



## **CYCLING REGULATIONS**

**Last Update 13.7.2021**

### **1. Organization**

- a. The Cycling committee of the 21<sup>st</sup> Maccabiah will be responsible for the Cycling races of the 21<sup>st</sup> Maccabiah.
- b. The Cycling races will be conducted according to the rules of the UCI. (International Cycling Union)
- c. Participation in the races is open to any athlete who is in possession of a Participant card, issued by the Organization committee of the 21<sup>st</sup> Maccabiah and is registered in the Cycling competition.
- d. Each country may register up to a maximum of eight (8) riders for each of the six (6) age groups for male and three (3) age groups for female in each cycling competition. In the time trial competition, participants in the Maccabiman/woman competition may be added beyond this number, according to the Maccabiman/woman regulations.

### **2. Official trainings**

Official trainings will be held for each competition, pending approval from traffic police for road and time trial competitions. The official trainings are mandatory for all participants. The organization will provide transportation from the hotel, a first aid kit, and a coach who will lead the training session. Riders are responsible for their own water/food for the day. For track cycling, the official training will be held on the day prior to the competition and will include instructions on how to ride safely on the track.

### **3. Technical Meeting**

A technical meeting for all cycling events will be held at a date, time and place to be announced by the organizing committee. A representative from each country will be required to attend. At the meeting organizers will explain the necessary details regarding all races and distribute race numbers and transponders. Numbers and transponders must be returned to the organizers at the end of the last day of cycling competition for each participant.

### **4. The following races will be run:**

#### **a. Time Trial**

- 1) Venue: TBD
- 2) Distance: TBD
- 3) Categories: *Male Elite (19+)*  
*Male 17-18*  
*Female 17-29*  
*Male 30+*  
*Male 40+*  
*Female 30-49*  
*Male 50+*  
*Female 50+*  
*Male 60+*
- 4) Date: TBD
- 5) Start time: TBD
- 6) Start every thirty seconds in the reverse order of the categories list (male 60+ starting first and men 19+ starting last). Within each category the start order will be according to a draw. If possible, riders shall not start immediately following another rider representing the same country. No drafting allowed.
- 7) Type of riders: competitive UCI TT riders

#### **b. Road Race**

- 1) Venue: TBD
- 2) Distance: TBD
- 3) Categories: *Male Elite (19+)*  
*Male 17-18*  
*Female 17-29*  
*Male 30+*  
*Male 40+*  
*Female 30-49*  
*Male 50+*  
*Female 50+*  
*Male 60+*
- 4) Date: TBD
- 5) Start: TBD
- 6) Lapped riders will be pulled out of the race. 15 minutes after the leader in the male 19+ category enters the last lap, all riders crossing the finish line will be pulled and not allowed to continue for another lap.
- 7) Technical support will be provided by neutral vehicles
- 8) Water bottles will be available near start line for teams.
- 9) Teams may support riders with bottles each lap in the designated zone near the start line only.

#### **c. Track – Individual pursuit**

- 1) Venue: Sylvan Adams National Velodrome, 10a Shitrit, Street, Tel Aviv (250m wooden track with a covered roof and open sides.
- 2) Distance: 4 km (2.49 miles) for men, 3 km (1.86 miles) for women and junior men
- 3) Categories: *Male Elite (19+)*  
*Male 17-18*  
*Female 17-29*  
*Male 30+*  
*Male 40+*  
*Female 30-49*  
*Male 50+*

*Female 50+*  
*Male 60+*

- 4) Date: TBD
- 5) Start time: TBD (morning)
- 6) Two cyclists compete in a fixed distance. The riders start on opposite sides of the track. The winner is determined by either catching the other rider or recording the fastest time. In the qualification round, the best 4 riders per category will be selected based on their times. The riders with the two best times shall ride off in the final for first and second place while the two others shall ride off in the final for third and fourth places.

**d. Track – Scratch race**

- 1) Venue: Sylvan Adams National Velodrome, 10a Shitrit, Street, Tel Aviv (250m wooden track with a covered roof and open sides.
- 2) Distance: 15 km (9.32 miles) for men, 10 km (6.21 miles) for women and junior men
- 3) Categories: *Male Elite (19+)*  
*Male 17-18*  
*Female 17-29*  
*Male 30+*  
*Male 40+*  
*Female 30-49*  
*Male 50+*  
*Female 50+*  
*Male 60+*
- 4) Date: TBD – same day as individual pursuit
- 5) Start time: TBD (qualification heats in the morning, finals afternoon)
- 6) The Scratch Race is an individual race over a specified distance. The maximum number of riders allowed on the track is 24. If fewer than 24 riders are listed in each category, the organize category may combine to categories to race at the same time, but they will be classed separately. If more than 24 riders are listed in a given category, qualification heats will be held. The distance of qualification heats will be 10 km for men and 7.5 km for women and juniors.

**5. Combined Cycling Team Competition**

A combined team competition for all cycling events of the 21<sup>st</sup> Maccabiah will be held. Each country will score 4 points for a gold medal, 2 points for a silver medal and 1 point for a bronze medal. The three nations with the most points shall earn the gold, silver and bronze medals in the team competition, respectively. Team competition medals will be awarded on the last day of the cycling competitions to each rider whose individual medal contributed towards the team medal.

**6. Venues and Times**

The Sport Department will determine the venues and times of the races. Riders and teams will be notified accordingly.

**7. Age groups**

A rider may participate in a younger age group, subject to section 1 (d).

**8. Referees**

- a. The Cycling committee will select a Referees committee, which in turn will appoint the marshals of the races.
- b. Electronic timekeeping equipment will be used to determine times and placing of the riders.

**9. Bicycles and Equipment**

- a. Bicycles and equipment must comply with UCI regulations.
- b. For the track races, only track bicycles will be allowed.
- c. A limited number of track bicycles is available for rental.
- d. For the individual pursuit race on the track, only track bicycles complying with UCI regulations for bunch races will be allowed (i.e., no time trial bicycles, aerobars etc.)
- e. The use of helmets is compulsory.
- f. Water bottles will be available in all competition venues on competition days.

**10. General**

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

