



COMPETITION AND TECHNICAL RULE AMENDMENTS APPROVED BY WORLD ATHLETICS COUNCIL – March 2026
(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
CR31		World Records			
CR31.3.3	Amend	in the case of a performance submitted under Rule 31.2.2 of the Competition Rules, unless the athlete's date of birth has been previously confirmed by the Chief Executive Officer, have their date of birth confirmed by their passport, ...	in the case of a performance submitted under Rule 31.2.2 of the Competition Rules, unless the athlete's date of birth has been previously confirmed by the Chief Executive Officer of World Athletics , have their date of birth confirmed by their passport, ...	To be clear	Editorial
CR31.14.4	Amend	No performance will be ratified where the athlete has infringed Rule 17.3 of the Technical Rules except, ... nor in the case of an individual event where an athlete has recorded a false start as allowed under Rule 39.8.3 of the Technical Rules.	No performance will be ratified where the athlete has infringed Rule 17.3 of the Technical Rules except, ... nor in the case of an individual event where an the athlete has recorded a false start as allowed under Rule 39.8.3 of the Technical Rules.	To be clear that a FS from another athlete will not prevent a WR from being ratified.	
CR31.20.2	Amend	The circuit shall be no shorter than 1km and no longer than 2km with a possible start and finish in a stadium	The circuit shall be no shorter than 1km, unless specifically approved by the Technical Delegate(s) under Rule 54.11.1 of the Technical Rules , and no longer than 2km with a possible start and finish in a stadium	Consequence of the recent amendment of TR54.11.1	Editorial

Technical Rules					
Rule	Action	Current	Amended	Reason	Comment
TR2		The Athletics Facility			
TR2	Amend	Any firm, uniform surface that conforms to the specifications in the Track and Field Facilities Manual, may be used for Track and Field Athletics.	Any firm, uniform surface that conforms to the specifications in the World Athletics Track and Field Facilities	Consistent use of terminology	Editorial

			Manual, may be used for Track and Field Athletics.		
TR3	Age, Male and Female Categories				
TR3.2	Amend	An athlete shall be eligible to compete in an age group competition under these Rules if they are within the age range specified in the relevant age group classification. An athlete must be able to provide proof of their age through presentation of a valid passport or other form of evidence as permitted by the applicable regulations for the competition. An athlete who fails or refuses to provide such proof shall not be eligible to compete.	An athlete shall be eligible to compete in an age group competition under these Rules if they are within the age range specified in the relevant age group classification. An athlete must be able to provide proof of their age through presentation of a valid passport or other form of evidence as permitted by the applicable regulations for the competition and/or in accordance with any specific requirements that the Council may impose from time to time for proof of an Athlete's eligibility to compete for a Member in an age group competition . An athlete who fails or refuses to provide such proof of age in accordance with the Eligibility Rules shall not be eligible to compete.	Enabling Council to impose specific requirements	
TR4	Entries				
TR4.3	Amend	<i>Note: In Field Events, the Referee shall not allow an athlete to take a trial in a different order in the final round of trials but the Referee may allow an athlete to do so during any earlier round of trials. In Combined Events, a change may be allowed in any round of trials.</i>	<i>Note: In Field Events, the Referee shall not allow an athlete to take a trial in a different order in the final round of trials but the Referee may allow an athlete to do so during any earlier round of trials. In Qualification Rounds and in Combined Events, a change may be allowed in any round of trials.</i>	The intention of this Rules is to ensure the 'correct' order in the final round, when it is in the reverse ranking order according to TR25.6.1. For Qualification Rounds, this does not apply and therefore – in analogy to Combined Events – there is no reason not to allow a different	

				order in the third attempt of a Qualification Round.	
TR6	Assistance to Athletes				
TR6.3.1	Amend	For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed: 6.3.1 Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rules 6.4.4 and 6.4.8 of the Technical Rules).	For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed: 6.3.1 Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped, by athletes wearing footwear not compliant with the Athletic Shoe Regulations or by any kind of technical device (other than those permitted under Rules 6.4.4 and 6.4.8 of the Technical Rules).	To clarify that pacing by athletes wearing non-approved shoes is assistance	
TR6.3.3	Amend	Except for shoes complying with Rule 5 of the Technical Rules, the use of any technology or appliance that provides the user with an advantage which they would not have obtained using the equipment specified in, or permitted by, the Rules.	Except for shoes complying with Rule 5 of the Technical Rules, The use of any technology or appliance that provides the user with an advantage which they would not have obtained using the equipment specified in, or permitted by, the Rules.	1) The requirements for shoes are now specifically defined in the Athletic Shoe Regulations rather than in TR5 2) The end of the sentence (“... using the equipment specified in, or permitted by, the Rules”) covers all Rules anyway, so there is no need for an exception specifically for TR5.	Editorial
TR15	Starting Blocks				
TR15.1 – green text	Move	To be clear, the requirement that no part of the starting block shall overlap the start line includes the frame.	To be clear, the requirement that no part of the starting block shall overlap the start line includes both the frame and the footplates . The frame only (but not	Move from TR15.4	Editorial

			any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.		
TR15.4 – green text	Move	This Rule should also be interpreted so that: a. no part of the frame or footplates can overlap a start line; b. the frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.	This Rule should also be interpreted so that: a. no part of the frame or footplates can overlap a start line; b. the frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.	Move to TR15.1	Editorial
TR20	Seedings, Draws and Qualification in Track Events				
TR20.4.2	Amend	For an eight-lane track, three draws for lanes will then be made. When there are fewer or more than eight lanes, the principles in the following system with the necessary modifications should be used.	For an eight- or a nine -lane track, three the draws for lanes will then be made in accordance with Rules TR20.4.3 to TR20.4.5 or TR20.4.6 to TR20.4.8 of the Technical Rules, respectively . When there are fewer or more than eight or more than nine lanes, the same principles in the following system with the necessary modifications should be used.	Consequence of the recent addition of TR20.4.6 to TR20.4.8	Editorial
TR22	Hurdle Races				
TR22.6.3	Amend	they directly or indirectly knock down a hurdle in their or in another lane in such a manner that there is effect or	they directly or indirectly knock down a hurdle in their or in another lane in such a manner that there is effect or	Consequence of the recent addition of TR22.6.4	Editorial

		obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed.	obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed; or		
TR23	Steeplechase Races				
TR23.6	Amend	<i>Note: Pits to the 2018/19 specifications remain acceptable.</i>	<i>Note: Existing Pits to the 2018/19 specifications remain acceptable. However, any new installation or renovation shall comply with the specifications set out in this Rule.</i>	To be clear	Editorial
TR35	Discus Cage				
TR35.1	Delete	<i>Note (i): The hammer cage specified in Rule 37 of the Technical Rules may also be used for Discus Throw, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.</i>	<i>Note (i): The hammer cage specified in Rule 37 of the Technical Rules may also be used for Discus Throw, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.</i>	There is a danger that a hammer hitting a discus circle in front of a hammer circle will bounce back on the thrower.	
TR37	Hammer Cage				
TR37.6		Where it is desired to use the same cage for Discus Throw, the installation can be adapted in two alternative ways. Most simply, a 2.135m/2.50m concentric circle may be fitted, but this involves using the same surface in the circle for Hammer Throw and Discus Throw. The hammer cage shall be used for Discus Throw by fixing the movable netting panels clear of the cage opening. For separate circles for Hammer Throw and Discus Throw in the same cage, the two circles shall be placed one behind the other with the centres 2.37m apart	Where it is desired to use the same cage for Discus Throw, the installation can be adapted in two alternative ways. Most simply, a 2.135m/2.50m concentric circle may be fitted, but noting that this involves using the same surface in the circle for Hammer Throw and Discus Throw. The hammer cage shall be used for Discus Throw by fixing the movable netting panels clear of the cage opening. For separate circles for Hammer Throw and Discus Throw in the same cage, the two circles shall be placed one behind the other with the centres 2.37m apart	There is a danger that a hammer hitting a discus circle in front of a hammer circle will bounce back on the thrower. Note: This is also a cheaper option than having separate hammer and discus circles. Moreover, it facilitates the operations as the sector lines do not have to be moved.	

		<p>on the centre line of the landing sector and with the discus circle at the front. In that case, the movable netting panels shall be used for Discus Throw in order to lengthen the cage sides.</p> <p><i>Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50m away from the centre of concentric circles or the hammer circle in case of separate circles (or 3.00m for cages with separate circles built under the Rule in force before 2004 with the discus circle at the back). (See also Rule 37.4 of the Technical Rules.)</i></p>	<p>on the centre line of the landing sector and with the discus circle at the front. In that case, the movable netting panels shall be used for Discus Throw in order to lengthen the cage sides.</p> <p><i>Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50m away from the centre of the concentric circles or the hammer circle in case of separate circles (or 3.00m for cages with separate circles built under the Rule in force before 2004 with the discus circle at the back). (See also Rule 37.4 of the Technical Rules.)</i></p>		
Figure (c) TR37	Delete	<p>Cage for Hammer and Discus Throw with separate circles</p>	<p>Cage for Hammer and Discus Throw with separate circles</p>	<p>There is a danger that a hammer hitting a discus circle in front of a hammer circle will bounce back on the thrower.</p>	