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`\penalty` ⟨*number*⟩

This command produces a penalty item. The penalty item makes TEX more or less willing to break a page at the point where that item occurs. A negative penalty, i.e., a bonus, encourages a page break; a positive penalty discourages a page break. A penalty of 10000 or more prevents a break altogether, while a penalty of −10000 or less forces a break. `\penalty` can also be used in horizontal mode.

Example:
```
\def\break{\penalty-10000 } % as in plain TeX
\def\nobreak{\penalty10000 } % as in plain TeX
\def\allowbreak{\penalty0 } % as in plain TeX
```