

OPEN MASTERS GAMES

ABU DHABI 2026

RUGBY



Updated: November 5, 2025

1. General Information

Rugby is a physically demanding sport that blends brute strength, quick thinking, and seamless teamwork. Master's players will compete in high-spirited, action-packed matches full of passion and grit.

1.1. Governance

The OMGAD2026 Rugby event will be conducted in line with slightly modified World Rugby laws (15s, 10s, 7s and Touch). A full list of competition rules will be provided to teams prior to the commencement of the tournament.

1.2. Eligibility

The age of the youngest registered team member determines which age category the team will compete in.

For the games your age is determined as of 31 December 2026. For example, if you are 39 during Games time but have turned 40 by 31 December 2026, you would compete in the 40+ age category.

Health Declaration

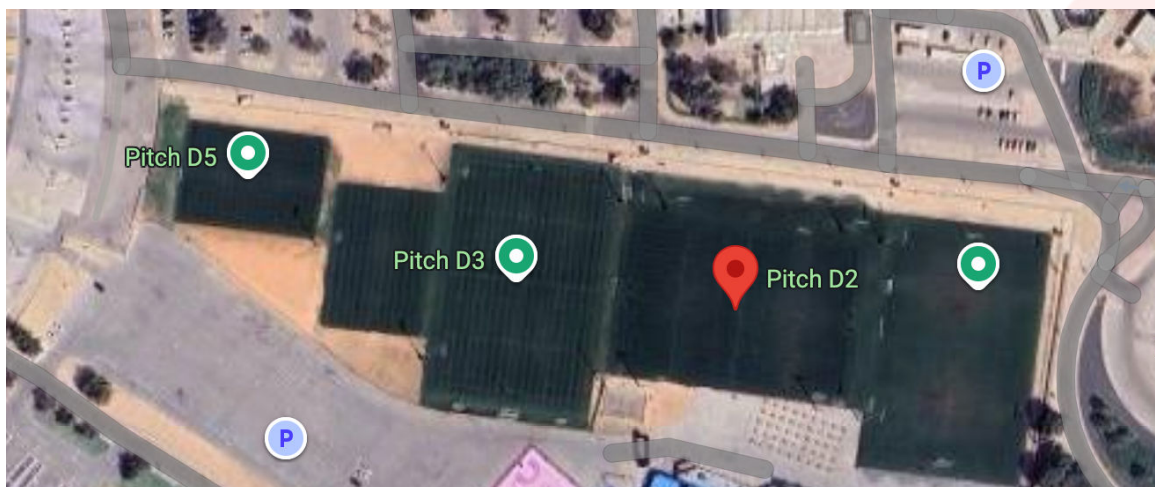
Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely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

1.3. Dates

	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
Rugby					

1.4. Venue

[Zayed Sports City](#)



2. Competition Information

2.1. Disciplines, Events & Grading

Event	Grade	Category	
		Gender	Age
15s	Competitive	Male	35+
	Recreational	Female	27+
10s	Competitive	Male	35+
	Recreational	Male	45+
7s	Competitive	Male	30+
		Female	27+
	Recreational	Male	30+
		Female	27+
Touch		Male	35+, 40+, 45+, 50+
		Female	27+, 40+

The following grade definitions have been determined for the OMGAD2026 Rugby competition:

- Competitive:** for teams consisting of players with international, national experience or a high standard domestic level. At least two players should have international experience (played for their country). The other team members are expected to be at a state/ province/ elite Club player level.

- **Recreational:** for those players who participate in non-competitive and/or lower grade leagues and for social and casual players.

2.2. Format

Event	Minimum Participants Per Squad	Max Participants Named on Game Sheet	Duration of Game
15s	18	25	40 mins (20 mins per half)
10s	15	16	20 mins (10 mins per half)
7s	10	12	14 mins (7 mins per half)
Touch	10	14	40 mins (10 mins per half)

2.3. Schedule

				10-Feb	11-Feb	12-Feb	13-Feb	14-Feb		
Grade	Gender	Event	Age	Tue	Wed	Thu	Fri	Sat		
Competitive	Male	15s	35+	GROUP GAMES			SEMI FINALS	FINALS		
	Female		27+							
	Male	10s	35+				GROUP GAMES	GROUP GAMES, SEMI FINALS & FINALS		
			45+							
	Male	7s	30+							
	Female		27+							
Recreational	Male	15s	35+	GROUP GAMES			SEMI FINALS	FINALS		
	Female		27+							
	Male	7s	30+				GROUP GAMES	GROUP GAMES, SEMI FINALS & FINALS		
	Female		27+							
	Male	Touch	35+	GROUP GAMES						
			40+							
			45+							
			50+							
	Female	Touch	27+							
			40+							

*Schedule is not final and may change based on the number of entries received.

2.4. Rules

The OMGAD2026 Rugby event will be conducted in line with slightly modified World Rugby laws (15s, 10s, 7s and Touch). A full list of competition rules will be provided to teams prior to the commencement of the tournament.

Key modifications to the rules for the OMGAD2026 tournament include:

- Men's 35+ to play World Rugby U19 Variations Law 20: Scrum i.e. contested scrums to a maximum 1.5 meters push.
- Men's 40+ and over grades will have uncontested scrums.
- Unlimited substitutions permitted at any time and a player substituted earlier may return to the game at any time.
- A maximum number of players can be listed for each game, as per the table above.

- Men's 40+ and older grades, no cleaning out at tackles, rucks and mauls.

3. Technical Details

3.1. Technical Delegate

A Technical Delegate endorsed by UAE Rugby Federation will be announced in the final version of the guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

Referees

The OMGAD2026 will appoint referees to each game.

4. Equipment & Uniform

4.1. Equipment

Rugby match balls will be provided for all games. Teams are advised to bring their own balls for training. Teams are advised to bring their own water bottles and strapping tape to each match day.

4.2. Uniform

Rugby 15s, 10s & 7s

- All teams are required to wear appropriate uniforms.
- All athletes on the same team must wear team uniforms of the same colour and jerseys must be numbered.
- Teams are encouraged to bring an alternate set of jerseys in the event of a clash with another team.
- Team uniforms must comply with the World Rugby Laws of the Game.

Touch Rugby

- Team numbering must be 1-14 inclusive.
- Players must retain the same playing number, which must match that of their team sheet, throughout the tournament.
- The tops must have numbers no less than 16cm high on the back.
- All players must wear shorts that sit above the knees.

- Under Garments, the wearing of under garments, i.e. thermals, Skins, bike shorts and other types of apparel, whilst acceptable, must not be visible during play.
- Unless all team members are wearing the same garment as part of their uniform
- Suitable footwear must be worn. Regulation Touch shoes are recommended.
- Bare feet, spikes, rugby boots (with removable sprigs), and moulded boots with metal tipped cleats are NOT allowed.

5. Awarding

5.1. Medals

The top 3 athletes 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.

8. Updates

The final version of the competition guide will be released by December 1st. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae