



MACCABI-RUN REGULATIONS

Last Update: 29.5.25

1. Organization

- a. The Maccabiah Sport Department will be responsible for the Maccabi-Run competitions of the 22nd Maccabiah.
- b. The competitions will be conducted according to IAAF rules.
- 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 22nd Maccabiah and registered for the Maccabi-Run competition.
- d. Each country may enter a maximum of 8 athletes per age division of the official Maccabi-Run competition.
- e. The Maccabi-Run competition is based on the aggregate total of the official times recorded by each individual competitor in each of the following four (4) Official competitions:
 - 1) Maccabi-Run 5 km run
 - 2) The 22nd Maccabiah Half Marathon (21.1 km)
 - 3) Maccabi-Run 1.6km (Mile) run
 - 4) Maccabi-Run 10 km run
- f. Specific map of every race site will be added and sent to the participants 3 months prior to the Maccabiah.
- g. Athletes must run with IAAF Approved footwear for road races.

2. Venues and times

The Sport Department will determine the venues and times of the competitions and teams will be notified accordingly. Each competitor is the only person responsible to be at the start line on time for each competition.

Attached is a detailed appendix of the MACCABI RUN race courses.

3. Age Groups

- a. Age Divisions

Male

18 and over
30-34
35-39
40-44
45-49
50-54
55-59
60+

Female

18 and over
30-34
35-39
40-44
45-49
50-54
55-59
60+





- b. Every athlete may compete in one (1) age category only

REMARK: When there are less than 4 competitors or not at least 3 countries in an age group the group will be merged with the group immediately below. (Example: if age group Male 40-44 only has 2 competitors they will race in the Male 35-39 age group).

4. **Awards**

- a. Finisher's medal and a Diploma shall be presented to each of the individuals in any group (Male or Female) that finishes all 4 events satisfactorily as a "Maccabi-Run Finisher".
- b. Medals of Gold, Silver and Bronze shall be presented to each of the individuals winning the first three positions in each of the age groups in each of the four events. The final ranking will be determined by adding the total times in all four events. These medals will be separate from the medals awarded to participants registered solely for the Half Marathon or 10k race. These medals shall not count for the total countries medal count.
- c. The final ranking will be determined by adding the total times in all four events. The lowest total aggregated time in each age division (male and female) will receive the Maccabi-Run Gold Medal, the second lowest total aggregated time will get the Maccabi-Run Silver Medal and third lowest total aggregated time will get the Maccabi-Run Bronze Medal. Only these medals shall count for the total countries medal count.
- d. No overall medals shall be awarded to participants that do not effectively participate in all four Maccabi-Run events.

5. **Referees**

The Maccabiah Sport Department will select a Referees' Committee, which in turn will appoint the Marshals of the competition.

6. **General**

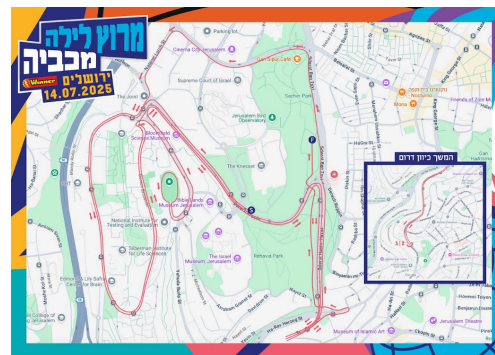
- a. These regulations are but one part of the complete 22nd Maccabiah regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding.





Appendix – Race Courses Information (MACCABI RUN 2025)

Date & Time	Distance	Location / City	GPX File / Link	Notes
July 9, 2025 Start 20:00	5 km	Herzliya	https://drive.google.com/file/d/1obYeN_j7ltJz9XLu5kMoX-0k7iqnt769/view?usp=sharing	Flat, fast course in Herzliya Park and surrounding area.
July 14, 2025 Start 20:10	Half Marathon (21.1 km)	Jerusalem	https://drive.google.com/file/d/1vWXoQ7wQ-vxN4YR472W-cZ6Nz7_Lmx7/view?usp=sharing	Start at Sacher Park, through the Knesset area and government buildings, Jerusalem Museum, Givat Ram Stadium, and surrounding neighborhoods. Rolling hills course with 289m ascent and 300m descent. Race info (Hebrew only): https://www.maccabiahnightrun.co.il/maps.aspx



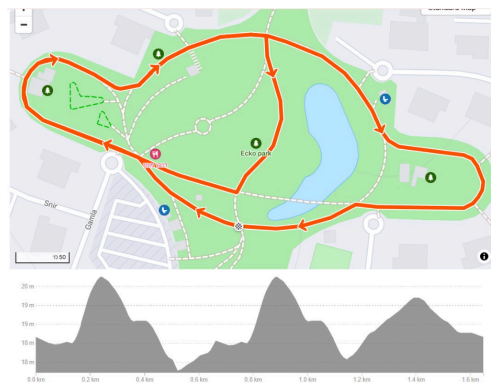


July 16, 2025
Start 19:00

1.6 km (Mile) Hadera –
Eco Park

https://drive.google.com/file/d/1e4wibA8-IM0yQERgeWKtLN_nXAU1jKzU/view?usp=sharing

Flat and fast 1.6 km loop course inside Hadera's Eco Park.

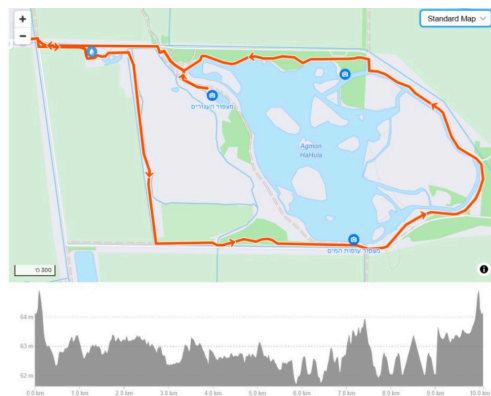


July 17, 2025
Start 18:00

10 km Agamon Hula
Lake

<https://drive.google.com/file/d/1-1tZ9bEtAcH7lo7t0AiQS2LFGMUK7INO/view?usp=sharing>

The course follows the flat, well-maintained trails of the reserve, winding between water canals and surrounded by breathtaking natural scenery. The peaceful atmosphere and unique landscape offer every runner a chance to draw inspiration from the beauty of nature.





****Please note that the Maccabiah reserves the right to make changes, and all locations and details are subject to change.**

