



CYCLING REGULATIONS

Last Update 31.07.2024

1. Organization

- a. The Sports Department of the 22nd Maccabiah will be responsible for the Cycling races of the 22nd Maccabiah.
- b. The Cycling races will be conducted according to the rules of the UCI (International Cycling Union).
- c. Participation in the road, time trial and individual pursuit races is open to any athlete who is in possession of a Participant card, issued by the Organizing Committee of the 22nd Maccabiah and is registered in the Cycling competition. For the scratch race, participants will have to demonstrate sufficient skill level in the training sessions in order to compete.
- d. Each country may register up to a maximum of eight (8) riders for each of the six (6) age groups for males and three (3) age groups for females in each cycling competition. In the time trial competition, participants in the Maccabiman/Maccabiwoman competition may be added beyond this number, according to the Maccabiman/Maccabiwoman regulations.
- e. Categories:
 - Female 17-29
 - Male 17-18
 - Male Elite (19+)
 - Female 30-49
 - Male 30-39
 - Male 40-49
 - Female 50+
 - Male 50-59
 - Male 60+
- f. Athletes shall choose between the MTB XCO race or Road race.
- g. Emergency and local authorities:
 - Police: 100
 - Medical service: 101
- h. The use of helmets is compulsory at all time- training and racing
- i. Bottled water will be available in all competition venues on competition days
- j. These regulations are a part of the complete 22nd Maccabiah regulations and must be read along with the instructions found in Maccabiah Basic Regulations.
- k. In the event of discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations contained in here will apply and be binding.
- l. The same timing chip will serve the riders across all cycling races-Track, Time Trial and Road. Please return it at the permanence of your last cycling event. For other events such as the Triathlon, other timing equipment will be used. Israelis will have to deposit 200 NIS in cash in order to receive the timing chip- foreign teams will be billed in case of failure to return the timing chip
- m. Sporting manager for the cycling events:
 - Niv Libner
 - NLibner@gmail.com
 - +972545869992





2. Timetable

TBD

3. Official trainings

Official trainings will be held for the road, Mountain-bike and track competitions, pending approval from traffic police for road competition. The official trainings are mandatory for all participants. The time trial course will not be available for a training ride. Course recon will be done for team managers, in cars. 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, 2 mandatory official training will be held and will include instructions on how to ride safely on the track. Training schedule: TBD

4. Technical Meetings

A technical meeting for all cycling events will be held at a date, time and place to be announced by the Sports Department. 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 competitions for each participant.

5. The following races will be run:

5.1 Time Trial

- 1) Venue TBD
- 2) Distance: TBD
- 3) Date: TBD
- 4) Start: TBD
- 5) Categories:
 - Male Elite (19+)*
 - Male 17-18*
 - Female 17-29*
 - Male 30-39*
 - Male 40-49*
 - Female 30-49*
 - Male 50-59*
 - Female 50+*
 - Male 60+*
- 6) Riders will start at thirty seconds intervals 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 random. If possible, riders shall not start immediately following another rider representing the same country. No drafting allowed.
- 7) Team cars are not allowed to follow the athletes.
- 8) Type of riders: competitive UCI TT riders
- 9) For Men Junior and Women Junior riders, born on 2007 and 2008, no gear restrictions will be applied.
- 10) Pre-race bike check will be available between 5:30 and 6:45 near the start line.





- 11) All riders are required to report at the start area 15 minutes before their official start time. Rider entering the starting area cannot leave the area until she or he starts the race.
- 12) Rider's packs will be handed to the team managers at the team managers meeting- for the Time Trial, riders will have to mount 1 back number and a timing chip.
- 13) Participation will be open to all bike without motor assistance, but only riders of bikes, equipment and clothing conforming with the UCI regulations will be eligible for a medal. More about the UCI regulation concerning equipment can be found on [the following link, pages 59-74](#). The results of participants racing on non UCI sanctioned bike will be counted for the "Maccabi-Man/Woman".
- 14) Podium Ceremony will start as soon as the official results are ready. At the ceremony, top 3 riders of each category in the Time Trial competition and the top 3 riders of each category in the in the "Maccabi-Man/Woman- Time Trial" will be awarded with a medal.

5.2 Road Race

- 1) Venue TBD
- 2) Distance: TBD
- 3) Date: TBD
- 4) Start: TBD
- 5) Categories:
 - Male Elite (19+)*
 - Male 17-18*
 - Female 17-29*
 - Male 30-39*
 - Male 40-49*
 - Female 30-49*
 - Male 50-59*
 - Female 50+*
 - Male 60+*
- 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) It is strictly forbidden to cooperate with or draft riders starting in a different bunch (different start signal). Riders may cooperate with riders of different categories starting at the same time.
- 8) After the first rider of each bunch finishes her or his race, all riders of the same bunch will finish their race regardless of the number of laps they have completed.
- 9) Technical support will be provided by neutral vehicles
- 10) Team cars are not allowed on course
- 11) Teams may support riders with bottles each lap in the designated zone near the start line only.
- 12) For Men Junior and Women Junior riders, born on 2007 and 2008, no gear restrictions will be applied.
- 13) Rider's packs will be handed to the team managers at the team managers meeting- for the road race, riders will have to mount 2 back numbers, one frame number and a timing chip
- 14) Podium Ceremony will start as soon as the official results are ready. At the ceremony, the top 3 riders of each category in the road race competition and medal winner of the nations of the top 3 places in the "Combined Cycling Team Competition" (art 8) will be awarded with a medal.





5.3 XCO-MTB (Olympic Cross Country)

- 1) Venue: TBD
- 2) Distance: TBD
- 3) Date: TBD
- 4) Start: TBD
- 5) Categories:
 - Male Elite (19+)*
 - Male 17-18*
 - Female 17-29*
 - Male 30-39*
 - Male 40-49*
 - Female 30-49*
 - Male 50-59*
 - Female 50+*
 - Male 60+*

5.4 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) Date: TBD
- 3) Start time: TBD
- 4) Distance: 16 laps, 4 km (2.49 miles) for men and women, 12 laps, 3 km (1.86 miles) for and junior women and men
- 5) Categories:
 - Male Elite (19+)*
 - Male 17-18*
 - Female 17-29*
 - Male 30-39*
 - Male 40-49*
 - Female 30-49*
 - Male 50-59*
 - Female 50+*
 - Male 60+*
- 6) Two cyclists compete for 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 final. 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 places while the two others shall ride off in the final for third and fourth places.
- 7) In the qualification rounds, both riders must complete the full distance in the event of one rider catches his or her competitor.
- 8) Rider's packs will be handed to the team managers at the team managers meeting- for the Individual pursuit, riders will have to mount 1 back numbers and a timing chip
- 9) limited number of track bicycles is available for rental
- 10) For the Individual Pursuit, only track bikes will be allowed. All bikes, equipment and clothing must comply with the UCI regulation and will be checked accordingly. More about the UCI regulation concerning equipment can be found on [the following link, pages 59-74](#). A bike





must not have any sort of cycling computer visible to the rider at the time of training and competition. Pursuit/TT bar are allowed.

- 11) Pre-race bike check will be available during the two official training sessions.
- 12) Riders wishing to book additional training session(s) on the track are kindly asked to contact nlibner@gmail.com
- 13) Spectators are welcomed on the grandstands free of charge'
- 14) The award ceremony will be held in the Infield as soon as the official results are approved.

5.5 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: 60 laps, 15 km (9.32 miles) for men, 40 laps, 2 10 km (6.21 miles) for women and junior men
- 3) Categories: *Male Elite (19+)*
Male 17-18
Female 17-29
Male 30-39
Male 40-49
Female 30-49
Male 50-59
Female 50+
Male 60+
- 4) Date: TBD
- 5) Start time: TBD
- 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 may combine categories to race at the same time, but they will be classed separately.
- 7) Rider's packs will be handed to the team managers at the team managers meeting- for the Scratch race, riders will have to mount 2 back numbers and a timing chip
- 8) For the Scratch race, only track bikes for mass start will be allowed to start. Bikes must not have any sort of cycling computer visible to the rider during training and competition.
- 9) Riders wishing to book additional training session(s) on the track are kindly asked to contact nlibner@gmail.com
- 10) Spectators are welcomed on the grandstands free of charge
- 11) The award ceremony will be held in the infield as soon as the official results are approved.

6. Combined Cycling Team Competition

A combined team competition for all cycling events of the 22nd 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.





7. Age groups

Any master rider may participate in a younger master age group (30+), subject to the maximum number of athletes per age group as detailed in section 1.d.

8. Commissaires

- 1) The Sports Department will select a commissaries committee, which in turn will appoint the commissaries of the races.
- 2) Electronic timekeeping equipment will be used to determine times and placing of the riders.

9. 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.

