



ABU DHABI SPORTS CHAMPIONSHIP  
FOR SCHOOLS AND UNIVERSITIES

# RULES & REGULATIONS FOR ALL SPORTS

AY 2024/25

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# General Rules & Regulations

## Championship Overview

The Abu Dhabi Sports Championship includes 18 sports disciplines for various age groups. Participation in the Championship is open for students from public, private, and charter schools as well as universities in Al Ain, Al Dhafra and Abu Dhabi. The championship promotes a spirit of sportsmanship and friendly competition in a journey that emphasizes personal growth and camaraderie, aiming to unleash their fullest potential throughout the competition.

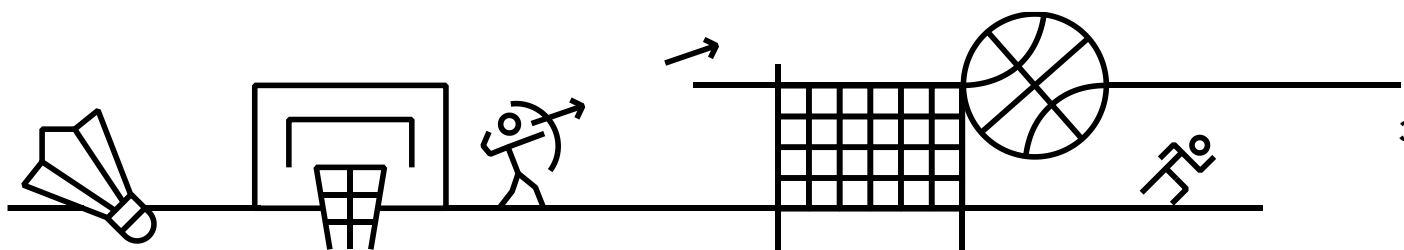
## Leaderboard:

This year, the Championship includes a dynamic leaderboard that allows schools to accumulate points across all sports with higher points awarded for performance in team sports. The leaderboard aims to celebrate the achievements of schools and the students during the championship. The leaderboard awards points for:

- **Registration & participation:** Schools earn points for each student registering and participating in any sport.
- **Qualifying to Playoffs and Finals:** Schools that qualify for the playoffs and finals will earn additional points on the leaderboard.
- **Winning Medals:** The highest points on the leaderboard will be awarded to schools that win medals.

## Age Groups:

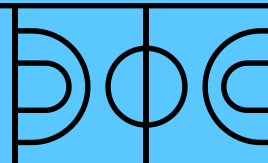
Name	Abbreviation	Birth Date From	Birth Date To
Under 9	U9	01/09/2015	31/08/2017
Under 11	U11	01/09/2013	31/08/2015
Under 13	U13	01/09/2011	31/08/2013
Under 15	U15	01/09/2009	31/08/2011
Under 17	U17	01/09/2007	31/08/2009
Under 19	U19	01/09/2005	31/08/2007



The background is a solid light blue color. It features a white grid consisting of a vertical line on the left and a horizontal line in the middle. On the left side, there are two large white circles, each divided into four quadrants by the grid lines. On the right side, there is a large white circle centered on the horizontal grid line. At the bottom right, there is a white semi-circle resting on the horizontal grid line.

# **Team Sports**

# Basketball



**Sports Code:** BSK

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Team Registration Cut-Off Date	Student Registration Cut-Off Date
		Min.	Max.	Match Roster			
BSK	Basketball	5	15	10 Players	None	10 Dec 2024	07 Jan 2025

- Once a team is registered, player changes (player withdrawal, drop, or substitute) can be done until the student registration cut-off date.

## Competition Structure:

Gender	Males & Females			
Age Group	U13	U15	U17	U19
Competition Format	5-a-side, Full-Court, 20-minute Games			
Ball Size	Size 6	Size 6	Size 7	Size 7
Basket Height	2.6M	3.05M	3.05M	3.05M

## Competition Guidelines:

- Ensure teams are briefed and at the designated warm-up area 15 minutes before their match.
- Matches will start promptly to ensure timely completion.
- Proper sports attire and basketball shoes are recommended .
- A match will not start if either team has fewer than 4 players.
- The match format will consist of a round-robin followed by knockout stages.
- Selected top teams from the qualification stages will advance to the playoffs.

## Substitutes Procedure:

- Before every game, the team leader submits a list of players to the official on which the substitute players are also listed.
- A maximum of 3 substitutes can be substituted at a single time.

### Game Play:

- A 5-minute warm-up will be allowed before each game.
- Games will include 2 x 10-minute halves with a 3-minute halftime. The clock will remain running, except for free throws and the last two minutes of the game.
- Compensating for time lost is at the discretion of the official.
- Zone violation applies and the ball may not cross the midline court.

### Fouls:

- Players will be permitted up to 3 personal fouls. On the 3<sup>rd</sup> foul, they are disqualified for the rest of the game.
- Teams may accumulate 6 fouls before entering the bonus situation.
- Players may not accumulate more than 1 technical foul before disqualification from the rest of the game.
- If a team fails to take the starting position when required, the Referee will enforce a delay of game penalty.

### Results & Scoring:

- Three-point shots are permitted.
- The below table indicates points received based on the match outcome.

Sport	Win	Draw	Lose	If the opposing team does not attend
<b>Basketball</b>	1 point	No Tie	0 points	The score will be 20-0 for the team that has attended

### Timing:

- Matches consist of two halves of 10 minutes.

### Additional Items:

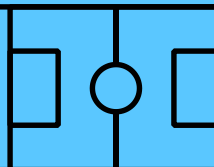
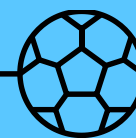
To compete safely, each student-athlete must ensure they have the following:

- Appropriate clothing (basketball jersey and shorts)
- Basketball shoes
- Towels and clothes to stay warm between games
- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. Please [click here](#) to access the UAE chapter of FIBA, the International Basketball Federation.

# Football



**Sports Code:** FBL

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Team Registration Cut-Off Date	Student Registration Cut-Off Date
		Min.	Max.	Match Roster			
FBL	Football 7-a-side	7	17	12 Players	None	10 Dec 2024	07 Jan 2025
	Football 9-a-side	9	19	14 Players	None	10 Dec 2024	07 Jan 2025

- Once a team is registered, player changes (player withdrawal, drop, or substitute) can be done until the student registration cut-off date.

## Competition Structure:

Gender	Males & Females				
Age Group	U11	U13	U15	U17	U19
Competition Format	7-a-side	7-a-side	7-a-side	9-a-side	9-a-side
Ball Size	4	5	5	5	5

## Competition Guidelines:

- All group stage will be 2x 10-minute halves with a 3-minute halftime break and playoff matches.
- All playoff matches will be 2 X15-minute halves with a 5-minute halftime.
- The allowance for time lost is at the discretion of the Referee.
- The match consists of two teams. A match must not start if either team has fewer than 5 players (for 7-a-side), or 7 players (for 9-a-side). One player must be a goalkeeper.
- 7-a-side will not have offside. 9-a-side will have a specified line for offside.
- Before every match, the team coach submits a list of players to the Referee on which the substitute players are also listed.
- There is no maximum limit to the number of substitutions per game.
- Players who are substituted out may return to the match.

### Substitutes Procedure:

- Substitutions can only be made in a break of play, such as a goal kick, corner, throw-in, or as instructed by the Referee.
- The Referee/League Official must be made aware of the change.
- The player being subbed must leave the field at the nearest touchline.
- The substitute is only allowed to enter the field of play after receiving a signal from the Referee.
- For a penalty shootout, only those players that were on the pitch at the final whistle are admissible. Each team captain must nominate 3 players for a penalty shootout in knockout matches. If the scores are equal post 3 shots, the sudden death rule will apply. There is no extra time in case of a draw.

### Clothing:

- Teams are expected to arrive in a kit that represents their school with every player assigned a shirt number. Bibs will be provided to teams that do not have a sports uniform. A toss will be conducted to determine who will wear bibs in case of matching colors of kits.
- It's recommended that student-athletes have the following:
  - Shin guards
  - Long socks (long enough to cover shin guards)
  - Appropriate footwear (metal studs are not allowed)

### Results & Scoring:

- In the group phase, if a team will forfeit their match as per general guidelines a 3-0 loss will be recorded.
- At the playoffs, if a team will forfeit their match they will be effectively eliminated from the bracket as per general guidelines.
- If two or more teams are tied on points at the end of the group play, the head-to-head result will be the determining factor. If the head-to-head match is a draw, the total goal difference will be used to determine the final place of each team. If the goal difference is tied, then most goals for and fewest goals against will be used in that order until final places can be determined. If all of these are the same, the team to advance will be decided by a single coin flip.



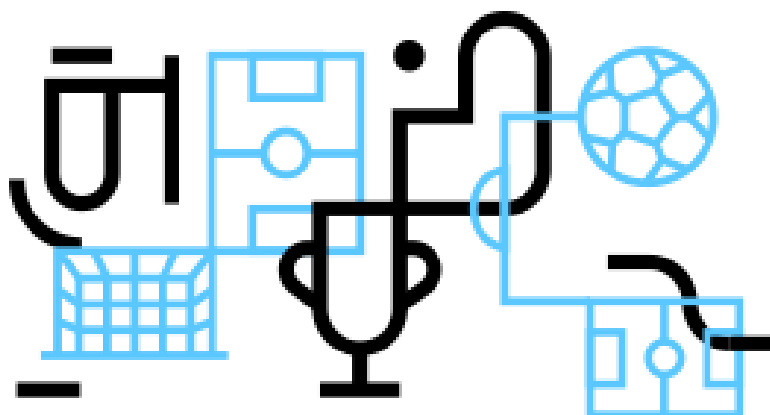


- The below table indicates points received based on the match outcome.

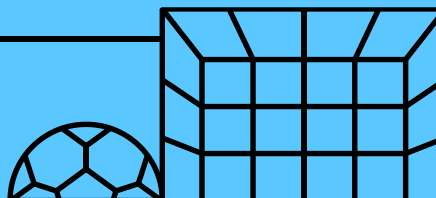
Sport	Win	Draw	Lose	If the opposing team does not attend
<b>Football</b>	3 points	1 point	0 points	The score will be 3-0 for the team that showed up

#### Additional Information:

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. Please [click here](#) to access the FIFA Rules & Reports.



# Futsal



**Sports Code:** FBS

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Team Registration Cut-Off Date	Student Registration Cut-Off Date
		Min.	Max.	Match Roster			
FBS	Futsal	5	15	10 Players	None	04 Mar 2025	15 Apr 2025

- A school can nominate one team in each age category. The maximum match-day roster is 10 players

## Competition Structure:

Gender	Males & Females			
Age Group	U9	U11	U13	U15
Competition Format	5-a-side			
Ball Size	3	3	4	4

## Competition Guidelines:

- All group stage matches will consist of 2x 10-minute halves with a 2-minute halftime. Play-off matches will be 2x 10-minute halves with a 5-minute halftime break.
- The allowance for time lost is at the discretion of the Referee.
- The match consists of two teams, each consisting of not more than 5 players, one must be the goalkeeper. A match must not start if either team has fewer than 4 players.
- Before every match, the team leader submits a list of players to the Referee on which the substitute players are also listed.
- There is no maximum limit to the number of substitutions per game.
- Players who are substituted out may return to the match.
- For a penalty shootout, only those players that were on the pitch at the final whistle are admissible.
- No throw-ins are allowed, and kick-ins are used instead and must be taken within 5 seconds.
- There are no offsides in Futsal.
- When the goalkeeper throws the ball to restart play, players cannot pass back to the keeper until the ball has crossed the halfway line.
- A team can commit up to five fouls in a half. The sixth foul results in a direct free kick for the opposing team from the second penalty mark.

- The goalkeepers should use their hands to play the ball back in case the opposing team send the ball behind the team’s goal line.
- Recommended sports attire should include:
  - Shirt with sleeves
  - Shorts (if undershorts or tights are worn, they should be of similar color to the main color of the shorts)
  - Shin guards
  - Long socks (long enough to cover shin guards)
  - Appropriate footwear (no studs allowed)

### Substitutes Procedure:

- Substitutions can only be made in a break of play, such as a goal kick, corner, throw-in, or as instructed by the Referee.
- The Referee/League Official must be made aware of the change.
- The players being subbed must leave the field from the sub zone.
- The substitute is only allowed to enter the field of play after receiving a signal from the Referee.
- The substitute becomes a player once the above process is completed.

### Results & Scoring:

- The below table indicates points received based on the match outcome.

Sport	Win	Draw	Lose	If the opposing team does not attend
<b>Futsal</b>	3 points	1 point	0 points	The score will be 3-0 for the team that has attended

- If two or more teams are tied on points at the end of the group play, the head-to-head result will be the determining factor. If the head-to-head match is a draw, the total goal difference will be used to determine the final place of each team. If the goal difference is tied, then most goals for and fewest goals against will be used in that order until final places can be determined. If all of these are the same, the team to advance will be decided by a single coin flip.

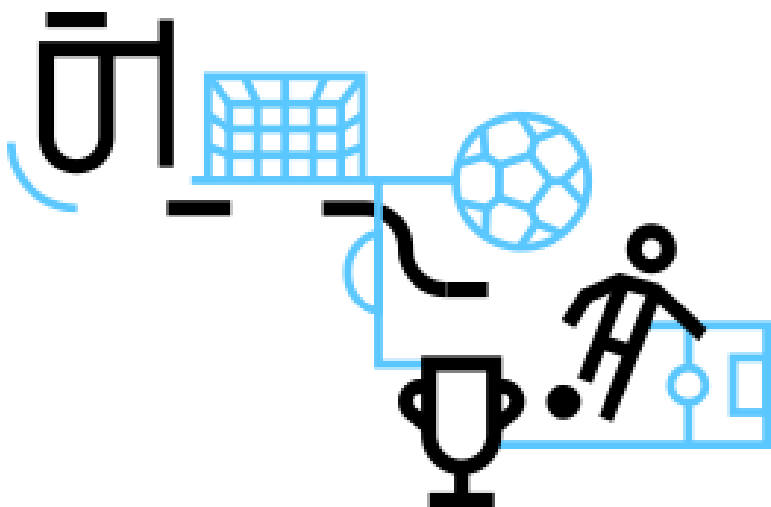
### Play-offs:

- Play-offs and finals for all age groups will take place over two separate weekends.
- Play-offs will combine all school types and regions.
- Based on the results from the group stage, qualified schools will be drawn for a knockout bracket.

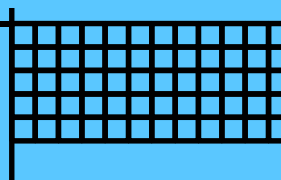
- Following the semi-finals, the two winning teams will play to determine 1st and 2nd place; the two losing teams will play to determine 3<sup>rd</sup> place.
- In the play-offs, if a match ends in a draw, the game will immediately go to a penalty shootout as per FIFA rules with five selected penalty takers. If, after five pairs of kicks, an equal number of goals have been scored by each team (or neither team has scored), the shootout proceeds to sudden elimination.

#### **Additional Information:**

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. Please [click here](#) to check out the FIFA Futsal rules.



# Volleyball



**Sports Code:** VOL

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Team Registration Cut-Off Date	Student Registration Cut-Off Date
		Min.	Max.	Match Roster			
VOL	Volleyball	6	16	11 Players	None	22 Oct 2024	29 Oct 2024

- Once a team is registered, player changes (player withdrawal, drop, or substitute) can be done until the student registration cut-off date.
- Each school can participate in 1 team per age category and gender.

## Competition Structure:

Gender	Males & Females			
Age Group	U13	U15	U17	U19
Competition Format	6-a-side			
Net Height	2.15m	2.15m	2.30m	2.43m
Ball Air Pressure	Official Size	Official Size	Official Size	Official Size

## Competition Guidelines:

- A 5-minute warm-up will be allowed before each match.
- Matches will include 1 set of 25 points. The winner must have a difference of at least 2 points.
- Groups will be divided by region.

## Play-offs:

- Matches will include 3 games sets to 15 points each. The winner of each game must have a difference of at least 2 points.
- Based on the results from the group stage, qualified schools will be drawn for a knockout bracket.

## Rules and Regulations:

- The matches are held on a full-size volleyball court and in accordance with FIVB rules. The number of players per team on the field will be 6 players for all age categories. This applies to both male and female categories.
- Serving for the U13 category will be from a spot determined by the match official.
- Before every match, the team leader submits a list of players to the official on which the substitute players are also listed.
- A maximum of 3 substitutes can be substituted at a single time.
- Substitutions can be made only at the end of a rally.
- Incoming players must enter the substitution zone. Multiple substitutions should line up behind each other.
- The substitute is only allowed to enter the court after receiving a signal from the official.
- Schools must wear a unified numbered kit. If, before the start of a match, the official decides that the team's club colors are too similar, the first named school (home team) must play in its change kit or wear bibs.

## Results & Scoring:

- The below table indicates points received based on the match outcome.

Sport	Win	Draw	Lose	If the opposing team does not attend
<b>Volleyball</b>	3 points	No Tie	0 points	The result will be 25-0 and the standing will be 3-0 for the team that has attended

- If two or more teams are tied on points at the end of the group play, the head-to-head results will be the determining factor. If the head-to-head matches are equal, the total point difference will be used to determine the final place of each team. If the point difference is tied, then the most points for and fewest points against will be used in that order until final places can be determined. If all of these are the same, the team to advance will be decided by coin flip.
- In group stages service order must be maintained throughout the game. In playoffs and finals, service order may change with each set.
- Players arriving late can be added at the bottom of the service list if the full rotation has not been completed or will start immediately if the rotation has been completed.
- Rotation is always clockwise, except for the 1<sup>st</sup> serve of the game.
- Service may be performed overhand or underhand.
- The ball may not bounce during the service motion.
- If a serve hits the net, it may be played on the defensive side if it hits the net. However, if it hits the net on the offensive side, a point is awarded to the opponent, and no re-serve is permitted.

- A single reserve is only permitted for a bad toss. Failure to make a successful re-serve results in a point to the opponent.
- Rally scoring will be used, with a point awarded regardless of the service possession.

### Fouls & Disciplinary Measures:

- There are cautions (yellow cards), or dismissals (red cards). If a player or coach has been sent off from the court or has received a caution, the official will inform the league commission about this immediately after the match.
- Any individual who has been sent off is suspended from the next match or excluded from the league. The league committee has the right to determine the necessary sanction for this player or coach.
- Individuals receiving a yellow or red card must leave the game and may not return until after 4 points have been scored.

### Safety & Kit Requirements:

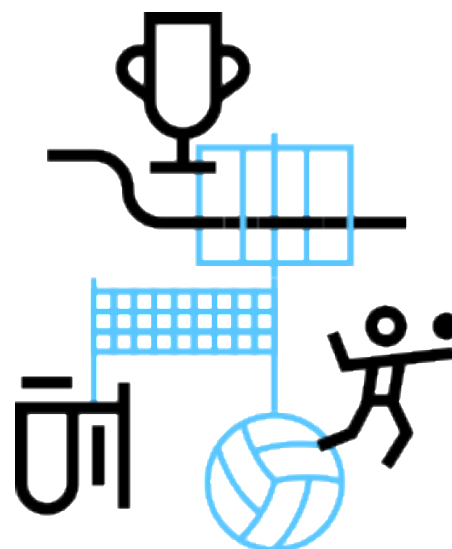
To compete safely, it is recommended that each student-athlete have the following:

- Shirt with sleeves
- Teams should have a number and a unified kit
- Knee pads
- Appropriate footwear

### Additional Information:

Further information regarding the match day will be provided in a competition pack after the registration cut-off date. For more information on volleyball, please visit the links below:

- [Home | UAE VBA](#)
- [FIVB - Fédération Internationale de Volleyball](#)

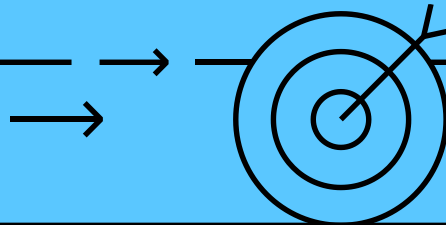


The background features stylized white line art. On the left, a tennis racket is depicted with a vertical handle and a circular head. On the right, a target with concentric circles and a central bullseye is shown. In the bottom right corner, a partial view of a person's legs and feet is visible, suggesting a tennis player.

# **Individual Sports**



# Archery



**Sports Code:** ARC

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
ARC	Archery	None	Development Level	22 Apr 2025

## Competition Structure:

Gender	Males & Females				
Age Group	U11	U13	U15	U17	U19
Competition Format	Recurve, Compound				

## Competition Guidelines:

- All participants will have a 5-minute warm-up of 5 shots at the start of each competition.
- Qualification rounds will consist of 3 rounds of 3 shots each.
- Each arrow must be shot within 30 seconds of the previous shot.
- Between each round, there will be a break of 2 minutes.

## Shooting Format:

### Bows:

- Contestants are allowed to use both Recurve and Compound bows given they meet the safety standards.

### Arrows:

- All arrows will be inspected for safety and compliance.

### Quivers:

- Participants must use quivers to carry their arrows during the competition.
- Quivers should be securely attached to the archer.

### **String:**

- Ensure that bowstrings are in good condition and meet safety standards.
- Regular inspections are recommended.

### **Finger Tabs or Gloves:**

- Archers must use finger tabs or gloves to protect their fingers during the shooting process.

### **Arm Guards:**

- Arm guards are recommended to protect the archer's forearm from the bowstring during release.
- Target Face, Target Distance, common event or separate event for recurve/compound.

### **Results & Scoring:**

- Totals for each round will be recorded on the score sheet and totaled for each player.
- The player with the highest score will win.
- In the case of a tie, a shoot-off will ensue. Tied archers will take one shot each and their score is counted for each round. This will continue until a winner is determined.

### **Unsafe Behavior:**

- Archers must adhere to safety rules on the range. Unsafe actions, such as not waiting for a clear signal to shoot or not adhering to range commands, may result in penalties or disqualification.

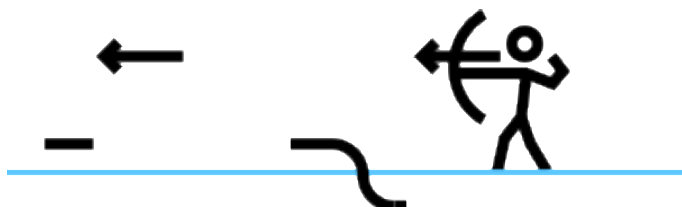
### **Optional Additional Items:**

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### **Additional Information:**

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on archery, please follow this link: [Rules | World Archery](#).



# Athletics



**Sports Code:** ATH

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per Participant	Prior Experience Required	Registration Cut-Off Date
ATH	Athletics	2 Disciplines + Relay Race	Development Level	10 Dec 2024

## Registration Limits:

- Each school can register up to 5 students per gender, age, and discipline.  
e.g. Males – U13 – 100m – 5 students  
Males – U13 – 200m – 5 students
- Each student-athlete can participate in a maximum of 2 events and one relay race.

## Competition Structure:

Age Group	U11	U13	U15	U17	U19
<b>Athletics Males Sub-Disciplines</b>					
Running	60m	100m	100m	100m	100m
	200m	200m	200m	200m	200m
		400m	400m	400m	400m
		-	800m	800m	800m
		-	-	1500m	1500m
Jumping			High Jump	High Jump	High Jump
	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
				Triple Jump	Triple Jump
Throwing		Ball Throw (300g)	Shotput (3kg)	Shotput (5kg)	Shotput (5kg)
				Discus (1kg)	Discus (1kg)
			Javelin (400g)	Javelin (700g)	Javelin (700g)
Relay	4X100m				

Athletics Female Sub-Disciplines					
Discipline	U11	U13	U15	U17	U19
Running	60m	100m	100m	100m	100m
	200m	200m	200m	200m	200m
		300m	300m	400m	400m
			800m	800m	800m
				1500m	1500m
Jumping			High Jump	High Jump	High Jump
	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
				Triple Jump	Triple Jump
Throwing		Shotput (2kg)	Shotput (2kg)	Shotput (3kg)	Shotput (3kg)
				Discus (1kg)	Discus (1kg)
			Javelin (400g)	Javelin (500g)	Javelin (500g)
Relay	4X100m				

### Competition Format:

#### Track Events:

- The track competitions involve races on an 8-lane track (where available). Participants will compete in various sprint and distance events, aiming to secure the best time in their respective categories.
- Participants will be split into races based on their gender, age group, and discipline by the organizer. Competitors from the same school will be shuffled with competitors from different schools to ensure a competitive environment across the competitions.

#### Throws and Jumps:

- The throws and jumps events follow a format of three attempts per participant. Athletes will strive to achieve the best distance in throws and jumps.
- For the long jump, triple jump, shot put, discus, and javelin disciplines, each athlete will have 3 tries, and the best result from the 3 will be recorded. Maximum time per try is 1 minute.
- For the high jump, athletes who successfully clear height progress to attempt the next height. The bar is raised incrementally after each round of attempts (each height has a maximum of 3 attempts).

### **Regional Meets:**

- All registered students will initially compete in the Regional Meets (Abu Dhabi, Al Ain, and Al Dhafra), where they will face off against each other in their respective events. The Regional Meets serve as the first stage of the tournament, providing a platform for participants to prove their skills and advance to the next level of competition.

### **Qualification to Finals Series Abu Dhabi:**

- The top 8 participants who record the best times in track events and the top 12 participants who achieve the greatest distances in throws and jumps during the Regional Meets will qualify for the Finals Series Abu Dhabi. This will be the first time that athletes from Abu Dhabi, Al Ain, and Al Dhafra will compete against each other, should they qualify.

### **Fouls & Penalties:**

- In track events, the official may warn or disqualify an athlete if the athlete starts before the gun or starting signal.
- In track events, the official may warn or disqualify an athlete if the athlete intentionally impeded another runner's progress.
- In throwing events, stepping outside the throwing circle during the throw is considered a foul.
- In throwing events, crossing the front edge of the circle before releasing the implement (shot, discus, javelin) is considered a foul.
- In the long jump event, stepping beyond the take-off board before making contact with the ground is considered a foul.
- In the high jump event, pole vault, dislodging the bar is considered a foul.

### **Results & Scoring:**

- Electronic timing systems will be used in the competitions in different regions to ensure accuracy and fairness.
- A manual backup timing system will be available on the event day.
- Results will be published online within 72 hours of the event day.
- In case of a tie in the finals, both top-performing athletes will be awarded.

### **Recommended Safety Requirements:**

- All athletes must wear running shoes to compete.

### **Optional Additional Items:**

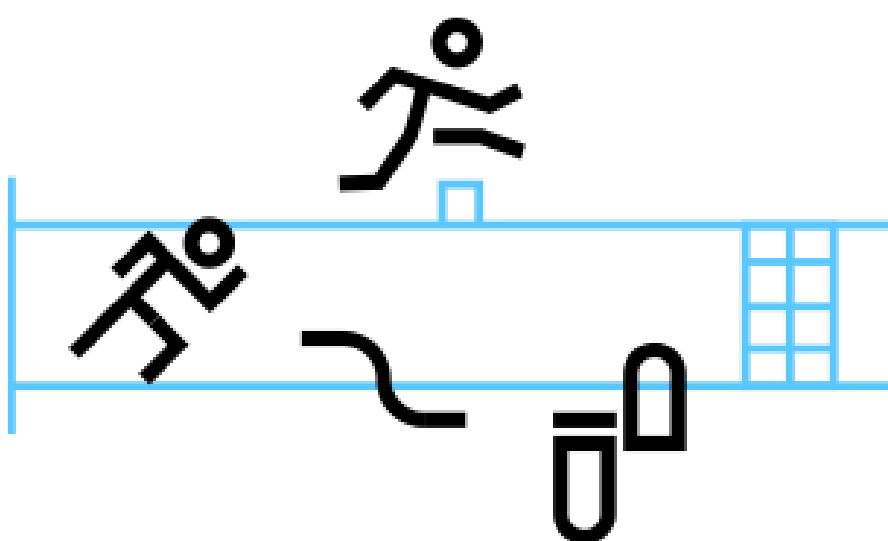
Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on athletics, please follow the links below:

- [UAE Athletics Federation | Sports community in UAE](#)
- [World Athletics Home Page | World Athletics](#)



# Badminton



**Sports Code:** BDM

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
BDM	Badminton	None	None	29 Oct 2024

## Competition Structure:

Gender	Males & Females				
Age Group	U11	U13	U15	U17	U19
Competition Format	Singles				

## Competition Guidelines:

- Matches are played under the standard rules of Badminton World Federation.
- The first serve of the match begins with a coin toss. The first serve of the next game will go to the winner of the first rally.
- At the beginning of each game, when the server's score is even, they serve from the right service court. If the server's score is odd, they serve from the left service court.
- If a server wins a rally, they win a point and serve again from the alternate side.
- If a receiver wins a rally, they win a point and take over service and serve from the appropriate service court based on their score being odd or even.

## Competition Format:

### Group stage:

The Group stages will be conducted in Abu Dhabi, Al Ain and Al Dhafra regions

Scoring Format: 1 x 21 (1 set up to 21 points. No deuce)

## Final Stage:

Winning participants from each region will be selected into the finals round (knockout) as per the below:

Region	Abu Dhabi	Al Ain	Al Dhafra
Entries Available	9 Entries	5 Entries	2 Entries

- In case of insufficient/ absence entries, the next ranked player within the same draw or of another region will be randomly selected.
- This is applicable for both the boy's and girl's event
- The final stage will also be an elimination draw where the selected players from the region will compete.
- Scoring format: 3 x 21 (30) BWF Standard Rally Point system.
- Following the semi-finals, the two winning participants will play to determine 1<sup>st</sup> and 2<sup>nd</sup> place; the two losing teams will play to determine 3<sup>rd</sup> place.

## Interval & Change of Ends:

- Intervals: Not exceeding 60 secs at the end of each game and when the leading score reaches 8 points during each game.
- A 2-minute interval between each game is allowed.
- Change of ends: At the end of the first game. At the end of the second game, if there is a third game.

## Singles:

- If the server wins a rally, the server scores a point and then serves again.

## Fault and Errors:

A fault results in a point awarded to the opponent and the surrender of the serve. Faults include but are not limited to the following:

- Missing the shuttlecock while swinging during the serve.
- Not serving underhand and below the waist.
- Hitting the shuttlecock through or under the net.
- Causing the shuttlecock to touch or hit the net.
- Touching the net with your body or racket.
- Hitting the shot before the birdie crosses the net.
- Hitting the shuttlecock out of bounds.
- Touching the shuttlecock with your body or clothing.
- Touch the boundary line while in contact with the birdie, including with a foot.
- Allowing the shuttlecock to hit the ground on your side of the court.
- Hitting the shuttlecock twice from the same court.



### League Rules:

- Games are played on standard singles badminton courts. Size variations are acceptable based on the decision of the organizers.
- Games are led by qualified Referees appointed by the organizer.
- Each player must be accompanied by a school leader, coach, or teacher above the age of 21, whose name must be listed on the player list. The school leader is responsible for the conduct of the players at the sports grounds, as well as other social areas available to participants.

### Disciplinary Measures:

If the following rules of badminton are continuously broken by a player, then the Referee has the undue right to dock out the player's point or the player from the game.

- A player will be credited with a loss and will, in effect, be eliminated from that round of the league.
- The player is late for a match by 5 minutes or more without a valid reason. The player is ineligible.
- The Referee decides to cancel the match due to poor sportsmanship.
- In playoff rounds, the offending player will be credited with a loss and will, in effect, be eliminated from that round of the league.

The organizing committee has the right to determine the necessary steps to ensure a fair and reasonable outcome in the event of a void match.

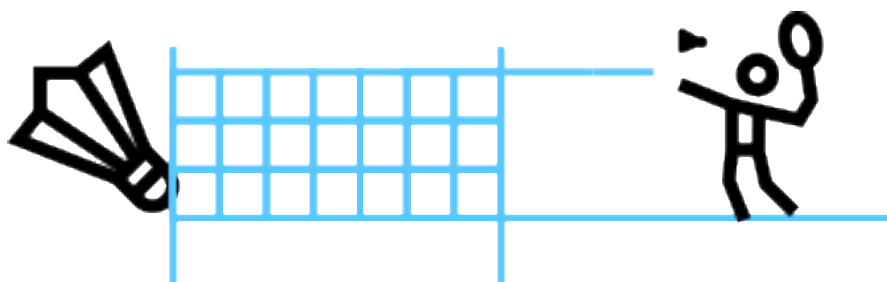
### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

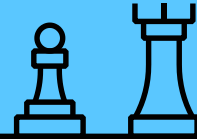
- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on badminton, please check out the BWF Rules: [Official Rules](#).



# Chess



**Sports Code:** CHS

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
CHS	Chess	None	Development Level	14 Jan 2025

## Competition Structure:

Gender	Males & Females				
Age Group	U11	U13	U15	U17	U19
Competition Format	Blitz Chess				

## Competition Guidelines:

- Each player has 3 minutes on the clock, with no additional time per move (pure 3+0 blitz).
- Starting Position: White moves first, as per standard chess rules.
- All moves must be made using the clock. A move is completed when the player releases the piece and presses their clock.
- If a player touches a piece, they must move it if it is legally possible. If a player touches an opponent's piece, they must capture it if it is legally possible.
- Adherence to the schedule is crucial. Players must arrive on time for their games.

## Clocks and Timing:

- If a clock fails or there is an issue, the arbiter will adjust the time as needed to ensure fair play.
- Players must ensure their own clock is running properly. If a player's time expires, they lose the game unless the opponent does not have enough material to checkmate.

## Results and Scoring:

- The game ends when one player's time expires, checkmate is achieved, or a draw condition is met (stalemate, threefold repetition, or insufficient material).
- Points: Win = 1 point, Draw = 0.5 points, Loss = 0 points.
- If a player needs to withdraw or take a bye, they must inform the tournament director as soon as possible. This will be considered a loss.

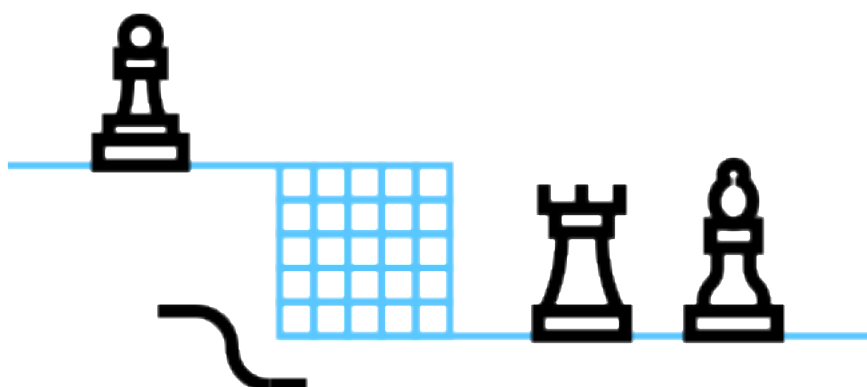
## Draw Conditions:

It is considered a draw in any of the below scenarios:

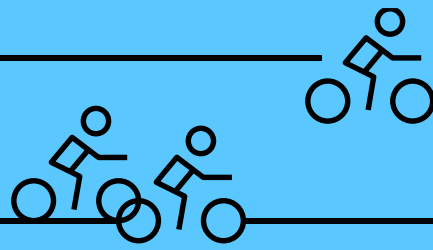
- **Stalemate:** If a player is not in check but has no legal moves, the game is a draw.
- **Threefold Repetition:** The game is drawn if the same position occurs three times with the same player to move.
- **Insufficient Material:** The game is drawn if neither player has enough pieces to force a checkmate (e.g., King vs. King).

## Additional Information:

Further information regarding the competition will be provided in a competition pack after the registration cut-off date.



# Cycling



**Sports Code:** CYC

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
CYC	Cycling	None	Development Level	05 Nov 2024

## Competition Structure:

Gender	Males & Females					
Age Group	U9	U11	U13	U15	U17	U19
Race Length	5km	5km	10km	10km	15km	30km
Competition Format	Road Cycling					

## Competition Guidelines:

- Each age group will have a designated starting time.
- All participants must attend the pre-race briefing conducted 1 hour before the race starts.
- Cyclists should be at the starting line 15 minutes before their scheduled start time.

## Starting Line Protocol:

- Competitors should be at the starting line 15 minutes before their scheduled start time.
- The race will start promptly as scheduled.

## Race Start:

- The Race Starter will signal the beginning of the race with a starting gun or whistle.
- Participants should maintain their positions and avoid false starts.

## Race Route:

- The race will follow a road race format with designated routes for each age group.
- Participants must follow the marked route and adhere to race marshals' instructions.
- Any deviation from the route will result in disqualification.

### Recommended Safety Requirements:

- All athletes must wear a helmet.
- Bicycles must be in good working condition.
- Water stations will be available at designated points along the route.

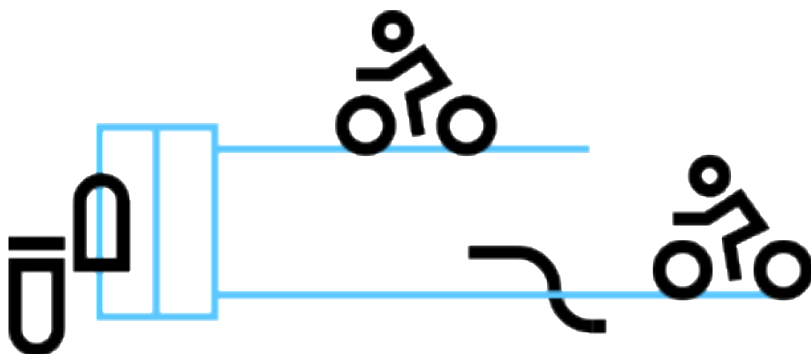
### Optional Additional Items:

- Reflective clothing or accessories are recommended
- Spare tire and repair kit
- Water bottle
- Energy snacks

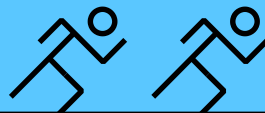
### Additional Information:

Further information regarding the race day will be provided in a competition pack after the registration cut-off date. For more information on cycling, please check out these links:

- [UAE Cycling Federation \(uaecf.ae\)](http://uaecf.ae)
- [World Cycling Federation \(UCI\)](http://www.uci.ch)



# Distance Run



**Sports Code:** DSR

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
DSR	Distance Run	None	None	5 Nov 2024

## Competition Structure:

Gender	Males & Females					
Age Group	U9	U11	U13	U15	U17	U19
Race Length	1km	1km	3km	5km	5km	5km
Competition Format	Road Run					

## Competition Guidelines:

- Each age group will have a designated starting time.
- All participants must attend the pre-race briefing conducted 1 hour before the race starts.
- Runners should be at the starting line 15 minutes before their scheduled start time.

## Starting Line Protocol:

- Competitors should be at the starting line 15 minutes before their scheduled start time.
- The race will start promptly as scheduled.

## Race Start:

- The Race Starter will signal the beginning of the race with a starting gun or whistle.
- Participants should maintain their positions and avoid false starts.

### Race Route:

- The race will follow a road race format with designated routes for each age group.
- Participants must follow the marked route and adhere to race marshals' instructions.
- Any deviation from the route will result in disqualification.

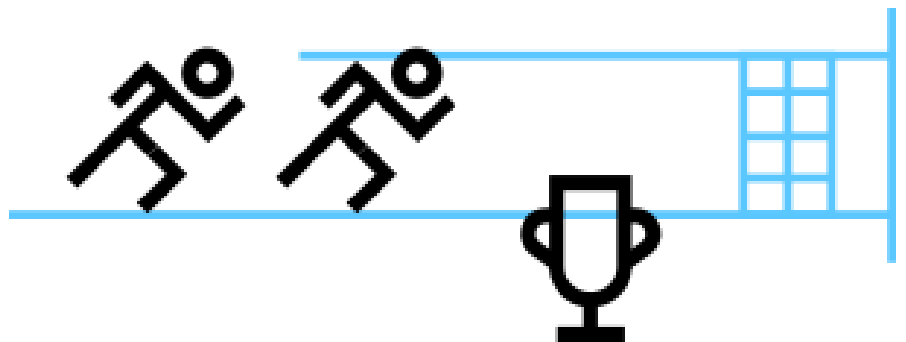
### Recommended Safety Requirements:

- All athletes must wear running shoes to compete.
- Water stations will be available at designated points along the route.

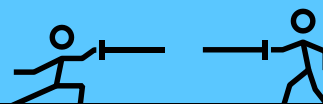
### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks



# Fencing



**Sports Code:** FEN

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
FEN	Fencing	None	Development Level	22 Apr 2025

## Competition Structure:

Gender	Males & Females			
Age Group	U13	U15	U17	U19
Disciplines	FOIL	ÉPÉE FOIL SABRE	ÉPÉE FOIL SABRE	ÉPÉE FOIL SABRE

## Competition Guidelines:

- Participants will be seeded into brackets based on their gender, age group, and category by the organizer.
- Single elimination rounds will be applied.
- A 3-minute warm-up will be allowed before each game.
- Group stages consist of only 1 round of 3 minutes or the first to achieve 5 points.
- knockout round to the finals will be conducted with 3 rounds up to 3 minutes or 15 touches and there will be one minute rest between each round.
- The games are held on a standard piste and in accordance with the UAE Fencing Federation rules.

## Results and Scoring:

### Épée:

- **Target Area:** The entire body, including the head and feet, is a valid target area.
- **Scoring:** Points are awarded when the tip of the épée makes contact with any part of the opponent's body. Simultaneous hits result in both fencers scoring.
- **Right of Way (Priority):** Épée does not use the concept of right of way; both fencers can score simultaneously.



## Foil:

- **Target Area:** Only hits on the torso, including the back, are valid target areas.
- **Scoring:** A valid hit (point) is awarded when the tip of the foil makes contact with the opponent's valid target area. The fencer who initiates an attack is known as the "attacker" or "offensive fencer."
- **Right of Way (Priority):** The concept of "right of way" determines which fencer is awarded the point in the case of simultaneous attacks. The fencer who begins the attack or successfully parries assumes the right of way.

## Sabre:

- **Target Area:** The valid target area includes the entire upper body, including the head, and arms.
- **Scoring:** Points are scored with the edge or the point of the Sabre. The fencer who establishes the right of way and lands a valid hit is awarded the point.
- **Right of Way (Priority):** Right of way is crucial in Sabre, determining which fencer has priority in attacking and scoring.

## Penalties & Violations:

- **Yellow Card:** May be issued as a Warning for minor infractions; accumulation may lead to more severe penalties.
- **Red Card:** May be issued for repeated or severe rule violations; this can result in point deductions or expulsion.
- **Black Card** may be issued in the case of Severe penalty, leading to disqualification, issued for serious misconduct or dangerous actions.
- **Penalty for Turning the Back:** Prohibits intentional turning of the back to the opponent; violation may result in a penalty.
- **Penalty for Corps-à-Corps:** Penalizes intentional physical contact between fencers.
- **Penalty for Early Start (False Start):** Issued for initiating movement before the Referee's command to start.
- **Penalty for Refusing to Fence:** Results from refusing to fence or intentionally avoiding engagement.
- **Penalty for Covering Target Area:** In Sabre fencing, penalizes covering the valid target area with the non-weapon hand.
- **Penalty for Crossing the Back Line:** In Épée fencing, stepping off the end of the strip leads to a penalty.
- **Penalty for Intentional Corps-à-Terre:** Penalizes deliberate falling or taking a knee to avoid being hit.
- **Penalty for Technical Violations:** Addresses violations of specific rules regarding equipment, attire, or conduct.

### Mandatory kit and safety Requirements:

- A protective mask.
- Fencing weapon (Épée, Foil, Sabre).
- Body wires
- Chest and throat protectors, to minimize the risk of injuries during matches.

### Optional Additional Items:

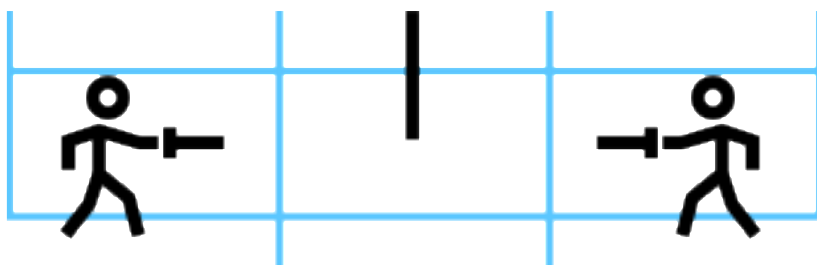
Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

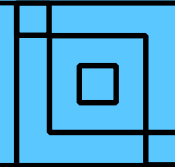
### Additional Information:

Further information regarding the competition will be provided in a pack after the registration cut-off date. For more information on fencing, please explore the links below:

- [UAE Fencing Federation \(UAEF\)](#)
- [The International Fencing Federation \(fie.org\)](#)



# Jiu-Jitsu



**Sports Code:** BJJ

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
BJJ	Jiu-Jitsu	None	Development Level	22 Apr 2025

## Competition Structure:

Age Group	Competition Format
Males	
U13	-24Kg, -27Kg, -30Kg, -34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -62Kg
U15	-34Kg, -37Kg, -41Kg, -45Kg, 50Kg, -55Kg, -60Kg, -66Kg, -78Kg
U17	-38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -85Kg
U19	-46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, -94Kg
Females	
U13	-22Kg, -25Kg, -28Kg, -32Kg, -36Kg, -40Kg, -44Kg, -48Kg, -60Kg
U15	-32Kg, -36Kg, -40Kg, -44Kg, -48Kg, -52Kg, -57Kg, -63Kg, -75Kg
U17	-36Kg, -40Kg, -44Kg, -48Kg, -52Kg, -57Kg, -63Kg, -69Kg, 80Kg
U19	-40Kg, -44Kg, -48Kg, -52Kg, -57Kg, -63Kg, -70Kg, -82Kg

## Competition Guidelines:

- Participants will be seeded into brackets based on their gender, age group, and weight category by the organizer.
- Single elimination rounds will be applied in the regional qualifiers and finals stage.
- A 2-minute warm-up will be allowed before each game.
- The games are held on a standard mat and in accordance with the UAE Ju-Jitsu rules and regulations.

### Results & Scoring:

- Points shall be awarded whenever an athlete stabilizes a scoring movement or position for three (3) seconds.
- 2 Points: Takedown – Sweep - Knee Ride
- 3 points: Guard pass
- 4 Points Full Mount – Back Mount – Back Control

### Advantages:

- An advantage is awarded when an athlete achieves a point-scoring action but is unable to maintain three seconds of stabilization afterward.
- An advantage is also awarded for legal submission attempts that create a real danger for the opponent, defined as a realistic possibility of inducing surrender, unconsciousness, or injury.
- The advantage is only to be given when there is no longer a chance for the athlete to complete the scoring action or when the submission attempt has been completely escaped.

### Weighting:

- All participants must attend a weighting session before the competitions. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.

### Recommended Safety Requirements:

- A clean white cotton woven Ju-Jitsu Gi of good quality.
- Rip-stop material is allowed for the pants but not for the jacket.
- The Gi must fit the athlete well and the material must allow a proper grip.
- The competitor must also have one each of a red belt and a blue belt that is of appropriate length and fabric material.
- Competitors in female divisions are required to wear a mostly white or mostly black rash guard underneath the Gi jacket, while this is optional in male divisions

### Optional Additional Items:

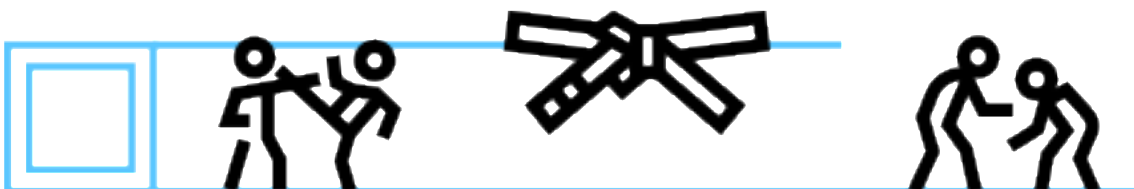
Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

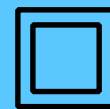
### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on Ju-Jitsu, please check out the links below:

- [UAE Jiu-Jitsu Federation \(uaejjf.org\)](http://uaejjf.org)
- [JJAU – Ju-Jitsu Asian Union \(jjau.org\)](http://jjau.org)



# Judo



**Sports Code:** JUD

**Registration Criteria & Cut-Off Dates:**

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
JUD	Judo	None	Development Level	22 Apr 2025

**Competition Structure:**

Gender	Males & Females
Age Group	Competition Format
Males	
U13	-30Kg, -34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg
U15	-34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, +81Kg
U17	-50kg, -55kg, -60kg, -66kg, -73kg, -81kg, -90kg, +90kg
U19	-60kg, -66kg, -73kg, -81kg, -90kg, -100kg, +100kg
Females	
U13	-28kg,-32kg,-36kg,-40kg,-44kg,-48kg,-52Kg,-57Kg,-63Kg,+63Kg
U15	-32kg,-36kg,-40kg,-44kg,-48kg,-52kg,-57kg,-63kg,-70Kg,+70Kg
U17	-40kg,-44kg,-48kg,-52kg,-57kg,-63kg,-70kg,+70kg
U19	-44kg,-48kg,-52kg,-57kg,-63kg,-70kg,-78kg,+78kg

**Competition Guidelines:**

- A 5-minute warm-up will be allowed before each game.
- Qualifying round: A match will consist of 1 round of 3 minutes with no break.
- Knockout stages: A match will consist of 1 round of 4 minutes with no break.
- Schools can enter any number of students in each category.
- On match day, the UAE Judo Federation representative will determine the fixtures depending on age, gender, and weight categories.

### Scoring:

- An Ippon worth 100 points is awarded for a full, forceful throw, a 20-second immobilization, or an opponent's concession. This will result in an immediate end to the match.
- A Waza-ari worth 10 points is awarded for a powerful throw or a 15 to 19-second hold. Two waza-aris lead to match termination.
- A Yuko worth 1 point is awarded for a throw partially lacking in ippon elements or a 10 to 14-second hold. Multiple Yukos do not accumulate for higher scores.

### Penalties & Fouls:

- Non-combativity (a player does not attack enough), intentionally stepping out of bounds, playing too defensively, or putting a hand directly on the opponent's face would lead to a warning.
- The fourth warning would lead to an immediate disqualification.
- Intentionally trying to injure the opponent, unsportsmanlike conduct or repeated violations would lead to immediate disqualification.

### Weigh-ins:

All participants must attend a weigh-in session held before the competitions.

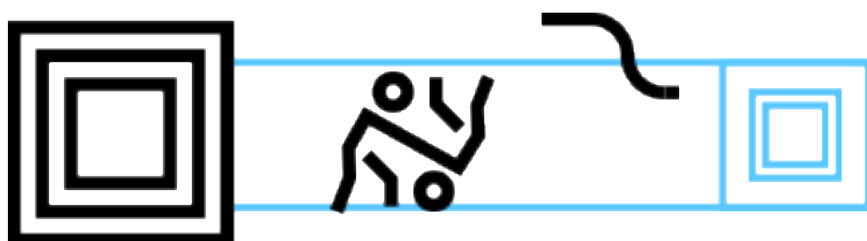
### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

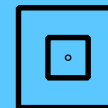
- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date. For more information on judo, please [click here](#) to access the IJF Judo Referring Rules.



# Shooting (Laser)



**Sports Code:** SHO

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
SHO	Shooting (Laser)	None	None	22 Apr 2025

## Competition Structure:

Gender	Males & Females				
Age Group	U11	U13	U15	U17	U19
Distance x rounds	3m x 2 rounds	3m x 2 rounds	5m x 3 rounds	5m x 3 rounds	5m x 3 rounds
Competition Format	Laser Shooting				

## Competition Guidelines:

- The organizer will allocate participants into groups based on their gender and age group.
- A 5-minute warm-up consisting of 5 shots is provided before the start of each competition.
- Qualification rounds consist of 3 rounds of 5 shots each with maximum time per round set at 50 seconds.
- Laser pistols must weigh between 500 – 1500 grams (provided by the organizer).

## Target Information:

- Target size is 170mm x 170mm
- Target vertical height from the ground and to center of the target is at 1400mm +/- 50mm



### Scoring:

- Scores will be calculated on the basis of hitting the target 5 times combined with the fastest recorded time for completing the 5 shots on target.
- In case of a tie, a shootout will ensue. Tied athletes will take one shot each and their score is counted for each round. This will continue until a winner is determined.
- Organizers will use electronic shooting software to calculate the points.

### Recommended Safety Requirements:

- All athletes must wear sports attire to participate in the competition.
- It is recommended to have a laser safety glass worn by every participant.

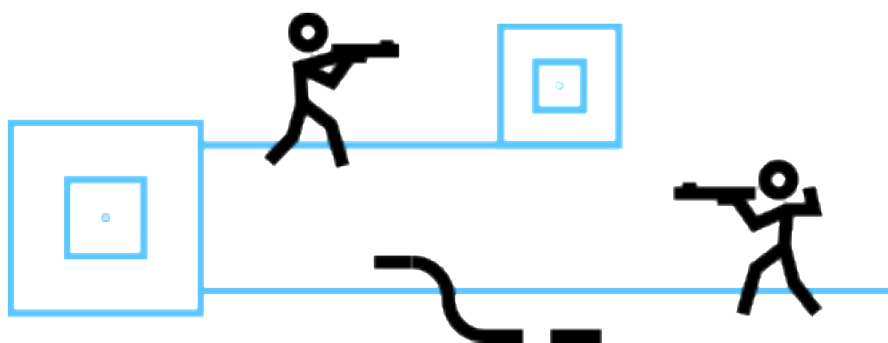
### Optional Additional Items:

Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the competition day will be provided in a competition pack after the registration cut-off date.





# Swimming



**Sports Code:** SWM

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per Participant	Prior Experience Required	Registration Cut-Off Date
SWM	Swimming	2 Disciplines + Individual medley	Development Level	22 Oct 2024

## Registration Limits:

- Each student can enter a maximum of 2 individual disciplines (freestyle, butterfly, backstroke & breaststroke) and 1 team medley.
- To compete safely, it is expected that students participating in this sport have prior experience and are familiar with the rules and regulations

## Competition Structure:

Gender	Males & Females
Age Group	Discipline
U11	25m Freestyle, 25m Butterfly, 25m Backstroke, 25m Breaststroke
	50m Freestyle, 50 Butterfly, 50m Backstroke, 50m Breaststroke
U13	50m Freestyle, 50 Butterfly, 50m Backstroke, 50m Breaststroke
	100m Freestyle, 100m Butterfly, 100m Backstroke, 100m Breaststroke
	100 Individual Medley
	200m Freestyle
U15	50m Freestyle, 50 Butterfly, 50m Backstroke, 50m Breaststroke
	100m Freestyle, 100m Butterfly, 100m Backstroke, 100m Breaststroke
	100 Individual Medley
	200m Freestyle
U17	50m Freestyle, 50 Butterfly, 50m Backstroke, 50m Breaststroke
	100m Freestyle, 100m Butterfly, 100m Backstroke, 100m Breaststroke
	200 Freestyle
	200 Individual Medley
U19	50m Freestyle, 50 Butterfly, 50m Backstroke, 50m Breaststroke
	100m Freestyle, 100m Butterfly, 100m Backstroke, 100m Breaststroke
	200 Freestyle
	200 Individual Medley

### Competition Guidelines:

- During female competitions, all males are restricted from entering the competition area. Schools are responsible for enforcing this.
- An area will be allocated for each school.
- Swimmers should be briefed at the starting blocks 4 events ahead of their selected event.
- Races will start promptly to ensure timely completion.
- Heats per age group per stroke.
- The fastest **8** times in each heat qualify to the finals.

### Race Start Procedure:

#### Commencement of each Heat:

- The Referee will signal swimmers to remove all clothing except swimwear with a brief sequence of whistles.
- A long whistle indicates swimmers should assume positions on the starting platform, deck, or in the water. In backstroke and medley relay events, swimmers must enter the water immediately upon the first long whistle and return to the starting position without undue delay upon the second long whistle.

#### Swimmers Under the Starter's Control:

- The Referee will signal to the Starter that swimmers are under their control with an outstretched arm.

#### Taking the Starting Position:

- Upon hearing "take your mark," swimmers must promptly take their starting position with at least one foot at the front of the starting platform or deck. Swimmers starting in the water must keep at least one hand in contact with the wall or starting platform.
- The Starter will initiate the race once all swimmers are still and ready.

### Race Guidelines:

- If a swimmer fails to take the starting position the Starter will instruct all swimmers to "stand up," allowing them to stand up or step off the starting blocks.
- Swimmers will not be disqualified for assuming an improper starting position if the race is allowed to continue. The Starter will ensure all swimmers are positioned correctly before the race is allowed to continue.

### Race Timing:

- For accuracy and consistency, a validated and electronic timing system will be used.

### Recommended Safety Requirements:

To compete safely, student-athletes must ensure they have the following:

- Racing swimsuit
- Swim goggles
- Swim cap
- Towels and clothes to stay warm between events

### Optional Additional Items:

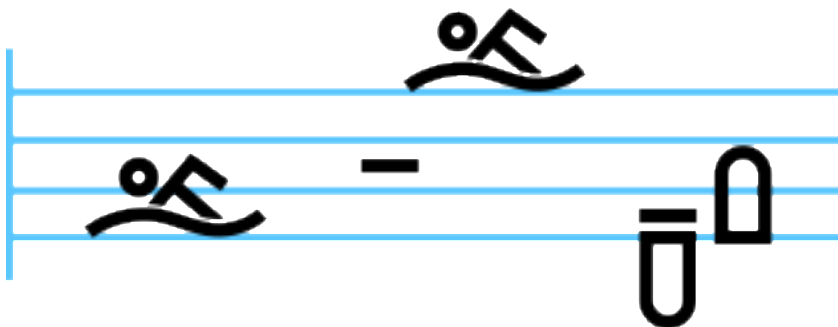
Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

### Additional Information:

Further information regarding the race day will be provided in a competition pack after the registration cut-off date. For more information on swimming, please check out the links below:

- [UAE Swimming Federation](#)
- [World Swimming Federation](#)



# Table Tennis



**Sports Code:** TTE

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per Participant	Prior Experience Required	Registration Cut-Off Date
TTE	Table Tennis	None	None	28 Jan 2025

## Competition Structure:

Gender	Males & Females				
Age Group	U11	U13	U15	U17	U19
Competition Format	Singles				

## Competition Guidelines:

- Matches are played under the standard rules of the Table Tennis World Federation. Every match is played to best of 5 sets to 11 points.
- The referee will toss a coin to determine who gets the first serve.

## Competition Format:

- Participants will be drawn for a knockout bracket.
- Winning participants advance to the next round in the bracket.
- Following the semi-finals, the two winning participants will play to determine 1<sup>st</sup> and 2<sup>nd</sup> place; the two losing teams will play to determine 3<sup>rd</sup> place.
- Each player must use a table tennis paddle, which can be made of any material but must have a handle and a striking surface.

## Service Rules:

- **Serving:** The ball must be thrown vertically upwards and struck behind the end line and above the level of the playing surface.
- **Service Contact:** The ball must first bounce on the server's side and then on the opponent's side.
- **Service Faults:** If the server fails to strike the ball correctly or if the ball does not clear the net, it is a fault.

### Switching Sides:

- **Sides:** Players switch sides of the table after each game and, in the deciding game, when one player reaches 5 points.

### Legal Hits:

- **Body Contact:** Players may only strike the ball with the paddle. Hitting the ball with any other part of the body or clothing results in a loss of the point.
- **Ball Contact:** The ball must strike the top edge of the table to be considered in play. Any ball hitting outside the table edges is out of bounds.

### Competition Rules:

- Games are played on standard table tennis tables.
- Games are led by qualified Referees.
- Each player must be accompanied by a school leader, coach, or teacher above the age of 21, whose name must be listed on the player list. The school leader is responsible for the conduct of the players at the sports grounds, as well as other social areas available to participants.

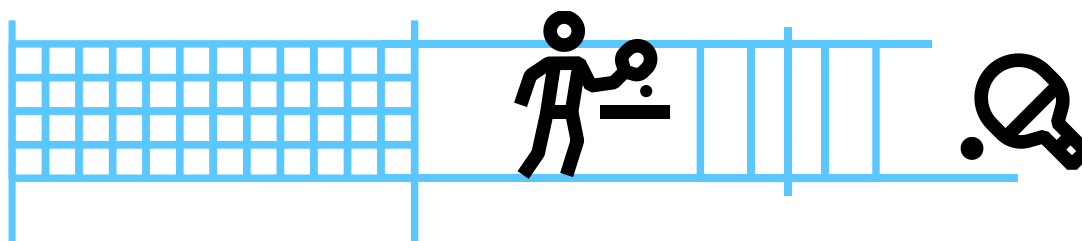
### Disciplinary Measures:

If the following rules of table tennis are continuously broken by a player, then the Referee has the right to remove the player's point or the player from the game:

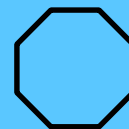
- A player will be credited with a loss and will, in effect, be eliminated from that round of the league.
- The player is late for a match by 5 minutes or more without a valid reason. The player is ineligible.
- The referee makes the decision to cancel the match due to poor sportsmanship.
- In playoff rounds, the offending player will be credited with a loss and will, in effect, be eliminated from that round of the league.
- The organizing committee has the right to determine the necessary steps to ensure a fair and reasonable outcome in the event of a void match.

### Additional Information:

Further information regarding the competition day will be provided in a competition pack to be released after the registration cut-off date. For more information, please visit the [International Table Tennis Federation website](#).



# Taekwondo



**Sports Code:** TKW

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
TKW	Taekwondo	None	Development Level	15 Apr 2025

## Competition Structure:

Gender	Males
Age Group	Competition Format
U13	-24Kg, -26Kg, -28Kg, -30Kg, -32Kg, -34Kg, -36Kg, -39Kg, -43Kg, +43Kg
U15	-33Kg, -37Kg, -41Kg, -45Kg, -49Kg, -53Kg, -57Kg, -61Kg, -65Kg, +65Kg
U17	-45Kg, -48Kg, -51Kg, -55Kg, -59Kg, -63Kg, -68Kg, -73Kg, -78Kg, +78Kg
U19	-45Kg, -48Kg, -51Kg, -55Kg, -59Kg, -63Kg, -68Kg, -73Kg, -78Kg, +78Kg
Gender	Females
Age Group	Competition Format
U13	-22Kg, -24Kg, -26Kg, -28Kg, -30Kg, -32Kg, -34Kg, -36Kg, -40Kg, +40Kg
U15	-29Kg, -33Kg, -37Kg, -41Kg, -44Kg, -47Kg, -51Kg, -55Kg, -59Kg, +59Kg
U17	-42Kg, -44Kg, -46Kg, -49Kg, -52Kg, -55Kg, -59Kg, -63Kg, -68Kg, +68Kg
U19	-42Kg, -44Kg, -46Kg, -49Kg, -52Kg, -55Kg, -59Kg, -63Kg, -68Kg, +68Kg

## Competition Guidelines:

- The organizer will allocate participants into brackets based on gender, age group, and weight category.
- Single elimination rounds will be applied in the regional qualifiers and finals stage.
- A 3-minute warm-up will be allowed before each game.
- A match will consist of 3 rounds of 2 minutes each with a break of 1 minute between each round.
- The games are held on a standard mat and in accordance with the UAE Taekwondo Federation Rules.

## Scoring:

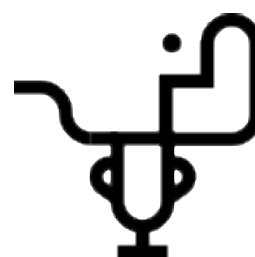
- One point is awarded for a valid punch to the trunk protector.
- One point is awarded for every penalty.
- Two points are awarded for a valid kick to the trunk protector.
- Three points are awarded for a valid kick to the head.
- Four points are awarded for a valid turning kick to the trunk protector.
- Five points are awarded for a valid turning kick to the head.
- If one of the players wins in the first and second rounds, the match will end and the third round will not take place.
- For drawn matches, the **Golden Point Rule** applies, where the first to score wins.
- If neither of the players scores, the winner will be determined based on **Win by Superiority** (based on the Referee and judge's decision).
- In some cases, if one athlete is dominating the match to the point where it becomes one-sided, the Referee may stop the contest to prevent further unnecessary risk or injury. Similar to a **Technical Knockout**.

## Fouls and Penalties:

- Attacking an opponent with the knee or head is considered a foul.
- Punching to the face or kicking below the waist is considered a foul.
- One point is awarded for every penalty (known as Gam-Jeom) given against the opponent.
- Crossing the boundary with both feet, falling to the ground, or pushing or grabbing an opponent will result in a penalty.
- Lifting the leg to block or/and kicking the opponent's leg to impede the opponent's kicking attack or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements or aiming a kick below the waist will result in a penalty.
- Taking longer than 3 seconds to impede a potential attack will result in a penalty.

## Weigh- In:

- All participants must attend a weigh-in session held before the competitions. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.





### Recommended Safety Requirements:

To compete safely, student-athletes must ensure they have the following:

- All athletes must wear a dobok or a white competition uniform.
- All athletes must have a trunk and head protector.
- Male athletes must have a groin guard.
- All athletes must also be equipped with forearm and shin guards, sensing socks, and a mouth guard before entering the competition area.

### Optional Additional Items:

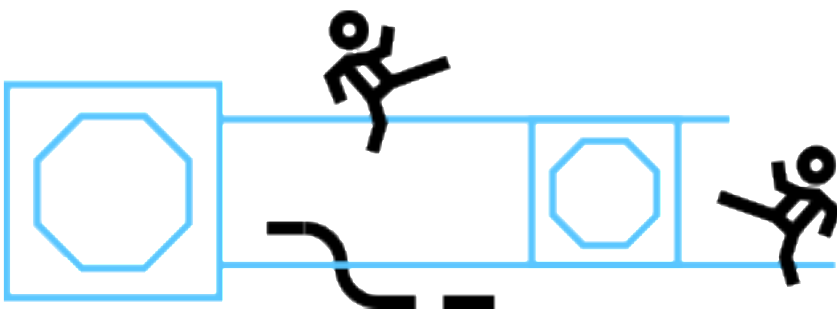
Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

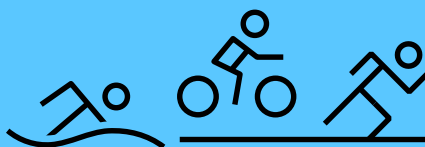
### Additional Information:

Further information regarding the race day will be provided in a competition pack after the registration cut-off date. For more information on Taekwondo, please visit the links below:

- [Taekwondo \(uaetkd.ae\)](http://uaetkd.ae)
- [World Taekwondo](http://World Taekwondo)



# Triathlon



**Sports Code:** TRI

## Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit Per School	Prior Experience Required	Registration Cut-Off Date
TRI	Triathlon	None	Development Level	04 Feb 2025

## Competition Structure:

Gender	Males & Females
Age Group	Competition Format
U9	100m Swim; 2km Bike; 500m Run
U11	100m Swim; 3km Bike; 500m Run
U13	100m Swim; 3km Bike; 500m Run
U15	200m Swim; 4km Bike; 1km Run
U17	300m Swim; 9km Bike; 2.5km Run
U19	300m Swim; 9km Bike; 2.5km Run

## Competition Guidelines:

- Competitors must register before the event.
- Each age group will have a designated starting time.
- All participants must attend the pre-race briefing.
- Competitors should be at the transition area 30 minutes before their scheduled start time.

## Race Start Procedure:

- All participants must attend the pre-race briefing where race rules, safety measures, and route details will be explained.
- Competitors should be at the starting line 15 minutes before their scheduled start time.
- The race will start promptly as scheduled.
- In case of a false start, where several competitors move forward before the start horn, the Starter will sound the start horn many times requiring competitors to return to their previously selected positions. A false start may be declared also when not all the competitors have the opportunity to start the race immediately after the start horn.

## Transition Area:

All competitors must have their helmets securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg.

- Competitors must use only their designated bike rack and must rack their bikes in an upright position.
- Competitors should only bring into transition what is required. Boxes may be provided by the organizers, any other boxes used to bring equipment into transition should be removed. A small soft-sided bag such as a rucksack may be used and remain in transition, though it must not impede the progress of another competitor.
  - Only equipment to be used during the competition can be left in transition.
  - All equipment already used must be deposited in that area.
  - All other belongings and equipment outside the above rules are to be removed before the race starts.
- Only one pair of running shoes may be on the floor at any time during the bike segment of the race and must be located within the competitor's transition area.
- Competitors must not impede the progress of other competitors in the Transition Area.
- Competitors must not interfere with another competitor's equipment in the Transition Area.
- Cycling is not permitted inside the Transition Area.
  - Competitors who cycle out of transition rather than mounting at the mount line will be disqualified.
  - If during the mount or dismount maneuver, the competitor loses their shoe(s) or other equipment, they will be collected by the Technical Officials or Marshals and no penalty will be applied.
- Competitors must not stop in the flow zones of the Transition Area and must follow the prescribed flow through the Transition Area. Ducking underneath transition racking is forbidden.
- Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons or chalk) used for marking purposes are not permitted and will be removed.
- For relay events, the relay exchange will occur at the relay exchange zone. The relay exchange must be made by the competitors while both competitors are stationary by passing their timing chips to their teammates.

## Heat Scheduling:

- Heats will be scheduled based on age groups and expected finish times.

### Timing System:

- An electronic timing system will be used to record race times.
- Timing chips will be provided to each competitor.
- Competitors must wear their timing chips throughout the entire race.

### Recommended Safety Requirements:

To compete safely, student-athletes must ensure they have the following:

#### Swimming:

- All participants must wear a swimsuit, a swim cap, and goggles.

#### Cycling:

- All participants must wear a helmet.
- Bicycles must be in good working condition.

#### Running:

- Competitors must wear appropriate running shoes.
- Competitors must wear their race number visibly on the front during the run segment.
- Competitors should carry water bottles or hydration packs if necessary.

### Optional Additional Items:

Student-athletes are encouraged to ensure that:

- Bicycles are in good working condition and meet safety standards.
- Reflective clothing or accessories are worn for the run and bike segments.
- Spare tires and repair kits for bicycles are available.
- Appropriate cycling shoes are worn for better performance and safety.
- They have water bottles. Water stations will be available at transition areas and along the run and bike routes.
- They have energy snacks in case they are not available at the venue.

### Additional Information:

Further information regarding the race day will be provided in a race pack after the registration cut-off date. For more information on triathlon, please visit the links below:

- UAE Triathlon Federation
- [World Triathlon](#)

