



OPEN MASTERS GAMES

ABU DHABI 2026

NETBALL



Updated: January 26, 2026

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

1. General Information

1.1. Governance

The Competition shall be played in accordance with the rules of World Netball. Other rules set out by the Open Masters Games Abu Dhabi (OMGAD) Committee will be stipulated in this document.

1.2. Eligibility

The age of the youngest registered team member determines which age category the team will compete in and for the Games, your age is determined as of 31 December 2026. For example, if you are 40 years old as of 31 December 2026, you can participate in both competitive and recreational categories, provided there are no scheduling conflicts.

Competitors can participate in up to two teams in the netball competition (in different categories) provided they are registered with each team.

Teams must register a minimum of seven players. Teams are permitted to have a maximum of 10 players registered on the score sheet in any one match, however a maximum of 15 team players can be registered. A maximum of four team support staff (coach, manager, trainer, etc.) and one umpire may register with a team.

All players must be registered participants in the OMGAD. Accreditation checks will be carried out prior to all matches.

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.

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. The operating dates and hours of the UDAC will be announced in due course for Accreditation Collection.

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

February 12 Thursday	February 13 Friday	February 14 Saturday

1.4. Venue

Abu Dhabi Cricket & Sports Hub, Khalifa City A

1.5. Intergenerational Games

Generations in Motion presented by Mubadala, *the Official Intergenerational Partner for the Open Masters Games*, is a vibrant celebration of sport, family, and connection - bringing the Open Masters Games to life through 24 dynamic, unified sports activities designed to unite generations on the field of play. Throughout the Games, Youth will be paired with Open Masters athletes in fun, inclusive experiences that showcase the joy of movement while strengthening intergenerational bonds.

2. Competition Information

2.1. Disciplines, Events & Grading

Grade	Category	
	Gender	Age
Competitive	Female	30+
Recreational		30+

Where possible all age categories will be graded. The competition will be divided into two grade categories; competitive and recreational. Teams must indicate their grade at the time of registration based on the following definitions.

- **Competitive:** This category is for teams who have three members who regularly compete in a competition of high standard and/or who compete in masters/special events or regularly compete in a domestic competition.
- **Recreational:** This category is for teams whose members play on a social/non regular basis. These teams may have a few members who are not currently involved in competitive netball.

The OMGAD reserves the right to move teams between grades.

2.2. Format

All teams will be placed into pools and play teams within their pool to determine the positions. Straight finals will be played with 1st vs 2nd and 3rd vs 4th.

Each game will be 4 x 10-minute periods. There will be a two-minute break between periods 1 & 2, and between 3 & 4. Half time will be a 4-minute break.

Teams can expect to play two or three games per day.

2.3. The Groups

Competitive 30+: 6 teams

Recreational 30+: 4 teams

30+ Competitive	30+ Recreational
Desert Diamonds	Al Qeyam Queens
The Clubbers	Velvet Vipers
AAA Masters	Odd Balls
Net Gains	The Leftovers
Pro Physique	
WE Sport	

2.3. Schedule

The schedule will be released by the 1st of February, 2026.

2.4. Rules

Players must participate in at least one preliminary game to be eligible to play finals for their team. No late registrations will be accepted going into finals.

Teams playing ineligible players will be penalised four points for every game in which the ineligible player participates. The player concerned will be banned from further participation in the netball competition.

2.5. Determining Places

Points will be awarded as follows for preliminary matches. Refer below for information regarding finals.

- Win, four points
- Draw, two points

- Loss, one point*

*to encourage teams to keep competing and forfeits be more effective

Points and percentages will determine the teams who progress to the finals.

If points are tied the goal average for each team shall be decided as follows:

Total number of goals scored by the team divided by the total number of goals scored against the team, multiplied by 100 and divided by the actual number of matches played by the team.

2.6. Substitutions

Unlimited substitutions are permitted in the preliminary rounds.

Knockout games that end in a tie will follow the below procedures:

2.7. Finals ending in a tie

The below process will be followed if there is a tie at the end a final

There is a one-minute break during which there may be substitutions.

- Thereafter, two five-minute halves will be played.
- At the end of the first five minutes, teams simply change ends and there is no substitution or team changes allowed.
- If at the end of the second five minutes the scores are still level, then the play continues until one team has a two-goal advantage. There will be no substitutions or change of end.

3. Technical Details

3.1. Technical Delegate and Head of Umpires

The Technical Delegate, or a nominee, will oversee the implementation of all specific rules and requirements at the Games.

#	Name	Position	Email	WhatsApp
1.	Mandy Straszacker	Competition Manager	netball@omgad2026.ae	+27828213430 +971589942355
2.	Lauren Van Zyl	Head of Umpires	Lauren@plb2.co.za	+971506544884

3.2. Other Technical Details

Scorer

- Every team is to provide a scorer for each game. This person can be an unused player or team official.
- The scorers from each team must sit together and use the score sheet provided.
- The scoresheet provided will be considered the official scoresheet and only information recorded on the official scoresheet will be accepted.
- A MVP will be chosen by the umpires from each game and this will be recorded on the scoresheet.
- The scorers will deliver the scoresheets to the Head of Umpires for approval immediately after the game.

4. Court Layout





5. Equipment & Uniform

5.1. Equipment

- Gilbert balls will be provided for competition.
- Teams are advised to bring their own balls for training.
- Teams are advised to bring their own water bottles and strapping tape.
- Individuals are responsible for the safekeeping and storage of their own equipment.

5.2. Uniform

- All teams are required to wear appropriate uniforms. All competitors on the same team must wear team uniforms of the same colour.
- All teams should have two sets of competition positional bibs (dark and light). The first team listed on the schedule will be designated as the home team, the second team listed on the schedule will be designated as the visiting team.
- In the event of two teams wearing similar colour positional bibs, the first named team shall change positional bibs.
- Medical devices would need to be covered securely (e.g.: diabetic patch). No smart watches can be worn. Nails have to be short and will be checked by the umpires. (False nails- players would need to wear gloves as they could be harmful to others)

6. Awarding

6.1. Medals

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

6.2. Ceremonies

- In OMGAD2026, athletes are individuals and 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.

7. Protests and Appeals

7.1. 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.

7.2. 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.

8. Doping Control

8.1. 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.