



SWIMMING REGULATIONS

Last Update: 05.06.2026

1. Organization

- a. The Swimming Committee of the 22nd Maccabiah will be responsible for the Swimming competitions of the 22nd Maccabiah.
- b. The Swimming competitions will be conducted according to the rules of World Aquatics.
- 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 in the Swimming competitions.
- d. All swimming competitions, youth, open and masters, will be held as direct finals.
- e. In Open and Juniors competition (Boys: 2009-2011, Girls: 2009-2012), a country may enter up to five (5) swimmers in each event
- f. Each country may enter one (1) team only in each relay event. In relay races, if there are less than six (6) teams in a race, then additional teams may be composed of swimmers from countries that do not have a team ("Composite Relay Team"). The system of competition will be clarified during the technical meetings.
- g. Composite relay teams will be treated as invitation teams which are eligible to win medals if they finish first, second or third in a relay final. In each relay race, medals must also be awarded to the first, second and third placed national relay teams composed entirely of swimmers from the same country.
- h. There will be a division competition for Paralympic Swimmers. The event schedule shall be determined in June 2026 or at the technical meeting.
- i. In all divisions, swimmers may enter an unlimited number of events.
- j. All Masters swimming competitions will be held for swimmers in ten (10) age groups: 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75-79 and 80+.

REMARK: In all master's relay events, the age groups are calculated from the total age of the team members (in whole years).

up to 159 years

160 – 199 years

200 – 239 years

240 +

Countries that cannot form a team can combine with other countries to make a team.

- k. The Maccabiah Masters Championships will be held concurrently with the Israel Masters Championships. This competition is open to all masters swimmers in Israel. Masters swimmers in the 21-29 and 31-35 age groups, who are not part of the Maccabiah Masters age groups, will also compete in this event.
- l. Masters events will be run based upon times and not on age. The medals will be awarded based upon age groups.



2. Venues and Times

- a. The sport department of the 22nd Maccabiah will determine the venues and timetables of the Swimming competitions and teams will be notified accordingly.
- b. The Swimming competitions will be held in swimming pools that meet the requirements of International Rules with 10 lanes used during the competition. The Open Water Swim competitions will be held in an outdoor body of water that meets the requirements of International Rules.

3. Events

- a. Competition in the Open and Juniors Divisions will be held in the following events:

<u>MALE</u>	<u>FEMALE</u>
50m freestyle	50m freestyle
100m freestyle	100m freestyle
200m freestyle	200m freestyle
400m freestyle	400m freestyle
800m freestyle	800m freestyle
1500m freestyle	1500m freestyle
50 breaststroke	50 breaststroke
100m breaststroke	100m breaststroke
200m breaststroke	200m breaststroke
50m butterfly	50m butterfly
100m butterfly	100m butterfly
200m butterfly	200m butterfly
50m backstroke	50m backstroke
100m backstroke	100m backstroke
200m backstroke	200m backstroke
200m individual medley	200m individual medley
400m individual medley	400m individual medley
4 x 50 m medley relay	4 x 50 m medley relay
4 x 100m medley relay	4 x 100m medley relay
4 x 100m freestyle relay	4 x 100m freestyle relay
4 x 50 m medley relay mix	4 x 50 m medley relay mix
4 x 50 freestyle relay mix	4 x 50 freestyle relay mix
4 x 100m freestyle relay mix	4 x 100m freestyle relay mix

* Events will alternate by division: Juniors, then Open – unless otherwise noted.



Schedule:

Sunday Evening - 05/07/2026
50m freestyle
200m backstroke
100m butterfly
800m freestyle
4 x 100m freestyle relay
Monday Morning - 06/07/2026
4 x 50m medley relay
400m freestyle
100m breaststroke
100m backstroke
200m individual medley
4 x 100m freestyle relay - mixed
Monday Evening - 06/07/2026
4 x 50m freestyle relay - mixed
400m individual medley
50m butterfly
200m breaststroke
200m freestyle
4 x 50m medley relay - mixed
Tuesday Evening - 07/07/2026
100m freestyle
50m breaststroke
200m butterfly
50 backstroke
1500m freestyle
4 x 100m medley relay





b. Competitions in the **Masters Division** will be held in the following events:

<u>MALE</u>	<u>FEMALE</u>
50m freestyle	50m freestyle
100m freestyle	100m freestyle
200m freestyle	200m freestyle
400m freestyle	400m freestyle
50 breaststroke	50 breaststroke
100m breaststroke	100m breaststroke
200m breaststroke	200m breaststroke
50m butterfly	50m butterfly
100m butterfly	100m butterfly
200m butterfly	200m butterfly
50m backstroke	50m backstroke
100m backstroke	100m backstroke
200m backstroke	200m backstroke
200m individual medley	200m individual medley
4 x 50m medley relay - mixed	4 x 50m medley relay - mixed
4 x 50 freestyle relay mix	4 x 50 freestyle relay mix
4 x 50 freestyle relay	4 x 50 freestyle relay





c. schedule:

Tuesday morning - 07/07/2026
4 x 50m medley relay
400m freestyle
100m breaststroke
100m butterfly
200m backstroke
50m freestyle
4 x 50m medley relay - mixed
Wednesday morning - 08/07/2026
200m butterfly
100m backstroke
200m freestyle
50m breaststroke
4 x 50m freestyle relay - mixed
Wednesday evening - 08/07/2026
100m freestyle
200m breaststroke
50m backstroke
200m individual medley
50m butterfly
4 x 50m freestyle relay

4. System of Competition

- a. In order to be placed in the preliminaries, each swimmer must register his/her best time in the list of events in which she/he is competing.
- b. In the event of identical results, registered in the list, placement will be determined by a draw.
- c. A swimmer, who does not register his/her time, will be listed with a "No time" or "NT" for that specific event.
- d. All swimming competitions, youth, open and masters, will be held as direct finals.
- e. The Organizing Committee reserves the right to combine Open and Juniors Teams relay events depending upon the number of teams registered. Medals will be awarded according to the respective age divisions of the teams.
- f. Appeals will be presented to the Committee of Appeals of the Swimming events, not later than 15 minutes after the announcement of the disqualification.





5. Open Water Swim:

Competitions during the Maccabiah will be held in the following events (each race will be run as direct final):

Details:

date: July 5, 2026

location: Nir David (start: TBD)

Format: 2 laps of 750M for the 1.5K

3 laps of 1000M for the 3K

SCHEDULE: start at 06:00. finish at 11:00

3K race

1.5K race

6. Judges

The Swimming Committee will select a Referees' Committee, which in turn will appoint the judges of the competition.

7. 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.
- c. A detailed competition schedule will be sent in No later than June 2026.