

NETBALL SPORT INFORMATION GUIDE

Netball

A fast-paced game of skill and teamwork, netball features quick passes, sharp movements, and strategic plays. Teams will compete for glory in this dynamic and popular sport.

Competition dates

Netball competition for Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers competitive and recreational divisions for women.

Competition dates are February 7–15. The schedule for the final tournament days will be shared shortly.

Venue: The Sevens Stadium Dubai

 [Pin Location](#)

Competition Format and Rules

Netball competition consists of the following divisions and age categories:

Division	Age Categories
Competitive	Women's: 30+, 35+, 40+
Recreational	Women's: 30+, 35+, 40+, 45+, 50+, 55+

- There will be no mixed competition.
- Competitors can compete in only one team in each age category.
- Female competitors can participate in up to two teams in the netball competition provided they meet the age requirements and are registered with each team.

Competition standards and rules

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The competition will be staged over five days. All teams will be placed into pools and play teams within their pool to determine the top four positions. Crossover matches will then be held to decide the placings for finals. Teams can expect to play one or two games per day.

Competition will be conducted under the auspices, rules and regulations of the International Federation of Netball Associations (IFNA) and will conform to any special requirements of the International Masters Games Association.

Points

Points will be awarded as follows for preliminary matches. Refer below for information regarding finals.

- Win, four points
- Draw, two points
- Forfeit, four points
- Loss, 0 points

Please note that additional time will not be played at the conclusion of a drawn preliminary match.

Finals teams will be determined by points and percentages. The goal average for each team shall be decided as follows: Total number of goals scored by the team, divided by the total number of goals scored against the team, multiplied by 100 and divided by the actual number of matches played by the team.

Player Qualifications

Teams must register a minimum of seven players. Teams are permitted to have a maximum of 10 players registered on the score sheet in any one match, however a maximum of 15 team players can be registered. A maximum of four team support staff (coach, manager, trainer, etc.) and one umpire may register with a team.

All players must be registered participants in the OMGAD. Accreditation checks will be carried out prior to all matches.

Teams playing ineligible players will be penalised four points for every game in which the ineligible player participates. The player concerned will be banned from further participation in the netball competition.

Substitutions

Unlimited substitutions are permitted excluding drawn finals. Refer to finals information below.

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Finals

Finals structure will be conducted at the conclusion of the preliminary rounds. The number of points gained during the round robin shall determine teams qualifying for finals. In the event of teams being equal on points, positions shall be determined by the percentage of goals scored for and against.

Players must participate in two games to be eligible to play finals for their team. No late registrations will be accepted going into finals.

Drawn Finals

1. Drawn finals at the end of a finals match when the scores are tied there is a one minute break during which there may be substitutions and/or team changes.
2. At the end of one minute, two x five minute halves will be played.
3. At the end of the first five minutes, teams simply change ends and there is no substitution or team changes allowed.
4. If at the end of the second five minutes if the scores are still level, then play continues until one team has a two goal advantage. There will be no substitutions or change of end.

Age Categories

The age of the youngest player on the team will determine the team's age category. For example, if your youngest team member is 39 during Games time but has turned 40 by 31 December 2026, the team would compete in the 40+ age category.

Grade definitions

Where possible all age categories will be graded. The competition will be divided into two grade categories; competitive and recreational. Teams must indicate their grade at the time of registration based on the following definitions.

- **Competitive:** This category is for teams who have a number of members who regularly compete in a competition of high standard and/or who compete in masters/special events or regularly compete in a domestic competition.
- **Recreational:** This category is for teams whose members play on a social/non regular basis. These teams may have a number of members who are not currently involved in competitive netball.

The OMGAD reserves the right to move teams between grades.

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Hours of competition

It is anticipated competition will be between the hours of 0900 and 2100 hours each day. Competition will finish early on the days the Netball social event.

Official (Umpire)

Umpires will be provided by the UAE Netball Federation. All Umpires will be minimally nationally certified.

Umpires will be appropriately attired in white clothing. Umpires must check into the umpires briefing room at least 30 minutes prior to the start of each match they are scheduled to umpire. Umpires will receive their accreditation credential at the Uniform Distribution Accreditation Centre (UDAC).

A minimum standard of umpiring applies for each grade:

1. Competitive: A, B, or C badge (or equivalent)
2. Recreational: Minimum C badge (or equivalent)

Scorer

Every team is to provide a scorer for each game. This person can be an unused player or team official. The scorers from each team must sit together and use the score sheet provided. Scorers must record the position played by each player. The scoresheet provided will be considered the official scoresheet and only information recorded on the official scoresheet will be accepted. The winning team must deliver the scoresheet to the netball event office immediately after the game.

Technical Delegate

A Technical Delegate endorsed by the IFNA will be announced in Version 2 of the Guide. The Technical Delegate, or a nominee, will oversee the implementation of all specific rules and requirements at the Games.

Equipment

1. Game netballs will be provided for competition.
2. Teams are advised to bring their own balls for training.
3. Teams are advised to bring their own water bottles and strapping tape.
4. Individuals are responsible for the safekeeping and storage of their own equipment.

Clothing / Uniforms

All teams are required to wear appropriate uniforms. All competitors on the same team must wear team uniforms of the same colour.

All teams should have two sets of competition positional bibs (dark and light). The first team listed on the schedule will be designated as the home team, the second team listed on the schedule will be designated as the visiting team.

In the event of two teams wearing similar colour positional bibs, the first named team shall change positional bibs.

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

