

VOLLEYBALL SPORT INFORMATION GUIDE

Volleyball

With high-flying spikes and coordinated teamwork, volleyball is a high-energy indoor sport that thrives on rhythm and communication. Teams will rally for points in exciting, fast-paced matches.

Competition dates

Volleyball competition for the Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers competitions in both Beach and Indoor disciplines. Whilst both disciplines will be held concurrently, scheduling will enable an athlete to compete in both Beach and Indoor competitions.

The provisional Volleyball competition schedule for OMGAD2026 is as follows:

	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
Indoor		●	●	●	Day off	●	●
Beach	●	●	●	Day off	●	●	●

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: Indoor – Abu Dhabi National Exhibition Centre (ADNEC)

📍 [Pin Location](#)

Beach – Corniche

📍 [Pin Location](#)

Competition Format

The events, divisions and age categories for Volleyball are as follows:

Discipline	Event/Division	Age Categories
Indoor	A Grade (Competitive)	Men's / Women's: 30+, 35+, 40+,45+, 50+, 55+, 60+, 65+, 70+
	B Grade (Recreational)	Men's / Women's 30+, 35+, 40+,45+, 50+, 55+, 60+, 65+, 70+

The Indoor Volleyball competition offers a Competitive division for men's and women's teams, and a Recreational division for men and women.

For each team to be confirmed, a minimum of seven athletes need to be registered with no maximum number of athletes per team. However, a team is only permitted to have a maximum of 12 team members registered on the score sheet for any one game.

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.

The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people can join existing teams up to and including 15 January 2026. Each athlete can play in a maximum of two Indoor teams at the Games. If an athlete seeks to compete in multiple teams in the Indoor competition, they can only compete in one Indoor team from Column A and one Indoor team from Column B.

For example:

A 56 year old female wishing to play in two Indoor teams could play: women's 50+ in the first three days and women's 55+ in the last three days.

Want to play Beach and Indoor Volleyball?

As part of your registration, you are able to play both Beach and Indoor Volleyball. Each athlete can play in a maximum of two teams at the Games.

If an athlete seeks to compete across the Beach and Indoor competitions, they must choose one event from Column A and One from Column B:

Column A	Column B
Indoor, all 30+ grades	Indoor, all 35+ grades
Indoor, all 40+ grades	Indoor, all 45+ grades
Indoor, all 50+ grades	Indoor, all 55+ grades
Indoor, all 60+ grades	Indoor, all 65+ grades
Indoor, all 70+ grades	
	Beach, all 30+ grades
Beach, all 35+ grades	Beach, all 40+ grades
Beach, all 45+ grades	Beach, all 50+ grades
Beach, all 55+ grades	Beach, all 60+ grades

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Beach, all 65+ grades	Beach, all 70+ grades
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For example:

- A 53 year old male could play: Indoor 50+ A Grade Men's & Beach 50+ Pairs
- A 45 year old Woman could play: Beach 35+ Women's Pairs & Indoor 45+ A Grade Women's

Competition Standards and Rules

The Volleyball event will be conducted in line with the competition rules of the International Volleyball Federation (FIVB), UAE Volleyball Federation, or as otherwise specified in this document, and will conform to any special requirements of the International Masters Games Association.

Indoor Volleyball Grade Definitions

The following grade definitions have been determined for the Volleyball competition:

- A Grade - Competitive: This category is for tournament and competition players.
- B Grade - Recreational: This category is for social and novice players.

Where there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. Combined age categories will be played as a round robin. The finals will be played as separate age categories. The awarding of medals will not be affected, that is, teams will still be awarded medals in the age category in which they originally entered.

Match Format

The Indoor Volleyball matches will be played best of 3 sets matches throughout pool play and crossovers, with only medal matches being played best of 5 sets. All medal matches will occur on the 4th day of competition.

Substitutions

The 12-substitution rule will be used in Indoor Volleyball (which allows each player 3 entries to the court, with a total of 12 over each set). Players are only allowed to occupy 1 position on the starting rotation per set.

Net Height

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The net height for both Indoor and Beach will be set at 2.43m for men and 2.24m for women. In selected age groups/divisions the net height may be reduced if there is consensus from teams in that grade.

Forfeits/Defaults

A team declared incomplete for the start of a match automatically loses the first set. 10 minutes after the start time they default the match. All defaults must have been decided on under the supervision of a tournament director, head referee or Technical Delegate.

Referees / Officials

Teams will be required to provide two officials when assigned duty (which will be on the same court in the next match). Failure to provide officials when assigned duty will result in competition points being deducted from that team.

Equipment

Game volleyballs will be provided for competition. Teams are advised to bring their own balls for training and warm up. Teams are advised to bring their own water bottles and strapping tape.

Uniforms

All volleyball athletes, officials and volunteers must wear shoes with non-marking soles whilst on the competition area of the venue (field of play).

All teams are required to wear appropriate uniforms. All athletes on the same team must wear team tops and shorts of the same colour and design (with the exception of the libero who must wear a top of contrasting colour). Team uniforms must be numbered (this can be 1-99).

Format of Play

- The format will be round robin pool play with crossovers. This will be determined by the number of entries.
- Every effort will be made to give teams a minimum of six games with the normal schedule of 2-2-2. This will be subject to the number of final entries.
- Round robin matches will be the best of three sets with the option of playing the third set. The sets will be rally point scoring with the first two sets to 25 points with a two point advantage and no ceiling. The deciding set will be rally point to 15 with a two point advantage and no ceiling.

- Crossovers will be played over the best of three rally point sets to 25 with a two-point advantage and no ceiling. The deciding set will be rally point to 15 with a two-point advantage and no ceiling.
- Only the Gold medal matches will be played over the best of five rally point sets to 25 with a two-point advantage and no ceiling. The deciding set will be a rally point to 15 with a two-point advantage and no ceiling.

BEACH VOLLEYBALL Competition Format

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

Discipline	Event / Division	Age Categories
Beach	Pairs - Open	Men's: 30+ 35+, 40+,45+, 50+, 55+, 60+, 65+, 70+ Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Beach Fours - Open	Men's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+ Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+

Grade Definitions

There is only one event per age category for beach volleyball, i.e. there are no grades or grading requirements for this competition.

Beach Volleyball can be played in Pairs and Fours in an Open division in the identified age categories, for men's and women's.

For each team to be confirmed in the Pairs, two athletes must be registered. In the Fours competition, a minimum of four athletes need to be registered, with a maximum of six athletes per team.

A maximum of three players for the pairs competition and six players for the fours competition may be registered (a minimum of two players must be registered for the pairs, and a minimum of four players must be registered for the fours).

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. The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people can join existing teams up to and including 15 January 2026.

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Each athlete can play in a maximum of four Beach teams at the Games.

The draw will be structured to allow teams to play both beach and indoor volleyball. Pairs and fours matches will be played.

If an athlete seeks to compete in multiple teams in the Beach competition, they cannot be entered into teams within the same event/division and can only compete in a maximum of two Beach teams from Column A and two Beach teams from Column B.

Athletes can choose 2 of the following 4 competitions:

- Single Gender Pair
- Single Gender Four

For scheduling purposes, athletes are **not able** to enter 2 teams in the same option (same colour – note this example also applies to the ‘odd’ age groups as well – 35/45/55/65):

Single Gender Pair		Single Gender Four	
Men's- 30+	Women's-30+	Men's-30+	Women's-30+
Men's- 40+	Women's-40+	Men's-40+	Women's-40+
Men's- 50+	Women's-50+	Men's-50+	Women's-50+
Men's- 60+	Women's-60+	Men's-60+	Women's-60+
Men's- 70+	Women's- 70+	Men's-70+	Women's-70+

For example:

A 48-year-old male wishing to play in four Beach teams could play: Men's 45+ Pair and Men's 45+ Four in the first three days, and Men's 40+ Pair and Men's 40+ Four during the last two days.

Format of Play

For the 1st phase of the competition, all divisions will play pool games, and teams will be ranked at the end of the pool play. A single elimination format will be used for the 2nd phase of the competition followed by semi- finals and finals to determine medal winners. All other placings will be determined by the pool results or by classification matches.

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All matches will be played as best two of three sets. The winner shall be the first team to score 21 points and lead by two in the first two sets, with the third set, if necessary, going to 15 points. Each team shall be allowed to call two timeouts per 21 point set and one in the 15 point set. Teams will change sides after every 7 points in sets to 21 and every 5 points in sets to 15.

Competition Standards and Rules

The Volleyball event will be conducted in line with the competition rules of the International Volleyball Federation (FIVB), or as otherwise specified in this document, and will conform to any special requirements of the International Masters Games Association.

Match Format

Beach Volleyball competition structure features pairs and fours grades all taking place over 4-day competition blocks. In some grades teams will not play on the 4th day if they have not made a medal match.

Beach Volleyball matches will be played best of 3 sets throughout the entire competition.

Substitutions

In the Beach pair's competition, substitutions are not allowed during match play. Therefore, substitutions can only be used between matches and not sets. If a player is injured, a substitution is not permitted to replace the injured player during a match, e.g. in pairs competitions, only the two players on the roster are eligible for the entirety of the match. In the Fours competition, two substitutes are permitted to be on the scoresheet for a match, with unlimited substitutions allowed. Players are only allowed to occupy 1 position on the starting rotation per set.

Net Height

The net height for both Indoor and Beach will be set at 2.43m for men and 2.24m for women. In selected age groups/divisions the net height may be reduced if there is consensus from teams in that grade.

Forfeits/Defaults

A team declared incomplete for the start of a match automatically loses the first set. 10 minutes after the start time they default the match. All defaults must have been decided on under the supervision of a tournament director, head referee or Technical Delegate.

Referees / Officials

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Teams will be required to provide two officials when assigned duty (which will be on the same court in the next match). Failure to provide officials when assigned duty will result in competition points being deducted from that team.

Equipment

Game volleyballs will be provided for the competition. Teams are advised to bring their own balls for training and warm up. Teams are advised to bring their own water bottles and strapping tape.

Uniforms

Beach The FIVB restrictions on uniforms will not apply, however team members will be required to wear matching tops and bottoms of the same colour. Player numbers (1-2 for pairs and 1-6 for fours) are recommended.

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