



OPEN MASTERS GAMES

ABU DHABI 2026

FOOTBALL



Updated: January 21, 2026

**UNITED BY SPORTS,
ACTIVE FOR LIFE**



1. General Information

The Football competition for Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers Competitive and Recreational divisions for men and women in 11-a-side and 7-a-side Football.

1.1. Governance

The event will be conducted in accordance with the competition rules and provisions of the International Football Federation (FIFA) and the UAE Football Association (UAE FA) or as otherwise specified in this document, and will conform to any special requirements of the Open Masters Games Abu Dhabi.

1.2. Eligibility

- Determination of registration age group is based on the youngest member of the team (for example, if the youngest player is 54, the team should enter the 50+ age group).
- Each team must register at least 14 players (11v11) of which one¹ must be a goalkeeper, with no limit on the number of players (medals will only be awarded to 23 players).
- Each team must register at least 7 players (7v7) of which one must be a goalkeeper, with no limit on the number of players (medals will only be awarded to 18 players).
- The organizers have the right to adjust age groups or ability grades to arrange a suitable schedule, however, medals will still be awarded in the groups or grades originally registered for.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

¹ Reduced goalkeeper registration requirement to one (04/11)

Health Insurance

- All participants **MUST** have a medical insurance policy while in the U.A.E.
- Residents and citizens must ensure their respective health insurance policy covers sports injuries.

The Ziyarah Plan, provided by Daman, is a health insurance policy specifically created for the Open Masters Games. You can purchase this plan using the link below

<https://www.damanhealth.ae/products/inbound-emergency-medical-travel-insurance-ziyarah-open-masters/>

Ziyarah Plan (Open Masters Games)
Ensuring your peace of mind for the upcoming event

Coverage Period: 15 days

Scope of Coverage:

- Up to AED 250,000, comprehensive coverage for medical emergencies and sports-related injuries incurred during the event period.
- Direct billing at network providers.
- Consultations through Pura App (Maximum up to 3 consultations).

Eligibility Requirements:

- Registered players and their accompanying family members.
- Health insurance plan to be purchased before participants travel to UAE.

Premium details:

- Up to 60 years: AED 86 (VAT extra)
- 61 years & above: AED 215 (VAT extra)

Important Note for Residents and UAE Nationals
UAE residents (Expats) & UAE nationals will need to ensure their respective health insurance plans cover sports injuries, as they will not be eligible for this plan.

damaninsurance.ae



Accreditation

All participants must have approved accreditation to access the fields of play and to compete. This accreditation can be collected for the Uniform Distribution and Accreditation Centre (U.D.A.C) located in Zayed Sports City.



Team captains, coaches/managers and assistant managers **cannot** collect accreditation on behalf of teammates. Each participant must personally present themselves and their ID at the point of collection. It is at this point that participants will also receive their welcome kit.

The operating dates and hours of the UDAC will be announced in due course. Please subscribe to the OMGAD newsletter and or download our app for the latest push updates.



1.3. Dates

Event	Feb 7 Saturday	Feb 8 Sunday	Feb 9 Monday	Feb 10 Tuesday	Feb 11 Wednesday	Feb 12 Thursday	Feb 13 Friday	Feb 14 Saturday
11 v 11								
7 v 7								

All dates and times are subject to change, pending final entries received.

1.4. Venue

7v7

[Abu Dhabi Cricket & Sports Hub, Khalifa City A](#)

11v11

[Zayed Sports City](#)

2. Competition Information

2.1. Disciplines, Events & Grading

Format	Grade	Category	
		Gender	Age
11 v 11	Competitive	Male	30+, 40+, 50+
		Female	
	Recreational	Male	30+, 40+, 50+, 60+, 70+
		Female	
7 v 7	Competitive	Male	30+, 35+, 40+, 45+, 50+, 55+
		Female	
	Recreational	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
		Female	

The following grade definitions have been determined for OMGAD2026 Football competition:

- **Competitive:** Teams that have three or more senior players with international, national or state representative open experience. Teams without international, national and state representatives are still encouraged to enter the competitive grade but should expect matches of a very competitive nature.
- **Recreational:** Open to everyone, including teams/individuals that participate or have participated, at a local competition level.

The Open Masters Games Football Organising Committee reserves the right to move teams between grades.

2.2. Format

The following format for play has been identified for the Open Masters Games Football competition:

- There will be a round robin tournament, with finals and playoff matches to determine final placings. Where sufficient entries are received, teams will be split in accordance of the number of registered participants.
- Final draw format will be determined once number of teams are confirmed. To produce a viable draw some grades and ages will be combined at the discretion of the Open Master Games Abu Dhabi 2026 Football Organising Committee.
- All **7v7** matches will consist of 20-minute halves with a five-minute break at half time.
- All **11v11** matches will consist of 30-minute halves with a five-minute break at half time.
- All matches requiring a winner will proceed directly to kicks from the penalty spot. Each team will have five penalties, if scores are still tied then it will proceed to “sudden death” penalties.



2.3. Groups and Schedule

The groups will be completed and available for viewing on the Open Masters Games website on the 1st of February by 6pm.

2.4. Rules

Substitutions

- Substitutions will be on a roll-on, roll-off basis. Substitutions can only take place during a break in play (free kick, corner, thrown-in or restarts)
- You must have permission from the referee or assistant to make the substitution
- Players being substituted out of the game can exit at the nearest sideline or end/goal line
- The player being substituted into the game **MUST** enter the field from the team's technical area and after the player being substituted out has left the field
- The referee may refuse any request for a substitution if he or she believes that permitting the substitution at that time will give an unfair advantage or if a series of substitutions is unduly delaying or interrupting the flow of the game or there is insufficient time remaining.
- Substitutes may warm-up during the game subject to the dimensions of the ground but may not use a ball. A goalkeeper is permitted to use a ball to warm-up.

Offside

- Offside will be in effect for the 11v11 format.
- Offside will be in effect for the 7v7 format.

Referees

- 11v11 games will have one central referee and two linesmen or lineswomen.
- 7v7 games will have two referees.
- All referees will be appointed by the UAE Football Association.



Back Passes

The goalkeeper is **not** permitted to pick up the ball from a pass direct from his or her teammate in any format of football in the Open Masters Games.

Team Sheets

All teams should present their match day team sheet prior to kick off. All players should have a first name and last name and their shirt number.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate, Mr. Abdulrazzaq Alkabi, will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Technical Meeting

The online technical meeting for 7v7 and 11v11 will be held on the 2nd of February at 10am UAE Time.

The in-person 7v7 participant technical meeting will be held on the 6th of February at 10am (UAE time) at the competition venue (Abu Dhabi Cricket & Sports Hub).

The 11v11 participant technical meeting will be held on the 10th of February at 10am (UAE Time) at the competition venue (Zayed Sports City).

3.3. Competition Management

#	Name	Position	Email
1.	Abdulrazzaq Alkabi	Technical Delegate	abdulrazzaq.alkabi@uaefa.ae
2.	Seth Amoafu	7v7 Competition Manager	football@omgad2026.ae
3.	Billy Ready	11v11 Competition Manager	football@omgad2026.ae



4. Equipment & Uniform

3.1. Equipment

OMGAD will provide size 5 footballs for all competitions.

3.2. Uniform

- All outfield players of the same team should wear a matching kit with unique numbers on the back.
- Goalkeepers must wear colours that distinguish them from all other players and match officials. A goalkeeper can wear a bib to differentiate them if necessary. If, in the opinion of the referee, two teams have the same or similar colours, the home team (first named team from left to right) shall wear bibs.
- Shinpads should be worn with socks covering the shin pad fully.
- All jewellery and fitness trackers must be removed prior to kick-off.
- Games will be played on firm ground grass so moulded studs are recommended.

5. Awarding

5.1. Medals

The top 3 teams in each age category will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, teams and individuals represent themselves. National flags and anthems will not be included in medal ceremonies.
- The medal ceremony will be held after each final.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals

6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. If there are no rules regarding such disputes and protests in place, the competitor may first make verbal protest and submit written protest to OMGAD within 30 minutes after the end of a contest.
- No protest can be lodged by any team members or staff against a judging (scoring) decision during the competition period.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.
- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.