



# OPEN MASTERS GAMES

## ABU DHABI 2026

VOLLEYBALL



V3

Updated: January 21, 2025

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

# 1. General Information

## 1.1. Governance

The Volleyball event will be conducted in line with the competition rules of the International Volleyball Federation (FIVB), UAE Volleyball Federation, or as otherwise specified in this document, and will conform to any special requirements of the Open Masters Games Abu Dhabi 2026.

## 1.2. Eligibility

The age of the youngest registered team member determines which age category the team will compete in and for the Games. The age of the youngest team member is determined as of 31 December 2026.

For each team to be confirmed, a minimum of seven athletes need to be registered with no maximum number of athletes per team. However, a team is only permitted to have a maximum of 12 team members registered on the score sheet for any one game.

### 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 UAE. This is a legal requirement.
- Residents and citizens must ensure their respective health insurance covers sports injuries.

The Ziyarah Plan is being offered specifically for Open Masters Games participants (athletes, coaches, supporters, family).

## 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](http://damaninsurance.ae)

## 1.3. Dates

|            | Feb 7<br>Saturday | Feb 8<br>Sunday | Feb 9<br>Monday | Feb 10<br>Tuesday | Feb 11<br>Wednesday | Feb 12<br>Thursday | Feb 13<br>Friday | Feb 14<br>Saturday |
|------------|-------------------|-----------------|-----------------|-------------------|---------------------|--------------------|------------------|--------------------|
| Volleyball |                   |                 |                 |                   | Day off             |                    |                  |                    |

## 1.4. Venue

Volleyball – Abu Dhabi National Exhibition Centre (ADNEC)

Pin Location

## 2. Competition Information

### 2.1. Disciplines, Events & Grading

| Disciplines         | Category     |        |                     |
|---------------------|--------------|--------|---------------------|
|                     | Grade        | Gender | Age                 |
| Volleyball (Indoor) | Competitive  | Male   | 30+, 35+, 40+, 45+, |
|                     |              | Female | 50+, 55+, 60+, 65+, |
|                     | Recreational | Male   | 70+                 |
|                     |              | Female |                     |



The following grade definitions have been determined for the indoor Volleyball competition:

- **Competitive:** This category is for tournament and competition players.
- **Recreational:** This category is for social and novice players.

Beach Volleyball has no grading and is an open category.

Where there are insufficient entries in an age category, categories may be combined to conduct a viable competition. The awarding of medals will not be affected, that is, teams will still be awarded medals in the age category in which they originally entered.

## 2.2. Rules

### Indoor Volleyball:

- Squads can consist of up to 12 players with 6 starting players and 6 substitutions. Players are only allowed to occupy 1 position on the starting rotation per set.
- A team declared incomplete for the start of a match automatically loses the first set. 10 minutes after the start time they default the match. All defaults must have been decided under the supervision of a tournament director, head referee or Technical Delegate.

## 2.3. Format

- The format will be round robin pool play based on the number of entries.
- Round robin matches will be the best-of-three sets with the option of playing the third set with the approval of the umpire and technical delegate. The sets will be rallying point scoring with the first two sets to **25 points** with a two-point advantage and no ceiling. The deciding set will be rallying point to 15 with a two-point advantage and no ceiling.
- Only the Gold medal matches will be played over the best of five rally point sets to 25 with a two-point advantage and no ceiling. The deciding set will be a rally point to 15 with a two-point advantage and no ceiling.



## Draw Dates

The draw will be completed at 10am on the 5th of February and will be available online on the Open Masters Games 2026 website by 10am on the 6th of February.

The technical meeting will be held at 10am on the 5th of February in the athletes lounge at the competition venue.

## 2.3. Schedule

As part of your registration, you can play both Beach Volleyball and Volleyball. Each athlete can play in a maximum of two teams at the Games.

If an athlete seeks to compete across the Beach Volleyball and Volleyball competitions, they must choose one event from Column A and One from Column B:

| Column A                         | Column B                         |
|----------------------------------|----------------------------------|
| Volleyball, all 30+ grades       | Volleyball, all 35+ grades       |
| Volleyball, all 40+ grades       | Volleyball, all 45+ grades       |
| Volleyball, all 50+ grades       | Volleyball, all 55+ grades       |
| Volleyball, all 60+ grades       | Volleyball, all 65+ grades       |
| Volleyball, all 70+ grades       |                                  |
|                                  | Beach Volleyball, all 30+ grades |
| Beach Volleyball, all 35+ grades | Beach Volleyball, all 40+ grades |
| Beach Volleyball, all 45+ grades | Beach Volleyball, all 50+ grades |
| Beach Volleyball, all 55+ grades | Beach Volleyball, all 60+ grades |
| Beach Volleyball, all 65+ grades | Beach Volleyball, all 70+ grades |

For example:

A 53-year-old male could play: Volleyball 50+ competitive Men's & Beach Volleyball 50+ Pairs

A 45-year-old Woman could play: Beach Volleyball 35+ Women's Pairs & Volleyball 45+ competitive Women's

## 3. Technical Details

### 3.1. Technical Delegate

The technical delegate will be Ismail Alblooshi. Mr. Alblooshi is endorsed by the UAE Volleyball Federation.

### Competition Management

| #  | Name             | Position            | Email                   |             |
|----|------------------|---------------------|-------------------------|-------------|
| 1. | Ismail Alblooshi | Technical Delegate  | ref1818@hotmail.com     | 050-9749741 |
| 2. | Khaled Alhosani  | Competition Manager | volleyball@omgad2026.ae | 050-6620505 |

### 3.2. Other Technical Details

- The net height for both Volleyball and Beach Volleyball will be set at 2.43m for men and 2.24m for women. In selected age groups/divisions the net height may be reduced if there is consensus from teams in that grade.

## 4. Equipment & Uniform

### 4.1. Equipment

- Wilson game volleyballs will be provided for competition.
- Teams are advised to bring their own balls for training and warm up.
- Teams are advised to bring their own water bottles and strapping tape.

### 4.2. Uniform

#### Indoor Volleyball:

- All volleyball athletes, officials and volunteers must wear shoes with non-marking soles whilst on the competition area of the venue (field of play).
- All teams are required to wear appropriate uniforms. All athletes on the same team must wear team tops and shorts of the same colour and design except for the libero who must wear a top of contrasting colour. Team uniforms must be numbered (this can be 1-99).

## 5. Awarding

### 5.1. Medals

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

### 5.2. 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.

## 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.