



MACCABIMAN / MACCABIWOMAN REGULATIONS

Last Update 01.04.2022

1. Organization

- a. The Maccabiah Sport Department will be responsible for the MACCABIMAN/MACCABIWOMAN competitions of the 21st Maccabiah.
- b. The competitions will be conducted according to the individual regulations of each competition which are based on the rules of the International Associations: Triathlon, Cycling, Open Water Swim and Half Marathon.
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 21st Maccabiah
- d. In order to be considered a participant in the MACCABIMAN / MACCABIWOMAN competition, an athlete must pre-register in the MACCABIMAN / MACCABIWOMAN competition.
- e. Each country may enter a maximum of 8 athletes per age division of the official MACCABIMAN / MACCABIWOMAN competition
- f. The MACCABIMAN / MACCABIWOMAN competition is based on the aggregate total of the official times recorded by each individual competitor in each of Four (4) Official Maccabiah competitions:
The 21st Maccabiah Cycling Individual Time Trial competition (30kms);
The 21st Maccabiah Open Water Swim (5 kms.);
The 21st Maccabiah Half Marathon, (21.1 km.); and
The 21st Maccabiah **Sprint Triathlon** which is 750 Meter Swimming, 20 Km Cycling and 5 Km Running.
- g. Athletes wishing to be taken into account in the MACCABIMAN / MACCABIWOMAN Endurance Challenge must register to participate in the event and complete all four events.
- h. The organizing committee may need to shorten the length of the open water swim due to the heat condition at site on the day of the competition. That decision will be final.

2. Venues and times

The Sport Department will determine the venues and times of the competitions and athletes will be notified accordingly. The competitor is the only person responsible to be on time at the start line for each competition.

3. Age groups

Female Open 18-29
Female Masters 30-39
Female Masters 40-49
Female Masters 50-59
Female Masters 60+
Male Open 18-29
Male Masters 30-34
Male Masters 35-39
Male Masters 40-44
Male Masters 45-49
Male Masters 50-54
Male Masters 55-59
Male Masters 60+

REMARK: When there are less than 4 competitors or not at least 3 countries in an age group the group will be merged with the group immediately below. (Example: if age group 40- 44 only has 2 competitors they will race in the 35- 39 age group)

4. Awards

- a. Finisher's medal and a Diploma shall be presented to each of the individuals in any group: Open (Male or Female) and masters (Male or Female) that finishes all 4 events satisfactorily as a "MACCABIMAN / MACCABIWOMAN FINISHER.
- b. Medals of Gold, Silver and Bronze shall be presented to each of the individuals winning the first three positions in each of the age groups events. The final ranking will be determined by adding the total times in all four events. The lowest total aggregated time will receive the Gold Medal, the second lowest total aggregated time will get the Silver Medal and Third lowest total aggregated time will get the Bronze Medal.

5. Referees

The Maccabiah Sport Department will select a Referees' Committee, which in turn will appoint the Marshals of the competition.

6. General

- a. These regulations are but one part of the complete 21st Maccabiah regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding.