

Football

The world's most popular sport, football captivates with its fluid teamwork, strategic play, and passionate energy. Masters players will thrill fans with their experience, skill, and love for the beautiful game.

Competition dates

The Football competition for Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers Competitive and Recreational divisions for men and women in 11-a-side and 7-a-side Football Tournament Play.

The Football competition schedule is as follows:

Date	February 6 Friday	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday	February 15 Sunday
11A SIDE										
7A SIDE										

All dates and times are subject to change, pending final entries received. A detailed schedule of matches will be developed throughout 2025 and early 2026.

Competition venue: Abu Dhabi Cricket and Sports Hub

 [Pin Location](#)

Team structures

The events, divisions and age categories for Football at OMGAD2026 are as follows:

Sport	Division	Age Categories
Football 11 a-side Men/Women	Competitive	30+, 35+, 40+, 45+, 50+, 55+
	Recreational	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+

For each team to be confirmed, a minimum of 14 athletes need to be registered. 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. Each athlete can only enter to compete in one team.

There is no maximum number of players per team, although prior to each match, each team is only permitted to name a maximum of 18 players (11 selected players and up to seven substitutes) on the official Start List for each match.

Sport	Division	Age Categories
Football 7-a-side Men/Women	Competitive	30+, 35+, 40+, 45+, 50+, 55+
	Recreational	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+

For each team in 7-a side to be confirmed, a minimum of 10 athletes need to be registered. 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. Each athlete can only enter to compete in one team.

There is no maximum number of players per team, although prior to each match, each team is only permitted to name a maximum of 12 players (7 selected players and up to five substitutes) on the official Start List for each match.

The following grade definitions have been determined for OMGAD2026 Football competition:

- **Competitive:** Teams that have three or more senior players with international, national or state representative open experience. Teams without international, national and state representatives are still encouraged to enter into the competitive grade but should expect matches of a very competitive nature.
- **Recreational:** Open to everyone, including teams/individuals that participate or have participated, at a local competition level.

The Open Masters Games Football Organising Committee reserves the right to move teams between grades.

Competition format

The following format for play has been identified for the Open Masters Games Football competition:

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- 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.
- b) 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 Open Master Games Abu Dhabi 2026 Football Organising Committee.
- c) All pool matches, semi-final and final matches will consist of 30 minute halves with a five minute break at half time. All matches requiring a winner will proceed directly to kicks from the penalty spot.

Technical Meeting

One representative from each team is expected to attend the Football 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 UAE Football Association, will oversee the implementation of all sport specific rules and requirements at the Games.

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