

## VOLLEYBALL SPORT INFORMATION GUIDE

### Volleyball

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.

### Competition dates

Volleyball competition for the Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers competitions in both Beach Volleyball and Volleyball disciplines. Whilst both disciplines will be held concurrently, scheduling will enable an athlete to compete in both Beach Volleyball and Volleyball competitions.

The provisional Volleyball and Beach Volleyball competition schedule for OMGAD2026 is as follows:

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

All dates and times are subject to change, pending final entries received. A preliminary daily breakdown per each age group is at the end of this document. A further detailed schedule will be released further in to 2025.

### Venue: Volleyball – Abu Dhabi National Exhibition Centre (ADNEC)

 [Pin Location](#)

### Beach Volleyball – Hudayriyat Island

 [Pin Location](#)

### Competition Format

The events, divisions and age categories for Volleyball are as follows:

Discipline	Event/Division	Age Categories
Volleyball	Competitive	Men's / Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Recreational	Men's / Women's 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+

The Volleyball competition offers a competitive division for men's and women's teams, and a recreational division for men and women.

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.

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.

The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people can join existing teams up to and including 15 January 2026. Each athlete can play in a maximum of two Volleyball teams at the Games. If an athlete seeks to compete in multiple teams in the Volleyball competition, they can only compete in one Volleyball team from Column A and one Volleyball team from Column B.

For example:

A 56 year old female wishing to play in two Volleyball teams could play: women's 50+ in the first three days and women's 55+ in the last three days.

### **Want to play Beach Volleyball and Volleyball?**

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

### **Competition Standards and Rules**

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.

### **Volleyball Grade Definitions**

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

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

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

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

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.

### **Match Format**

The Volleyball matches will be played best of 3 sets in all stages of the competition.

### **Substitutions**

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.

### **Net Height**

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.

### **Forfeits/Defaults**

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 on under the supervision of a tournament director, head referee or Technical Delegate.

### **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.

### **Uniforms**

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).

### **Format of Play**

- 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 rally point scoring with the first two sets to 25 points with a two-point advantage and no ceiling. The deciding set will be rally 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.

## **BEACH VOLLEYBALL Competition Format**

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

The events, divisions and age categories for Beach Volleyball are as follows:

Discipline	Event / Division	Age Categories
Beach Volleyball	Pairs - Open	Men's: 30+ 35+, 40+,45+, 50+, 55+, 60+, 65+, 70+ Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Fours - Open	Men's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+ Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+

### **Grade Definitions**

There is only one event per age category for Beach Volleyball, i.e. there are no grades or grading requirements for this competition.

Beach Volleyball can be played in Pairs and Fours in an Open division in the identified age categories, for men's and women's.

For each team to be confirmed in the Pairs, two athletes must be registered. In the Fours competition, a minimum of four athletes need to be registered, with a maximum of six athletes per team.

A maximum of three players for the pairs competition and six players for the fours competition may be registered (a minimum of two players must be registered for the pairs, and a minimum of four players must be registered for the fours).

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. The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people can join existing teams up to and including 15 January 2026.

Each athlete can play in a maximum of four Beach Volleyball teams at the Games.

The draw will be structured to allow teams to play both Beach Volleyball and Volleyball. Pairs and fours matches will be played.

If an athlete seeks to compete in multiple teams in the Beach Volleyball competition, they cannot be entered into teams within the same event/division and can only compete in a maximum of two Beach Volleyball teams from Column A and two Beach Volleyball teams from Column B.

Athletes can choose 2 of the following 4 competitions:

- Single Gender Pair
- Single Gender Four

For scheduling purposes, athletes cannot enter 2 teams in the same option (same colour – note this example also applies to the 'odd' age groups as well – 35/45/55/65):

Single Gender Pair	Single Gender Four
--------------------	--------------------

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

Men's– 30+	Women's–30+	Men's–30+	Women's–30+
Men's– 40+	Women's–40+	Men's–40+	Women's–40+
Men's– 50+	Women's–50+	Men's–50+	Women's–50+
Men's– 60+	Women's–60+	Men's–60+	Women's–60+
Men's– 70+	Women's– 70+	Men's–70+	Women's–70+

For example:

A 48-year-old male wishing to play in four Beach Volleyball teams could play: Men's 45+ Pair and Men's 45+ Four in the first three days, and Men's 40+ Pair and Men's 40+ Four during the last two days.

### **Format of Play**

For the 1st phase of the competition, all divisions will play pool games, and teams will be ranked at the end of the pool play. A single elimination format will be used for semi - finals and finals to determine medal winners. All other placings will be determined by the pool results.

All matches will be played as best two of three sets. The winner shall be the first team to score 21 points and lead by two in the first two sets, with the third set, if necessary, going to 15 points. Each team shall be allowed to call two timeouts per 21 point set and one in the 15 point set. Teams will change sides after every 7 points in sets to 21 and every 5 points in sets to 15.

### **Competition Standards and Rules**

The Volleyball event will be conducted in line with the competition rules of the UAE Volleyball Association, or as otherwise specified in this document, and will conform to any special requirements of the Organising Committee.

### **Match Format**

Beach Volleyball competition structure features pairs and fours grades all taking place over 4-day competition blocks. In some grades teams will not play on the 4th day if they have not made a medal match. Beach Volleyball matches will be played best of 3 sets throughout the entire competition.

### **Substitutions**

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 1 position on the starting rotation per set.

### **Net Height**

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.

### **Forfeits/Defaults**

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

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 on under the supervision of a tournament director, head referee or Technical Delegate.

### **Equipment**

Game volleyballs will be provided for the 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.

### **Uniforms**

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.

### **Updates**

**The final version of the competition guide will be released by December 1<sup>st</sup>. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: [sports@omgad2026.ae](mailto:sports@omgad2026.ae)**

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

## INDOOR VOLLEYBALL

Venue: ADNEC

Grade	Gender	Event	Age	Format	07-Feb Sat	08-Feb Sun	09-Feb Mon	10-Feb Tue	11-Feb Wed	12-Feb Thu	13-Feb Fri	14-Feb Sat	15-Feb Sun
Competitive	Male	Indoor	30+	Round Robin	Round 1 & 2	Round 3	Semi Finals	Final & 3rd Place					
			40+	Round Robin	Round 1 & 2	Round 3	Semi Finals	Final & 3rd Place					
			50+	Round Robin	Round 1 & 2	Round 3	Semi Finals	Final & 3rd Place					
			60+	Round Robin	Round 1 & 2	Round 3	Final & 3rd Place						
			70+	Round Robin	Round 1 & 2	Round 3	Final & 3rd Place						
			35+	Round Robin						Round 1 & 2	Round 3	Semi Finals & Final	
			45+	Round Robin						Round 1 & 2	Round 3	Semi Finals & Final	
			55+	Round Robin						Round 1 & 2	Round 3	Final & 3rd Place	
			65+	Round Robin						Round 1 & 2	Round 3	Final & 3rd Place	
	Female	Indoor	30+	Round Robin	Round 1 & 2	Round 3	Semi Finals	Final & 3rd Place					
			40+	Round Robin	Round 1 & 2	Round 3	Semi Finals	Final & 3rd Place					
			50+	Round Robin	Round 1 & 2	Round 3	Semi Finals	Final & 3rd Place					
			60+	Round Robin	Round 1 & 2	Round 3	Final & 3rd Place						
			70+	Round Robin	Round 1 & 2	Round 3	Final & 3rd Place						
			35+	Round Robin						Round 1 & 2	Round 3	Semi Finals & Final	
			45+	Round Robin						Round 1 & 2	Round 3	Semi Finals & Final	
			55+	Round Robin						Round 1 & 2	Round 3	Final & 3rd Place	
			65+	Round Robin						Round 1 & 2	Round 3	Final & 3rd Place	
Recreational	Male	Indoor	30+	Round Robin	Round 1	Round 2	Round 3	Semi Finals & Finals					
			40+	Round Robin	Round 1	Round 2	Round 3 & Semi Finals	Final & 3rd Place					
			50+	Round Robin		Round 1 & 2	Round 3 & Finals						
			60+	Round Robin		Round 1 & 2	Round 3 & Finals						
			70+	Round Robin		Round 1 & 2	Round 3 & Finals						
			35+	Round Robin						Round 1	Round 2 & 3	Semi Finals & Final	
			45+	Round Robin						Round 1	Round 2 & 3	Semi Finals & Final	
			55+	Round Robin						Round 1	Round 2 & 3	Finals	
			65+	Round Robin						Round 1	Round 2 & 3	Finals	
	Female	Indoor	30+	Round Robin		Round 1	Round 2 & 3	Semi Finals & Finals					
			40+	Round Robin		Round 1	Round 2 & 3	Semi Finals & Finals					
			50+	Round Robin		Round 1 & 2	Round 3 & Finals						
			60+	Round Robin		Round 1 & 2	Round 3 & Finals						
			70+	Round Robin		Round 1 & 2	Round 3 & Finals						
			35+	Round Robin						Round 1	Round 2 & 3	Semi Finals & Final	
			45+	Round Robin						Round 1	Round 2 & 3	Semi Finals & Final	
			55+	Round Robin						Round 1	Round 2 & 3	Finals	
			65+	Round Robin						Round 1	Round 2 & 3	Finals	



## BEACH VOLLEYBALL

Venue: Hudayriyat

Grade	Gender	Event	Age	07-Feb Sat	08-Feb Sun	09-Feb Mon	10-Feb Tue	11-Feb Wed	12-Feb Thu	13-Feb Fri	14-Feb Sat
Open Pairs	Male	Beach	35+		Round 1 & 2	Round 3 & Finals					
			45+		Round 1 & 2	Round 3 & Finals					
			55+		Round 1 & 2	Round 3 & Finals					
			65+		Round 1 & 2	Round 3 & Finals					
			30+				Round 1	Round 2	Round 3	Final & 3rd Place	
			40+				Round 1	Round 2	Round 3	Final & 3rd Place	
			50+				Round 1	Round 2	Round 3	Final & 3rd Place	
	Female	Beach	60+				Round 1	Round 2	Round 3	Final & 3rd Place	
			70+					Round 1 & 2	Round 3	Final & 3rd Place	
			35+		Round 1 & 2	Round 3 & Finals					
			45+		Round 1 & 2	Round 3 & Finals					
			55+		Round 1 & 2	Round 3 & Finals					
			65+		Round 1 & 2	Round 3 & Finals					
			30+					Round 1 & 2	Round 3	Final & 3rd Place	
Open Fours	Male	Beach	40+					Round 1 & 2	Round 3	Final & 3rd Place	
			50+					Round 1 & 2	Round 3	Final & 3rd Place	
			60+					Round 1 & 2	Round 3	Final & 3rd Place	
			70+					Round 1 & 2	Round 3	Final & 3rd Place	
			35+		Round 1		Round 2	Round 3 & Finals			
			45+		Round 1		Round 2	Round 3 & Finals			
			55+		Round 1		Round 2	Round 3 & Finals			
	Female	Beach	65+		Round 1		Round 2	Round 3 & Finals			
			30+						Round 1	Round 2	Round 3 & Final
			40+						Round 1	Round 2	Round 3 & Final
			50+						Round 1	Round 2	Round 3 & Final
			60+						Round 1	Round 2	Round 3 & Final
			70+						Round 1	Round 2	Round 3 & Final
			35+		Round 1		Round 2 & 3	Final & 3rd Place			
			45+		Round 1		Round 2 & 3	Final & 3rd Place			
			55+			Round 1	Round 2 & 3	Final & 3rd Place			
			65+			Round 1	Round 2 & 3	Final & 3rd Place			
			30+						Round 1	Round 2	Round 3 & Final
			40+						Round 1	Round 2	Round 3 & Final
			50+						Round 1	Round 2	Round 3 & Final
			60+						Round 1	Round 2	Round 3 & Final
			70+						Round 1	Round 2	Round 3 & Final