

- Significant rules changes are IAAF Rule 100 (General) which gives guidance to dealing with elite athletes participating in Road Races; and IAAF Rule 261 now allows for 5km to be official and therefore world records can be set in this distance.
- IAAF Rule 100 also elaborates on the repetitions allowed in field events.
- IAAF Rule 125 further elaborates on Referees using of video footage during decision making. Referees now also have the power to overrule decision of Judges, with the exception of the starter.
- IAAF 125 also elaborates on the powers of the referee to remove any individual who is acting in an unsporting or improper manner.
- IAAF Rule 126 now allows Judges to revise their decision where necessary.
- IAAF Rule 134 which dealt with the announcer now forms part of rule 124 which deals with the functions of the Event Presentation Manager.
- IAAF Rule 141 elaborates on age and sex (Gender) rules
- Significant rule changes were made in clothing rules e.g. IAAF Rule 143.2 elaborates on specialized attire used by individual athletes, must be also available "in the market in the spirit of the universality of athletics"; IAAF Rule 143.7 now allow for all field events to wear only one competition/license number.
- Significant changes were made in the support of athletes, e.g. IAAF Rule 144.3 elaborates on "no physical support from another athlete" is allowed, e.g. helping a fellow athlete over the finish line in a marathon can lead to the disqualification of the helping athlete; IAAF Rule 144.4 elaborates on the right of a coach to communicate with the athlete during competition
- A number of changes were made in the starting rule e.g. IAAF Rule 161.1 now allow for starting blocks to be placed cross the line indicating the adjacent lane as long it does not pose an obstruction for the adjacent athlete.
- Significant changes in the use of markers were made e.g. In relays IAAF Rule 170.3 now allows for a 30m exchange area instead of the usual 10m and 17.4 now allows the Judge to move the markers used in relays if it is distracting; IAAF Rule 180.3 allows in field events to remove markers that does not apply to the rules; IAAF Rule 180.17/18 rule allows for all field events (pole vault excluding) on 30 seconds to commence their attempt.
- In Race Walking IAAF Rule 230.7 amended the pit lane rule significantly.