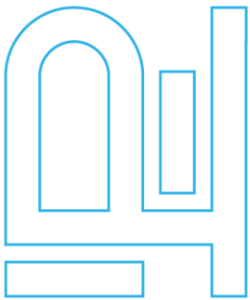
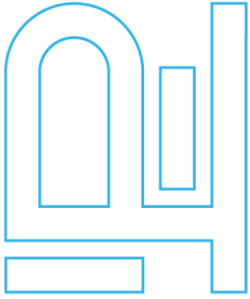


ABU DHABI SPORTS CHAMPIONSHIP  
ELITE FORMAT



# RULES & REGULATIONS FOR ALL SPORTS



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# General Rules & Regulations

## Championship Overview

The Abu Dhabi Schools Sports Championship (ADSC) continues to serve as the premier structured competitive platform for school sport in the Emirate, underpinned by Abu Dhabi's commitment to holistic student development, coaching excellence, and long-term athletic pathways. The 6th Edition introduces a refined Elite Format designed to raise standards across participation, coaching quality, and institutional accountability.

## Elite Format Structure

The Elite Format encompasses seven sports, delivered through two competitive tiers, Varsity and Junior Varsity. While ensuring age-appropriate competition with a clear development progression. This structure is designed to embed competitive sport at the institutional level and create consistent, high-quality playing environments.

## School Incentive Framework

The Championship operates a transparent, performance-based incentive system designed to reward institutional commitment and coaching excellence:

- **School Leaderboard:** A publicly visible leaderboard tracks and ranks schools based on competitive performance across sports. Top-ranked schools receive official commendations, championship trophies, and eligibility for additional ADEK-administered resources.
- **Coach Recognition Programme:** Coaches who demonstrate active participation and a measurable standard of excellence across Varsity and Junior Varsity formats are eligible for tiered recognition and annual awards, aligned to the Championship's performance benchmarks.

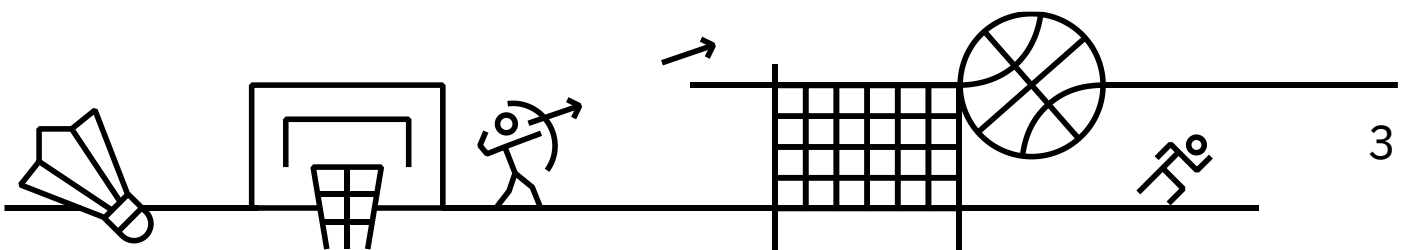
## Schools Mandate and minimum compliance requirement:

Participation in the Championship is a mandated requirement. All schools must complete their formal registration by the deadline specified in the official Competition Calendar. Schools that fail to register within the stipulated timeframe will have sports assigned to them by ADEK in accordance with their school fee category and the applicable minimum compliance thresholds.

Compliance requirements are tiered by fee category - Premium & High, Medium, and Low & Very Low and cover sports participation obligations, coaching qualification standards, and the delivery of formal intra-school selection processes.

## School Sports Facility Utilization:

All schools are strongly encouraged to make their sports facilities available for the hosting of Varsity and Junior Varsity league fixtures. This provision supports the operational delivery of the Championship and reinforces the role of schools as active contributors to Abu Dhabi's broader sports ecosystem.



## Sports Code: ATH

### 1. Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Max. Per Discipline	Disciplines Per Athlete	Registration Cut-Off Date
ATH	Athletics	5 athletes/school/ age/gender	2 + Relay	11 Dec 2026

- Each school can register up to 5 students per gender, per age group, per discipline.
- Each athlete can enter a maximum of 2 individual events plus one relay race.
- Player changes can be made until the registration cut-off date. No changes are permitted after that.

### 2. Competition Structure:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Sep 2009 - 31 Aug 2011	Born 1 Sep 2007 - 31 Aug 2009

### Disciplines (Males & Females):

Category	Junior Varsity		Varsity	
	Males	Females	Males	Females
Running	100m, 200m, 400m, 800m, 1500m		100m, 200m, 400m, 800m, 1500m	
Jumping	High Jump, Long Jump, Tripple Jump		High Jump, Long Jump, Tripple Jump	
Throwing	4kg Shotput 1kg Discuss 700g Javelin	3kg Shotput 1kg Discuss 500g Javelin	5kg Shotput 1.75kg Discuss 700g Javelin	3kg Shotput 1.75kg Discuss 500g Javelin
Relay	4x100m			

### 3. Competition Pathway:

Athletics follows a three-stage pathway. Athletes compete locally at district level, with top performers advancing through macro-cluster playoffs to a centralised finals day.

#### Stage 1 – District Cluster Stage:

Format	Heats and field events within each district cluster. Athletes compete in their registered disciplines and results are recorded via electronic timing and measurement.
Duration	6 meets per district Min competition days per Athlete: 6 days
Venues	Centralized regional hubs
Advancement	Top 2 times/distances per discipline per district qualify to Macro-Cluster Playoffs (top 4 if fewer districts)

#### Weekday Schedule (District Stage):

Tuesday	Wednesday	Thursday
Junior Varsity Males	Varsity Males	Junior Varsity & Varsity Females

#### Stage 2 – Macro Clusters Playoffs:

Format	Consolidated heats and field events across each macro cluster
Venues	Centralized regional hubs
Advancement	Top 8 times/distances per discipline qualify to Finals

#### Stage 3 – Finals:

Format	Championship Finals
Event Features	All qualifiers will compete in the finals in Abu Dhabi to determine the winners of each heat, and athletes will be awarded medals.

### 4. Competition Guidelines:

Athletics follows a three-stage pathway. Athletes compete locally at district level, with top performers advancing through macro-cluster playoffs to a centralised finals day.

#### Event Day

- Teams must arrive at least 1 hour before the start time to register and collect bib numbers.
- Athletes must be at their competition area 30 minutes before their event.

## Track Events

- Races are held on an 8-lane track (where available). Participants are split by gender, age group, and discipline.
- Competitors from the same school will be spread across heats to ensure competitive balance.

## Field Events (Throws & Jumps)

- Each athlete has 3 attempts. The best result is recorded. Maximum time per attempt: 1 minute.
- For high jump, athletes who clear the bar progress to the next height. Each height allows a maximum of 3 attempts.

## 5. Results & Scoring

- Electronic timing and measurement systems are used across all stages.
- In case of a tie in the finals, both athletes will be awarded.

## 6. Fouls & Penalties

- Track: Athletes may be warned or disqualified for a false start or for intentionally impeding another runner.
- Throws: Stepping outside the throwing circle or crossing the front edge before release is a foul.
- Long/Triple Jump: Stepping beyond the take-off board before making contact with the ground is a foul.
- High Jump: Dislodging the bar counts as a failed attempt.

## 7. Safety & Kit Requirements

- Full sports uniform (shirt and shorts/pants), unified per school.
- Running shoes or athletics spikes are mandatory. Athletes are encouraged to bring a water bottle and energy snacks.

## 8. Additional Information

A detailed competition pack will be shared after the registration cut-off date. For more information:

- [UAE Athletics Federation](#)
- [World Athletics](#)

## Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## 1. Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Registration Cut-Off Date
		Min.	Max.	Match Roster		
BSK	Basketball	5	10	10	None	05 Feb 2027

- Each school may register 1 team per age group per gender.
- Player changes can be made until the registration cut-off date.

## 2. Competition Structure:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Sep 2009 - 31 Aug 2011	Born 1 Sep 2007 - 31 Aug 2009
Format	5-a-side, Full Court	
Ball Size	Size 6 (F) / Size 7 (M)	
Basket Height	3.05m	
Game Duration	4 x 10-minute halves	

## 3. Competition Pathway

Basketball follows a three-stage pathway. Schools compete in a district league, with top teams advancing through a macro-cluster knockout bracket to a centralised finals day.

### Stage 1 – District-Cluster League Stage

Format	Round-robin league within each district cluster
Venues	School-based venues. Where a school has a suitable facility, it hosts its home matches. Where a school does not, they select from available venues within their district.
Duration	Min competition days per team: 7 days
Match Format	4 x 10-minute halves, 3-minute halftime. Clock runs continuously except for free throws and the last 2 minutes.
Advancement	Top-ranked teams from each district advance to the Macro-Cluster Playoffs

### Weekday Schedule (District Stage):

Tuesday	Wednesday	Thursday
Junior Varsity Females	Varsity Females	Junior Varsity & Varsity Males

### Stage 2 – Macro-Cluster Playoffs:

Format	Single-elimination knockout bracket (Round of 64 through to Semi-Finals)
Venues	Centralized regional hubs
Match Format	4 x 10-minute halves, 5-minute halftime. Full stop-clock.
Advancement	Winning teams progress through each knockout round to the Finals

### Stage 3 – Finals:

Format	3rd/4th place match followed by the Championship Final for each age group and gender
Match Format	4 x 10-minute halves, 5-minute halftime. Full stop-clock.

## 4. Competition Guidelines:

### General

- Teams must be at the warm-up area 15 minutes before their match.
- A match will not start if either team has fewer than 4 players.
- A 5-minute warm-up will be allowed before each game.

### Game Play

- Each team has 2 timeouts per game (1 per half, or both in the second half).
- In case of a tie at full time, a 3-minute overtime period is played. One additional timeout per team is granted for overtime.
- Three-point shots are permitted.
- Zero step is allowed.
- Backcourt violation applies on offence, the ball may not cross back over the midline.
- Held ball situations are resolved by the possession arrow.

### Substitutions

- Before every game, the team leader submits a player list to the official, including substitutes.
- A maximum of 3 substitutes may be made at a single time.

## 5. Result & Scoring (District-Cluster League Stage)

Sport	Win	Draw	Loss	No-Show by Opponent
Basketball	1 point	No Tie	0 points	20–0 awarded to attending team

## Tie Breaker Rules

If two or more teams are tied on points at the end of the group stage, the following criteria are applied in order:

- Head-to-head result between the tied teams.
- Goal/point difference.
- Most goals/points scored.
- Fewest goals/points conceded.
- If all remain equal, advancement is decided by coin flip.

## Knock Out Stage Tiebreaker

- If tied at full time, a 3-minute overtime is played.
- If still tied, a second overtime of 3 minutes is played, and so on until a winner is determined.

## 6. Fouls & Disciplinary

- Players are permitted up to 4 personal fouls. On the 4th foul, they are disqualified for the rest of the game.
- Teams accumulate up to 4 team fouls before the bonus situation (2 free throws).
- 1 technical foul results in disqualification from the rest of the game.
- An unsportsmanlike foul results in 2 free throws and possession to the opponent.
- 1 technical + 1 unsportsmanlike foul = immediate disqualification.

## 7. Safety & Kit Requirements

- Basketball jersey and shorts, unified per school with assigned numbers.
- Basketball shoes are mandatory.
- Athletes are encouraged to bring a water bottle, energy snacks, and a towel.

## 8. Additional Information

A detailed match-day competition pack will be shared after the registration cut-off date. For more information:

- UAE Basketball Association / FIBA: [Click Here](#)

## Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Registration Cut-Off Date
		Min.	Max.	Match Roster	
FBL	Football 9-a-side	7	11	10	18 Sep 2026

- Each school may register 1 team per age group per gender.
- Player changes can be made until the registration cut-off date.

## Competition Structure:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Sep 2009 – 31 Aug 2011	Born 1 Sep 2007 – 31 Aug 2009
Format	9-a-side	
Ball Size	5	
Pitch	9-a-side Pitch	

## 3. Competition Pathway

Football follows a three-stage pathway. Schools compete in a district league, with top teams advancing through a macro-cluster knockout bracket to a centralised finals day.

### Stage 1 – District Cluster Stage

Format	Round-robin league within each district cluster
Duration	Min competition days per team: 10 days
Venues	School-based venues. Where a school has a suitable facility, it hosts its home matches. Where a school does not, they select from available venues within their district.
Match Format	2 x 25-minute halves, 5-minute halftime
Advancement	Top-ranked teams from each district advance to the Macro-Cluster Playoffs

### Weekday Schedule (District Stage):

Tuesday	Wednesday	Thursday
Junior Varsity Males	Varsity Males	Junior Varsity & Varsity Females

### Stage 2 – Macro-Cluster Playoffs:

Format	Single-elimination knockout bracket (Round of 64 through to Semi-Finals)
Venues	Centralized regional hubs
Match Format	2 x 25-minute halves, 5-minute halftime
Advancement	Winning teams progress through each knockout round to the Finals

### Stage 3 – Finals:

Format	3rd/4th place match followed by the Championship Final for each age group and gender
Match Format	2 x 25-minute halves, 5-minute halftime. Penalty shootout if tied.
Event Features	All qualifiers will compete in the finals in Abu Dhabi to determine the top 3 winners in each gender category. The first-place winners will be awarded a trophy, while the remaining athletes will receive medals.

## 4. Competition Guidelines:

### General

- A match must not start if either team has fewer than 5 players.
- There is no offside rule.
- Allowance for time lost is at the discretion of the referee.

### Substitutions

- There is no limit to the number of substitutions per game. Players who are substituted out may return.
- Substitutions can only be made during a break in play (goal kick, corner, throw-in) or as instructed by the referee.
- The referee must be made aware of every change. The outgoing player must leave at the nearest touchline. The substitute may only enter after receiving a signal from the referee.

### Penalty Shootouts (Knockout Matches)

- Only players on the pitch at the final whistle are eligible.
- Each captain nominates 5 players. If scores remain equal after 5 shots, sudden death applies.

## 5. Results & Scoring (District-Cluster League Stage):

Sport	Win	Draw	Loss	No-Show by Opponent
Football	3 points	1 point	0 points	3–0 awarded to attending team

### Tiebreaker Rules

If two or more teams are tied on points at the end of the group stage, the following criteria are applied in order:

- Head-to-head result between the tied teams.
- Goal/point difference.
- Most goals/points scored.
- Fewest goals/points conceded.
- If all remain equal, advancement is decided by coin flip.

## 6. Fouls & Disciplinary

- Standard UAEFA rules apply for yellow and red cards.
- A player receiving a red card is suspended from the next match. The Championship Committee reserves the right to extend the suspension.

## 7. Safety & Kit Requirements

- Unified school kit with assigned shirt numbers.
- Shin guards and long socks (covering shin guards) are mandatory.
- Appropriate footwear required - metal studs are not allowed.
- If kit colours clash, the home team (first-named school) switches to their change kit or wears bibs.

## 8. Additional Information

A detailed match-day competition pack will be shared after the registration cut-off date.

For more information:

- FIFA Rules & Reports: <https://inside.fifa.com/legal/documents>
- UAE Football Association (UAEFA)

### Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Registration Criteria & Cut-Off Dates:

Sport Code	Sport	Max. Per School	Cap Per Category	Registration Cut-Off
BJJ	Jiu-Jitsu	30 athletes	None	05 Feb 2027

- Each school can register up to 30 athletes across all age groups, genders, weight categories, and belt colours.
- Maximum 2 athletes per school per age group, per gender, per weight category, per belt colour.
- Athlete changes can be made until the registration cut-off date.

## Registration Criteria & Cut-Off Dates:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Jan 2012 - 31 Dec 2013	Born 1 Jan 2010 - 31 Dec 2011
Format	Single-elimination per weight category	
Rules	AJP Rules (Abu Dhabi Jiu-Jitsu Pro)	

## Weight Categories:

Males	
Age Group	Weight Categories
Junior Varsity	-38kg, -42kg, -46kg, -50kg, -55kg, -60kg, -66kg, -73kg, -85kg
Varsity	-45Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, -94kg
Females	
Age Group	Weight Categories
Junior Varsity	-36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -69kg, -80kg
Varsity	-40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70kg, -82kg

## 3. Competition Pathway:

Jiu-Jitsu follows a three-stage pathway. Athletes compete in district-level events, with top point scorers advancing through macro-cluster playoffs to a centralised championship finals day.

### Stage 1 – District-Cluster Stage:

Format	Single-elimination bouts organised by belt rank, weight class, and age group within each district cluster
Duration	Min competition days per Athlete: 7 days
Venues	School facilities. Where districts lack suitable schools, regional hubs will be used.
Advancement	Top 2 point scorers per weight category qualify to Macro-Cluster Playoffs (top 4 if fewer districts)

### Weekday Schedule (District Stage):

Tuesday	Wednesday	Thursday
Junior Varsity Males	Varsity Males	Junior Varsity & Varsity Females

### Stage 2 – Macro-Cluster Playoffs:

Format	Consolidated single-elimination bouts across each macro cluster
Venues	Centralised regional hubs
Advancement	Top 8 point scorers per weight category qualify to Finals

### Stage 3 – Finals:

Format	Championship Finals
Event Features	All qualifiers will compete in the finals in Abu Dhabi to determine the winners of each weight category, and athletes will be awarded medals.

## 4. Competition Guidelines

- The event adheres to AJP Rules (Abu Dhabi Jiu-Jitsu Pro Rules).
- Weight divisions follow UAEJJF standards.
- Students registered in the wrong belt or weight division will be disqualified.

### Scoring System

- A match must take place for any points to be awarded.
- Medal points: Gold = 9 points, Silver = 3 points, Bronze = 1 point.

### Weigh-in

- All athletes must attend a weigh-in session before their competition. Details will be provided and shared with the sport lead prior the competition
- There is no weight tolerance. Athletes whose weight diverges by more than one division will be disqualified.
- Athletes may only fight one weight division above their actual weight.
- Athletes who fail to attend the weigh-in are automatically disqualified.

## Dress Code (Weigh-in)

- Athletes must wear a non-transparent T-shirt and sport shorts covering to the knee, or Gi pants and T-shirt, or full Gi uniform.
- Singlets, tank tops, jeans, formal wear, and short shorts are not permitted.

## 5. Kimono & Equipment

- Juvenile and adult categories must wear kimonos weighing 350 grams.
- Males may wear a stretchy compression shirt (short or long sleeves) under the Gi. Cotton undershirts are not allowed.
- Females must wear a stretchy or elastic shirt under the Gi (any colour, short or long sleeves).
- Hijabs are permitted but must be elastic fabric with no hard components.
- No pants under Gi pants (except females). Appropriate undergarments are mandatory.
- All kimonos must be clean and in good condition at check-in. Kimonos with tears, wetness, dirt, or odours will not be accepted.
- Foot gear, headgear, hair pins, jewellery, cups, or any hard protector is strictly forbidden.

## 6. Fouls & Disciplinary

- Coach misconduct or negative actions will result in points deduction, at the discretion of the Technical Committee.
- Any athlete who behaves unsportingly may be disqualified.

## 7. Additional Information

A detailed competition pack will be shared after the registration cut-off date.  
For more information:

- [UAE Jiu-Jitsu Federation](#)
- [JJAU – Ju-Jitsu Asian Union](#)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## 1. Registration Criteria & Cut-Off Dates:

Sports code	Sport	Registration Limit per School	Disciplines Per Athlete	Registration Cut-Off Date
SWM	Swimming	5 per age/gender	2 Disciplines	05 Feb 2027

- Each school can register up to 5 athletes per age group per gender.
- Each athlete may enter a maximum of 2 disciplines.
- Students must have prior swimming experience and be familiar with competition rules.
- Athlete changes can be made until the registration cut-off date

## 2. Competition Structure:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Sep 2009 – 31 Aug 2011	Born 1 Sep 2007 – 31 Aug 2009

## Disciplines (Males & Females)

#	Discipline
1	Freestyle 50m
2	Freestyle 100m
3	Backstroke 50m
4	Backstroke 100m
5	Breaststroke 50m
6	Breaststroke 100m
7	Butterfly 50m
8	Butterfly 100m
9	Individual Medley 200m

## 3. Competition Pathway

Swimming follows a three-stage pathway. Athletes compete in district-level meets, with the fastest qualifiers advancing through macro-cluster playoffs to a centralised finals day.

### Stage 1 – District-Cluster Stage

<b>Format</b>	Heats per age group and stroke within each district cluster. Results recorded via electronic timing.
<b>Duration</b>	6 meets per district Min competition days per Athlete: 6 days
<b>Venues</b>	Approved swimming facilities. Where districts lack pools, regional aquatic centres will be used.
<b>Advancement</b>	Top 2 times per discipline per district qualify to Macro-Cluster Playoffs (top 4 if fewer districts)

### Weekday Schedule (District Stage)

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Junior Varsity Males	Varsity Males	Junior Varsity & Varsity Females

### Stage 2 – Macro-Cluster Playoffs

<b>Format</b>	Consolidated heats across each macro cluster
<b>Duration</b>	2 competition days (1 day for Males, 1 day for Females)
<b>Venues</b>	Centralised regional hubs
<b>Advancement</b>	Top 8 times per discipline qualify to Finals

### Stage 3 – Finals

<b>Format</b>	Championship Finals
<b>Event Features</b>	All qualifiers will compete in the finals in Abu Dhabi to determine the winners of each heat, and athletes will be awarded medals.

## 4. Competition Guidelines

- Unregistered swimmers will not be allowed to participate.
- Emirati ID must be presented to verify the swimmer's age.
- A race will only be held if there are at least 3 swimmers.
- Any withdrawal must be communicated at least 48 hours before the competition day. No changes are accepted on the day.
- All participants must be at the venue at least 1 hour before the start of the event.
- Races will start promptly. Heats are held per age group per stroke.
- Results are determined by approved electronic timing systems.

### Race Start Procedure:

- The referee signals swimmers to remove clothing (except swimwear) with a brief whistle sequence.
- A long whistle signals swimmers to take their positions on the starting platform, deck, or in the water.
- For backstroke: swimmers enter the water on the first long whistle and take start position on the second.
- The starter initiates the race once all swimmers are still and ready.

### Cultural Considerations

- During female competitions, all males are restricted from the competition area.
- Filming is strictly prohibited during female competitions.

## 5. Safety & Kit Requirements

- Racing swimsuit (school-approved), swim goggles, and swim cap are mandatory.
- Towels and warm clothing between events are recommended.
- Athletes are encouraged to bring a water bottle and energy snacks.

## 6. Additional Information

A detailed race-day competition pack will be shared after the registration cut-off date. For more information:

- UAE Swimming Federation
- World Aquatics (formerly FINA): <https://www.worldaquatics.com/>

### Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## 1. Registration Criteria & Cut-Off Dates:

Sport Code	Sport	Min.	Max.	Match Roster	Registration Cut-Off
PDL	Padel (Doubles)	4	8	6	11 Dec 2026

- Each school may register 1 team per age group per gender.
- Player changes can be made until the registration cut-off date.

## 2. Competition Structure:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Sep 2009 - 31 Aug 2011	Born 1 Sep 2007 - 31 Aug 2009
Format	Doubles (2 v 2)	
Court	Standard enclosed padel court	

## 3. Competition Pathway

Padel follows a unique three-stage pathway for its pilot year. Unlike other team sports, there is no district-level stage. Schools enter directly into macro-cluster qualifiers, with top teams progressing into a league format and then finals.

### Stage 1 – Macro-Cluster Qualifiers

Format	One-day qualification event within each macro cluster. Schools compete in a short-format round to earn their place in the league stage.
Venues	Designated padel facilities across Abu Dhabi, Al Ain, and Al Dhafra
Advancement	Top-ranked teams from each macro cluster qualify to the League Stage (subject to capacity)

## Weekday Schedule

Tuesday	Wednesday	Thursday
Junior Varsity Males & Females	Varsity Males & Females	Junior Varsity & Varsity Males & Females

## Stage 2 – Macro-Cluster League Stage

<b>Format</b>	Round-robin league within each macro cluster. All 8 macro clusters run simultaneously, with 3 league days per gender.
<b>Venues</b>	Centralised padel facilities
<b>Advancement</b>	Top 2 teams per gender per macro cluster qualify to Finals

## 4. Competition Guidelines

### General

- All matches are played on a standard enclosed padel court (20m x 10m) in accordance with FIP rules.
- Teams must arrive at least 30 minutes before their scheduled match time.
- A 5-minute warm-up is allowed before each match.

### Match Format

- Qualifier stage: Best of 3 sets, first to 4 games per set with tiebreak at 4–4. No-ad scoring applies.
- League stage: Best of 3 sets, first to 6 games per set with tiebreak at 6–6.
- Finals: Best of 3 sets, first to 6 games per set with tiebreak at 6–6.

### Service Rules

- The server must bounce the ball behind the service line before striking it below waist height.
- The serve must land in the diagonally opposite service box.
- Two service faults result in a point for the receiving team.

### Substitutions

- Pair substitutions may be made between sets only, not during a set.
- The match official must be informed of any substitution before the next set begins.

## 5. Results & Scoring (League Stage)

Sport	Win	Draw	Loss	No-Show by Opponent
Padel	3 points	No Tie	0 points	6–0, 6–0 awarded to attending team; 3–0 standing

### Tiebreaker Rules

If two or more teams are tied on points at the end of the group stage, the following criteria are applied in order:

- Head-to-head result between the tied teams.
- Goal/point difference.
- Most goals/points scored.
- Fewest goals/points conceded.
- If all remain equal, advancement is decided by coin flip.

### 6. Fouls & Disciplinary

- FIP Code of Conduct applies. Verbal warnings, point penalties, game penalties, and disqualification may be issued by the match official.
- Any player or coach who displays unsportsmanlike behaviour may be suspended from the next match or excluded from the Championship at the discretion of the Championship Committee

### 7. Safety & Kit Requirements

- Appropriate padel or indoor court shoes are mandatory.
- Unified school sports kit is required.
- Only FIP-approved padel rackets and balls are permitted.
- Protective eyewear is recommended but not mandatory.
- Athletes are encouraged to bring a water bottle and energy snacks.

### 8. Additional Information

- As a pilot-year sport, the structure and format may be refined for future editions based on participation data and operational feedback.
- A detailed competition pack will be shared after the registration cut-off date.

### Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Student Registration Cut-Off Date
		Min.	Max.	Match Roster	
VOL	Volleyball	6	11	10 Players	18 Sep 2026

## Competition Structure:

	Junior Varsity	Varsity
Gender	Males & Females	Males & Females
Age Eligibility	Born 1 Sep 2009 - 31 Aug 2011	Born 1 Sep 2007 - 31 Aug 2009
Format	6-a-side	
Net Height	2.35m	

## 3. Competition Format:

Volleyball follows a three-stage pathway. Schools compete in a district league, with top teams advancing through a macro-cluster knockout bracket to a centralised finals day.

Format	Round-robin league within each district cluster
Duration	Min competition days per team: 10 days
Venues	School-based venues. Where a school has a suitable facility, it hosts its home matches. Where a school does not, they select from available venues within their district.
Match Format	Best of 3 sets to 15 points each
Advancement	Top-ranked teams from each district advance to the Macro-Cluster Playoffs

## Weekday Schedule (District Stage)

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Junior Varsity Females	Varsity Females	Junior Varsity & Varsity Males

## Stage 2 – Macro-Cluster Playoffs

Format	Single-elimination knockout bracket (Round of 64 through to Semi-Finals)
Venues	Centralised regional
Match Format	Best of 3 sets to 15 points each
Advancement	Winning teams progress through each knockout round to the Finals

## Stage 3 – Finals

Format	3rd/4th place match followed by the Championship Final for each age group and gender
Match Format	Best of 3 sets to 15 points each
Event Features	All qualifiers will compete in the finals in Abu Dhabi to determine the top 3 winners in each gender category. The first-place winners will be awarded a trophy, while the remaining athletes will receive medals

## 4. Competition Guidelines

### General

- A 5-minute warm-up is allowed before each match.
- All matches are played on a full-size volleyball court following FIVB rules. Each team fields 6 players.

### District-Cluster League Stage

- Best of 3 sets to 15 points each. Service order must be maintained throughout.

### Macro-Cluster Playoffs & Finals

- Best of 3 sets to 15 points each. Service order may change between sets.

### Substitutions

- Before every match, the team leader submits a player list including substitutes.
- A maximum of 3 substitutes may be made at a single time, at the end of a rally only.
- Incoming players must enter through the substitution zone and wait for the official's signal.

## Service Rules

- Overhand or underhand service is permitted. The ball may not bounce during the service motion.
- If a serve hits the net and crosses to the defensive side, it remains in play. If it stays on the server's side, a point is awarded to the opponent.
- One re-serve is allowed for a bad toss. Rally scoring is used throughout.
- Rotation is clockwise. Late-arriving players are added at the bottom of the service list.

## 5. Results & Scoring (District-Cluster League Stage)

Sport	Win	Draw	Loss	No-Show by Opponent
Volleyball	3 points	No Tie	0 points	25–0 awarded; 3–0 standing

## Tiebreaker Rules

If two or more teams are tied on points at the end of the group stage, the following criteria are applied in order:

- Head-to-head result between the tied teams.
- Goal/point difference.
- Most goals/points scored.
- Fewest goals/points conceded.
- If all remain equal, advancement is decided by coin flip.

## 6. Fouls & Disciplinary

- Yellow card (caution) or red card (dismissal). The match official reports all incidents to the Championship Commission immediately after the match.
- A sent-off individual is suspended from the next match or excluded from the Championship, at the Committee's discretion.
- A carded player must leave the court and may not return until 4 points have been scored.

## 7. Safety & Kit Requirements

- Unified, numbered school kit with shirt and sleeves.
- Knee pads recommended. Appropriate indoor court footwear is mandatory.
- If kit colours clash, the home team switches to their change kit or wears bibs.

## 8. Additional Information

A detailed match-day competition pack will be shared after the registration cut-off date.

For more information:

- [UAE Volleyball Association](#)
- [FIVB](#)

## Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

ABU DHABI SPORTS CHAMPIONSHIP  
TOURNAMENT FORMAT

# RULES & REGULATIONS FOR ALL SPORTS

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# General Rules & Regulations

## Championship Overview

The Abu Dhabi Schools Sports Championship (ADSC) continues to serve as the premier structured competitive platform for school sport in the Emirate, underpinned by Abu Dhabi's commitment to holistic student development, coaching excellence, and long-term athletic pathways.

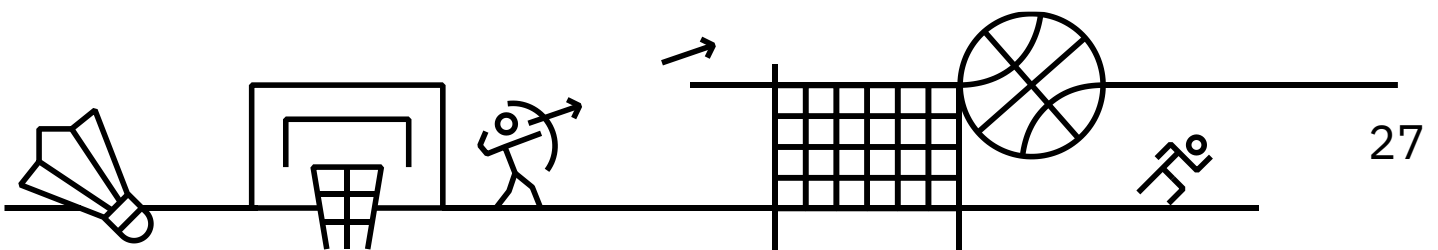
## Tournament Format Structure

The Tournament Format encompasses eighteen sports, ensuring age-appropriate competition with a clear development progression. This structure is designed to embed competitive sport at the institutional level and create consistent, high-quality playing environments.

## School Incentive Framework

The Championship operates a transparent, performance-based incentive system designed to reward institutional commitment and coaching excellence:

- School Leaderboard: A publicly visible leaderboard tracks and ranks schools based on competitive performance across sports. Top-ranked schools receive official commendations, championship trophies, and eligibility for additional ADEK-administered resources.



**Sports Code: BDM**

### Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
BDM	Badminton	None	18 Sep 2026

### Competition Structure:

Gender	Males & Females				
Age Group	<b>U9</b> 1 Sep 2017 – 31 Aug 2019	<b>U11</b> 1 Sep 2015 – 31 Aug 2017	<b>U13</b> 1 Sep 2013 – 31 Aug 2015	<b>U15</b> 1 Sep 2011 – 31 Aug 2013	<b>U17</b> 1 Sep 2009 – 31 Aug 2011
Competition Format	Singles				

### Competition Format:

- The qualifiers stages will be held in the Abu Dhabi, Al Ain, and Al Dhafra regions.
- All matches are played in a best-of-three set format (first to win two games).
- Each set is played to 11 points, using the rally point system.
- No extension: at 10–10, the next point wins the set (e.g., 11–10 is a valid final score).
- The UAE Badminton Federation reserves the right to adjust the game length depending on the number of participants.

**Uniforms:** Schools must ensure that players wear appropriate badminton attire.

**Seeding/Ranking:** Seeding will be conducted by the UAE Badminton Federation based on national player records.

**Officials and Referees:** All referees and technical officials will be appointed by the UAE Badminton Federation.

**Final Stage:** Winning participants from each region will be selected into the finals round (knockout) as per the below:

Region	Abu Dhabi	Al Ain	Al Dhafra
Entries Available	9 Entries	5 Entries	2 Qualifiers

- In case of insufficient/ absence entries, the next ranked player within the same draw or of another region will be randomly selected.
- This is applicable for both the boy's and girl's event.
- The final stage will also be an elimination draw where the selected players from the region will compete.
- Scoring format: 3 x 11.

### Interval & Change of Ends:

- Intervals: Not exceeding 60 secs at the end of each game and when the leading score reaches 6 points during each game.
- A 2-minute interval between each game is allowed.
- Change of ends: At the end of the first game. At the end of the second game, if there is a third game.

### Singles:

- If the server wins a rally, the server scores a point and then serves again.

### Fault and Errors:

- A fault results in a point awarded to the opponent and the surrender of the serve. Faults include but are not limited to the following:
- Missing the shuttlecock while swinging during the serve.
- Not serving underhand and below the waist.
- Hitting the shuttlecock through or under the net.
- Causing the shuttlecock to touch or hit the net.
- Touching the net with your body or racket.
- Hitting the shot before the birdie crosses the net.
- Hitting the shuttlecock out of bounds.
- Touching the shuttlecock with your body or clothing.
- Touch the boundary line while in contact with the birdie, including with a foot.
- Allowing the shuttlecock to hit the ground on your side of the court.
- Hitting the shuttlecock twice from the same court.

### League Rules:

- Games are played on standard singles badminton courts. Size variations are acceptable based on the decision of the organizers.
- Games are led by qualified Referees appointed by the organizer.

Each player must be accompanied by a school leader, coach, or teacher above the age of 21, whose name must be listed on the player list. The school leader is responsible for the conduct of the players at the sports grounds, as well as other social areas available to participants.

### Disciplinary Measures:

If the following rules of badminton are continuously broken by a player, then the Referee has the undue right to dock out the player's point or the player from the game.

- A player will be credited with a loss and will, in effect, be eliminated from that round of the league.
- The player is late for a match by 5 minutes or more without a valid reason. The player is ineligible.
- The Referee decides to cancel the match due to poor sportsmanship.
- In playoff rounds, the offending player will be credited with a loss and will, in effect, be eliminated from that round of the league.
- **The organizing committee has the right to determine the necessary steps to ensure a fair and reasonable outcome in the event of a void match.**

### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date.

### Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: VOL**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Registration Limit			Prior Experience Required	Student Registration Cut-Off Date
		Min.	Max.	Match Roster		
VOL	Volleyball	6	11	10 Players	None	18 Sep 2026

**Competition Structure:**

Gender	Males & Females	
Age Group	<b>U13</b> (1 Sep 2013 – 31 Aug 2015)	<b>U15</b> (1 Sep 2011 – 31 Aug 2013)
Competition Format	6-a-side	
Net Height	2.15m	2.15m
Ball Air Pressure	Official Size	Official Size

**Competition Format:**

- A 5-minute warm-up will be allowed before each match.
- Matches will include 1 set of 25 points. The winner must have a difference of at least 2 points.
- Groups will be divided by region.

**Play-Offs:**

- Matches will include 3 games sets to 15 points each. The winner of each game must have a difference of at least 2 points.
- Based on the results from the group stage, qualified schools will be drawn for a knockout bracket.

**Rules & Regulations:**

- The matches are held on a full-size volleyball court and in accordance with FIVB rules. The number of players per team on the field will be 6 players for all age categories. This applies to both male and female categories.
- Serving for the U13 category will be from a spot determined by the match official.

- Before every match, the team leader submits a list of players to the official on which the substitute players are also listed.
- A maximum of 3 substitutes can be substituted at a single time.
- Substitutions can be made only at the end of a rally.
- Incoming players must enter the substitution zone. Multiple substitutions should line up behind each other.
- The substitute is only allowed to enter the court after receiving a signal from the official.
- Schools must wear a unified numbered kit. If, before the start of a match, the official decides that the team's club colors are too similar, the first named school (home team) must play in its change kit or wear bibs.

### Result Scoring:

- The below table indicates points received based on the match outcome

Sport	Win	Draw	Lose	If the opposing team does not attend
Volleyball	3 points	No Tie	0 points	The result will be 25-0 and the standing will be 3-0 for the team that has attended

- If two or more teams are tied on points at the end of the group play, the head-to-head results will be the determining factor. If the head-to-head matches are equal, the total point difference will be used to determine the final place of each team. If the point difference is tied, then the most points for and fewest points against will be used in that order until final places can be determined. If all of these are the same, the team to advance will be decided by coin flip.
- In group stages service order must be maintained throughout the game. In playoffs and finals, service order may change with each set.
- Players arriving late can be added at the bottom of the service list if the full rotation has not been completed or will start immediately if the rotation has been completed.
- Rotation is always clockwise, except for the 1st serve of the game.
- Service may be performed overhand or underhand.
- The ball may not bounce during the service motion.
- If a serve hits the net, it may be played on the defensive side if it hits the net. However, if it hits the net on the offensive side, a point is awarded to the opponent, and no re-serve is permitted.
- A single reserve is only permitted for a bad toss. Failure to make a successful re-serve results in a point to the opponent. • Rally scoring will be used, with a point awarded regardless of the service possession.

### **Fouls & Disciplinary Measures:**

- There are cautions (yellow cards), or dismissals (red cards). If a player or coach has been sent off from the court or has received a caution, the official will inform the league commission about this immediately after the match.
- Any individual who has been sent off is suspended from the next match or excluded from the league. The league committee has the right to determine the necessary sanction for this player or coach.
- Individuals receiving a yellow or red card must leave the game and may not return until after 4 points have been scored.

### **Safety & Kit Requirements:**

To compete safely, it is recommended that each student-athlete have the following:

- Shirt with sleeves
- Teams should have a number and a unified kit
- Knee pads
- Appropriate footwear

### **Additional Information:**

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. For more information on volleyball, please visit the links below:

- [Home | UAE VBA](#)
- [FIVB - Fédération Internationale de Volleyball](#)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: SWM**

**Registration Criteria & Cut-Off Dates:**

Sports code	Sport	Registration Limit per Participant	Prior Experience Required	Registration Cut-Off Date
SWM	Swimming	2 Disciplines	Development Level	18 Sep 2026

**Registration Limits:**

- Each student can enter a maximum of 2 disciplines (freestyle, butterfly, backstroke, breaststroke & individual medley).
- To compete safely, it is expected that students participating in this sport have prior experience and are familiar with the rules and regulations

**Competition Structure:**

Boys & Girls Disciplines	U11 (1 Sep 2015 – 31 Aug 2017)	U13 (1 Sep 2013 – 31 Aug 2015)	U15 (1 Sep 2011 – 31 Aug 2013)
Freestyle 50m	✓	✓	✓
Freestyle 100m	✓	✓	✓
Backstroke 50m	✓	✓	✓
Backstroke 100m	✓	✓	✓
Breaststroke 50m	✓	✓	✓
Breaststroke 100m	✓	✓	✓
Butterfly 50m	✓	✓	✓
Butterfly 100m	✓	✓	✓
Individual Medley 200m		✓	✓

**Competition Guidelines:**

- Unregistered swimmers will not be allowed to participate in the championship.
- Emirati ID must be presented to verify the swimmer’s age.
- Each school must appoint a representative to communicate with the organizing committee and the referees' committee.

- A race will only be held if there are at least 3 swimmers.
- Any withdrawal must be communicated at least 48 hours before the championship day. No changes will be accepted on the day of the event.
- All swimmers must wear official school-approved swimwear during all races.
- All participants must be present at the competition venue at least one hour before the start of the event.
- Races will start promptly to ensure timely completion. • Heats will be held per age group per stroke.
- The swimmers with fastest 8 times in each race qualify for the finals.
- Full compliance with the instructions of the organizing committee and referees is mandatory throughout the championship.
- Parents and coaches are not allowed in the race area or to interfere with the work of the committee.
- During female competitions, all males are restricted from entering the competition area. • During female competitions, filming is strictly prohibited.
- Race results will be determined based on approved electronic timing systems.

### **Race Start Procedure:**

#### **Commencement of each Heat:**

- The Referee will signal swimmers to remove all clothing except swimwear with a brief sequence of whistles.
- A long whistle indicates swimmers should assume positions on the starting platform, deck, or in the water.
- In backstroke, swimmers must enter the water immediately upon the first long whistle and return to the starting position without undue delay upon the second long whistle.

#### **Swimmers Under the Starter's Control:**

- The Referee will signal to the Starter that swimmers are under their control with an outstretched arm.

#### **Taking the Starting Position:**

- Upon hearing "take your mark," swimmers must promptly take their starting position with at least one foot at the front of the starting platform or deck.
- Swimmers starting in the water must keep at least one hand in contact with the wall or starting platform.
- The Starter will initiate the race once all swimmers are still and ready

### **Recommended Safety Requirements:**

To compete safely, student-athletes must ensure they have the following:

- Racing swimsuit
- Swim goggles
- Swim cap
- Towels and clothes to stay warm between events

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. For more information on volleyball, please visit the links below:

- [UAE Swimming Federation](#)
- [World Swimming Federation](#)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: ARC**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
ARC	Archery	Development Level	18 Sep 2026

**Competition Structure:**

Age Category	Discipline	Distance	Target Face
<b>U11</b> (1 Sep 2015 – 31 Aug 2017)	Recurve	12m	80cm
<b>U13</b> (1 Sep 2013 – 31 Aug 2015)	Recurve	18m	80cm
<b>U15</b> (1 Sep 2011 – 31 Aug 2013)	Compound	18m	80cm 6R
	Recurve	18m	80cm
<b>U17</b> (1 Sep 2007 – 31 Aug 2009)	Compound	18m	80cm 6R
	Recurve	18m	80cm

**Competition Guidelines:**

- Each participant will shoot 36 arrows over 12 rounds.

**Arbitration:**

- The competitions will be officiated by referees from the UAE Archery Federation.
- The time limit for each arrow in the U10/U12/U15 categories is 40 seconds.

**Results:**

- Athletes will be ranked based on their total score in the preliminary round.
- All results are final and cannot be modified once signed.

### **Race Start Procedure:**

- The top three winners in each category will be awarded.
- A total of 24 medals will be awarded (8 gold, 8 silver, and 8 bronze).

### **Result Scoring:**

- Totals for each round will be recorded on the score sheet and totaled for each player.
- The player with the highest score will win.
- In the case of a tie, a shoot-off will ensue. Tied archers will take one shot each and their score is counted for each round. This will continue until a winner is determined.

### **Unsafe Behaviour:**

- Archers must adhere to safety rules on the range. Unsafe actions, such as not waiting for a clear signal to shoot or not adhering to range commands, may result in penalties or disqualification.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on archery, please follow this link:

- [Rules | World Archery](#)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: CHS**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
CHS	Chess	Development Level	18 Sep 2026

**Competition Structure:**

Gender	Males & Females				
Age Group	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>
	1 Sep 2017 - 31 Aug 2019	1 Sep 2015 - 31 Aug 2017	1 Sep 2013 - 1 Aug 2015	1 Sep 2011 - 31 Aug 2013	1 Sep 2009 - 31 Aug 2011
Competition Format	<b>Blitz Chess +3 Delay System</b>				

**Competition Guidelines:**

- The tournament will be played in the Swiss System Format: 7, 9 or 11 rounds, depending on the number of participants.
- A round-robin system will be applied if there are 10 or fewer participants.

**Clock Timing:**

- Each Player has 5 minutes on the clock, with additional time of 3 seconds per move (5+3 blitz).
- Starting Position: White moves first, as per standard chess rules.
- All moves must be made using the clock. A move is completed when the player releases the piece and presses their clock.
- If a player touches a piece, they must move it if it is legally possible. If a player touches an opponent's piece, they must capture it if it is legally possible.
- Adherence to the schedule is crucial. Players must arrive on time for their games.
- If a clock fails or there is an issue, the arbiter will adjust the time as needed to ensure fair play.
- Players must ensure their own clock is running properly. If a player's time expires, they lose the game unless the opponent does not have enough material to checkmate.

### Scoring System:

- Win = 1 point
- Draw = 0.5 points
- Loss = 0 points

### Tiebreak System:

Ties between players with equal points in individual competitions are as follows:

#### Competitions held according to the Swiss system:

1. The results of matches between players with equal points (if they have all played each other).
2. Buchholz Cut 1: Total points of each player's opponents, excluding the lowest opponent points.
3. Median Buchholz Cut 1: Total points of each player's opponents, excluding the lowest and highest opponent points.
4. Number of wins with black (unplayed games are counted).
5. If two players are still tied, a tiebreaker game is held using the blitz chess system. In the event of a tie, black wins, and the colors are determined by drawing lots.
6. If three or more players are tied, a mini tournament will be held using the same blitz chess system (3 minutes plus 2 seconds), and the pairing numbers will be determined by drawing lots.
7. The tiebreaker match will be held on the same day.

#### Competitions held according to the round-robin system:

1. Results of matches between players with equal points.
2. Sonneborn-Berger system
3. Number of wins with black (unplayed matches are counted).
4. If two players are still tied, a tiebreaker match will be held using the time system (3 minutes plus 2 seconds). In the event of a tie, black wins, and the pairing numbers will be determined by a draw.
5. In the event of a tie between three or more players, a mini tournament of one round will be held using the blitz chess system (3 minutes plus 2 seconds), and the pairing numbers will be determined by a draw.
6. The tiebreaker match will be held on the same day.

### Scoring System:

- Gold, Silver, and bronze medals for the top 3 places in each category.

### Draw Conditions:

It is considered a draw in any of the scenarios below:

**Stalemate:** If a player is not in check but has no legal moves, the game is a draw.

**Threefold Repetition:** The game is drawn if the same position occurs three times with the same player to move.

**Insufficient Material:** The game is drawn if neither player has enough pieces to force a checkmate (e.g., King vs. King).

### **Organizational Notes:**

- All students must wear the official school uniform.
- Arrival at the venue is required at least 30 minutes before the start of the event.
- Electronic devices are strictly prohibited inside the playing hall (e.g., Laptops tablets, smartwatches).
- No talking or interaction with peers or teachers is allowed during the match. Leaving the hall without permission from the arbiter is not allowed.

### **Additional Information:**

Further information regarding the competition will be provided in a competition pack after the registration cut-off date.

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Sports Code: FBL

### Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Registration Cut-Off Date
		Min.	Max.	Match Roster		
FBL	Football 7-a-side	7	11	10	None	11 Dec 2026

- Once a team is registered, player changes (team withdrawal, player drop, or substitute) can be done until the registration cut-off date.

### Competition Structure:

Gender	Males & Females		
Age Group	<b>U11</b> (1 Sep 2015 – 31 Aug 2017)	<b>U13</b> (1 Sep 2013 – 31 Aug 2015)	<b>U15</b> (1 Sep 2011 – 31 Aug 2013)
Competition Format	7-a-side	7-a-side	7-a-side
Ball Size	4	5	5

### Competition Guidelines:

- Separate competitions will be held for each school type (Charter, Private, Public).
- All group stage will be 2x 10-minute halves with a 3-minute halftime break
- All playoff matches will be 2 X15-minute halves with a 5-minute halftime.
- The allowance for time lost is at the discretion of the Referee.
- The match consists of two teams. A match must not start if either team has fewer than 5 players.
- There will be no offsides.
- Before every match, the team coach submits a list of players to the Referee on which the substitute players are also listed.
- There is no maximum limit to the number of substitutions per game.
- Players who are substituted out may return to the match.

### Substitutes Procedure :

- Substitutions can only be made in a break of play, such as a goal kick, corner, throw-in, or as instructed by the Referee.
- The Referee/League Official must be made aware of the change.
- The player being subbed must leave the field at the nearest touchline.
- The substitute is only allowed to enter the field of play after receiving a signal from the Referee.
- For a penalty shootout, only those players that were on the pitch at the final whistle are admissible.
- Each team captain must nominate 5 players for a penalty shootout in knockout matches.
- If the scores are equal post 5 shots, the sudden death rule will apply

### Clothing:

- Teams are expected to arrive in a kit that represents their school with every player assigned a shirt number.
- The distribution of bibs to two competing teams is at the discretion of the officials. Scenarios include, but are not limited to:
- Athletes not wearing numbered jerseys.
- Two teams have identical or duplicate colors.
- A team has duplicate numbers among its players.

### **It's recommended that student-athletes have the following:**

- Shin guards
- Long socks (long enough to cover shin guards)
- Appropriate footwear (metal studs are not allowed)

### Results & Scoring:

If two or more teams have equal number of points at the end of the group stages, the following criteria will be used to determine who progresses to the knockout stages:

1. Head-to-Head Result
2. Goal Difference
3. Goals Scored then goals conceded
4. Coin flip

### **In the case of a tie in the knockout stage, 5 penalty shootouts are played for each team.**

- In the group phase, if a team forfeits their match, a 3-0 loss will be recorded as per general guidelines.
- At the playoffs, if a team will forfeit their match they will be effectively eliminated from the bracket as per general guidelines.
- UAE Football Association rules are applied in case one rule is not mentioned within this section.
- The below table indicates points received based on the match outcome.

Sport	Win	Draw	Lose	If the opposing team does not attend
Football	3 points	1 point	0 points	The score will be 3-0 for the team that showed up

### Grand Final:

Qualifiers to the Grand Final will be determined based on the following criteria:

School type	Private	Public	Charter
Qualifiers	Top 3	Top 3	Top 2

### Additional Information:

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. Please [click here](#) to access the FIFA Rules & Reports.

### Rights reserved for on-ground Rules & Regulations Adjustments:

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Sports Code: RGB

### Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Registration Cut-Off Date
		Min.	Max.	Match Roster		
RGB	Rugby Sevens	7	14	12	Development Level	11 Dec 2026

Males & Females			
Age Group	U13 (1 Sep 2013 - 31 Aug 2015)	U15 (1 Sep 2011 - 31 Aug 2013)	U17 (1 Sep 2009 - 31 Aug 2011)
Competition Format	7-a-side	7-a-side	7-a-side
Ball Size	4	5	5

### Competition Guidelines:

- The match organizer reserves the right to adjust the match duration depending on the event, number of players, or tournament requirements.
- Separate competitions will be held for each school type (Charter, Private, Public).
- Matches are 2 x 7-minute halves with a 2-minute halftime.
- Allowance for time lost is at the referee's discretion.
- A match must not start if either team has fewer than 3 players.
- Before each match, the team coach must submit a list of players to the Referee on which the substitute players are also listed.
- Referees may stop matches if safety or sportsmanship is compromised.
- The match organizer is free to change the number of players according to the size of the field, in a way that allows players to dribble and enjoy the game (avoiding overcrowding)

### Competition Guidelines:

- The ball carrier must ground the ball on the line or in the opposing scoring area: a Try is awarded to the team and counts as 5 points.
- A try is considered successful if the ball carrier slides on the ground and grounds the ball in the try-scoring area.

- If the ball carrier touches the ball with both hands immediately before grounding it in the try-scoring area, a foul is awarded.
- If the tournament ends with two teams tied in the number of wins and losses, the ranking will be determined based on the number of tries scored and conceded. If the tie remains, an additional 5-minute extra time will be played, during which the golden try rule applies.

#### **During Attack:**

- At the beginning of each match and from the center of the field, the ball must be touched with the foot (on the ground) and passed by the player.
- After passing and moving forward, the ball carrier should avoid defenders through dodging and maneuvering.
- If a defender is directly in front of the ball carrier, it is preferable to pass the ball to another player in a better attacking position.
- If the player is unable to pass the ball, they must retain possession and may then be subjected to a touch.
- In the event of a touch, the player must stop completely, touch the ball with the foot (on the ground), and pass it to a teammate in a suitable position.
- This process may be repeated 5 consecutive times for the attacking team in order to score on the line or in the opponent's scoring area.

#### **During Defence:**

- The entire defending team must retreat 5 meters at the start of the match and after every touch on the ball carrier, while maintaining proper defensive alignment in a straight line across the field.
- If a defender fails to retreat quickly before play resumes by the attacking team, play will restart and the infringement will be counted again from the beginning.
- Defenders must touch the ball carrier directly with both hands (without pushing or holding). Upon making the touch, the defender must indicate it by raising a hand clearly or shouting "Touch".
- The defending team may perform up to 5 consecutive touches on the attacking ball carrier without committing an offside offense. If no try is scored after the fifth touch, possession is awarded to the defending team.

#### **During Play:**

- A player is considered offside if they are in front of the teammate carrying the ball or less than 5 meters away from the restart area when play resumes. An offside player is temporarily prohibited from participating in play until they return to an onside position.
- The advantage rule is applied to encourage faster and continuous play in situations where defenders fail to retreat immediately after a touch or commit other infringements.
- Players are encouraged to continue playing until the referee blows the whistle, even if infringements are committed by the opposing team.

## Situations Where Possession Changes from One Team to the Other:

(Ball restarted by touching it with the foot while on the ground)

- After a try is scored, possession goes to the opposing team and play restarts from the center of the field (by touching the ball with the foot on the ground).
- When the attacking team fails to score a try after completing the 5 touches.
- When the ball carrier touches the touchline or when the attacking team sends the ball out of play. • When the ball is passed forward between attacking players.
- When the ball falls forward from the player's hands during an attempt to catch or control it.
- When a player slips to the ground and loses possession of the ball forward.

## Restarting Play:

(Ball restarted by touching it with the foot while on the ground)

- Every kickoff at the start of the match or after a try is taken from the center of the field.
- After each touch, play resumes from the spot where the defender touched the ball carrier.
- If the ball goes into touch, play restarts 5 meters inside the field from the touchline.
- After the maximum number of touches has been completed, play restarts from the location of the last touch made by the defending team.
- In the event of a forward loss of the ball during a catch attempt or a forward pass, play restarts from the spot where the ball last fell.

## Clothing:

- Teams are expected to arrive in a kit that represents their school with every player assigned a shirt number.
- The distribution of bibs to two competing teams is at the discretion of the officials. Scenarios include, but are not limited to:
  - Athletes not wearing numbered jerseys.
  - Two teams have identical or duplicate colors.
  - A team has duplicate numbers among its players.
- It is recommended that student-athletes have the following:
  - Mouthguard (mandatory).
  - Rugby boots. o Long socks.
  - Headguard (optional).
  - Padded shoulder protection (optional).
- No item containing a buckle, clip, ring, or rigid material is permitted on the field of play.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. For more information on rugby, please check out the links below:

- [UAE Rugby Federation](#)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: ATH**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Registration Limit Per Participant	Prior Experience Required	Registration Cut-Off Date
ATH	Athletics	2 Disciplines + Relay Race	Development Level	11 Dec 2026

**Registration Limits:**

- Each school can register up to 5 students per gender, age, and discipline.
  - e.g. Males – U13 – 100m – 5 students
  - Males – U13 – 200m – 5 students
- Each student-athlete can participate in a maximum of 2 events and one relay race.

**Competition Structure:**

Age Group	U11	U13	U15
	(1 Sep 2015 – 31 Aug 2017)	(1 Sep 2013 – 31 Aug 2015)	(1 Sep 2011 – 31 Aug 2015)
<b>Athletics Male &amp; Female Sub-Disciplines</b>			
<b>Running</b>	100m	100m	100m
	200m	200m	200m
	300m (Females)	300m (Females)	300m
	400m (Males)	400m (Males)	800m
	-	-	-
<b>Jumping</b>	-	-	High Jump
	Long Jump	Long Jump	Long Jump
	-	-	-
<b>Throwing</b>	Female Shotput 1Kg	Female Shotput 1Kg	Female Shotput 2Kg
	Male Shotput 1Kg	Male Shotput 2Kg	Male Shotput 3Kg
	-	-	Javelin 400g
	-	-	-
<b>Relay</b>	4x50m		4x100m

## Competition Format:

### Event Day:

- Teams must arrive at the venue at least 1 hour before the start time to ensure bib numbers are collected.
- Athletes must be present at their competition area 30 minutes before the start of their event.

### Track Events:

- The track competitions involve races on an 8-lane track (where available). Participants will compete in various sprint and distance events, aiming to secure the best time in their respective categories.
- Participants will be split into races based on their gender, age group, and discipline by the organizer. Competitors from the same school will be shuffled with competitors from different schools to ensure a competitive environment across the competitions.

### Throws and Jumps:

- The throws and jumps events follow a format of three attempts per participant. Athletes will strive to achieve the best distance in throws and jumps.
- For the long jump, triple jump, shot put, discus, and javelin disciplines, each athlete will have 3 tries, and the best result from the 3 will be recorded. Maximum time per try is 1 minute.
- For the high jump, athletes who successfully clear height progress to attempt the next height. The bar is raised incrementally after each round of attempts (each height has a maximum of 3 attempts).

### Qualification to Finals:

- The top 8 participants who record the best times in track events and the top 12 participants who achieve the greatest distances in throws and jumps during the Regional Meets will qualify for the Finals Series Abu Dhabi. This will be the first time that athletes from Abu Dhabi, Al Ain, and Al Dhafra will compete against each other, should they qualify.

### Regional Meets:

- All registered students will initially compete in the Regional Meets (Abu Dhabi, Al Ain, and Al Dhafra), where they will face off against each other in their respective events. The Regional Meets serve as the first stage of the tournament, providing a platform for participants to prove their skills and advance to the next level of competition.

### Qualification to Finals Series Abu Dhabi:

- The top 8 participants who record the best times in track events and the top 12 participants who achieve the greatest distances in throws and jumps during the Regional Meets will qualify for the Finals Series Abu Dhabi. This will be the first time that athletes from Abu Dhabi, Al Ain, and Al Dhafra will compete against each other, should they qualify.

## Results & Scoring:

- Electronic timing systems will be used in the competitions in different regions to ensure accuracy and fairness.
- A manual backup timing system will be available on the event day.
- Results will be published online within 72 hours of the event day.
- In case of a tie in the finals, both top-performing athletes will be awarded.

### **Fouls & Penalties:**

- In track events, the official may warn or disqualify an athlete if the athlete starts before the gun or starting signal.
- In track events, the official may warn or disqualify an athlete if the athlete intentionally impeded another runner's progress.
- In throwing events, stepping outside the throwing circle during the throw is considered a foul.
- In throwing events, crossing the front edge of the circle before releasing the implement (shot, discus, javelin) is considered a foul.
- In the long jump event, stepping beyond the take-off board before making contact with the ground is considered a foul.
- In the high jump event, pole vault, dislodging the bar is considered a foul.

### **Sports Uniform:**

- A full sports uniform (shirt and long pants or shorts) must be worn and should be unified for each school.
- In addition, students must wear footwear suitable for athletics or running shoes.

### **Recommended Safety Requirements:**

- All athletes must wear running shoes to compete.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on athletics, please follow the links below:

- [UAE Athletics Federation | Sports community in UAE](#)
- [World Athletics Home Page | World Athletics](#)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Sports Code: **CYC**

### Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
CYC	Cycling	Development Level	11 Dec 2026

### Competition Structure:

Gender	Males & Females				
	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>
<b>Age Group</b>	1 Sep 2017 - 31 Aug 2019	1 Sep 2015 - 31 Aug 2017	1 Sep 2013 - 31 Aug 2015	1 Sep 2011 - 31 Aug 2013	1 Sep 2009 - 31 Aug 2011
<b>Race Length</b>	5km	5km	10km	10km	15km
<b>Competition Format</b>	<b>Road Cycling</b>				

### Competition Guidelines:

- Each age group will have a designated starting time.
- All participants must attend the pre-race briefing conducted 1 hour before the race starts.
- Cyclists should be at the starting line 15 minutes before their scheduled start time.
- All Athletes are required to bring their own bicycles

### Starting Line Protocol:

- Competitors should be at the starting line 15 minutes before their scheduled start time.
- The race will start promptly as scheduled.

### Race Start:

- The Race Starter will signal the beginning of the race with a starting gun or whistle.
- Participants should maintain their positions and avoid false starts.

### Race Route:

- The race will follow a road race format with designated routes for each age group.
- Participants must follow the marked route and adhere to race marshals' instructions.
- Any deviation from the route will result in disqualification

### **Recommended Safety Requirements:**

- All athletes must wear a helmet.
- Bicycles must be in good working condition.
- Water stations will be available at designated points along the route.

### **Optional Additional Items:**

- Reflective clothing or accessories are recommended.
- Spare tire and repair kit.
- Water bottle.
- Energy snacks.

### **Additional Information:**

Further information regarding the race day will be provided in a competition pack after the registration cut-off date. For more information on cycling, please check out these links:

- [UAE Cycling Federation \(uaecf.ae\)](http://uaecf.ae)
- [World Cycling Federation \(UCI\)](http://www.uci.ch)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

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# OBSTACLE COURSE RACE



**Sports Code: OCR**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
OCR	Obstacle Course Race	None	11 Dec 2026

	U9	U11	U13	U15	U17	U19
<b>Born Before</b>	1 Sep 2017	1 Sep 2015	1 Sep 2013	1 Sep 2011	1 Sep 2009	1 Sep 2007
<b>Born After</b>	31 Aug 2019	31 Aug 2017	31 Aug 2015	31 Aug 2013	31 Aug 2011	31 Aug 2009

Age Categories	Distances
U9, U11	1.6 km
U13, U15	3.2 km
U17, U19	5 km

**Competition Guidelines:**

**Documentation:**

- All participants must present a valid Emirates ID or other approved identification.
- Participants under 18 must be accompanied by a supervising adult as events take place on the weekend (Saturday)
- This adult may be responsible for supervising a group of students, with a suggested ratio of up to 1 adult per 10 students
- Supervising adults must attend registration and remain on-site for the duration of their students completing the event.
- All participants must complete the waiver (form sent out prior to the events – completed by parents)

**School Affiliation:**

- Participants must be enrolled in a school at the time of the competition.

### **Race Structure:**

- U9 to U15 is between 1.6 to 3.2 kilometers long, depending on the event, with students starting according to their age categories.
- The U17 & U19 course is 5 kilometers long.
- Both courses will consist of running sections, obstacle stations, some water obstacles, and functional fitness challenges reflecting OCR principles.

### **Participation:**

- Each student completes the course once, unless otherwise specified for championship ranking.

### **Timing & Results:**

- Official results are based on completion time and obstacle performance. If a student does not complete an obstacle, they will be marked as ineligible for a winning position in that category.

### **Safety & Conduct:**

- All obstacles will be designed and inspected to ensure safety for each age group.
- First aid staff and equipment will always be present on-site.
- Warm-up areas, start/finish zones, and spectator areas will be clearly designated.

### **Parental/Adult Supervision:**

- Supervising adults are responsible for the behavior and safety of their students.
- Students must remain in designated areas when not on the course.

### **Participant Conduct:**

Sportsmanship and fair play are mandatory.

Any participant found cheating, obstructing others or misusing equipment may be disqualified.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle.
- Energy snacks.

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: BSK**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Registration Limit			Prior Experience Required	Registration Cut-Off Date
		Min.	Max.	Match Roster		
BSK	Basketball	5	10	10	None	05 Feb 2027

- Once a team is registered, player changes (player withdrawal, drop, or substitute) can be done until the student registration cut-off date.

**Competition Structure:**

Gender	Males & Females	
Age Group	<b>U13</b>	<b>U15</b>
	(1 Sep 2013 – 31 Aug 2015)	(1 Sep 2011 – 31 Aug 2013)
Competition Format	5-a-side, Full-Court, 20-minute Games	
Ball Size	Size 6	Size 6
Basket Height	2.6M	3.05M

**Competition Guidelines:**

- Ensure teams are briefed and at the designated warm-up area 15 minutes before their match.
- Matches will start promptly to ensure timely completion.
- Proper sports attire and basketball shoes are recommended .
- A match will not start if either team has fewer than 4 players.
- The match format will consist of a round-robin followed by knockout stages.
- Selected top teams from the qualification stages will advance to the playoffs.

**Substitutes Procedure:**

- Before every game, the team leader submits a list of players to the official on which the substitute players are also listed.
- A maximum of 3 substitutes can be substituted at a single time.

### Game Play:

- A 5-minute warm-up will be allowed before each game.
- Games will include 2 x 10-minute halves with a 3-minute halftime. The clock will continue running, except for free throws and the last two minutes of the game. 39
- Each team has two timeouts per game; they can use one in each half or 2 in the second half. • In case of a tie, an overtime of 3 minutes will be given.
- One extra timeout will be given for each team during the overtime period.
- Zero step is allowed.
- Backcourt violation, when on offence the ball may not cross the midline court.
- When two players from opposite teams hold the ball firmly at the same time and neither can gain clear possession without rough play, it's called a "held ball", the position will be awarded according to the game arrow

### Fouls:

- Players will be permitted up to 4 personal fouls. On the 4th foul, they are disqualified for the rest of the game.
- Teams may accumulate 4 fouls before entering the bonus situation.
- Players may not accumulate more than 1 technical foul before disqualification from the rest of the game.
- Unsportsmanlike foul results in giving two free throws and position to the opponent.
- One technical foul and one unsportsmanlike foul result in player disqualification.
- If a team fails to take the starting position when required, the Referee will enforce a delay of game penalty.

### Results & Scoring:

- Three-point shots are permitted.
- The below table indicates points received based on the match outcome.

Sport	Win	Draw	Lose	If the opposing team does not attend
<b>Basketball</b>	<b>1 point</b>	<b>No Tie</b>	<b>0 points</b>	<b>The score will be 20-0 for the team that has attended</b>

### Timing:

- Matches consist of two halves of 10 minutes.

### Qualification Criteria:

We will determine the qualification stage based on the number of teams registered. If we will start from Round of 16, the qualification criteria will be as follows:

Region	Abu Dhabi	Al Ain	Al Dhafra
<b>Qualifiers available</b>	<b>9 qualifiers</b>	<b>5 qualifiers</b>	<b>2 qualifiers</b>

If we will start from Round of 8, the qualification criteria will be as follows:

Region	Abu Dhabi	Al Ain	Al Dhafra
Qualifiers available	5 qualifiers	2 qualifiers	1 qualifier

**Note:** If a region in an age group in a division does not fill the minimum criteria, the slot will be allocated to the next team on a performance basis across other 2 regions.

#### Additional Items:

To compete safely, each student-athlete must ensure they have the following: •  
Appropriate clothing (basketball jersey and shorts)

- Basketball shoes
- Towels and clothes to stay warm between games
- Water bottle
- Energy snacks

#### Additional Information:

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. Please [click here](#) to access the UAE chapter of FIBA, the International Basketball Federation.

#### Rights reserved for on-ground Rules & Regulations Adjustments:

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**Sports Code: TKW**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
TKW	Taekwondo	Development Level	05 Feb 2027

**Competition Structure:**

Gender	Males
Age Group	Competition Format
U11 (1 Sep 2015 - 31 Aug 2017)	-24Kg, 24-26Kg, 26-28Kg, 28-30Kg, 30-32Kg, 32-34Kg, 34-36Kg, 36-39Kg, 39-43Kg, 43Kg +
U13 (1 Sep 2013 - 31 Aug 2015)	-33Kg, 33-37Kg, 37-41Kg, 41-45Kg, 45-49Kg, 49-53Kg, 53-57Kg, 57-61Kg, 61-65Kg, 65Kg+
U15 (1 Sep 2011 - 31 Aug 2013)	-33Kg, 33-37Kg, 37-41Kg, 41-45Kg, 45-49Kg, 49-53Kg, 53-57Kg, 57-61Kg, 61-65Kg, 65Kg+
U17 (1 Sep 2009 - 31 Aug 2011)	-45kg, 45-48kg, 48-51kg, 51-55kg, 55-59kg, 59-63kg, 63-68kg, 68-73kg, 73-78kg, 78kg+
Gender	Females
U11 (1 Sep 2015 - 31 Aug 2017)	-22Kg, 22-24Kg, 24-26Kg, 26-28Kg, 28-30Kg, 30-32Kg, 32-34Kg, 34-36Kg, 36-40Kg, 40Kg+
U13 (1 Sep 2013 - 31 Aug 2015)	-29Kg, 29-33Kg, 33-37Kg, 37-41Kg, 41-44Kg, 44-47Kg, 47-51Kg, 51-55Kg, 55-59Kg, 59Kg+
U15 (1 Sep 2011 - 31 Aug 2013)	-29Kg, 29-33Kg, 33-37Kg, 37-41Kg, 41-44Kg, 44-47Kg, 47-51Kg, 51-55Kg, 55-59Kg, 59Kg+
U17 (1 Sep 2009 - 31 Aug 2011)	-42kg, 42-44kg, 44-46kg, 46-49kg, 49-52kg, 52-55kg, 55-59kg, 59- 63kg, 63-68kg, 68kg+

**Competition Guidelines:**

**Match Format:**

- Individual knockout system, open to all belt levels.

**Number of Players per Weight:**

- Each school may register a maximum of 2 players per weight category.
- The organizing committee will allocate participants into brackets based on gender, age group, belt ranking and weight category.
- The top three players in each weight category (first place, second place, and joint third place) shall qualify.

**Protective Gear:**

- All schools must provide their own: - Hand, shin, forearm, groin, and mouth guards.
- The federation will provide: - Electronic head and chest gear for Cadets. - Non-electronic gear for pupils.
- Cadets and pupils must bring electronic foot sensors (KPNP).

**Match Duration:**

- Each match consists of 3 rounds each round 1.5 minutes per round and 1minute rest between rounds.
- A 3-minute warm-up will be allowed before each game.
- Duration and number of rounds may be adjusted based on the competition's needs and coach meeting decisions.
- The games are held on a standard mat and in accordance with the UAE Taekwondo Federation Rules.

**Draw:**

- The draw will be conducted electronically in accordance with the International Federation's regulations one day prior to the competition. Any player who fails to meet the weight requirement at the time of the competition will be disqualified.

**Weighing:**

- Players shall be weighed upon entering the competition area, wearing their competition attire and personal undergarments. A tolerance of up to 5% above the weight limit will be permitted.
- Any player who fails to make weight on the first attempt shall be disqualified.
- All players must present valid identifi

**Timing:**

- One point is awarded for a valid punch to the trunk protector.
- One point is awarded for every penalty.
- Two points are awarded for a valid kick to the trunk protector.
- Three points are awarded for a valid kick to the head.
- Four points are awarded for a valid turning kick to the trunk protector.
- Five points are awarded for a valid turning kick to the head.
- If one of the players wins in the first and second rounds, the match will end and the third round will not take place.
- If neither of the players scores, the winner will be determined based on Win by Superiority (based on the Referee and judge's decision)

### Fouls and Penalties:

- Attacking an opponent with the knee or head is considered a foul.
- Punching to the face or kicking below the waist is considered a foul.
- One point is awarded for every penalty (known as Gam-Jeom) given against the opponent.
- Crossing the boundary with both feet, falling to the ground, or pushing or grabbing an opponent will result in a penalty.
- Lifting the leg to block or/and kicking the opponent's leg to impede the opponent's kicking attack or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements or aiming a kick below the waist will result in a penalty.
- Taking longer than 3 seconds to impede a potential attack will result in a penalty.

### Weigh- In:

- All participants must attend a weigh-in session held before the competitions. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.

### Technical Regulations – Poomsae:

#### Number of Participants:

Belt	Compulsory Poomsae
Green Belt	Poomsae 1 + 2 + 3
Red Belt	Poomsae 3 + 4 + 5 + 6
Poom/Belt-Black	Poomsae 4 + 5 + 6 + 7 + 8

- Poomsae will be assigned via draw one day before the championship. Each athlete performs one Poomsae per round. The organizing committee may adjust the number of Poomsae as needed.

#### Competition Format:

- A competition will be held for each belt category if there are three or more players in the category.
- The competition will be conducted as a single-round event, and the top three winners will be determined based on the highest points.

#### Scoring Method:

- Judges score the performances (e.g., from 5 to 7 judges). The highest and lowest scores are removed, and the remaining scores are summed up to determine the result.
- School scores are calculated by summing the individual scores of all athletes in each belt category.

#### Note:

- Male and female competitions are considered separate events, and the results are calculated independently.

### **Recommended Safety Requirements:**

To compete safely, student-athletes must ensure they have the following:

- All athletes must wear a Dobok or a white competition uniform.
- All athletes must have a trunk and head protector.
- Male athletes must have a groin guard.
- All athletes must also be equipped with forearm and shin guards, sensing socks, and a mouth guard before entering the competition area.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the race day will be provided in a competition pack after the registration cut-off date. For more information on Taekwondo, please visit the links below: •

- [Taekwondo \(uaetkd.ae\)](http://uaetkd.ae)
- [World Taekwondo](http://World Taekwondo)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

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**Sports Code: BJJ**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
BJJ	Jiu-Jitsu	Development Level	05 Feb 2027

**Competition Structure:**

Gender	Males
<b>Age Group</b>	<b>Competition Format</b>
<b>U12</b> (1 Jan 2016 – 31 Dec 2017)	-24Kg, -27Kg, -30Kg, -34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -62Kg
<b>U14</b> (1 Jan 2014 – 31 Dec 2015)	-34Kg, -37Kg, -41Kg, -45Kg, 50Kg, -55Kg, -60Kg, -66Kg, -78Kg
Gender	Females
<b>U12</b> (1 Jan 2016 – 31 Dec 2017)	-22Kg, -25Kg, -28Kg, -32Kg, -36Kg, -40Kg, -44Kg, -48Kg, -60Kg
<b>U14</b> (1 Jan 2014 – 31 Dec 2015)	-32Kg, -36Kg, -40Kg, -44Kg, -48Kg, -52Kg, -57Kg, -63Kg, -75Kg

**Competition Guidelines:**

- Tournament will be organized with divisions based on belt ranks, weight classes, and age groups.
- Single elimination rounds will be applied in the regional qualifiers and finals stage.

**Rules and regulations:**

- The event will adhere to AJP Rules (Abu Dhabi Jiu-Jitsu Pro Rules)
- Weight divisions will follow UAEJJF standards.
- Students registered in the wrong belt or weight division will be automatically disqualified.

**Scoring System:**

- A match must take place for any points to be awarded. If no fight occurs, no points will be given.
- The points system for medal winners is structured as follows: Gold Medal winners earn 9 points, Silver Medal winners earn 3 points, and Bronze Medal winners earn 1 point. This points allocation ensures a clear ranking system for events based on medal achievements.

### **Weighing:**

- All participants must attend a weigh-in session before the competitions. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.

### **Weight Disqualifications:**

- There will be no weight tolerance.
- The student will be disqualified if his/her check-in weight diverges more than one division.
- The student only can fight one weight division over his real weight.
- Athletes failing to attend the weigh-in will be automatically disqualified.

### **Kimono Restrictions:**

- Juvenile and adult categories must wear kimonos weighing 350 grams.
- Official Weigh-In Procedure and Dress Code:
- Players must be wearing a non-transparent T-shirt and sport shorts covering down to their knees. Otherwise, players can weigh in wearing Gi pants and T-shirts or full Gi uniform.
- Singlets, tank tops, jeans, formal wear, and short shorts are not allowed.
- If athletes do not show up to the weigh-in (to check weight) they will be automatically disqualified.

### **Code of Conduct:**

- Coaches misconduct or negative actions will result in points deduction from their school, determined by the Technical Committee.

### **Recommended Safety Requirements:**

- Male divisions are permitted to wear a stretchy or elastic compression shirt (short or long sleeves) under the Gi. Cotton undershirts or vests are not allowed. If a fighter wears unpermitted garments they will be asked to remove them, delaying the fight start time and overall schedule.
- Female divisions: mandatory use of a stretchy or elastic shirt under the Gi (any color, short or long sleeves allowed).
- Females may also wear a one-piece swimsuit or gymnastics top.
- Hijabs are allowed but must be made of elastic fabric without hard components.
- No pants of any kind are allowed under the Gi pants, except for females. All fighters must use appropriate undergarments.
- All kimonos must be clean and in good condition prior to arriving at the competition venue. At the time of check-in and before stepping onto the mat, kimonos must not show any signs of mending, tears, wetness, dirt, or unpleasant odors. It is understood that the condition of the kimono may naturally change during matches, and this is acceptable. However, initial cleanliness and hygiene standards will be strictly enforced.
- The use of foot gear, headgear, hair pins, jewelry, genital protectors (cups), or any hard material protector is strictly forbidden.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on Ju-Jitsu, please check out the links below:

- [UAE Jiu-Jitsu Federation \(uaejff.org\)](http://uaejff.org)
- [JJAU– Ju-Jitsu Asian Union \(jjau.org\)](http://jjau.org)

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: TTE**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Registration Limit Per Participant	Prior Experience Required	Registration Cut-Off Date
TTE	Table Tennis	None	None	05 Feb 2027

**Competition Structure:**

Gender	Males & Females				
Age Group	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>
	1 Sep 2017 – 31 Aug 2019	1 Sep 2015 – 31 Aug 2017	1 Sep 2013 – 31 Aug 2015	1 Sep 2011 – 31 Aug 2013	1 Sep 2009 – 31 Aug 2011
Competition Format	Singles				

**Competition Guidelines:**

- The International Table Tennis Federation (ITTF) rules will be applied throughout all stages of the tournament.
- The tournament is for individual players only.
- The Umpire will toss a coin to determine who gets the first serve.
- Each match consists of five sets up to 11 points each, and the player who wins 3 sets is declared the winner.
- Each player is allowed to participate in only one age group.
- The first round follows a group system, with each group consisting of four players. The first and second place from each group advances to the finals.
- The finals follow a single-elimination (knockout) system.
- If a player is more than five minutes late for the match, they will be considered withdrawn, and the match will be counted as a loss for them.
- Matches in the tournament will be officiated by Umpires accredited by the UAE Table Tennis Association.
- All players and team officials participating in the tournament must adhere to the principles of sportsmanship.

- Players must shake hands with their opponent, the match Umpire, and the opposing technical staff before and after the match.
- Players are reminded to always maintain a proper and respectable appearance.

### Service Rules:

**Serving:** The ball must be thrown vertically upwards and struck behind the end line and above the level of the playing surface.

**Service Contact:** The ball must first bounce on the server's side and then on the opponent's side.

**Service Faults:** If the server fails to strike the ball correctly or if the ball does not clear the net, it is a fault.

### Switching Sides:

- Players switch sides of the table after each set and, in the deciding set, when one player reaches 5 points.

### Legal Hits:

- **Body Contact:** Players may only strike the ball with the paddle. Hitting the ball with any other part of the body or clothing results in a loss of the point.
- **Ball Contact:** The ball must strike the top edge of the table to be considered in play. Any ball hitting outside the table edges is out of bounds.

### Competition Rules:

- Games are played on standard table tennis tables.
- Games are led by qualified Referees.
- Each player must be accompanied by a school leader, coach, or teacher above the age of 21, whose name must be listed on the player list. The school leader is responsible for the conduct of the players at the sports grounds, as well as other social areas available to participants.

### Disciplinary Measures:

If the following rules of table tennis are continuously broken by a player, then the Umpire has the right to remove the player's point or the player from the game:

- A player will be credited with a loss and will, in effect, be eliminated from that round of the league.
- The player is late for a match by 5 minutes or more without a valid reason. The player is ineligible.
- The Umpire made the decision to cancel the match due to poor sportsmanship.
- In playoff rounds, the offending player will be credited with a loss and will, in effect, be eliminated from that round of the league.

- The organizing committee has the right to determine the necessary steps to ensure a fair and reasonable outcome in the event of a void match.

- **Additional Information:**

Further information regarding the competition day will be provided in a competition pack to be released after the registration cut-off date. For more information, please visit the

- [International Table Tennis Federation website.](#)

**Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: LSR**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
LSR	Laser Run	None	05 Feb 2027

**Competition Structure:**

Gender	Males & Females				
Age Group	<b>U9</b> 1 Sep 2017 – 31 Aug 2019	<b>U11</b> 1 Sep 2015 – 31 Aug 2017	<b>U13</b> 1 Sep 2013 – 31 Aug 2015	<b>U15</b> 1 Sep 2011 – 31 Aug 2013	<b>U17</b> 1 Sep 2007 – 31 Aug 2009
Distance x rounds	2 x 100m	2 x 100m	3 x 100m	3 x 100m	3 x 100m
Target Distance	Both hands 3m	Both hands 3m	5m	5m	5m
Competition Format	<b>Laser Run</b>				

**General Rules:**

- The Competition consists of two sports: running and shooting. The two events are integrated, where athletes alternate between running specified distances (based on age group) and shooting at targets using laser pistols. Both the running distances and shooting distances vary according to each age category.
- In each shooting round, players must shoot to hit 5 valid targets. The goal is to complete the 5 accurate shots as quickly as possible to gain an advantage in the running portion. If the player does not hit all 5 targets, they may continue shooting for a maximum of 50 seconds per round. Once the 50 seconds have elapsed (whether the 5 hits were completed or not), the athlete must resume the running segment.
- The result is determined by the total time taken from start to finish, combining both the running and shooting times. Athletes are ranked based on the shortest overall time.
- Shooting Rules:
- Each athlete must always their designated shooting lane.

- The athlete is responsible for shooting at the correct target.
- The athlete must stand within the shooting lane, with both feet on the ground, unsupported.
  - Only one hand may be used to hold and fire the pistol.
  - The non-shooting hand must not support the shooting arm or hand, except for age groups permitted to use both hands.

### **Running Rules:**

- The athlete must follow the designated running course, starting from the start line, proceeding to the shooting for each round, and continuing until they cross the finish line.
- No physical assistance or verbal queues are allowed during the race unless permitted by the competition director or technical delegate. Running with or behind a competitor by unauthorized individuals is considered unauthorized assistance.
- Any medical intervention during the race by official staff or verbal communication from outsider is also considered unauthorized assistance.

### **Recommended Safety Requirements:**

- Sports uniform (T-shirt + shorts or sports trousers), For girl's T-shirt + sports pants.
- Sports shoes.

### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date.

### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: WRS**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
WRS	Freestyle Wrestling	Development Level	05 Feb 2027

**Competition Structure:**

Gender	Males
Age Group	Competition Format
<b>U11</b> (1 Sep 2015 – 31 Aug 2017)	-23kg, -26kg, -32kg, -35kg, -38kg, -41kg, -44kg, -48kg
<b>U13</b> (1 Sep 2012 – 31 Aug 2015)	-34kg, -38kg, -41kg, -44kg, -48kg, -52kg, -57kg, -62kg
<b>U15</b> (1 Sep 2011 – 31 Aug 2013)	-38kg, -41kg, -44kg, -48kg, -52kg, -57kg, -62k, -68kg, -75kg
<b>U17</b> (1 Sep 2009 – 31 Aug 2011)	-45kg, -48kg, -51kg, -55kg, -60kg, -65kg, -71kg, -80kg, -92kg
Gender	Females
<b>U11</b> (1 Sep 2015 – 31 Aug 2017)	-26kg, -29kg, -33kg, -36kg, -39kg, -42kg, -46kg, -50kg
<b>U13</b> (1 Sep 2012 – 31 Aug 2015)	-29kg, -33kg, -36kg, -39kg, -42kg, -46kg, -50kg, -55kg
<b>U15</b> (1 Sep 2011 – 31 Aug 2013)	-29kg, -33kg, -36kg, -39kg, -42kg, -46kg, -50kg, -54kg, -58kg
<b>U17</b> (1 Sep 2009 – 31 Aug 2011)	-36kg, -40kg, -43kg, -46kg, -49kg, -53kg, -57kg, -61kg, -65kg

**Competition Guidelines:**

- All matches in the competition shall be conducted under the rules and regulations of Freestyle Wrestling.
- Tournament will be organized with divisions based on weight classes, and age groups.
- Single elimination rounds will be applied in the regional qualifiers and finals stage.
- Two rounds, each lasting two minutes, with a 30-second break between the rounds.
- Any matter not covered in these technical/organizational regulations may be decided by the Head of Technical Operations in the overall interest of wrestling, and coaches will be notified accordingly.

### Rules and regulations:

- The event will adhere to **UAETF** Rules (UAE Wrestling Federation Rules)
- Weight divisions will follow UAETF standards.
- Students registered in the wrong weight division will be automatically disqualified.

### Scoring System:

- A match must take place for any points to be awarded. If no fight occurs, the missing player will be eliminated.
- The competition will follow a single-elimination (knockout) format, where the winning athlete advances to the next round and the losing athlete is eliminated.

### Weigh-in:

- All participants must attend a weigh-in session before the competitions. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.
- **Weigh-in Attire:** wrestling singlet only.
- Coaches are not allowed in the weigh-in room.
- Maximum two attempts on the scale.

### Weight Disqualifications:

- The athlete must fall within the submitted weight range; otherwise, they are ineligible.
- Athletes failing to attend the weigh-in will be automatically disqualified.

### Code of Conduct:

- Verbal abuse by coaches toward referees, other coaches, organizers, or spectators leads to legal action and referral to the Disciplinary Committee.
- If an expelled coach refuses to leave, it is deemed hostile behavior; the Disciplinary Committee will act. A player may not replace the coach on the mat.
- Coaches and schools have the right to submit an official protest against referees' decisions in accordance with the approved complaints regulations, provided that appeals against final technical decisions are not permitted.

### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on Wrestling, please check out the links below:

- [Home - UAE Wrestling Federation](#)
- [United World Wrestling | Official Website](#)

**Additional Information:**

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on Wrestling, please check out the links below:

- [Home - UAE Wrestling Federation](#)
- [United World Wrestling | Official Website](#)

**Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

**Sports Code: FEN**

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
FEN	Fencing	Development Level	05 Feb 2027

**Competition Structure:**

Gender	Males & Females		
Age Group	<b>U11</b> (1 Sep 2015 – 1 Aug 2017)	<b>U13</b> (1 Sep 2013 – 1 Aug 2015)	<b>U15</b> (1 Sep 2011 – 1 Aug 2013)
Disciplines	ÉPÉE FOIL SABRE	ÉPÉE FOIL SABRE	ÉPÉE FOIL SABRE

**Competition Guidelines:**

- Qualifiers will be held in different regions using a group stage format, followed by knockout rounds leading to the finals.
- A warm-up will be allowed 10 minutes before the start of each competition.
- Group stages consist of only 1 round of 3 minutes or the first to achieve 5 points.
- The top four players in each competition will advance to the finals.
- In regional qualifiers, participants will be seeded based on the latest official ranking of the Federation prior to the competition.
- The finals will be held in a knockout system starting from the Round of 16, depending on the number of qualifiers from the different regions.
- The championship will be conducted in accordance with the regulations of the UAE Fencing Federation and the International Fencing Federation (FIE).
- The Federation reserves the right to adjust the number of qualifiers to the finals based on the number of regions and total number of participants in the qualifying stage.

## Results and Scoring:

### Épée:

- **Target Area:** The entire body, including the head and feet, is a valid target area.
- **Scoring:** Points are awarded when the tip of the épée makes contact with any part of the opponent's body. Simultaneous hits result in both fencers scoring.
- **Right of Way (Priority):** Épée does not use the concept of right of way; both fencers can score simultaneously.

### Foil:

- **Target Area:** Only hits on the torso, including the back, are valid target areas.
- **Scoring:** A valid hit (point) is awarded when the tip of the foil makes contact with the opponent's valid target area. The fencer who initiates an attack is known as the "attacker" or "offensive fencer."
- **Right of Way (Priority):** The concept of "right of way" determines which fencer is awarded the point in the case of simultaneous attacks. The fencer who begins the attack or successfully parries assumes the right of way.

### Sabre:

- **Target Area:** The valid target area includes the entire upper body, including the head, and arms.
- **Scoring:** Points are scored with the edge or the point of the Sabre. The fencer who establishes the right of way and lands a valid hit is awarded the point.
- **Right of Way (Priority):** Right of way is crucial in Sabre, determining which fencer has priority in attacking and scoring.

## Penalties & Violations:

- **Yellow Card:** May be issued as a Warning for minor infractions; accumulation may lead to more severe penalties.
- **Red Card:** May be issued for repeated or severe rule violations; this can result in point deductions or expulsion.
- **Black Card:** may be issued in the case of Severe penalty, leading to disqualification, issued for serious misconduct or dangerous actions.
- **Penalty for Turning the Back:** Prohibits intentional turning of the back to the opponent; violation may result in a penalty.
- **Penalty for Corps-à-Corps:** Penalizes intentional physical contact between fencers.
- **Penalty for Early Start (False Start):** Issued for initiating movement before the Referee's command to start.
- **Penalty for Refusing to Fence:** Results from refusing to fence or intentionally avoiding engagement.

- **Penalty for Covering Target Area:** In Sabre fencing, penalizes covering the valid target area with the non-weapon hand.
- **Penalty for Crossing the Back Line:** In Épée fencing, stepping off the end of the strip leads to a penalty.
- **Penalty for Intentional Corps-à-Terre:** Penalizes deliberate falling or taking a knee to avoid being hit.
- **Penalty for Technical Violations:** Addresses violations of specific rules regarding equipment, attire, or conduct.

#### **Mandatory kit and safety Requirements:**

- A protective mask
- Fencing weapon (Épée, Foil, Sabre).
- Body wires
- Chest and throat protectors, to minimize the risk of injuries during matches.

#### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

#### **Additional Information:**

Further information regarding the race day will be provided in a competition pack after the registration cut-off date. For more information on Taekwondo, please visit the links below: •

- [UAE Fencing Federation \(UAEF\)](#)
- [The International Fencing Federation \(fie.org\)](#)

#### **Rights reserved for on-ground Rules & Regulations Adjustments:**

The Organizing Committee reserves the right to amend, modify, or adjust the competition format, schedule, rules, or any operational aspects of the event on the day of the competition if deemed necessary to ensure the smooth and fair running of the event.

## Sports Code: JUD

### Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
JUD	Judo	Development Level	05 Feb 2027

### Competition Structure:

Gender	Males
Age Group	Competition Format
<b>U13</b> (1 Sep 2013 – 31 Aug 2015)	-30Kg, -34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, +81Kg
<b>U15</b> (1 Sep 2011 – 31 Aug 2013)	-34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, +81Kg
Gender	Females
<b>U13</b> (1 Sep 2013 – 31 Aug 2015)	-28kg, -32kg, -36kg, -40kg, -44kg, -48kg, -52Kg, -57Kg, -63Kg, -70Kg, +70Kg
<b>U15</b> (1 Sep 2011 – 31 Aug 2013)	-32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70Kg, +70Kg

### Competition Guidelines:

- Each school is allowed to register up to 4 players in each weight category.
- A 5-minute warm-up will be allowed before each game.
- Each participant plays a single round for a maximum of 4 minutes. If the match is tied, an additional 4 minutes are added to the game. If the victory is not determined during the additional minutes, the technical committee will deliberate and award the athlete most deserved of the win.
- Each player will be weighed on the competition day wearing their uniform to ensure the correct category.
- On match day, the UAE Judo Federation representative will determine the fixtures depending on age, gender, and weight categories.

### Scoring:

- An Ippon worth 100 points is awarded for a full, forceful throw, a 20-second immobilization, or an opponent's concession. This will result in an immediate end to the match.
- A Waza-ari worth 10 points is awarded for a powerful throw or a 10 to 19-second hold. Two waza-aris lead to match termination.
- If a second Waz-ari is awarded, it will be combined, and the result will be ippon, ending the match.
- A Yuko worth 1 point is awarded for a throw partially lacking in ippon elements or a 5 to 9-second hold. Multiple Yukos do not accumulate for higher scores.
- In the case of any situation not mentioned, the rules of the International Judo Federation will be applied.

### Penalties & Fouls:

- Non-combativity (a player does not attack enough), intentionally stepping out of bounds, playing too defensively, or putting a hand directly on the opponent's face would lead to a warning.
- The fourth warning would lead to an immediate disqualification.
- Intentionally trying to injure the opponent, unsportsmanlike conduct or repeated violations would lead to immediate disqualification.

### Weigh-ins:

- All participants must attend a weigh-in session held before the competitions. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.

### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on judo, please [click here](#) to access the IJF Judo Referring Rules.

### Rights reserved for on-ground Rules & Regulations Adjustments:

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