

CYCLING REGULATIONS

Last update 19-05-2008

1. Organization

- a. The Cycling committee of the 18th Maccabiah will be responsible for the Cycling races of the 18th Maccabiah.
- b. The Cycling races – Road, MTB, and TT - will be conducted according to the rules of the UCI. (International Cycling Federation)
- c. Participation in the races is open to any athlete who is in possession of a Participant card issued by the Organizing Committee of the 18th Maccabiah and is registered in the Cycling or Triathlon competition.
- d. Each country may register up to a maximum of eight (8) riders **for each of the five (5) age groups for male and three (3) age groups for female competitions.**
- e. The following races will be run:
 - i. **INDIVIDUAL TIME TRIAL (ITT)** – 35 km./21.7 miles
 1. Departure city: Kibbutz Urim
 2. Arrival city: Kibbutz Urim
 3. Start: 8.00
 4. Estimated time: ~45 minutes
 5. Start every one minute according to draw
 6. Average speed expected: 42-45 km/h
 7. Type of riders: competitive UCI TT riders
 8. Referees: according to the Cycling committee
 - ii. **ROAD** – 130 km./80.8 miles
 1. Departure city: Ashdod
 2. Arrival city: Ashdod
 3. Start: 8.00
 4. Estimated time: 3.5 hours
 5. Timeframe for elimination: 12 minutes
 6. Average speed expected: 40-42 km/h
 7. Individual and team competition
 8. Teams will consist of a minimum of three (3) riders up to a maximum of eight (8) riders. Only the times of the top three riders will be considered for the team competition.
 9. Only a team with three (3) riders that finish the race will qualify for medal consideration.
 10. Type of riders: competitive UCI road riders
 11. Referees: according to the Cycling committee
 - iii. **XCM (MARATHON)** – 82km. /51 miles
 1. Departure point: Ramat Hashofet
 2. Arrival point: Ramat Hashofet
 3. Start: 8.00
 4. Number of laps: 2 of 41 km
 5. Estimated time: 3-3.5 hours
 6. Track close for 2nd lap: after 2.5 hours
 7. Average speed expected: 25-27 km/h
 8. Individual and team competition
 9. Teams will consist of a minimum of three (3) riders up to a maximum of eight (8) riders. Only the times of the top three riders will be considered for the team competition.

10. Only a team with three (3) riders that finish the race will qualify for medal consideration.
11. Type of riders: competitive UCI XCM riders
12. Referees: according to the Cycling committee

iv. **1/2XCM - OPEN MARATHON FOR ALL – 41km**

1. Departure point: Ramat Hashofet
2. Arrival point: Ramat Hashofet
3. Start: 8.10
4. Estimated time: 1.5-2 hours
5. Average speed expected: 20-27 km/h
6. Individual and team competition
7. Teams will consist of a minimum of three (3) riders up to a maximum of eight (8) riders. Only the times of the top three riders will be considered for the team competition.
9. Only a team with three (3) riders that finish the race will qualify for medal consideration.
10. Type of riders: open to all
11. Referees: according to the Cycling committee

REMARK: Female competition will be limited to individual events, only. There will be NO FEMALE TEAM COMPETITION.

2. Venues and Times

- a. The Cycling committee will determine the venues and times of the races. Riders and teams will be notified accordingly.
- b. The Cycling committee is authorized to change the venues and times of the races. These decisions will be final.

3. Age groups

- a. **Male: 17-18, 19-29, 30-39, 40-49, 50+**
- b. **Female: 17-29, 30-49, 50+**
- c. ***A rider may participate in a younger age group, subject to section 1 (d).***

4. Referees

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

5. General

- a. These regulations are but one part of the complete 18th Maccabiah regulations, and must be read along with the instructions found in "Basic Regulations and Disciplinary Procedures"
- b. In the event of discrepancy between the regulation written here and those appearing in the "Basic Regulations", the regulation written here will apply and be binding.
- c. Mountain bike and Road bike rental are optional.
- d. The use of helmets is compulsory.