

# COMPETITION RULES

Running Competition  
**IRONLADY EGYPT 2026**

## 1. General Information about the Competition

1.1. The women's running competition **IRONLADY EGYPT 2026** (hereinafter – the Competition) is held within the framework of the **IRONSTAR EGYPT 2026 Sports Festival**.

1.2. Distance: **5 km**. Time limit: **60 minutes**.

1.3. Competition date: **January 30, 2026**.

1.4. 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 **14 and older** are allowed to participate.
- The age of participants is determined as of **December 31** of the competition year.
- Each participant who is a citizen of the Russian Federation must present 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 October 23, 2020. The certificate must bear the seal of the issuing institution, as well as the doctor's signature and seal. The certificate must state that the participant is allowed to compete in a running distance no shorter than the declared one. 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 seal of the issuing institution, as well as the doctor's signature and seal, and must state that the participant is allowed to compete in a running distance no shorter than the one she intends to cover.
- The Organizers reserve the right to refuse registration if there are justified doubts that a participant is physically capable of completing the distance, or if her participation poses a threat to her life and health, or if her participation could damage the image of the Competition. In such a case, the participant will receive an explanation by email. If the entry fee was already paid at the time of refusal, it will be refunded in full.

3.2. Responsibility for completing the distance rests 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 kit collection:

- The participant must collect the race kit in person.
- If a participant is unable to collect the kit herself, a friend or family member may do so with a power of attorney.
- To collect the participant's kit, the authorized person must present: the original power of attorney, the authorized person's ID, a copy of the participant's ID, and the original medical certificate (or medical certificate for non-Russian citizens).

3.4. Race kits are issued only upon:

- Presentation of a valid ID.
- Presentation of a medical certificate. A photocopy of the medical certificate is accepted only if the original is presented.

3.5. Special conditions for minors:

- A participant under 18 may collect the race kit only with the original parental consent form for the child's participation.
- A copy of the parent's passport must be provided.
- A copy of the child's passport must be provided.

3.6. Participants in sports events organized by **Architecture of Sports LLC** may form teams. Such teams may create a name, motto, or slogan of their choice (provided it does not insult or demean other participants, spectators, citizens, and does not contradict the laws of the Russian Federation or Egypt). Teams may also create their own symbols, displayed on personal clothing, flags, or patches. Such symbols may not infringe copyrights, violate moral standards, or contain offensive or prohibited (including extremist) content under Russian or Egyptian law. If logos or trademarks belonging to third parties are used, written permission from the rights holder must be obtained.

- At the event, flag demonstrations are permitted in any way not prohibited by law or the Organizer's rules, provided they do not cover information about the Organizer's sponsors or partners.

## 4. Participation Information

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

4.2. Registration limit: **100 participants**. The Organizers reserve the right to adjust the limit based on the venue's specifics.

4.3. Participation format:

- **Individual** – the athlete completes the full distance independently.

## 5. Participant Categories

Age groups:

- Women 14–19 years;
- Women 20–29 years;
- Women 30–39 years;
- Women 40–49 years;
- Women 50+ years.

## 6. Elite Category

6.1. The IRONLADY running event includes an **Elite** category for the strongest athletes.

6.2. Selection criteria for Elite:

- Having Elite status at IRONSTAR triathlon events;
- Performance standards achieved within the last 3 years, including running legs of triathlons:
  - o 5 km in **00:22:00** or faster;
  - o 10 km in **00:45:00** or faster;
  - o 21.1 km in **01:40:00** or faster;
  - o 42.2 km in **03:20:00** or faster.
- Results from IRONLADY, IRONSTAR, and other organizers' events are considered.

6.3. If a participant has Elite status in IRONSTAR triathlons and has achieved 00:22:00 or faster in IRONLADY within the last 3 years, the Elite mark will automatically appear next to her name.

6.4. If the qualifying times were achieved at third-party events, the athlete must submit her official results via the “Ask Your Question” form on the website, selecting the “Elite Category” option.

6.5. Elite participants start separately in the **first wave** in a mass start format.

6.6. Elite participants may choose to start in the general wave with age groups instead. Each Elite participant will be notified by email in advance and asked to confirm her category participation.

6.7. The Elite category competes only for **overall standings**. Places 1–3 are awarded.

## 7. Competition Schedule

The current schedule is available at [www.iron-star.com](http://www.iron-star.com). The Organizing Committee reserves the right to make changes.

## 8. Competition Rules

8.1. The Competition is conducted in accordance with these Regulations.

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

8.3. Each participant must know the course.

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

## 9. Determination of Winners

- 9.1. Winners and prize-winners are determined based on the order of crossing the start and finish lines, according to net time.
- 9.2. Timing is conducted using the **MyLaps BibTag system**.
- 9.3. Protests may be submitted to the appeals committee no later than 45 minutes before the awards ceremony of the relevant distance, accompanied by a fee of **1,500 RUB or 20 USD**. If the protest is upheld, the fee is refunded. If not, it is retained.
- 9.4. Official results of the Competition are final and cannot be appealed.

## 10. Awards

- 10.1. Awards with commemorative prizes are given to participants in the following categories:
- Women placing 1st–3rd in Elite;
  - Women placing 1st–3rd in their age groups.
- 10.2. All finishers receive **finisher medals**.

## 11. Application Procedure (Online Registration)

- 11.1. Participants must register on the Organizer's website: [www.iron-star.com](http://www.iron-star.com).
- 11.2. A participant is considered registered after completing the application and paying the entry fee. All registered participants are listed in the official start protocol on the event webpage.
- 11.3. By registering and paying the entry fee, participants agree to the processing of personal data.
- 11.4. By registering and paying the entry fee, participants agree to these Regulations.
- 11.5. Participants are personally responsible for the accuracy of the data they provide.
- 11.6. Participants must provide a valid phone number and email address for communication. All news, changes, and results will be sent to the provided contacts.
- 11.7. Start lists are closed for changes **no later than 16 days before the race**.

## 12. Exchange and Refund

- 12.1. Refunds are made to the participant's personal account balance in the amount of **75% of the slot cost**. Money cannot be withdrawn but can be used to purchase any slot on [www.iron-star.com](http://www.iron-star.com).
- 12.2. Transfer of a slot to a third party is possible through the personal account. More details can be found in the FAQ section "Registration/Exchange/Refund."
- 12.3. All operations with slots must be completed **no later than 16 days before the race**.

## 13. Force Majeure

In the event 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 running stage) up to and including cancellation of the event, with participants being duly notified. In such cases, the entry fee is **non-refundable**.

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**We wish you the best of luck at IRONSTAR competitions!**