



MACCABI MAN / MACCABI WOMAN REGULATIONS

Last Update: 6.5.25

1. Organization

- a. The Maccabiah Sport Department will be responsible for the Maccabiman/Maccabiwoman competitions of the 22nd Maccabiah.
- b. The competitions will be conducted according to the individual regulations of each of the four events, enacted by the relevant 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 22nd Maccabiah, and registered for the Maccabiman/Maccabiwoman competitions.
- d. Each country may enter a maximum of 8 athletes per age division of the official Maccabiman/Maccabiwoman competition.
- e. The Maccabiman/Maccabiwoman competition is based on the aggregate total of the official times recorded by each individual competitor in each of the four (4) following competitions:
 - 1) The 22nd Maccabiah Half Marathon (21.1 km)
 - 2) The 22nd Maccabiah Cycling Individual Time Trial competition (30 km)
 - 3) The 22nd Maccabiah Sprint Triathlon (750 Meter Swimming/20 Km Cycling/ 5 Km Running)
 - 4) The 22nd Maccabiah Open Water Swim (3 km)
- f. The Sports Department shall be authorized to shorten the length of the open water swim due to the heat conditions at site on the day of the competition. That decision will be final.

2. Venues and Times

- a. The Sport Department will determine the venues and times of the competitions and participating countries will be notified accordingly. Each competitor is the only person responsible to be at the start line on time for each competition.
- b. Maccabiman/Maccabiwoman athletes will wear a bib or other visible mark that identifies them as Maccabiman/Maccabiwoman athletes and differentiate them from participants registered only for one of the four events (i.e. Half marathon runners, cyclists, open water swimmers and/or triathletes).
- c. If the Half Marathon is organized as a public and open event, then Maccabi Man/Maccabi Woman athletes shall be positioned at the front of the pack, closer to the starting line.

Attached is a detailed appendix of the MACCABI MAN/MACCABI WOMAN race courses.





3. Age Groups

- a. Age Divisions Every athlete may compete in one (1) age division only.

<u>Male</u>	<u>Female</u>
18-29	18-29
30-34	30-39
35-39	40-49
40-44	50-59
45-49	60+
50-54	
55-59	
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 the female age group 40-49 only has 2 competitors they will race in the female 30-39 age group).

4. Awards

- Finisher's medal and a Diploma shall be presented to each of the individuals in any group (Male or Female) that finishes all 4 events satisfactorily as a "Maccabi man/Maccabi woman Finisher".
- 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 in each of the four events. These medals will be separated from the medals awarded to participants registered solely for each of the four events. These medals shall not count for the total countries medal count.
- The final ranking will be determined by adding the total times in all four events. The lowest total aggregated time in each age division (male and female) will receive the Maccabi man/Maccabi Woman Gold Medal, the second lowest total aggregated time will get the Maccabi man/Maccabi Women Silver Medal, and third lowest total aggregated time will get the Maccabi man/Maccabi Woman Bronze Medal. Only these medals shall count for the total countries medal count.
- No overall medals shall be awarded to participants that do not effectively participate in all four Maccabiman/Maccabiwoman events.

5. Referees

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

6. General

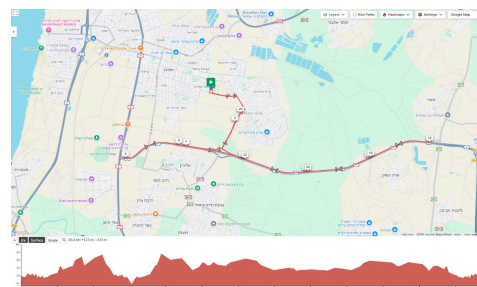
- These regulations are but one part of the complete 22nd Maccabiah regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding.





Appendix – Race Courses Information (MACCABI MAN / MACCABI WOMAN M25)

Date & Time	Distance / Type	Location	GPX File / Link	Notes
July 14, 2025 START 20:10	Half Marathon (21.1 km)	Jerusalem	https://drive.google.com/file/d/1JWBMZmTWOkw4f0sDaM1T_4frJI2rnfgH/view?usp=sharing	Start at Sacher Park, passing the Knesset, government area, Israel Museum, and Givat Ram. Rolling course: 284m up, 295m down. More info (Hebrew): www.maccabiahnightrun.co.il
July 16, 2025 START 06:00	Individual TT Cycling (30 km)	Eco Park, Hadera	https://drive.google.com/file/d/1R9q0FDPS5xvld2eD0A_dquUDE5xPa4br/view?usp=sharing	Flat and fast out-and-back course through agricultural roads around Hadera. Individual start format. Arrival required 1 hour before start.
July 18, 2025 START 06:00	Sprint Triathlon	Emek HaMaayanot	Swim - https://drive.google.com/file/d/10LJuaQ6OGDW4cSARS_tXGRRUMws3TR99Q/view?usp=sharing Bike - https://drive.google.com/file/d/1ENIaGqNX3On0HkjMs_egjIMvxB-vgzrLO/view?usp=sharing run - https://drive.google.com/file/d/1ImG_GvAjLw7zRPa4sITeSdasA20K0rFP/view?usp=sharing	750m swim loop in the Asi River (constant 27°C) 20 km flat bike ride to Beit She'an and back 5 km run along the scenic promenade.





July 20, 2025	Open Water Swim	Emek	https://drive.google.com/file/d/1CRlbgtV0nBY_G3_KTn1tIWrru-_7feCV/view?usp=sharing	4 swim loops in the Asi River. Refreshing open water experience in natural surroundings.
START 06:00	(3 km)	HaMaayanot		

****Please note that the Maccabiah reserves the right to make changes, and all locations and details are subject to change.**

