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**IRONMAN** Wales Cymru >>> Races >>> World Championship >>> Athletes >>> Rules and Regulations

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Do you like a big thrill? Then, extreme sports are for you!

## Key rules and regulations for **IRONKIDS** Wales

### Rules of the race

1. Children under 3 or over 14 can't compete.
2. Children must start in their year category; they cannot run with older/younger children.
3. Participants mustn't insult IRONKIDS volunteers and officials, or act badly.
4. Suitable shoes as well as the IRONKIDS T-shirt given by the staff are required for all participants.
5. Phones or walkie-talkies are strictly prohibited during competition.
6. All children in the 500 metre event must be accompanied by a parent.



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