



CYCLING REGULATIONS

Last Update 01.04.2022

1. Organization

- a. The Cycling committee of the 21st Maccabiah will be responsible for the Cycling races of the 21st 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 Organization committee of the 21st 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 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 the road and track competition, 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, 3 obligatory official training will be held and will include instructions on how to ride safely on the track.

Provisional training schedule:

Track cycling, Sylvan Adams National Velodrome, Tel Aviv.

Obligatory to all participants not possessing accreditation issued by the Sylvan Adams National Velodrome.

July 14th 10:00-12:00

July 18th 10:00-12:00

July 21th 10:00-12:00

Road course recon:

July 17th 07:00-10:00

Time Trial course recon, Hadera

The course will not be available for a training ride. Course recon will be done for team managers, in a car.

July 15th 10:00-12:00

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: Eco-Park Hadera
- 2) Distance: 25.6 KM/ 15.9 Miles
- 3) Course can be found on [the following link](#) or as a GPX file could be [downloaded here](#)
- 4) Categories: *Male Elite (19+)*
Male 17-18
Female 17-29
Male 30+
Male 40+
Female 30-49
Male 50+
Female 50+
Male 60+
- 5) Date: July 20th
- 6) Start time: 7:00
- 7) 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.

- 8) Type of riders: competitive UCI TT riders
- 9) For Men Junior and Women Junior riders, born in 2004 and 2005, the maximum gear ratio authorised is that which gives a distance covered per pedal revolution of 7.93 meters.

b. Road Race

- 1) Venue: Britannia Park- Beit Guvrin
- 2) Distance: 25.2km course, number of laps varies for the different categories.
- 3) Course can be found on the [following link](#) or as a [GPX file could be downloaded here](#)
- 4) Categories: *Male Elite (19+) – 4 laps, 100.8KM/62.6 Miles*
Male 17-18 – 4 laps, 100.8KM/62.6 Miles
Female 17-29 – 3 laps, 75.6KM/47 Miles
Male 30+ – 3 laps, 75.6KM/47 Miles
Male 40+ – 3 laps, 75.6KM/47 Miles
Female 30-49 – 3 laps, 75.6KM/47 Miles
Male 50+ – 3 laps, 75.6KM/47 Miles
Female 50+ - 2 laps 50.4KM/ 31.3 Mils
Male 60+ - 2 laps 50.4KM/ 31.3 Mils
- 5) Date: July 22nd
- 6) Start: TBD
- 7) 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.
- 8) Technical support will be provided by neutral vehicles
- 9) Water bottles will be available near the start line for teams.
- 10) 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: July 24th
- 5) Start time: TBD (qualification heats in the morning, finals afternoon)
- 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: July 24th
- 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 organized 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 21st 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. In the road race, only bikes in compliance with the UCI regulation for mass start will be allowed to start the race. Time trial bars and disc time trial wheels will not be permitted to start.
- c. for the time trial event, all bikes without motor assistance will be allowed, but only riders of bikes and clothing in compliance with the UCI regulation will be eligible for a medal. More about the UCI regulations concerning equipment can be found in [the following link, pages 59-74](#). The results of participants racing on non-UCI sanctioned bikes will be counted for the "MacabiMan-Women" competition.
- d. For the track races, only track bicycles will be allowed.
- e. A limited number of track bicycles is available for rental.
- f. The use of helmets is compulsory at all time- training and racing.
- g. Bottled water will be available in all competition venues on competition days.

10. General

- a. These regulations are but one part of the complete 21st 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.

