

BASKETBALL SPORT INFORMATION GUIDE

Teamwork and athleticism shine in basketball, a dynamic sport of passes, dribbles, and slam dunks. Masters athletes will bring intensity and flair to the full-court game.

Competition dates

The provisional Basketball competition schedule for the Open Masters Games Abu Dhabi 2026 (OMGAD2026) is as follows:

Date	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
Basketball								
Basketball 3x3								

All dates and times are subject to change, pending final entries received. A detailed schedule by event for each discipline will be developed throughout 2025.

Venue: Abu Dhabi National Exhibition Centre (ADNEC)

 Pin Location

Competition Format

The divisions and age categories for Basketball at OMGAD2026 are as follows:

Sport	Competition Division	Age Categories
Basketball	A Grade - Competitive	Men's: 35+, 45+, 55+, 65+, 75+ Women's: 35+, 45+, 55+, 65+, 75+
Basketball 3x3	A Grade - Competitive	Men's: 35+, 45+, 55+, 65+, 75+

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		Women's: 35+, 45+, 55+, 65+, 75+
Basketball	B Grade - Recreational	Men's: 35+, 45+, 55+, 65+, 75+ Women's: 35+, 45+, 55+, 65+, 75+
Basketball 3x3	B Grade - Recreational	Men's: 35+, 45+, 55+, 65+, 75+ Women's: 35+, 45+, 55+, 65+, 75+
Para Basketball 3x3		Men's: 35+, 55+ Women's: 35+, 55+

The age of the youngest registered team member determines which age category the team will compete in and for the Games, your age is determined as of 31 December 2026.

Competition standards and rules

The OMGAD Basketball event will be conducted in line with the competition rules of the International Basketball Federation (FIBA) or as otherwise specified in this document.

Grade Definitions

The following grade definitions have been determined for the OMGAD Basketball competition:

- A Grade - Competitive: This grade is for teams consisting of players with international, national experience or high standard domestic level. At least two players should have international experience (played for their country). The other team members are expected to be at a state/ province/ elite Club player level.
- B Grade - Recreational: This grade is for those players who participate in non-competitive and/or lower grade leagues and for social and casual players.

Format for play

The following format for play has been identified for the OMGAD Basketball competition:

- a) There will be a round robin tournament, with finals and playoff matches to determine final placings. Where sufficient entries are received, teams will be split into pools for preliminary rounds.

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- b) Based on proposed competition format, each team can expect to play a minimum of five games and if finishing in the top four of their pool, will then play playoffs for medals.
- c) Final draw format will be determined once number of teams are confirmed. In order to produce a viable draw some grades and ages will be combined at the discretion of the OMGAD Basketball.

Timing rules

The following timing rules have been identified for the OMGAD Basketball competition:

- a) A Grade games will be 10 minute quarters played with full stop clock.
 - 24 seconds shot clocks will be used.
 - There will be two time-outs per team permitted in the first half and three time-outs in the second half.
 - In the event of a draw at the end of regulation time, a five minutes overtime period will be played. Overtime periods will continue until a winner is determined. The clock will stop for all whistles in the overtime period. One time out per team is permitted in each overtime period.
- b) B Grade games will play 10 minute quarters with running clock. However, the clock will stop for time outs, substitutions, fouls and all whistles in the last 3 minutes.
 - 24 seconds shot clock will not be used however where teams are using stalling tactics the referees may implement a 10 seconds countdown.
 - There will be two time outs per team per half.
 - In the event of a draw at the end of regulation time, a two minutes overtime period will be played. Overtime periods will continue until a winner is determined. The clock will stop for all whistles in the overtime period. One time-out per team is permitted in each overtime period.
- c) Pre-Game / Half Time / Quarter time Breaks.
 - A 5 minute (minimum) warm-up period will be allowed prior to the advertised commencement time of each game.
 - A 5 minute half-time break will be permitted and 2 minute breaks between each quarter.
- d) Statistics will not be collected as part of OMGAD. Therefore, no live statistics will be available.

Basketball Technical Meeting

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One representative from each team is expected to attend the Basketball Technical Meeting prior to the commencement of the event. Further information will be confirmed closer to the start of the competition.

Technical delegate

The Technical Delegate, endorsed by the UAE Basketball Federation, will oversee the implementation of all sport specific rules and requirements at the Games.

Equipment

Game balls will be provided. The men's competition will use a size seven (7) ball and the women's competition will use a size six (6) ball. Teams are advised to bring their own balls for training. Teams are advised to bring their own water bottles and strapping tape.

For 3x3 basketball a size six (6) and weight 7 (seven) will be used.

Uniforms

All teams are required to wear appropriate uniforms, with legal numbers being 0 - 99. All athletes on the same team must wear team uniforms of the same bold colour.

The size of the numbers shall be at least 2cms wide; on the back 20cm high and on the front 10cm high.

All teams should have two sets of competition uniforms (dark and light). The first team listed on the schedule will be designated as the home team and will wear the light coloured uniforms. The second team listed on the schedule will be designated the visiting team and will wear the dark uniforms. However, if the two teams involved agree, they may interchange the colours of their uniform.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae