

**TRIATHLON REGULATIONS**

Last update 25-04-2008

**1. Organization**

- a. The Triathlon Committee of the 18<sup>th</sup> Maccabiah will be responsible for the Triathlon competitions of the 18<sup>th</sup> Maccabiah.
- b. The Triathlon competitions will be conducted according to the rules of the International Triathlon Association (I.T.U).
- 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 18<sup>th</sup> Maccabiah and registered the Triathlon competitions.
- d. Each country may enter an unlimited number of athletes for each age group.
- e. The competition will be in the Olympic distances, i.e., 1.5km swim, 40km cycling and 10km run. The first two age groups will compete in the "sprint" distance, i.e., 0.75km Swim, 20km cycling, 5km run.
- f. The Bike section is Non-drafting.

**2. Venues and times**

- a. The Triathlon Committee will determine the venues and times of the Triathlon competition and teams will be notified accordingly.
- b. The Triathlon Committee is authorized to change the venues and times of the competitions. These decisions will be final.

**3. Age groups**

Male & Female: 16 – 17; 18 – 19; 20 – 24; 25 – 29; 30 – 34; 35 – 39; 40 – 44; 45 – 49; 50 – 54; 55 – 59; 60 – 64; 65 – 69; 70-74; 75-79; 80+.

REMARK: When there are 3 competitors from at least two countries, only 2 medals will be awarded.

**4. Referees**

The Triathlon Committee will select a Referees' Committee, which in turn will appoint the marshals of the competition.

**5. General**

- a. These regulations are but one part of the complete 18<sup>th</sup> Maccabiah Regulations, and must be read along with the instructions found in "Basic Regulations and Disciplinary Procedures".
- b. In the event of a discrepancy between the regulations written here and those appearing in the "Basic Regulations", the regulations written here will apply and be binding.
- c. Mountain bike rentals are optional for 15\$ (for the competitions only). Road bike rentals are optional for 60\$ (up to 10 days).
- d. The use of helmet is compulsory.