Simple Lead Change Penalties Section 1. In classes which allow simple lead changes, the ideal change is to jog for one stride to change leads. Any deviation from the ideal change that takes place in the lead change area as described by the Handbook would not incur a penalty but deserves less credit. In order of decreasing difficulty would be jogging more than one stride, walking rather than jogging, stopping during the change and finally more than one attempt to execute the change. Penalties would apply if the lead change was early or late just as they would for a flying lead change