

## RUGBY SPORT INFORMATION GUIDE

### Rugby

Rugby is a physically demanding sport that blends brute strength, quick thinking, and seamless teamwork. Masters players will compete in high-spirited, action-packed matches full of passion and grit.

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

### Competition dates

Competition dates are February 7-15, 2026. The final tournament will be shared shortly.

### Venue: Zayed Sports City

 [Pin Location](#)

### Competition Format

The OMGAD Rugby competition is an Open grade event and consists of the following age categories:

| Sport | Discipline    | Age Categories | Minimum players per team | Max athletes listed on each game sheet |
|-------|---------------|----------------|--------------------------|--|
| Rugby | 15s           |                |                          |  |
|       | Competitive / | Male: 35+      | 18 players min/no max    | 25                                     |
|       | Recreational  | Female: 27+    |                          |  |
|       | 10s           |                |                          |  |
|       | Competitive   | Male: 35+      | 15 players min/no max    | 16                                     |
|       | Recreational  | Male: 45+      |                          |  |
|       | 7s            |                |                          |  |
|       | Competitive / | Male: 30+      | 10 players min/no max    | 12                                     |

|  |              |   |                       |    |
|--|--------------|---|-----------------------|----|
|  | Recreational | Female: 27+                               |                       |    |
|  | Touch        | Male: 35+, 45+, 50+<br>Female: 27-39, 40+ | 10 players min/no max | 14 |

For each team to be confirmed, a minimum number of athletes need to be registered depending on the discipline, with a maximum of athletes per team.

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 at 31 December 2026. For example, if you are 39 during Games time but have turned 40 by 31 December 2026, you would compete in the 40+ age category.

### Grade Definitions

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

- Competitive: 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.
- Recreational: for those players who participate in non-competitive and/or lower grade leagues and for social and casual players.

### Competition Rules

The OMGAD Rugby event will be conducted in line with slightly modified World Rugby laws (15s, 10s and 7s) and the Touch competition will be conducted in line with the competition rules of the Federation of International Touch (FIT). A full list of competition rules will be provided to teams prior to the commencement of the tournament.

Key modifications to the rules for the OMGAD tournament include:

- Men's 35+ to play World Rugby U19 Variations Law 20: Scrum i.e. contested scrums to a maximum 1.5 metres push.
- Men's 40+ and over grades will have uncontested scrums.
- Coloured shorts rule to only apply in the 50+ Men's (Red=hold, Purple=Can't touch)

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

- Unlimited substitutions permitted at any time and a player substituted earlier may return to the game at any time.
- A maximum number of players can be listed for each game, as per the table above.
- Men's 40+ and older grades, no cleaning out at tackles, rucks and mauls.

### Technical delegate

A Technical Delegate endorsed by World Rugby 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.

A Technical Delegate endorsed by FIT 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.

### Equipment

Rugby match balls will be provided for all games. Teams are advised to bring their own balls for training. Teams are advised to bring their own water bottles and strapping tape to each match day.

### Referees

The OMGAD will appoint referees to each game from the registered referee volunteer registrations received prior to the event.

### Uniforms

#### Rugby 15s, 10s, 7s

All teams are required to wear appropriate uniforms. All athletes on the same team must wear team uniforms of the same colour and jerseys must be numbered. Teams are encouraged to bring an alternate set of jerseys in the event of a clash with another team. Team uniforms must comply with the World Rugby Laws of the Game.

#### Touch Rugby Uniform

- Team numbering must be 1-14 inclusive.
- Players must retain the same playing number, which must match that of their team sheet, throughout the tournament.
- The tops must have numbers no less than 16cm high on the back.
- All players must wear shorts that sit above the knees.

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

- Under Garments, the wearing of under garments, i.e. thermals, Skins, bike shorts and other types of apparel, whilst acceptable, must not be visible during the course of play.
  - Unless all team members are wearing the same garment as part of their uniform
- Suitable footwear must be worn. Regulation Touch shoes are recommended.
  - Bare feet, spikes, rugby boots (with removable sprigs), and Moulded boots with metal tipped cleats are NOT allowed.

### 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](mailto:sports@omgad2026.ae)

**UNITED BY SPORTS,  
ACTIVE FOR LIFE**

