



Penalty Box Instructions

- Ensure you have all equipment needed:
 - Clipboard
 - Pens
 - Stop watches or a watch (at least 2)
 - Penalty Base Record Sheet
 - Athlete Forms
- Setup Penalty box with tables and Chairs
- Train Volunteers on procedure on giving a penalty
- Remember:
 - If an athlete wants to argue the penalty they need to request to see the Race Referee after the race.
 - They may eat or drink whilst serving the penalty
 - An athlete may not do the following whilst serving a penalty, the time is stopped if they decide to do any of the following:
 - go to the toilet whilst serving a penalty
 - Do any mechanical repairs on their bike
 - Remove their helmet

Tri NZ Sanctioned Events

- When an athlete arrives take the time of arrival
- Check what sort of penalty they have (yellow or blue card)
- Write race number onto athlete form and arrival time
- Write departure time on athlete form based on penalty time
 - All events – yellow card – 1 minute
 - Sprint -1 minute
 - Standard – 2 minutes
 - Mid Distance (Half Ironman) – 3 minutes
 - Long Distance – 4 minutes
 - Ironman NZ – 5 minutes

Ironman NZ & Ironman 70.3

- When an athlete arrives ask what type of penalty they have received
- If it is a yellow card – the penalty is 30 seconds (70.3) or 1 minute (Ironman)
 - Write down athlete race number on penalty box form
 - Time the penalty
 - Send athlete on their way
- If it is a blue card– drafting and littering
 - The time penalty is 5 minutes
 - Write race number onto athlete form and their arrival time into box
 - Write departure time on athlete form based – 5 later than arrival time
 - Using a marker pen make a strike through the race number of the athletes seat post sticker
 - Give the athlete an update on the time
 - Allow athlete to leave once time has lapsed