



TRACK & FIELD REGULATIONS

Last Update 01.04.2022

1. Organization

- The Track & Field Committee of the 21st Maccabiah will be responsible for the Track & Field competitions of the 21st Maccabiah.
- The Track & Field competitions will be conducted according to the rules of the IAAF.
- Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 21st Maccabiah and registered in the Track & Field competitions. Maccabi Man-Woman athletes may compete in the Half Marathon competition.
- Each country may enter three athletes for each event and one team only for each relay event. In relay races, if there are less than six (6) teams in a race, then additional teams may be composed of runners from countries that do not have a team ("Composite Relay Team"). The system of competition will be clarified during the technical meetings.
- Composite relay teams will be treated as invitation teams which are eligible to win medals if they finish first, second or third in a relay final. In each relay race, medals must also be awarded to the first, second and third placed national relay teams composed entirely of runners from the same country.

REMARK: Only athletes that are properly registered to compete in Track & Field, who are in possession of appropriate ID badges may compete in Track & Field events, including relay races. Each athlete must bring his/her ID badge to each day of competition and be prepared to present it upon demand before the start of each event.

2. Venues and Times

The sport department of the 21st Maccabiah will determine the venues and times of the Track & Field competitions and teams will be notified accordingly.

3. Referees

The Track & Field Committee will select a Referees' Committee, which in turn will appoint the referees of the competition.

4. Events

Competitions will be held in the following events:

<u>Male</u>	<u>Female</u>
100 meters	100 meters
200 meters	200 meters
400 meters	400 meters
800 meters	800 meters
1500 meters	1500 meters
5000 meters	3000 meters
10km road race	10km road race
110 m hurdles	100m hurdles
Half Marathon	Half Marathon
4x100 m relay race	4x100m relay race
4x400m relay race	4x400m relay race
High jump	High jump
Long jump	Long jump
Pole Vault	Pole Vault
Discus throw	Discus throw
Shot put	Shot put
Javelin throw	Javelin throw
Hammer Throw	

<u>U18 Boys (2004-2007)</u>	<u>U18 Girls (2004-2007)</u>
100 meters	100 meters
200 meters	200 meters
400 meters	400 meters
800 meters	800 meters
1500 meters	1500 meters
3000 meters	3000 meters
110 m hurdles	100m hurdles
4x100 m relay race	4x100m relay race
4x400m relay race	4x400m relay race
High jump	High jump
Long jump	Long jump
Triple jump	Triple jump
Shot put	Shot put
Javelin throw	Javelin throw
Discus throw	Discus throw
Pole Vault	Pole Vault



5. Heats and Qualifications

- a. The draw for heats athletes and relay will be based upon the latest results of the athletes and will be decided at the final technical meeting.
- b. If more than 12 athletes are entered in the field events, qualification competitions will be considered.
- c. In the case of two heats taking place in the track events, the first 3 in each heat will qualify for the finals, together with additional 2 runners with the next fastest times. In the case of 3 heats, the first 2 from each heat will qualify for the finals, together with additional 2 runners with the next fastest times.
- d. Each country may enter one (1) team only in each relay event. In relay races, if there are less than six (6) teams in a race, then additional teams may be composed of runners from countries that do not have a team ("Composite Relay Team"). The system of competition will be clarified during the technical meetings.
- e. Composite relay teams will be treated as invitation teams which are eligible to win medals if they finish first, second or third in a relay final. In each relay race, medals must also be awarded to the first, second and third placed national relay teams comprised entirely of runners from the same country.

6. HALF MARATHON & 10Km ROAD RACE

Each participating country may enter an unlimited number of men and women in each of the following Open Category age groups:

- 1) Up to 29 years old.
- 2) 30 up to 39.
- 3) 40 up to 49.
- 4) 50 and over.

7. General

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

