

Bargara By Night 12hr Backyard Ultra Race Rules

The Hourly Cycle:

- **The Signal:** Every hour, precisely on the hour, a signal (possibly a whistle) will mark the start of the next yard/lap.

- **The Starting Corral:** A clearly defined area behind the start/finish line will be created with fencing and a gate on one side. Runners numbers will be recorded on entry into the corral, *must* be physically present within this corral with their number recorded by the number marshal, when the final starting signal sounds. There will be zero tolerance for tardiness, the gate will be shut when the final starting signal sounds. Any athletes starting from the side will not have their number recorded as starting so that lap/yard will not be recorded and the athlete will be recorded as a DNS. A missed lap start or finish within the time is the end of the race for that athlete. Failure to leave the corral/start/finish area with the other competitors will be deemed DNS.

We recommend competitors are inside the corral area 3 min prior to race start for each lap, ensuring their number is recorded and they don't miss the start.

These rules enforce discipline and prevent strategic delays.

- **The 60-Minute Window:** Each yard/lap *must* be completed within the hour (59min & 59sec).

Finishing at 60:00 or later means you have timed out.

The Inter-Loop Period (Rest/Aid/Transition): This is the crucial time *between* finishing one loop and starting the next. Its duration is calculated simply: 60 minutes minus your [loop completion](#) time.

- *Example:* Finish loop in 48 minutes -> 12 minutes rest. Finish loop in 56 minutes -> 4 minutes rest.

- This period is entirely the runner's responsibility to manage. It's used for everything *except* running: eating, drinking, restroom breaks, changing clothes/shoes, addressing medical issues (blisters, chafing), consulting with crew, and crucially, mental recovery or even micro-naps later in the race.

- The inherent tension: Run faster for more rest, but burn more energy. Run slower to conserve energy, but have minimal time for vital recovery tasks. Finding a sustainable balance is a cornerstone of this race, bearing in mind if multiple people finish all 12 laps the cumulative lap times will be used to determine overall placing (1st, 2nd and 3rd +).

The Elimination Process: Thinning the Herd

Runners are removed from the race (receive a DNF) in one of three ways:

- **Timing Out:** Failing to cross the finish line of a loop before the 60-minute mark strikes.
- **Failure to Start (DNS – Did Not Start):** Not being inside the [starting corral](#) when the whistle sounds for the next loop. Even being one second late will result in elimination.
- **Voluntary Withdrawal (Quitting / Tapping Out):** Choosing to stop, either during a loop or between loops. This is often the result of overwhelming physical fatigue, insurmountable mental barriers, injury, or simply reaching a pre-determined personal goal.

The Winner

To be eligible to win, competitors must start the first and all consecutive laps on the start signal and abide with all rules. If multiple people finish all 12 laps the cumulative lap times, as recorded by the officials, will be used to determine the overall placing (1st, 2nd and 3rd etc) for both males and females.

• **Starting Procedure & Corral Discipline:** The hourly start, there will be warning whistle (at 3, 2, and 1 minute before the hour), It is recommended to be in the corral 3 minutes before the start to ensure you are recorded by the number marshal, have a working headlamp and positioned with the athletes timing in mind. Athletes must observe the absolute requirement to be *in* the corral prior to the final signal with their number recorded with a working headlamp. It is the athletes responsibility to ensure their number is recorded by the Number Marshall and their headlamp is sufficiently charged.

Competitors without a working headlamp will not be permitted to start that lap.

No numbers will be recorded after the start whistle has blown.

This enforces a rigid discipline, maintains order and will prevent unfair advantages, it is especially critical when runners are fatigued and disoriented.

• **Loop Completion Timing (< 60 Minutes):** The non-negotiable time limit for each yard/lap. While competitors are permitted to cross the finish line upto the 59min & 59sec mark, if they do so this will not allow sufficient time for the Number Marshall to record them as being in the Corral, thus resulting in a DNS, competitors numbers will not be recorded as being in the corral after the start whistle has sounded.

• **Restrictions on Leaving the Course:** Runners must generally stay on the advised course. The exception of diverting for unavoidable bodily functions is permitted, however there is to be no deviation from the advised course, competitors must return to the course where they left it and do the full indicated lap. There are toilets at either end of the course and at the start/finish area, using these facilities is not sufficient reason to cut the course, if you go into the toilets from one side you must resume the lap from the same position you exited the course. Covering additional distance is acceptable, ie missing a turn, then returning by the same way to the correct course is permitted.

Any athlete that takes a short cut will be disqualified, ensuring everyone covers the same ground.

- **No Personal Aid on the Course:** This is a defining rule. Between loops, in the designated start/finish/aid station area, runners can receive virtually unlimited support from their crew (food, drink, medical, gear, pacing information, encouragement). However, *once the bell rings and the loop begins*, the runner is entirely self-sufficient until they finish that loop.
 - *What Constitutes Aid:* Handing food/water or other items to the competitor, providing pacing (running alongside), carrying gear for the runner, or offering physical assistance (like pushing up a hill) during the loop are all forbidden. Verbal encouragement from stationary spectators along the course is acceptable.
- **No External Pacing:** Reinforces the “no personal aid on course” rule. Runners cannot have unregistered individuals run with them to help maintain pace or provide motivation during a loop. They can run *with* other registered competitors in the race, but cannot be paced by someone not actively competing. To be permitted to run on course with the other runners/competitors, a competitor must have started on the first lap, run all consecutive laps to that point in the race, abided by all the rules and not be running on a lap they are considered a DNS.
- **Use of Aids (Poles, Headphones):**
 - *Trekking Poles:* are not permitted, as they are not required for the terrain on this course.
 - *Headphones:* Runners are not permitted to run with earphones, headphones or hearing impairment of any kind, this is for safety, ability to hear instructions from any and all officials and for insurance purposes. Headphones that sit below the ears at a volume enabling the competitor to hear official’s instructions are permitted.
- **Gazebo space around start/finish area:** Each competitor is permitted a 3mx3m gazebo to be erected in an allocated space around the start finish area. Competitors must bring weights to secure the gazebo as NO pegs are permitted in Neilson’s Park. The spaces will be allocated at pack pickup if requested. Closest spaces will be allocated first.
- **First Aid Tent:** A First Aid Tent will be located around start/finish area. Any/all medical cost incurred will be the competitors’ responsibility.
- **Recharge station:** A headlamp recharge station will be located around start/finish area, insufficient charge in a headlamp to light the path will result in a DNS. Last minute charging or running to get a headlamp is insufficient reason to be late getting into the Corral will be treated per the corral rules.

Untangling the Terminology: A [Backyard Ultra](#) Glossary

- **Yard:** One loop of the 4.167-mile / 6.706-km course.
- **Loop / Lap:** Often used interchangeably with “Yard.”
- **The Bell / Signal:** The sound (bell, horn, etc.) marking the precise start of each hour/loop.
- **Corral / [Starting Corral](#):** The designated area where runners must be positioned when the bell rings to start the next loop.
- **Assist / [The Assist](#):** The competitor who finishes second-to-last. Their dropping out gives the final runner (the eventual winner) the “assist” by allowing them the chance to complete the final lap for the win. If the final runner fails that lap, [the Assist](#) (and everyone else) remains a in the race, the winner will be the person completing the maximum laps in the shortest time.
- **DNF (Did Not Finish):** The official result for all participants except the winner. Signifies the runner did not outlast all others.
- **Timed Out:** Being eliminated for failing to complete a yard/lap within the 60-minute time limit.
- **DNS (Did Not Start):** Being eliminated for failing to be in the [starting corral](#) at the sounding of the start whistle for the next loop. Often used interchangeably with “quit” if the decision was voluntary.
- **Crew / Crewing:** The support team assisting a runner between loops (providing aid, support, strategy). The act of providing this support is “crewing.”
- **Aid Station:** Can refer to the general start/finish area where runners set up personal supplies and where crews operate. Runners are required to provide their own supplies for themselves and their crew. Local tap water will be available for competitors at the corral gate. Delayed filling is insufficient reason to not be in the corral and recorded before the next hour starts.
- **Laz / Lazarus Lake:** Nickname for Gary Cantrell, the format’s founder.
- **Big’s / [Big’s Backyard Ultra](#):** The original BYU event held on Laz’s property, considered the World Championship.
- **Silver Ticket / Bronze Ticket / Golden Ticket:** Designations for affiliated BYU races where top performers can earn automatic or prioritized entry into higher-level events, culminating in [Big’s Backyard Ultra](#). The “Golden Ticket” typically refers to winning a Silver Ticket race, granting direct entry to Big’s. (This system connects to [finding backyard ultra races](#)).
- **Tapping Out:** Voluntarily quitting the race.
- **Sleep Monsters:** Hallucinations or disorientation caused by severe sleep deprivation.
- **(Ultra)Marathon Mind:** The state of mental fatigue and altered perception often experienced deep into endurance events.