

UMPIRE'S INCIDENT REPORT – CROSS COUNTRY

Meet: _____ Men ____ Women ____ Age Group _____
Team: _____ Bib Number: _____ Color of Top: _____ Color of Bottom: _____

Violation Location: _____

DESCRIPTION OF VIOLATION (who, what, when, and who was impacted) & RULE # _____

UMPIRE SIGNATURE: _____ TIME: _____ AM PM DATE: ____ / ____ / ____

REFEREE'S DECISION: _____

REFEREE SIGNATURE _____ TIME: _____ AM PM DATE: ____ / ____ / ____

Common X-C Rules for Referee & Umpires

A runner is subject disqualification (Rule 5.5.3) if they:

- a. Jostle, cut across or obstruct another competitor so as to flagrantly impede the other runner's progress. (Direct contact is not necessary action that causes another runner to break stride or lose momentum is grounds for DQ.)
b. Cut in front of another runner without proper clearance.
c. Veer to the left or right so to flagrantly impede a challenging runner or forces the challenging runner to run a greater distance.
d. Voluntarily leave the course or clearly abandon the race, then return to continue the race.
e. Try to force their way between two leading runners and make direct contact so as to impede the progress of either.
f. Gain a meaningful advantage by failing to complete the prescribed course defined by a legal marking system

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