



**COMPETITION AND TECHNICAL RULE AMENDMENTS APPROVED BY WORLD ATHLETICS COUNCIL – March 2025**  
(to be in force immediately unless stated otherwise)

**Legend:**

xxx	(black print)	=	rule text
<del>xxx</del>	(blue strikethrough)	=	deleted
<b>xxx</b>	<b>(red bold)</b>	=	<b>added to rule text</b>
xxx	(green print)	=	interpretation notes
<del>xxx</del>	(green strikethrough)	=	deleted interpretation notes
<b>xxx</b>	<b>(green bold print)</b>	=	added to interpretation notes
<del>xxx</del>	(violet strikethrough)	=	text moved unchanged
xxx	(violet)	=	text moved unchanged

Competition Rules					
Rule	Action	Current	Amended	Reason	Comment
<b>CR18</b>	<b>Referees</b>				
CR18 green text	Amend	If not, and if the Referee will not have time to place themselves in line with the finish line after the start procedure (as in 100m, 100/110m hurdles and 200m), ...	If not, and if the Referee will not have time to place themselves in line with the finish line after the start procedure (as in 100m, 100/110m hurdles, <del>and</del> 200m and 300m hurdles), ...	Consequence of the below amendment to TR22.1	
<b>CR22</b>	<b>Start Coordinator, Starter and Recalls</b>				
CR22.4	Amend	<i>Note: For events of 200m, 400m, 400m Hurdles, 4 × 100m, 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed Relays, there shall be at least two Recalls.</i>	<i>Note: For events of 200m, <b>300m Hurdles</b>, 400m, 400m Hurdles, 4 × 100m, <b>4 × 100m Mixed</b>, 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed Relays, there shall be at least two Recalls.</i>	Consequence of the below amendments to TR22.1 and TR24.1	
<b>CR32</b>	<b>Events for which World Records and World U20 Records are Recognised</b>				
CR32	Amend		<b>4 × 100m Mixed: Initial records to be recognised after 1 January 2026. The performance shall be better than the recognised world best performance as of the end of 2025.</b>	Add 4 × 100m Mixed as a new World Record Event for Seniors and U20 to the table in CR32 and define the procedure for the inaugural WR	

Technical Rules					
Rule	Action	Current	Amended	Reason	Comment
<b>TR16</b>	<b>The start</b>				
TR16.5	Amend	However, when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter's decision, a green card shall be shown to all the	However, when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter's decision, a green card shall be shown to all the athletes to indicate that a false start was	To allow for alternative indications of rule infringements or technical failures at the start.	

		athletes to indicate that a false start was not committed by any athlete.	not committed by any athlete. <b>Alternate visual or auidial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.</b>		
TR16.8 Note	Amend	<i>If the recalled or aborted start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.</i>	<i>If the recalled or aborted start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes. <b>Alternate visual or auidial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.</b></i>	To allow for alternative indications of rule infringements or technical failures at the start.	
TR16.9	Amend	If lane markers that provide for it are being used, then whenever a card is shown to the athlete(s) responsible for the false start, the corresponding indication should be shown on the lane marker(s).	If lane markers that provide for it are being used, then whenever a card is shown to the athlete(s) responsible for the false start, the corresponding indication should be shown on the lane marker(s). <b>Alternate visual or auidial indication may also be approved such as the use of widescreens or dedicated monitors,</b>	To allow for alternative indications of rule infringements or technical failures at the start.	

			<p><b>communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.</b></p>		
<b>TR22</b>	<b>Hurdle Races</b>				
TR22.1	Amend	<p>The standard distances shall be: Men, U20 Men and U18 Men: 110m, 400m Women, U20 Women and U18Women: 100m, 400m</p> <p>There shall be ten flights of hurdles in each lane, set out in accordance with the following table:</p> <p><b>Men, U20 Men and U18 Men</b> Distance of race: 110m, 400m Distance from start line to first hurdle: 13.72m, 45.00m Distance between hurdles: 9.14m, 35.00m Distance from last hurdle to finish line: 14.02m, 40.00m</p> <p><b>Women, U20 Women and U18 Women</b> Distance of race: 100m, 400m Distance from start line to first hurdle: 13.00m, 45.00m</p>	<p>The standard distances shall be: Men, U20 Men and U18 Men: 110m, <b>300m</b>, 400m Women, U20 Women and U18Women: 100m, <b>300m</b>, 400m</p> <p><b>There 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. The hurdles shall be</b> set out in accordance with the following table:</p> <p><b>Men, U20 Men and U18 Men</b> Distance of race: 110m, <b>300m</b>, 400m Distance from start line to first hurdle: 13.72m, <b>50.00m</b>, 45.00m Distance between hurdles: 9.14m, <b>35.00m</b>, 35.00m Distance from last hurdle to finish line: 14.02m, <b>40.00m</b>, 40.00m</p>	Include the 300m hurdles as a standard distance, using the existing hurdle markings of the 400m hurdles.	

		Distance between hurdles: 8.50m, 35.00m Distance from last hurdle to finish line: 10.50m, 40.00m	<b>Women, U20 Women and U18 Women</b> Distance of race: 100m, <b>300m</b> , 400m Distance from start line to first hurdle: 13.00m, <b>50.00m</b> , 45.00m Distance between hurdles: 8.50m, <b>35.00m</b> , 35.00m Distance from last hurdle to finish line: 10.50m, <b>40.00m</b> , 40.00m		
TR22.3	Amend	Dimensions: The standard heights of the hurdles shall be:  Distance of race: 110m/100m, 400m ...	Dimensions: The standard heights of the hurdles shall be:  Distance of race: 110m/100m, <b>300m</b> /400m ...	The hurdles for 300m hurdle races shall have the same heights as for 400m hurdle races	
<b>TR24</b>	<b>Relay Races</b>				
TR24.1	Amend	The standard distances shall be: 4 × 100m, 4 × 200m, 100m200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 400m Mixed, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m. <i>Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 24.3, 24.15 and 24.21 of the Technical Rules.</i>	The standard distances shall be: 4 × 100m, <b>4 × 100m Mixed</b> , 4 × 200m, 100m200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 400m Mixed, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m. <i>Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 24.3, 24.15<del>6</del> and 24.2<del>1</del><sup>2</sup> of the Technical Rules.</i>	Include the 4 × 100m Mixed as a standard distance.	

TR24.3	Amend	In the 4 × 100m and the 4 × 200m relays, and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the beginning of the zone.	In the 4 × 100m, <b>4 × 100m Mixed</b> and the 4 × 200m relays, and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the beginning of the zone.	Consequence of the amendment to TR24.1	
TR24.11	Add		<b>In the 4 × 100m Mixed, each team has to be composed of two men and two women. The running order shall be Woman, Woman, Man, Man.</b>	Define composition and running order of 4 × 100m Mixed	
TR24.11→ TR24.12	Amend	In the 4 × 400m Mixed, each team ...	In the 4 × 400m Mixed, each team ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.12→ TR24.13	Amend	The composition of a team ...	The composition of a team ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.13→ TR24.14	Amend	The 4 × 100m race shall be run entirely in lanes.	The 4 × 100m <b>and the 4 × 100m Mixed</b> races shall be run entirely in lanes.	Consequence of the above amendment to TR24.1, incl. renumbering.	
TR24.14→ TR24.15	Amend	The 4 × 200m race may be run in any of the following ways: 24.14.1 where possible, entirely in lanes (four bends in lanes), 24.14.2 in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes), 24.14.3 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where	The 4 × 200m race may be run in any of the following ways: 24.14 <b>5</b> .1 where possible, entirely in lanes (four bends in lanes), 24.14 <b>5</b> .2 in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes), 24.14 <b>5</b> .3 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical	Renumbering of the rule as a consequence of the above amendment.	

		athletes may leave their respective lanes (one bend in lanes). <i>Note: Where not more than four teams are competing and Rule 24.14.1 is not possible, Rule 24.14.3 should be used.</i>	Rules, where athletes may leave their respective lanes (one bend in lanes). <i>Note: Where not more than four teams are competing and Rule 24.14.1 is not possible, Rule 24.14.3 should be used.</i>		
TR24.15→ TR24.16	Amend	The Medley Relay race ...	The Medley Relay race ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.16→ TR24.17	Amend	The 4 × 400m and the 4 × 400m Mixed races may be run in either of the following ways: 24.16.1 in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes); 24.16.2 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes). <i>Note: Where not more than four teams are competing, Rule 24.16.2 should be used.</i>	The 4 × 400m and the 4 × 400m Mixed races may be run in either of the following ways: 24.167.1 in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes); 24.167.2 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes). <i>Note: Where not more than four teams are competing, Rule 24.167.2 should be used.</i>	Renumbering of the rule as a consequence of the above amendment.	
TR24.17→ TR24.18	Amend	The 4 × 800m race may be run in either of the following ways: 24.17.1 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes); 24.17.2 without the use of lanes.	The 4 × 800m race may be run in either of the following ways: 24.178.1 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes); 24.178.2 without the use of lanes.	Renumbering of the rule as a consequence of the above amendment.	

TR24.18→ TR24.19	Amend	If an athlete does not follow Rule 24.14, 24.15, 24.16 or 24.17.1 of the Technical Rules their team shall be disqualified.	If an athlete does not follow Rule 24.14 <del>5</del> , 24.15 <del>6</del> , 24.16 <del>7</del> or 24.17 <del>8</del> .1 of the Technical Rules their team shall be disqualified.	Renumbering of the rule as a consequence of the above amendment.	
TR24.19→ TR24.20	Amend	The Distance Medley Relay race ...	The Distance Medley Relay race ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.20→ TR24.21	Amend	For all takeovers, ...	For all takeovers, ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.21→ TR24.22	Amend	In the Medley Relay, the athletes running the final leg and in the 4 × 400m and the 4 × 400m Mixed races, the athletes running the third and fourth legs (or under Rule 24.16.2 of the Technical Rules, also the second leg) shall, ...	In the Medley Relay, the athletes running the final leg and in the 4 × 400m and the 4 × 400m Mixed races, the athletes running the third and fourth legs (or under Rule 24.16 <del>7</del> .2 of the Technical Rules, also the second leg) shall, ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.22→ TR24.23	Amend	... In 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed, waiting athletes shall maintain the order in accordance with Rule 24.21 of the Technical Rules. If an athlete does not follow this Rule, their team shall be disqualified.	... In 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed, waiting athletes shall maintain the order in accordance with Rule 24.21 <del>2</del> of the Technical Rules. If an athlete does not follow this Rule, their team shall be disqualified.	Renumbering of the rule as a consequence of the above amendment.	
TR24.23→ TR24.24	Amend	In the case of relay events not covered by this Rule, ...	In the case of relay events not covered by this Rule, ...	Renumbering of the rule as a consequence of the above amendment.	
<b>TR38</b>	<b>Javelin Throw</b>				
TR38.10	Amend	* Amended in August 2023 and in force from 1 April 2025.	* Amended in August 2023 and in force from 1 April 2025. <b>700g javelins to the 2024 specifications may still be used in competition until 31 October 2025.</b>	Grace period to accommodate challenges in the acquisition of the new javelins.	Editorial