



## TRACK & FIELD REGULATIONS

Last Update: 26.05.2026

### 1. Organization

- a. The Sports Department of the 22<sup>nd</sup> Maccabiah will be responsible for the Track & Field competitions of the 22<sup>nd</sup> Maccabiah.
- b. The Track & Field competitions will be conducted according to IAAF rules.

**REMARK:** In accordance with regulations set forth by the International Athletics Association, the weight of equipment and the height of hurdles for athletics competitions will be determined based on the age of the oldest competitor as of the competition date.

For Maccabiah Junior athletes, age is reckoned by complete years. The actual age on the day of competition governs the age category for athletics events. **Consequently, equipment specifications, including weight and hurdle height, may correspond to those of the U20 category if the oldest competitor exceeds 18 years on the day of the competition.**

This information will be disseminated to participating countries following the closure of registration (EF3 Deadline), no later than one month prior to the commencement of the competition.

- 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 22<sup>nd</sup> Maccabiah and registered for the Track & Field competitions.
- d. Each country may enter three athletes for each event and one team only for each relay event. In relay races, if there are less than six (6) teams in a race, then additional teams may be comprised of runners from countries that do not have a team ("Composite Relay Team"), but in that event, any medals they may be awarded will not count on the countries medal count. The system of competition will be clarified during the technical meetings.
- e. 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 comprised entirely of runners from the same country.

**REMARK:** Only athletes that are properly registered to compete in Track & Field, who are in possession of appropriate ID badges may compete in Track & Field events, including relay races. Each athlete must bring his/her ID badge to each day of competition and be prepared to present it upon demand before the start of each event.



## 2. Venues and Times

The Sport Department of the 22<sup>nd</sup> Maccabiah will determine the venues and times of the Track & Field competitions and teams will be notified accordingly.

## 3. Referees

The Sports Department will select a Referees' Committee, which in turn will appoint the referees of the competition.

## 4. Events

a. Competitions will be held in the following events:

### Open Male:

100 meters  
200 meters  
400 meters  
800 meters  
1500 meters  
5000 meters  
10km road race  
110 m hurdles  
4x100 m relay  
4x400m relay race  
High jump  
Long jump  
Pole vault  
Discus throw  
Shot put  
Javelin throw  
Hammer throw

### Open Female:

100 meters  
200 meters  
400 meters  
800 meters  
1500 meters  
3000 meters  
10km road race  
100m hurdles  
4x100m relay race  
4x400m relay race  
High jump  
Long jump  
Pole vault  
Discus throw  
Shot put  
Javelin throw



**U20 Boys (2007-2010):**

100 meters  
 200 meters  
 400 meters  
 800 meters  
 1500 meters  
 3000 meters  
 110 m hurdles  
 4x100 m relay  
 4x400m relay race  
 High jump  
 Long jump  
 Triple jump  
 Shot put  
 Javelin throw  
 Discus throw  
 Pole vault

**U20 Girls (2007-2010):**

100 meters  
 200 meters  
 400 meters  
 800 meters  
 1500 meters  
 3000 meters  
 100m hurdles  
 4x100m relay race  
 4x400m relay race  
 High jump  
 Long jump  
 Triple jump  
 Shot put  
 Javelin throw  
 Discus throw  
 Pole vault

**5. Schedule**

**First day – :**

Open Men	Open Women	Men U20	Women U20
100 meters	100 meters + Final	100 meters	100 meters
400 meters	400 meters	400 meters	400 meters
1500 meters	1500 meters	1500 meters	1500 meters
5000 meters	5000 meters	3000 meters	3000 meters
110m hurdles	100m hurdles	110m hurdles	100m hurdles
4x100m relay	4x100m relay race	4x100m relay	4x100m relay race
Pole vault	High jump	Triple jump	High jump
Discus throw	Discus throw	Shot put	Triple jump
Shot put	Javelin throw	Pole vault	Javelin throw
Hammer throw	Hammer throw		Discus throw
Triple Jump	Triple Jump		





**Second Day – :**

Open Men	Open Women	Men U20	Women U20
200 meters	200 meters	200 meters	200 meters
800 meters	800 meters	800 meters	800 meters
400m hurdles	400m hurdles	4x400m relay race	4x400m relay race
4x400m relay race	4x400m relay race	High jump	Long jump
High jump	Long jump	Long jump	Shot put
Long jump	Pole vault	Javelin throw	Pole vault
Javelin throw	Shot put	Discus throw	

**6. Heats and Qualifications**

- a. The draw for heats, athletes and relays will be based upon the latest results of the athletes and will be decided at the final technical meeting.
- b. If more than 12 athletes are entered in the field events, qualification competitions will be considered.
- c. In the case of two heats taking place in the track events, the first 3 in each heat will qualify for the finals, together with additional 2 runners with the next fastest times. In the case of 3 heats, the first 2 from each heat will qualify for the finals, together with additional 2 runners with the next fastest times.
- d. Participating countries with not enough competitors to enter the relay events, may combine with athletes from other participating countries, but in that event, any medals they may be awarded in the relay events will not count on the countries medal count.

**7. General**

- a. These regulations are but one part of the complete 22<sup>nd</sup> 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. Some of the events may be canceled after EF2 due to lack of entries. An updated version of these regulations with the final list of events will be published in April 2026.

