
BSF Wular Ultra Run – Rules & Regulations

1. General Guidelines

- The **BSF Wular Run** is organized by the **Border Security Force (BSF)** in association with **Krish Sports & Fitness LLP**,
- The event will be conducted at **Wular Lake, Bandipore, Kashmir**, on **October 25, 2026**.
- Participants must adhere to all event rules, instructions, and safety guidelines issued by the organizers and authorities.
- The event includes the following categories:
 - **5 KM Run**(minimum age 10 years)
 - **10 KM Run** (minimum age 14 years)
 - **25 KM Run** (minimum age 18 years)
 - **50 KM Ultra Run** (minimum age 18 years)
- The race will be conducted under **timed conditions** using RFID-based timing systems.

2. Eligibility & Entry

- Entry is open to only **Indian nationals** with valid Government ID proof.
- Defence categories are open to serving and retired personnel of **BSF, Army, Navy, Air Force, and CAPF** with valid service ID.
- Each participant must register individually through the official website: www.krishfitnessacademy.com
- Registration is non-transferable and non-refundable.
- The organizers reserve the right to reject any application without assigning a reason.

3. Entry Fees

Category	Civilian Defence Personnel/J&K Resident	
5 KM	₹1200	₹360
10 KM	₹2000	₹600
25 KM	₹3000	₹900
50 KM Ultra	₹5000	₹1500

Fees include race entry, T-shirt, timing chip, bib, finisher medal, hydration, medical support. Transport from Srinagar to Bandipore and return after race with one night basic shared accommodation at Bandipore.

4. Qualification Criteria

- **25 KM Run:** Must have completed at least one timed race (10K or longer) within the last 2 years.
 - **50 KM Ultra:** Must have completed a **Marathon (42.195K)** or longer within the last 2 years.
 - Proof of timing certificate must be uploaded during registration.
-

5. Timing & Cut-Off

- All participants will be timed using RFID timing chips.
 - Timing chips must be properly affixed to the race bib and **should not be removed or damaged.**
 - **Cut-off times:**
 - 5 KM – 45 minutes
 - 10 KM – 1 hour 30 minutes
 - 25 KM – 3 hours 30 minutes
 - 50 KM Ultra – 7 hours
 - Runners exceeding the cut-off time may be asked to withdraw from the course for safety reasons.
-

6. Race Route & Safety

- The route passes through the Wular Lake landscape and heritage areas.
 - Runners must follow route markings and marshal instructions.
 - Any deviation from the designated route may result in disqualification.
 - Hydration and energy points will be available every 2.-2.5 km.
 - Medical and ambulance support will be provided along the route.
 - Littering on the route is strictly prohibited.
-

7. Bibs & Timing Tags

- Bibs and timing chips will be distributed at the **Expo & Bib Collection Counter** (details to be announced).
 - Participants must wear their bib on the **front chest area** at all times during the race.
 - Bibs are unique and non-transferable. Running with another participant's bib will lead to disqualification.
-

8. Prizes & Recognition

- **Prize money** will be awarded to the top finishers in each category, both Civilian and Defence.

- Runners must have valid ID and complete the race within cut-off time to qualify for awards.
 - Prize money Structure/categories will be shared in due course.
 - A minimum of 20 participants must be registered in a category with at least 10 finishers to be eligible for prize money.
 - Finisher medals and e-certificates will be provided to all official finishers.
-

9. Disqualification Grounds

A participant will be disqualified for:

- Providing false information during registration.
 - Using another participant's bib or timing chip.
 - Not following the designated race route.
 - Receiving outside assistance or pacing from vehicles.
 - Misconduct or unsportsmanlike behavior.
 - Violating event or safety instructions.
-

10. Medical & Liability Disclaimer

- Participants run at their own risk.
 - The organizers, sponsors, and partners are not responsible for any injury, loss, or damage during or after the event.
 - Participants are advised to undergo a medical check-up before the race and ensure they are fit to participate.
-

11. Environmental & Ethical Policy

- The **BSF Wular Ultr Run** is a **zero-litter event**.
 - Participants must dispose of waste only at designated hydration stations.
 - Respect local culture, environment, and heritage sites.
-

12. Amendments

- The organizers reserve the right to modify any rule, schedule, or route if required for safety or logistical reasons.
- Updates will be communicated via the official website and social media handles.

The organisers reserve the right to make changes to the above said rules by prior intimation to participants via email/Whatapp message

