

PADEL SPORT INFORMATION GUIDE

Padel

Padel combines the best of tennis and squash into a fast-paced, doubles-only game played in an enclosed court. With quick rallies and tactical shot-making, it's a sport of precision and agility.

Competition dates

Padel competition for Open Masters Games 2026 offers each athlete the opportunity to compete in two events: Doubles and Mixed Doubles

The provisional Padel competition schedule is as follows:

	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
Padel								

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

Venue: Abu Dhabi Padel Kingdom

 [Pin Location](#)

The events and age categories for Padel at OMGAD are as follows:

Sport	Discipline	Age Categories
Padel	Competitive (M/F)	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
	Doubles	
	Mixed Doubles	
	Recreational (M/F)	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
	Doubles	

	Mixed Doubles	
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In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as at 31 December 2026. For example, if you turn 40 by 31 December 2026, you would compete in the 40-44 age category. In Padel the age of the youngest player will determine the age category

Each player can participate in one double and one mixed doubles event. Each player can only compete in one age group.

Each age category will consist of a maximum of 32 players. In the case of an insufficient number of players signing up, OMGAD reserves the right to regroup participants in the age category directly beneath them.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.

In both doubles and mixed doubles events, matches will follow the format of two tie-break sets using the no-ad scoring system. If sets are split, a 10-point match tie-break will determine the winner. Each player may participate in one doubles and one mixed doubles event only.

Sport Regulations

Competitions will follow the international padel rules as per the UAE Padel Federation and as specified in the sports guide. The competition will also be carried out in accordance with any special requirements of the International Masters Games Association.

Competition rules

Matches in doubles and mixed doubles will be played with 2 Tie Break sets using no added rule & 10-point Match Tie Break. Every player can play one doubles and mixed doubles.

Technical Delegate

The Technical Delegate endorsed by UAE Padel Federation will be announced in Version 2 of the Guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

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ACTIVE FOR LIFE**

Equipment

Each player must arrive ready to play in the appropriate kit. Equipment used in the competition must be accepted by IPF.

Technical Meeting

A Technical Meeting will take place before the start of the competition in order to introduce the competition, remind those involved of the regulations and the behavior that is expected.

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