

PENALTY BOX PROCEDURE

PENALTY BOX OFFICIAL'S RESPONSIBILITIES

It is important to understand that the Penalty Box can often be a very stressful experience for competitors, some of which may believe that they have been treated unjustly. Officials are to ensure that their behaviour is respectful and courteous at all times, whilst also ensuring that the Race Competition Rules (RCR's) are enforced.

Most importantly, Officials are to avoid placing themselves in confrontational situations. Personal safety shall take precedence over all other considerations.

When a competitor enters the Penalty Box, the Official shall ask the competitor to:

1. State the infringement(s) – Blue or Yellow Card

BLUE CARD Time Penalty

2. activate a stop watch;
3. record the competitor's race number, violation in the penalty box register;
4. ask the competitor to sign the register, as evidence of attending the penalty box;
5. take a photo of the competitors race number on their bike as it may be required as verification afterwards;
6. advise the competitor to proceed safely **after the time penalty has elapsed.**

While in the penalty box the competitor **MAY**: Eat, Drink, stretch etc.

The competitor may **NOT** : leave their bike, dispose of rubbish, take a bathroom break.

YELLOW CARD Stop Start Penalty

2. record the competitor's race number, violation in the penalty box register;
3. ask the competitor to sign the register, as evidence of attending the penalty box;
4. take a photo of the competitors race number on their bike as it may be required as verification afterwards;
5. advise the competitor to proceed safely **after the time penalty has elapsed.**

At the completion of the event, or at another time as advised by the Race Referee, Chief Race Official or Chief Penalty box, the Penalty Box Official shall return all equipment and all documentation to the RR, CRO or Chief Penalty Box Official for reconciliation.

COMPETITOR'S RESPONSIBILITIES

In the Penalty Box the competitor is considered to be still on the bicycle course and therefore:

- Must remain in their bike attire (helmet on and securely fastened and bike shoes on);
- Must remain with their bike upright at ALL times;
- Must not litter;
- Must not accept food or drink from a spectator;
- Must sign the penalty box register when requested by the technical official.

If a competitor removes part of their attire or uses the toilet during the penalty time period they shall be required to recommence the penalty period.

POST RACE RESPONSIBILITIES

The RR, CRO or Chief Penalty Box official shall:

- Obtain from all Technical Officials their Penalty Box Registers,
- Reconcile all infringements with the Penalty Box registers.