

## **TRACK & FIELD REGULATIONS**

Last update 29/11/16

### **1. Organization**

- a. The Track & Field Committee of the 20<sup>th</sup> Maccabiah will be responsible for the Track & Field competitions of the 20<sup>th</sup> Maccabiah.
- b. The Track & Field competitions will be conducted according to the rules of the IAAF.
- 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 20<sup>th</sup> Maccabiah, and is registered for the Track & Field competitions.
- d. 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 comprised 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.

### **2. Venues and times**

The sport department of the 20<sup>th</sup> 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:

<b>Male</b>	<b>Female</b>
a. 100 meters	100 meters
b. 200 meters	200 meters
c. 400 meters	400 meters
d. 800 meters	800 meters
e. 1500 meters	1500 meters
f. 5000 meters	5000 meters
g. 10km road race	10km road race
h. 110 m hurdles	100m hurdles
i. 400m hurdles	400m hurdles
j. Half Marathon	Half marathon
k. 4x100 m relay	4x100m relay race
l. 4x400m relay race	4x400m relay race
m. High jump	High jump
n. Long jump	Long jump
o. Triple jump	Triple jump
p. Pole Vault	Pole Vault
q. Discus throw	Discus throw
r. Shot put	Shot put

- s. Javelin throw
- t. Hummer Throw

### **Boys (1999-2002)**

- a. 100 meters
- b. 200 meters
- c. 400 meters
- d. 800 meters
- e. 1500 meters
- f. 3000 meters
- g. 110m hurdles
- h. 4x100m relay race
- i. 4X400m relay race
- j. High jump
- k. Long jump
- l. Triple jump
- m. Shot Put
- n. Javelin throw
- o. Discus throw
- p. Pole Vault

### **Girls (1999-2002)**

- 100 meters
- 200 meters
- 400 meters
- 800 meters
- 1500 meters
- 3000 meters
- 100m hurdles
- 4x100m relay race
- 4x400m relay race
- High jump
- Long jump
- Triple jump
- Shot Put
- Javelin throw
- Discus throw
- 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 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 comprised of swimmers 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 swimmers from the same country.

## **6. HALF MARATHON**

**Age categories (Open - Male and Female):** Up to 39, 40 – 49, 50 – 59, 60+

## **7. 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 a discrepancy between the regulations written here and those appearing in the "Basic Regulations", the regulations written here will apply and be binding.