

COMPETITION RULES

Triathlon IRONSTAR EGYPT 2026

1. General Information about the Competition

1.1. The amateur triathlon **IRONSTAR EGYPT 2026** (hereinafter – the Competition) features two distances: **113** and **OLYMPIC**.

1.2. **113 distance:** 1.93 km swim + 89 km bike + 21 km run.

1.3. **OLYMPIC distance:** 1.5 km swim + 43 km bike + 10 km run.

1.4. **Time limits:**

113:

- Swim 1.93 km: 1 hour 10 minutes
- Swim 1.93 km + bike 89 km: 5 hours 25 minutes
- Total cut-off: 8 hours 30 minutes from start

OLYMPIC:

- Swim 1.5 km: 1 hour
- Swim 1.5 km + bike 43 km: 3 hours 10 minutes
- Total cut-off: 4 hours 50 minutes from start

1.5. Competition date: **January 31, 2026**.

1.6. Venue: **Nabq Bay, Sharm El Sheikh 2, South Sinai Governorate, Egypt**.

2. Management

2.1. The Competition is organized and conducted by **Architecture of Sports LLC (Russia)** and **Powerridesports (Power Ride for Sports Services) (Egypt)** (hereinafter – the Co-organizer) together with the Chief Referee Panel (hereinafter – the Organizing Committee).

2.2. The composition of the Chief Referee Panel is approved by **Architecture of Sports LLC** and the Co-organizer.

3. Requirements for Participants and Admission Conditions

3.1. Admission to participation:

- Persons aged **18 and older** are allowed to participate.
- The participant's age is determined as of **December 31** of the competition year.
- Each participant who is a citizen of the Russian Federation must have a medical certificate of health serving as the basis for admission to the Competition, issued in the form approved by Order of the Ministry of Health of the Russian Federation No. 1144n of 23.10.2020. The certificate must bear the issuing institution's seal and the physician's signature and seal. It must state that the participant is allowed to take part in triathlon at a distance no shorter than the one she intends to complete. The certificate must be issued no earlier than **6 months** before the Competition date.

- Participants without Russian citizenship must provide a **medical certificate** (in the form attached to these Regulations) serving as the basis for admission to the Competition. The certificate must bear the issuing institution's seal and the physician's signature and seal, and must state that the participant is allowed to take part in triathlon at a distance no shorter than the one she intends to complete.
- **Medical insurance.** Russian citizens competing individually or in a relay team must have medical insurance that explicitly covers "triathlon" risks with a minimum coverage of **1,000,000 RUB** valid in Egypt, or a valid **Russian Triathlon Federation (FTR) License**.
- A participant without Russian citizenship must have a **national federation license** or medical insurance covering "triathlon" risks valid in Egypt with coverage of at least **USD 12,000**.
- The Organizers reserve the right to refuse registration if there are reasonable doubts that the participant is physically capable of completing the distance, if her participation poses a threat to her life and health, or if her participation could harm the image of the Competition. In such cases, the participant will be informed by email with reasons. If the entry fee had already been paid, it will be refunded in full.

3.2. Responsibility for completing the distance lies with the participant. Any participant who poses a danger to others may be removed from the Competition by decision of the Chief Referee.

3.3. Race pack collection:

- The participant must collect the race pack in person.
- If unable to do so, a friend or family member may collect it with a power of attorney.
- To collect a participant's pack, the authorized person must present: the original power of attorney, the authorized person's ID, a copy of the participant's ID, the original medical certificate, and the insurance policy.

3.4. Race packs are issued only upon:

- Presentation of a valid ID (passport).
- Presentation of a medical certificate for Russian citizens or a medical certificate for participants without Russian citizenship. A photocopy is accepted only upon presentation of the original.
- Presentation of a national license **or** an accident & health insurance policy covering "triathlon" risks.
- Upon fulfilling all registration requirements, the participant receives a wristband. The wristband will be placed on the participant's wrist and serves as a pass to the transition area and other athlete-only zones.

3.5. After collecting the race pack, the participant receives a **personal electronic timing chip**. The participant must return the chip after the race when retrieving the bicycle from the transition area. In case of loss, a fine of **9,000 RUB or USD 110** will be charged.

3.6. Participants in events organized by **Architecture of Sports LLC**, whether competing individually or in teams, may form teams. Teams may create a name, motto, or slogan of their choice (provided it does not insult or demean other participants, spectators, or citizens and does not violate the laws of the Russian Federation or Egypt) and may use such name/motto/slogan for identification. Teams may also create their own symbols, which may be displayed as prints or patches on personal clothing or on team flags. Such symbols must not infringe third-party intellectual property, violate moral standards or applicable laws, or contain offensive or prohibited

(including extremist) content under Russian or Egyptian law. If logos or names protected as registered trademarks are used, the team must have the rights holder's consent. Flag displays at the event are permitted in any manner not prohibited by law or the Organizer's rules, provided they do not cover the Organizer's sponsors' and partners' information.

4. Participation Information

4.1. Travel, accommodation, and meals are at the expense of the delegating organizations and participants.

4.2. Registration limit: **1,000**. The Organizers reserve the right to adjust the limit based on venue specifics.

4.3. Participation formats:

- **Individual:** the athlete completes the entire distance independently;
- **Relay:** two or three athletes complete their respective segments in sequence.

5. Elite Category

5.1. The IRONSTAR triathlon includes an **Elite** category for the strongest athletes.

5.2. Selection to Elite is **automatic**: the system analyzes the athlete's IRONSTAR results over the last 3 years and, if the standards are met, moves the athlete to the Elite category.

5.3. Athletes placed in Elite are marked with a special icon in the start lists on www.iron-star.com.

5.4. Elite athletes start separately in the **first wave** in a mass-start format.

5.5. Dedicated racks in the transition area are provided for Elite athletes and marked accordingly.

5.6. Elite athletes may opt out of the first wave and start in the general wave with age groups. Each Elite athlete will receive an email in advance to confirm participation in the category.

5.7. The Elite category competes **only for overall standings**. Places **1–6** among men and women are awarded.

5.8. Elite athletes may not use personal safety buoys during the swim and may not use wetsuits at water temperatures exceeding the limits set by **World Triathlon** rules.

6. Slot Includes

- Use of a timing chip (for the duration of the event)
- Emergency medical assistance during the Competition
- Race bib
- Stickers for bike and helmet
- Swim cap, T-shirt, backpack
- Gifts from sponsors and partners
- Water, isotonic, gels, and nutrition on the course
- Finisher medal for every finisher
- Professional lifeguard team for the swim
- Free bike tech service during the Competition
- Oversight and control by a professional team of referees

7. Participant Categories

7.1. Age groups:

- Men, Women 18–24;

- Men, Women 25–29;
- Men, Women 30–34;
- Men, Women 35–39;
- Men, Women 40–44;
- Men, Women 45–49;
- Men, Women 50–54;
- Men, Women 55–59;
- Men, Women 60–64;
- Men, Women 65–69;
- Men, Women 70–74;
- Men, Women 75–79;
- Men, Women 80+.

7.2. Relay teams:

- Men's;
- Women's;
- Mixed.

7.3. Para-triathletes:

- Men para-triathletes;
- Women para-triathletes;
- Relay teams of para-triathletes;
- Mixed teams including para-triathletes.

8. Competition Schedule

The current schedule is available at www.iron-star.com. The Organizing Committee reserves the right to make changes.

9. Competition Rules

9.1. The Competition is conducted in accordance with these Regulations and **World Triathlon Rules**.

9.2. Each athlete is responsible for being familiar with and understanding the rules.

9.3. Each participant must study the info-catalog, watch and listen to the online briefing (if available) or attend the offline briefing, and know the course.

9.4. For safety, the start is conducted as a **rolling start** (except the Elite cluster).

9.5. In case of danger to life or health: during the swim segment, signal kayakers and lifeguards in boats by raising a hand; during the bike and run segments, contact referees, volunteers, or medical staff.

9.6. Para-triathlete categories start in the **last wave**. The participant or representative must inform the Organizer in advance about any assistance needed at the start.

9.7. **Drafting is prohibited** in the bike segment for all race formats and all participant categories.

9.8. Bicycle requirements shall comply with **World Triathlon Rules**.

9.9. Special provisions:

- Protests against penalties for **drafting violations** are not accepted.
- If you are unsure of your abilities and wish to swim with a personal safety buoy or in a wetsuit (when temperatures exceed the allowed limits), you may do so **only** when starting

in age-group categories. In this case, you are **not eligible for awards** and will be marked **NC (Not Classified)** in the final results, but with a finish time. If you choose to use a buoy or wetsuit (when temperatures exceed the limits), you must notify the Organizer **5 days before the start** via the “ASK YOUR QUESTION” section (<https://iron-star.com/faq/>). In the subject line, indicate “Swim NC _ city”.

10. Determination of Winners

- 10.1. Winners and prize-winners are determined in accordance with the Competition rules.
- 10.2. Timing is performed using the **MyLaps ProChip** system.
- 10.3. Protests shall be submitted to the Chief Referee, citing the specific rule allegedly violated, for consideration by the appeals jury **no later than 45 minutes** before the awards ceremony of the relevant distance. A protest must be submitted **in writing** and accompanied by a fee of **3,000 RUB or USD 35**.
- 10.4. If the protest is upheld, the **3,000 RUB / USD 35** fee is refunded; otherwise, it is retained.
- 10.5. Official Competition results are final and **not subject to appeal**.

11. Awards

11.1. Commemorative awards are presented to participants in the following categories:

- Men placing 1st–6th in Elite;
- Women placing 1st–6th in Elite;
- Men placing 1st–3rd in their age groups;
- Women placing 1st–3rd in their age groups;
- Men’s relay teams placing 1st–3rd;
- Women’s relay teams placing 1st–3rd;
- Mixed relay teams placing 1st–3rd;
- Men para-triathletes;
- Women para-triathletes;
- Relay teams of para-triathletes;
- Mixed relay teams including para-triathletes.

11.2. All finishers are awarded **finisher medals**.

12. Application Procedure (Online Registration)

- 12.1. To participate, an athlete must register on the Organizer’s website: www.iron-star.com.
- 12.2. A participant is considered registered after submitting the application in accordance with the rules and paying the entry fee. All registered participants appear in the start protocol published on the event page at www.iron-star.com.
- 12.3. By registering and paying the entry fee, the participant consents to the processing of personal data.
- 12.4. By registering and paying the entry fee, the participant agrees to these Competition Regulations.
- 12.5. The participant is personally responsible for the accuracy of the data provided during registration.
- 12.6. For effective communication, the participant must provide a correct phone number and email address. All news, changes, and results will be sent to these contacts.
- 12.7. Start lists will be closed to changes **no later than 16 days before** the race.

13. Exchange and Refund

13.1. Refunds are made to the participant's personal account balance in the amount of **75% of the slot price**. Funds cannot be withdrawn in cash; they can be used to purchase any slot on www.ironstar.com.

13.2. Transfer of a slot to a third party is possible via the personal account in accordance with the slot transfer rules.

13.3. All possible operations with slots must be completed **no later than 16 days before** the race.

14. Force Majeure

In case of weather or other force-majeure circumstances, the Organizers reserve the right to change the Competition Regulations (postpone the start time, cancel or shorten the **swim** segment) up to and including cancellation of the event, with subsequent notification of participants. In such cases, the entry fee is **non-refundable**.

We wish you the best of luck at IRONSTAR competitions!