

OPEN MASTERS GAMES

ABU DHABI 2026

Al Tabaa



Updated: February 4, 2026

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

1. General Information

In line with supporting traditional and athletic games and reinforcing national identity, this guideline is issued to regulate the “Al-Tabba” game according to unified rules and official standards that ensure players’ safety, achieve competitive fairness, and facilitate the adoption of the game in official tournaments and community initiatives.

1.1. Regulatory Basis

The weightlifting event will be conducted in line with the competition rules of the International Weightlifting Federation (IWF) Masters, UAE Weightlifting Federation, or as otherwise specified in this document.

1.2. Scope of Application of the Game

The provisions of this guideline apply to all matches, leagues, and tournaments related to the “Al-Tabba” game, whether official or community-based. All players, coaches, organizers, and referees must adhere to it, and any violation is considered a breach of the game rules.

1.3. Objective of the Game

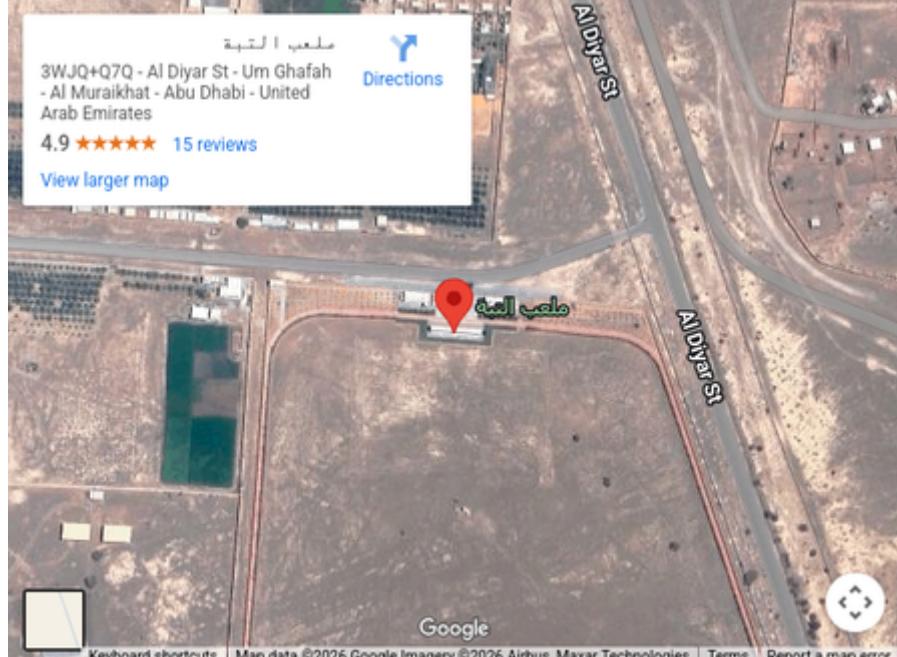
- Enhancing physical and mental fitness.
- Strengthening national and cultural identity.
- Developing thinking skills and quick decision-making.
- Strengthening social bonds

1.4. Dates

Date	February 7 Saturday	February 8 Sunday		
	9 am	9 am		

1.5. Venue

Al Ain Al Tabaa



2. The Guideline for the “Al-Tabba” Game

2.1. Game Equipment and Tools

The equipment used in the “Al-Tabba” game consists of simple tools such as the ball (“Al-Tabba”), (“the bats”), cones used to mark the field boundaries and distance, and field-marking powder (Dawra).

2.2. Game Attire

Sports shoes, a short-sleeved shirt, and a headscarf (Shemagh) or a T-shirt, with the option to replace traditional “Wazar” with black sports pants or shorts, depending on the agreement between the organizing committee and the participating teams Traditional Attire (Wazar, short, tunic, and Shemagh)

2.3. Number of Players

- Each team consists of 6 main players on the field and 2 substitute players.
- Unlimited substitutions are allowed under the following conditions:
 - For the first team, the substitute player must be on the waiting line before the “Surface” area.
 - The second team may substitute at any time.
 - The ball must be stationary in the first range.
 - If a substitution is made due to injury, the injured player may not return to play.

2.4. Game Periods:

- The match consists of two 25-minute halves.
- A 10-minute extra period is played in case of a tie.
- If the score is still tied after extra time, the match will be extended by an additional 10 minutes, as determined by the refereeing committee.
- Team coaches are allowed a maximum of one minute timeout per match.
- Time is added in the following situations:
 1. Substitution.
 2. Injury.
 3. Referee's decision (protest, video review, loss of possession, on-field referee review)

3. Game Rules

3.1. The Draw:

3.1.1 A draw is conducted to choose the team that will start the play (striking) in the first field. According to the traditional method, this is done by burying the “Al-Tabba” ball under one of the sand dunes by the referee or game supervisor, as follows:

3.1.2 Start of Play (Striking):

After the two teams are determined and positioned on the field, the team that wins the draw starts playing from the first range. Each player has three strikes. The strikes are executed with the player and the catcher standing in a circle in the first range, facing the second range along the same line. The catcher throws the “Al-Tabba” ball vertically upwards, and the player attempts to hit it, as shown in the following images:

3.1.3 Running to the Second Range:

If the player successfully hits (strikes) the ball far, they run at maximum speed to the second range and then return to the first range, thereby earning one point

3.1.4 Running Preparation Line:

If the player fails to hit any of the three balls, their turn ends. They stand on the running preparation line and wait until another teammate takes their turn.

3.1.5 Catching the Ball by the Second Team:

While a player from the first team is running, the second team tries to catch the ball as quickly as possible to hit the running player before they reach the second range or while returning to the first range

3.1.6 Returning to the First Range:

If the first team's player cannot return safely to the first range due to the risk of being hit by the second team, they remain in the second range until another teammate strikes the ball. After that, they attempt to return to the first range. In this case, the player only “saves themselves” without earning any points, and they are allowed three more attempts.

3.1.7 Hitting a Player from the First Team:

If a player from the second team hits a player from the first team while they are running between the first and second ranges, and enters one of the ranges with their teammate before the first team player can react, the second team earns two points, and the striking turn switches to them.

3.1.8 Ball bouncing back on the player:

If the second player is hit by the first player with the ball and it bounces back on the first player and touches him, it is not considered an injury and he can continue running to one of the two distances

4. General Rules

4.1.1 Hitting the Running Player

- If the running player is hit by the ball, they or their teammates have the right to catch the ball and hit the opponent before they reach either range. The chasing player may pass the ball to any teammate in an attempt to hit the opponent player.

4.1.2 Outmaneuvering the Catcher

- Players who have completed their turn may attempt to advance toward the second range, or players in the second range may advance toward the first range, provided this is done before all of the team's strikes are completed and while the ball is in the field and outside the first range

4.1.3 Directing the Catcher

The catcher must throw the ball in a way suitable for the striking player, and the striker has the right to request a re-throw or to direct the catcher to ensure an appropriate throw. When the striker initiates the hit, the throw should not be disturbed by the catcher.

4.1.4 Directing the Catcher

A player is not allowed to run if the ball crosses the right or left So lines while in the air, unless the ball first touches the field and then crosses the lines (as shown in the diagram).

4.1.5 Waiting Line Regulations:

Players on the waiting line must sit in the designated area. The catcher may hit any player who violates this rule, resulting in a switch of turn in favor of the opposing team. Under no circumstances are players in the first range allowed to intentionally touch the ball. If they do, the turn is switched.

4.1.6 Last Opportunity (Catching the Ball and Chasing)

- One or more players from the first team are selected to run to the first range
- Players on the running preparation line are not allowed to enter the field until their teammate starts running from the second range

5. Winning Method

- A- The team with the highest number of points at the end of the periods wins.
- B- In case of a tie, an additional period of 15 minutes is played.
- C- If still tied after the additional period, another extra period of 10 minutes is added (as decided by the refereeing committee)

6. Scoring

Notes	Points	Activity	No.
Switching Play	2	Catching the Ball (except the Catcher)	1
Switching Play	2	Hitting a First Team Player Outside the Range	2
Switching Play	2	Using All Strikes	3
1 Point per Player	1	Running to the Second Range and Returning	4

6. Violation Rules

Penalty / Referee Decision	Violation	No.
Warning to the Catcher, then Switch Turn	Deliberate Incorrect catching	1
Warning, then Ejection	Obstructing a Player While Running	2
Warning then Ejection, or Direct Ejection at Referee's Discretion	Hitting a Player Intentionally to Harm	3
Warning, then Ejection	Causing Chaos, Complaining, or Objecting	4
End the Striker's Turn and Move Outside the Running Preparation Line	Dropping the Bat by the Striker	5
Warning, then Ejection	Deliberate Time Wasting	6