilities.

....

*Note (ii): The World Athletics Track and Field Facilities Manual, which is available from the World Athletics Office, or may be downloaded from the World Athletics website, contains more detailed and defined specifications for planning and construction of ~~indoor~~ **Short Track** stadia including diagrams for track measurement and marking.*

...

Lack of suitable lighting is a common problem for ~~indoor~~ **covered stadium** competitions. A covered stadium must have a lighting which allows a correct and fair delivery of the events and if there is television coverage the illumination level may need to be higher. The finish line area(s) may require additional lighting for the Fully Automatic Timing.

...

42. The Straight Track

(See the Rules for ~~outdoor~~ **400m Standard Oval Track Stadium** competitions and the World Athletics Track and Field Facilities Manual.)

43. The Oval Track and Lanes

Oval Track

43.1 The nominal length ~~should preferably~~ **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.

Lanes

43.2...

Banking

43.3...

Marking of the Inside Edge

43.4...

*Note: For all ~~indoor~~ **Short Track** competitions directly under World Athletics, the use of an inside kerb is strongly recommended.*

...

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 ~~runner~~ athlete drawn in that lane. Cones are preferred and recommended for ~~indoor~~ Short Track competitions.

44. Start and Finish on the Oval Track

44.1 Technical information on the construction and marking of a ~~200m standard~~ banked ~~indoor~~ **Short Track track oval are is** given in detail in the World Athletics Track and Field Facilities Manual. The basic principles to be adopted are given hereunder.

Basic Requirements

44.2...

44.3...

44.4...

44.5...

Conduct of the Races

44.6...

Start Line and Finish Line for a Track of 200m Nominal Length

....

...

...

48. Relay Races

Conduct of the Races

48.1...

48.2....

48.3....

48.4...

Note: Owing to the narrow lanes, ~~indoor~~ **Short Track** Relay Races are much more liable to collisions and unintended obstruction than ~~outdoor~~ Relay Races **on 400m Standard Oval Tracks**. It is, therefore, recommended that, when possible, a spare lane should be left between each team.

...

52. Shot Put

...

52.3 ~~In view of the~~ **If there is** limited space in ~~an indoor~~ **the** Field of Play, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction.

...

52.5 These shall comply with Rule 33.4 and 33.5 of the Technical Rules, ~~for the Shot Put outdoors~~.

...

PART VI - RACE WALKING EVENTS

54. Race Walking

Distances

54.1 The standard distances **on a Short Track** shall be: ~~indoor:~~ 3000m, 5000m; ~~outdoor:~~ **on a 400m Standard Oval Track**, 5000m, ~~10km~~, 10,000m, ~~20km~~, 20,000m, ~~35km~~, 35,000m, ~~50km~~, 50,000m **and on road courses**, 10km, 20km, 35km, 50km.