



OPEN MASTERS GAMES

ABU DHABI 2026

VOLLEYBALL



Updated: November 5, 2025

1. General Information

With high-flying spikes and coordinated teamwork, volleyball is a high-energy indoor sport that thrives on rhythm and communication. Teams will rally for points in exciting, fast-paced matches.

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 International Masters Games Association.

1.2. Eligibility

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you are 39 years old during the Games time but turn 40 by 31 December 2026, you would compete in the 40-44 age category.

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 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.

1.3. Dates

	Feb 7 Saturday	Feb 8 Sunday	Feb 9 Monday	Feb 10 Tuesday	Feb 11 Wednesday	Feb 12 Thursday	Feb 13 Friday	Feb 14 Saturday
Volleyball					Day off			
Beach Volleyball								

1.4. Venue

Volleyball – Abu Dhabi National Exhibition Centre (ADNEC)

 Pin Location

Beach Volleyball – Hudayriyat Island

 Pin Location

2. Competition Information

2.1. Disciplines, Events & Grading

Disciplines	Category		
	Grade	Gender	Age
Volleyball (Indoor)	Competitive	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
		Female	
	Recreational	Male	
		Female	
Beach Volleyball - Pairs	Open	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
		Female	
Beach Volleyball - Fours	Open	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 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. Combined age categories will be played as a round robin. The finals will be played as separate age categories. 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. 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 three 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.

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

2.3. Squad 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.

Beach Volleyball:

- For each team to be confirmed in the Pairs, two athletes must be registered. A maximum of three players can be registered for the squad.
- In the Fours competition, a minimum of four athletes need to be registered, with a maximum of six athletes per team.
- In the Beach Volleyball pair's competition, substitutions are not allowed during match play. Therefore, substitutions can only be used between matches and not sets. If a player is injured, a substitution is not permitted to replace the injured player during a match, e.g. in pairs competitions, only the two players on the roster are eligible for the entirety of the match.
- In the Fours competition, two substitutes are permitted to be on the scoresheet for a match, with unlimited substitutions allowed. Players are only allowed to occupy one position on the starting rotation per set.

3. Technical Details

3.1. Technical Delegate

The technical delegate, who will be endorsed by the UAE Volleyball Federation, will be announced in the final version of the guide.

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.
- 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.

4. Equipment & Uniform

4.1. Equipment

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).



Beach Volleyball

- The FIVB restrictions on uniforms will not apply, however team members will be required to wear matching tops and bottoms of the same colour. Player numbers (1-2 for pairs and 1-6 for fours) are recommended.

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