



*Association of Canadian Ultramarathoners*  
*Association Canadienne des Ultra-marathoniens*

## **ACU Shoe Policy**

### **Preamble**

ACU is a member federation of the International Association of Ultrarunners (IAU). IAU governs the sport of ultradistance running worldwide, under the patronage of World Athletics. Whilst IAU generally follows World Athletics Rules and Regulations, there are occasional adjustments or allowances made due to the uniqueness of ultradistance events. (For example, the use of earbuds for listening to music in a 24 hour competition has been permitted.) Generally, ACU follows the rules and guidelines of IAU, but has the flexibility to make some adjustments that best support Canadian ultramarathoners.

This document outlines ACU's policy in regards to footwear used in competition.

Shoe rules are intended to help support fair play and the primacy of athletic performance over technology. Shoes must not be designed or modified to give athletes an unfair advantage over other athletes. Shoes must be publicly available for purchase so access is not exclusive to a few athletes.

### **ACU Rules**

1. Shoes to be used in competition must
  - (a) be on the World Athletics Shoe Checker List of Approved Athletic Shoes OR
  - (b) be a commercially available model that is compliant with WA Athletic Shoe Regulations (e.g., maximum sole thickness of 40mm; limit of one rigid structure in the sole and in one plane).
2. Shoes must be available for sale on the open market for at least 4 weeks prior to the competition.
3. Bespoke shoes (one-off shoes) are not allowed in competition, without exception.
4. Development shoes listed with World Athletics (on the Shoe Checker list) are allowed in competition, except in the following cases:
  - (a) athletes are trying to achieve a qualification standard for Team Canada,
  - (b) athletes are competing in ACU national championships,
  - (c) athletes are competing at IAU World or Continental Championships, and/or
  - (d) athletes are attempting to break a national record.
5. These shoe rules are applicable to all athletes in all competitions.

Note: Athletes can use shoes with a thickness up to 40mm at ultradistance events taking place on a track surface (i.e., the World Athletics track shoe limit of 20mm does not apply). Additionally, there is no sole thickness limitation in trail racing competitions.