

Krystal Kelly Running of the Queens High Heel Race Rules/Regulations

- All heels must past strict inspection by the Running of the Queens Compliance Judge/Judges
- All heels must meet the following requirements
 - Heel must be no **MORE** than 3” in **CIRCUMFERENCE**
 - Heel must be no **LESS** than 3” **HIGH**
 - There must be **AT LEAST** a 3” separation between the ball of the foot and the heel
 - No wedges, spool heels, or boots
- Must start **AND** finish in functional heels (it is participant’s responsibility to have spare set of heels or repair kit)
- Must be respectful of others
- Participants are encouraged but not required to make a statement of **FABULOUSNESS** or **OUTRAGEOUSNESS**
 - Come decked out in a **COSTUME**, a **UNIFORM**, or **PROM DRESS**, whatever as long as it is tasteful



- Remember **ALL** hair is divine so no pulling hair, weaves, tracks, wigs, toupees, beards, mustaches, or back hair
- The use of film, photographs, webcams, etc **ARE ENCOURAGED** (YouTube it gurl!!)
- All participants **MUST** sign a **WAIVER OF LIABILITY**
- **BE FABULOUS**
- **HAVE FUN**
- **RUN GURL RUN!!**