

## PENALTY BOX

Written by Administrator

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### IMPORTANT NOTICE!!!!

**Time penalty at the bike penalty box:** the athletes who will be shown a **blue card** by the Officials **MUST** stop at the Penalty Box and follow the instructions of the Technical Official there.

After receiving notification, it is the athlete's responsibility to report.

**Time penalty at the run penalty box:** the penalized athletes' numbers will be clearly displayed on a board before the Penalty Box. An athlete charged with a time penalty will proceed into the Penalty Box and inform the Technical Official of their identity and number of penalties to serve. The penalized athlete's number will be removed from the board once the penalty is served. A penalized athlete may serve their penalty on any lap of the run.

**The Penalty Box will be placed out of the transition area ( run exit)**