

## **CYCLING REGULATIONS**

Last Update 07-12-2016

### **1. Organization**

- a. The Cycling committee of the 20<sup>th</sup> Maccabiah will be responsible for the Cycling races of the 20<sup>th</sup> Maccabiah.
- b. The Cycling races – Road, TT - 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 20<sup>th</sup> 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 six (6) age groups for male and three (3) age groups for female competitions.

### **2. Official training**

An official training on the courses will be held at \_\_\_\_\_ the organization will provide transportation from the hotel, a following car with mechanical support and a first aid kit, and a guide who will lead the rides. The ride will be on roads open to traffic, and riders are responsible for their own water/food for the ride.

### **3. Technical Meeting**

A technical meeting for both time trial and road races will be held at the Hotel. A representative from each country will be required to attend. At the meeting organizers will explain the necessary details regarding both 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 (after the time trial for riders only racing time trial or after the road race for riders racing both time trial and road or only road)..

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

- a. INDIVIDUAL TIME TRIAL (ITT) –21 km./13 miles
  - 1) Departure city: Ashdod
  - 2) Arrival city: Ashdod
  - 3) Categories: *Male Elite (19+) → 21 km./13 miles*  
*Male 30+ → 21 km./13 miles*  
*Male 40+ → 21 km./13 miles*  
*Male 50+ → 21 km./13 miles*  
*Male 60+ → 21 km./13 miles*  
*Male 17-18 → 21 km./13 miles*  
*Female 17-29 → 21 km./13 miles*  
*Female 30-49 → 21 km./13 miles*  
*Female 50+ → 21 km./13 miles*
  - 4) Date: Sunday July 9, 2017
  - 5) Start time: TBD
  - 6) Start every one minute in the reverse order of the categories list (female 50+ starting first and men 19+ starting last). Within each category the start order will be according to a draw. Riders shall not start immediately following another rider representing the same country
  - 7) Type of riders: competitive UCI TT riders
  - 8) The organizing committee will provide water bottles.
  - 9) Referees: according to the Cycling committee
  - 10) For the team competition, the accumulated time of the best rider from each country in five of the following six age categories will be considered: Male 17-18, Male 19-29, Male 30-39, Male 40-49, Male 50-59, Male 60+. Each country's slowest rider of the six will be excluded from the accumulated time.

If a country is represented in only five male categories, the time of the best rider in each category will count towards the team's time without excluding the slowest rider. Countries represented in only 4 male categories will rank after countries represented in five or more categories.

- b. Road Race – 63 km./39.1 miles 3 laps up to 105 km./65.2 miles 5 laps
    - 1) Departure city: Modiin
    - 2) Arrival city: Modiin
    - 3) Circuit length: 21 km / 13 miles
    - 4) Categories: *Male Elite (19+)* → 105 km/65.2 miles 5 laps  
*Male 30-39* → 84 km/52.2 miles 4 laps  
*Male 40-49* → 84 km/52.2 miles 4 laps  
*Male 50-59* → 84 km/52.2 miles 4 laps  
*Male 60+* → 63 km/39.1 miles 3 laps
    - 5) *Male 17-18* → 105 km/65.2 miles 5 laps  
  
*Female 17-29* → 63 km/39.1 miles 3 laps  
*Female 30-49* → 63 km/39.1 miles 3 laps  
*Female 50-59* → 63 km/39.1 miles 3 laps
    - 6) Date: Friday Jul 14, 2017
    - 7) Start: TBD
    - 8) 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.
    - 9) Individual and team competition
    - 10) Technical support will be provided by neutral vehicles
    - 11) Water bottles will be available near start line for teams.
    - 12) Teams may support riders with bottles each lap in the designated zone near the start line only.
  - 13) For the team competition, the accumulated time of the best rider from each country in five of the following six age categories will be considered: Male 17-18, Male 19-29, Male 30-39, Male 40-49, Male 50-59, Male 60+. Each country's slowest rider of the six will be excluded from the accumulated time. If a country is represented in only five male categories, the time of the best rider in each category will count towards the team's time without excluding the slowest rider. Countries represented in only 4 male categories will rank after countries represented in five or more categories.
    - 14) Type of riders: competitive UCI road riders
    - 15) Referees: according to the Cycling committee
- REMARK: Female competition will be limited to individual events, only.  
There will be NO FEMALE TEAM COMPETITION.

## **5. Venues and Times**

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

## **6. Age groups**

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

## **7. 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.

## **8. General**

- a. These regulations are but one part of the complete 20<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 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.