

Backyard Ultra Rules

1. Course:

1. Loop or out and back
2. Must be 4 miles 880 feet in length
3. Metric equivalent 6.7056 kilometers

2. Starting Corral:

1. Measured to fit entire starting field
2. Corral stays the same size throughout the event
3. Participants must be inside the corral at the bell

3. Starts:

1. Each Yard starts precisely one hour after the last
2. Warning must be given 3, 2, and 1 minute before the bell
3. All competitors must start at the bell (No late starts)

4. Yards:

1. Except for restroom breaks a competitor cannot leave the course until the Yard is complete
2. No non-competitors on the course (including eliminated runners)
3. No personal aid during a Yard
4. Each Yard must be completed in less than an hour to be counted
5. No artificial aids (including trekking poles)
6. Slower runners must yield/allow passes

5. Timing:

1. Keeping lap times is optional

6. Winner/Results:

1. The winner is the last person to complete a Yard
2. All others are technically DNF
3. Results of each participant in terms of Yards completed are to be given
4. If no participant can complete one more yard than anyone else there is no winner

7. Cap:

1. Race must be open ended