

MACCABIMAN / MACCABIWOMAN REGULATIONS

Last Update: 26.05.2026

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 Cycling Individual Time Trial competition (20kms);
 - 2) The 22nd Maccabiah Open Water Swim (3 kms.);
 - 3) The 22nd Maccabiah Half Marathon (21.1 km.); and
 - 4) The 22nd Maccabiah Sprint Triathlon (750 Meter Swimming/20 Km. Cycling/ 5 Km. Running).
- 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 Maccabiman/Maccabiwoman athletes shall be positioned at the front of the pack, closer to the starting line

3. Age Groups

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

Male	Female
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

- a. 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 "Maccabiman/Maccabiwoman Finisher".
- b. Gold, Silver and Bronze medals 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.
- c. 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 Maccabiman/Maccabiwoman Gold Medal, the second lowest total aggregated time will get the Maccabiman/Maccabiwoman Silver Medal, and third lowest total aggregated time will get the Maccabiman/Maccabiwoman Bronze Medal. Only these medals shall count for the total countries medal count.
- d. 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

- a. 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.
- 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.