

ABU DHABI SPORTS CHAMPIONSHIP
FOR SCHOOLS AND UNIVERSITIES



RULES & REGULATIONS FOR ALL SPORTS

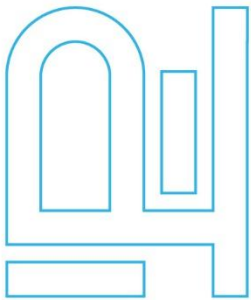
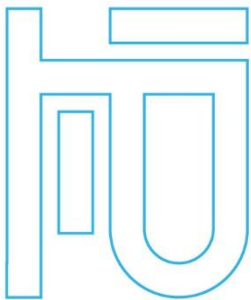
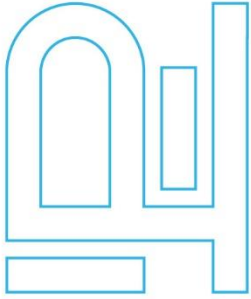


Table of Content

<u>General Rules & Regulations</u>	3
<u>Term 1 Sports</u>	4
<u>Swimming</u>	5
<u>Table Tennis</u>	8
<u>Term 2 Sports</u>	11
<u>Football</u>	12
<u>Cycling</u>	15
<u>Athletics</u>	17
<u>Obstacle Course Racing</u>	21
<u>Term 3 Sports</u>	24
<u>Archery</u>	25
<u>Badminton</u>	27
<u>Basketball</u>	31
<u>Chess</u>	34
<u>Fencing</u>	37
<u>Jiu-Jitsu</u>	40
<u>Judo</u>	43
<u>Laser Run</u>	45
<u>Taekwondo</u>	47

General Rules & Regulations

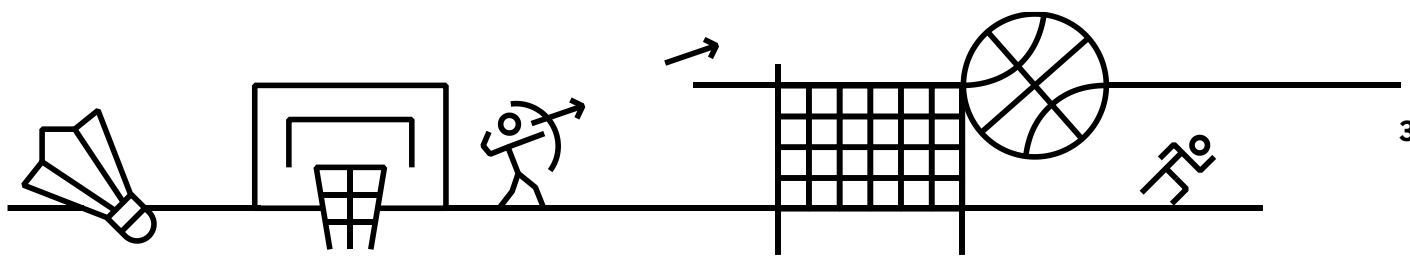
Championship Overview

The Abu Dhabi Sports Championship includes 15 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:

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.
- **Winning Medals:** The highest points on the leaderboard will be awarded to schools that win medals.



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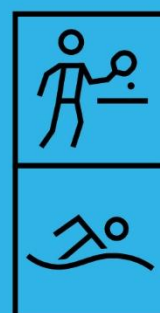
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TERM 1 SPORTS



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	Development Level	01 Nov 2025

Registration Limits:

- Each student can enter a maximum of 2 disciplines (freestyle, butterfly, backstroke , breaststroke & individual 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:

Boys & Girls Disciplines	U11 (2015-2016-2017)	U13 (2013-2014)	U15 (2011-2012)	U17 (2009-2010)
Freestyle 50m	✓	✓	✓	✓
Freestyle 100m	✓	✓	✓	✓
Backstroke 50m	✓	✓	✓	✓
Backstroke 100m	✓	✓	✓	✓
Breaststroke 50m	✓	✓	✓	✓
Breaststroke 100m	✓	✓	✓	✓
Butterfly 50m	✓	✓	✓	✓
Butterfly 100m	✓	✓	✓	✓
Individual Medley 200m			✓	✓

Competition Guidelines:

- Unregistered swimmers will not be allowed to participate in the championship.
- Emirati ID must be presented to verify the swimmer's age.
- Each school must appoint a representative to communicate with the organizing committee and the referees' committee.
- A race will only be held if there are at least 3 swimmers.
- Any withdrawal must be communicated at least 48 hours before the championship day. No changes will be accepted on the day of the event.
- All swimmers must wear official school-approved swimwear during all races.
- All participants must be present at the competition venue at least one hour before the start of the event.
- Races will start promptly to ensure timely completion.
- Heats will be held per age group per stroke.
- The swimmers with fastest 8 times in each race qualify for the finals.
- Full compliance with the instructions of the organizing committee and referees is mandatory throughout the championship.
- Parents and coaches are not allowed in the race area or to interfere with the work of the committee.
- During female competitions, all males are restricted from entering the competition area.
- During female competitions, filming is strictly prohibited.
- Race results will be determined based on approved electronic timing systems.

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, 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.

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](#)

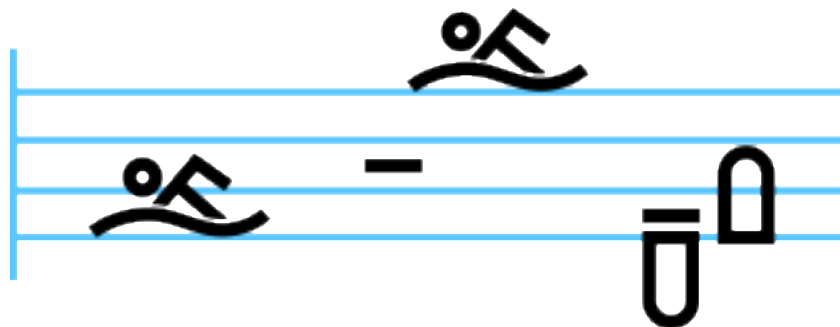


Table Tennis



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	05 Nov 2025

Competition Structure:

Gender	Males & Females				
Age Group	U9 <i>(2017-2018)</i>	U11 <i>(2015-2016)</i>	U13 <i>(2013-2014)</i>	U15 <i>(2011-2012)</i>	U17 <i>(2009-2010)</i>
Competition Format	Singles				

Competition Guidelines:

- The International Table Tennis Federation (ITTF) rules will be applied throughout all stages of the tournament.
- The tournament is for individual players only.
- The Umpire will toss a coin to determine who gets the first serve.
- Each match consists of five sets up to 11 points each, and the player who wins 3 sets is declared the winner.
- Each player is allowed to participate in only one age group.
- The first round follows a group system, with each group consisting of four players. The first and second place from each group advances to the finals.
- The finals follow a single-elimination (knockout) system.
- If a player is more than five minutes late for the match, they will be considered withdrawn, and the match will be counted as a loss for them.
- Matches in the tournament will be officiated by Umpires accredited by the UAE Table Tennis Association.
- All players and team officials participating in the tournament must adhere to the principles of sportsmanship.
- Players must shake hands with their opponent, the match Umpire, and the opposing technical staff before and after the match.
- Players are reminded to always maintain a proper and respectable appearance.

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:

- Players switch sides of the table after each set and, in the deciding set, 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.

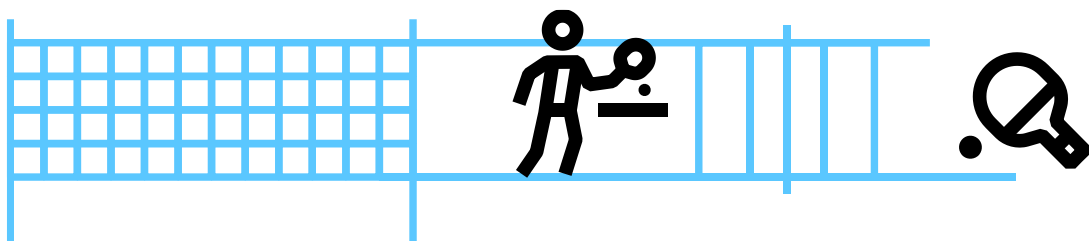
Disciplinary Measures:

If the following rules of table tennis are continuously broken by a player, then the Umpire 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 Umpire made 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](#).



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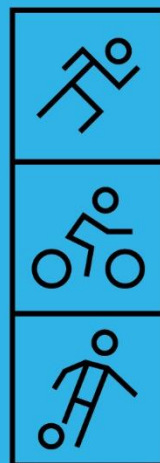
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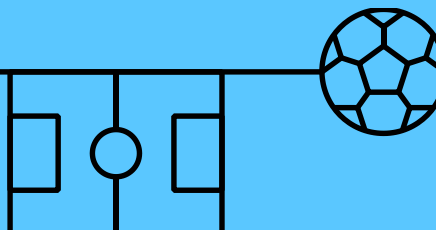
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TERM 2 SPORTS



Football



Sports Code: FBL

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Registration Cut-Off Date
		Min.	Max.	Match Roster		
FBL	Football 7-a-side	7	11	10	None	21 Nov 2025

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

Competition Structure:

Gender	Males & Females				
Age Group	U11 <i>(2015-2016)</i>	U13 <i>(2013-2014)</i>	U15 <i>(2011-2012)</i>	U17 <i>(2009-2010)</i>	U19 <i>(2007-2008)</i>
Competition Format	7-a-side	7-a-side	7-a-side	7-a-side	7-a-side
Ball Size	4	5	5	5	5

Competition Guidelines:

- Separate competitions will be held for each school type (Charter, Private, Public).
- 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.
- There will be no offsides.
- 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 5 players for a penalty shootout in knockout matches.
- If the scores are equal post 5 shots, the sudden death rule will apply.

Clothing:

- Teams are expected to arrive in a kit that represents their school with every player assigned a shirt number.
- The distribution of bibs to two competing teams is at the discretion of the officials. Scenarios include, but are not limited to:
 - Athletes not wearing numbered jerseys.
 - Two teams have identical or duplicate colors.
 - A team has duplicate numbers among its players.
- 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:

If two or more teams have equal number of points at the end of the group stages, the following criteria will be used to determine who progresses to the knockout stages:

1. Head-to-Head Result
2. Goal Difference
3. Goals Scored then goals conceded
4. Coin flip

In the case of a tie in the knockout stage, 5 penalty shootouts are played for each team.



- In the group phase, if a team forfeits their match, a 3-0 loss will be recorded as per general guidelines.
- At the playoffs, if a team will forfeit their match they will be effectively eliminated from the bracket as per general guidelines.
- UAE Football Association rules are applied in case one rule is not mentioned within this section.
- The below table indicates points received based on the match outcome.

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

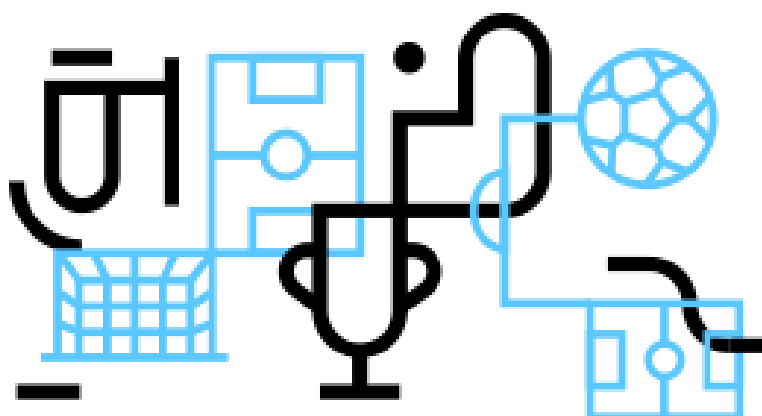
Grand Final:

Qualifiers to the Grand Final will be determined based on the following criteria:

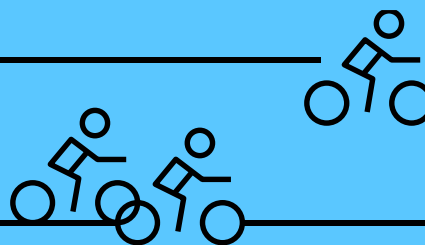
School Type	Private	Public	Charter
Qualifiers	Top 3	Top 3	Top 2

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.



Cycling



Sports Code: CYC

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
CYC	Cycling	Development Level	21 Nov 2025

Competition Structure:

Gender	Males & Females				
Age Group	U9 <i>(2017-2018)</i>	U11 <i>(2015-2016)</i>	U13 <i>(2013-2014)</i>	U15 <i>(2011-2012)</i>	U17 <i>(2009-2010)</i>
Race Length	5km	5km	10km	10km	15km
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.

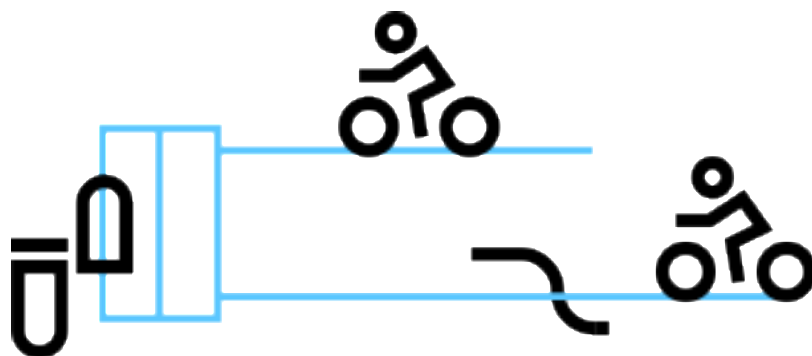
Optional Additional Items:

- 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)



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	21 Nov 2025

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 (2015-2016)	U13 (2013-2014)	U15 (2011-2012)	U17 (2009-2010)	U19 (2007-2008)
Athletics Male & Female Sub-Disciplines					
Running	60m	60m	100m	100m	100m
	150m	150m	200m	200m	200m
	300m	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 1Kg	Female Shotput 1Kg - Male Shotput 2Kg	Female Shotput 2Kg - Male Shotput 3Kg	Female Shotput 3Kg - Male Shotput 4Kg	Female Shotput 3Kg - Male Shotput 5Kg
	-	-	-	Discus 1Kg	Discus 1.75kg
	-	-	Javelin 400g	Female Javelin 500g - Male Javelin 700g	Female Javelin 500g - Male Javelin 700g
Relay	4x50m		4x100m		

Competition Format:

Event Day:

- Teams must arrive at the venue at least 1 hour before the start time to ensure bib numbers are collected.
- Athletes must be present at their competition area 30 minutes before the start of their event.

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).

Qualification to Finals:

- 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.

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.

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.

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.

Sports Uniform:

- A full sports uniform (shirt and long pants or shorts) must be worn and should be unified for each school.
- In addition, students must wear footwear suitable for athletics or running shoes.

Recommended Safety Requirements:

- All athletes must wear running shoes to compete.

Optional Additional Items:

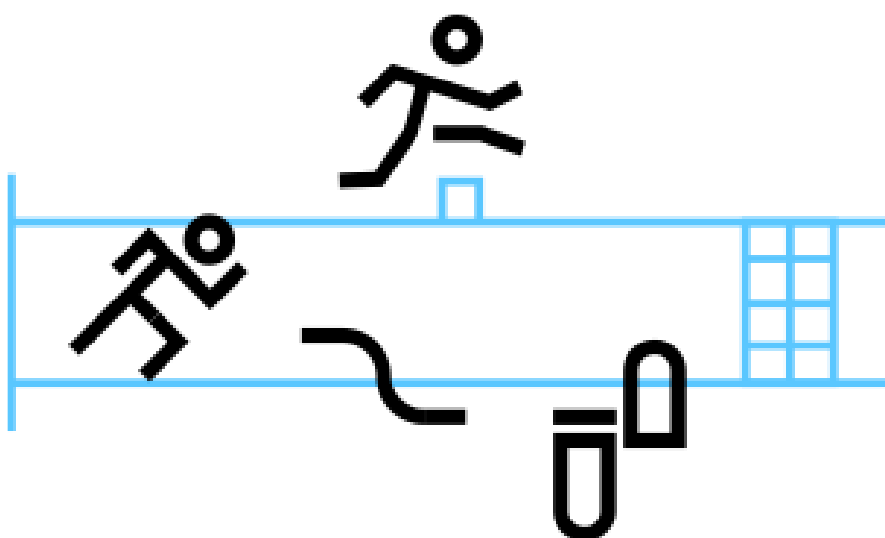
Student-athletes are encouraged to bring the items below in case they are not available at the event location:

- Water bottle
- Energy snacks

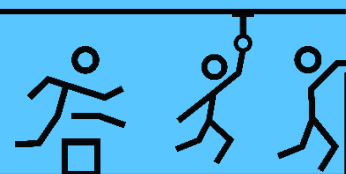
Additional Information:

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](#)



Obstacle Course Racing



Sports Code: OCR

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
OCR	Obstacle Course Race	None	14 Jan 2026

	U12	U14	U15	U16	U17	U18	U19
Born Before	8/31/2020	8/31/2013	8/31/2011	8/31/2010	8/31/2009	8/31/2008	8/31/2007
Born After	09/01/2013	09/01/2011	09/01/2010	09/01/2009	09/01/2008	09/01/2007	09/01/2006

Age Categories	Age	Distances
Junior	12 years and under	1 km
Senior	13 years and above	5 km

Competition Guidelines

Documentation:

- All participants must present a valid Emirates ID or other approved identification.
- Participants under 18 must be accompanied by a supervising adult as events take place on the weekend (Saturday)
- This adult may be responsible for supervising a group of students, with a suggested ratio of up to 1 adult per 10 students
- Supervising adults must attend registration and remain on-site for the duration of their students completing the event.
- All participants must complete the waiver (form sent out prior to the events – completed by parents)

School Affiliation:

- Participants must be enrolled in a school at the time of the competition.

Race Structure

- The junior course is between 1 to 1.6 kilometers long, depending on the event, with students starting according to their age categories.
- The senior course is 5 kilometers long.
- Both courses will consist of running sections, obstacle stations, some water obstacles, and functional fitness challenges reflecting OCR principles.

Participation:

Each student completes the course once, unless otherwise specified for championship ranking.

Timing & Results:

- Junior Course participants will not be timed.
- Senior Course participants are timed from start line to finish line using timing chips, including all obstacles.
- Official results are based on completion time and obstacle performance. If a student does not complete an obstacle, they will be marked as ineligible for a winning position in that category.

Safety & Conduct:

- All obstacles will be designed and inspected to ensure safety for each age group.
- First aid staff and equipment will always be present on-site.
- Warm-up areas, start/finish zones, and spectator areas will be clearly designated.

Parental/Adult Supervision:

- Supervising adults are responsible for the behavior and safety of their students.
- Students must remain in designated areas when not on the course.

Participant Conduct:

Sportsmanship and fair play are mandatory.

Any participant found cheating, obstructing others or misusing equipment may be disqualified.

Awards & Recognition:

- All students who participate in the event will receive official Arabian Warrior t-shirts and medals.
- A leaderboard showing official times and results for each event will be published on the Arabian Warrior website following the competition
- For senior categories (U14–U19, male & female), the top 3 students at each regional event will be invited to the Grand Finale in Ras Al Khaimah.

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.

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TERM 3 SPORTS

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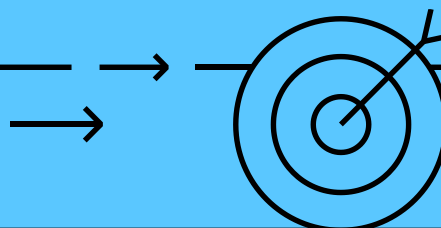
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Archery



Sports Code: ARC

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
ARC	Archery	Development Level	03 Mar 2026

Competition Structure:

Age Category	Discipline	Distance	Target Face
U10 (2016-2017)	Recurve	12m	80cm
U12 (2014-2015)	Recurve	18m	80cm
U15 (2011-2012-2013)	Compound	18m	80cm 6R
	Recurve	18m	80cm
U18 (2008-2009-2010)	Compound	18m	80cm 6R
	Recurve	18m	80cm

Competition Guidelines:

- Each participant will shoot 36 arrows over 12 rounds.

Arbitration:

- The competitions will be officiated by referees from the UAE Archery Federation.
- The time limit for each arrow in the U10/U12/U15 categories is 40 seconds.

Results:

- Athletes will be ranked based on their total score in the preliminary round.
- All results are final and cannot be modified once signed.

Awards:

- The top three winners in each category will be awarded.
- A total of 24 medals will be awarded (8 gold, 8 silver, and 8 bronze).

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.

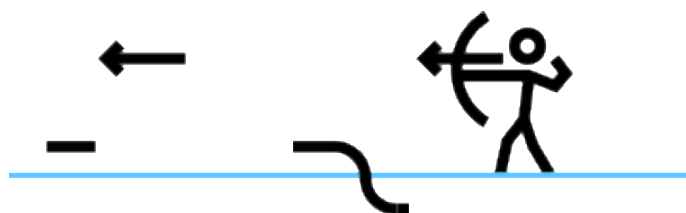
Optional Additional Items:

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

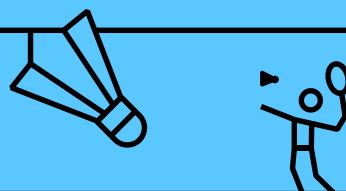
- Water bottle
- Energy snacks

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](#).



Badminton



Sports Code: BDM

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
BDM	Badminton	None	03 Mar 2026

Competition Structure:

Gender	Males & Females				
Age Group	U9 (2018-2019)	U11 (2016-2017)	U13 (2014-2015)	U15 (2012-2013)	U17 (2010-2011)
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 held in the Abu Dhabi, Al Ain, and Al Dhafra regions.
- All matches are played in a best-of-three set format (first to win two games).
- Each set is played to 11 points, using the rally point system.
- No extension: at 10–10, the next point wins the set (e.g., 11–10 is a valid final score).
- The set ends at 11 points
- The first player to win two sets wins the match.
- The UAE Badminton Federation reserves the right to adjust the game length depending on the number of participants.

Uniforms: Schools must ensure that players wear appropriate badminton attire.

Seeding/Ranking: Seeding will be conducted by the UAE Badminton Federation based on national player records.

Officials and Referees: All referees and technical officials will be appointed by the UAE Badminton Federation.

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
Qualifiers Available	9 qualifiers	5 qualifiers	2 qualifiers

- 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 11.

Interval & Change of Ends:

- Intervals: Not exceeding 60 secs at the end of each game and when the leading score reaches 6 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.**

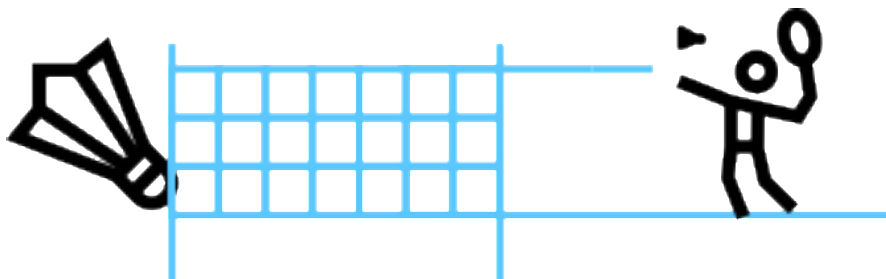
Optional Additional Items:

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

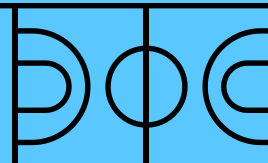
- Water bottle
- Energy snacks

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](#).



Basketball



Sports Code: BSK

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Registration Limit			Prior Experience Required	Registration Cut-Off Date
		Min.	Max.	Match Roster		
BSK	Basketball	5	10	10	None	03 Mar 2026

- 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 (2013-2014)	U15 (2011-2012)	U17 (2009-2010)	U19 (2007-2008)
Competition Format	5-a-side, Full-Court, 20-minute Games			
Ball Size	Size 6	Size 6	Male: Size 7 Female: Size 6	Male: Size 7 Female: Size 6
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 continue running, except for free throws and the last two minutes of the game.
- Each team has two timeouts per game; they can use one in each half or 2 in the second half.
- In case of a tie, an overtime of 3 minutes will be given.
- One extra timeout will be given for each team during the overtime period.
- Zero step is allowed.
- Backcourt violation, when on offence the ball may not cross the midline court.
- When two players from opposite teams hold the ball firmly at the same time and neither can gain clear possession without rough play, it's called a "held ball", the position will be awarded according to the game arrow

Fouls:

- Players will be permitted up to 4 personal fouls. On the 4th foul, they are disqualified for the rest of the game.
- Teams may accumulate 4 fouls before entering the bonus situation.
- Players may not accumulate more than 1 technical foul before disqualification from the rest of the game.
- Unsportsmanlike foul results in giving two free throws and position to the opponent.
- One technical foul and one unsportsmanlike foul result in player disqualification.
- 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
Basketball	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.

Qualification Criteria:

We will determine the qualification stage based on the number of teams registered. If we will start from Round of 16, the qualification criteria will be as follows:

Region	Abu Dhabi	Al Ain	Al Dhafra
Qualifiers available	9 qualifiers	5 qualifiers	2 qualifiers

If we will start from Round of 8, the qualification criteria will be as follows:

Region	Abu Dhabi	Al Ain	Al Dhafra
Qualifiers available	5 qualifiers	2 qualifiers	1 qualifier

Note: If a region in an age group in a division does not fill the minimum criteria, the slot will be allocated to the next team on a performance basis across other 2 regions.

Additional Items:

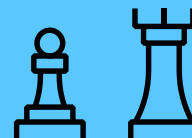
To compete safely, each student-athlete must ensure they have the following:

- 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.

Chess



Sports Code: CHS

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
CHS	Chess	Development Level	03 Mar 2026

Competition Structure:

Gender	Males & Females					
Age Group	U7 <i>(2019-2020)</i>	U9 <i>(2017-2018)</i>	U11 <i>(2015-2016)</i>	U13 <i>(2013-2014)</i>	U15 <i>(2011-2012)</i>	U17 <i>(2009-2010)</i>
Competition Format	Blitz Chess 5 +3 Delay system					

Competition Guidelines:

- The tournament will be played in the Swiss System Format: 7, 9 or 11 rounds, depending on the number of participants.
- A round-robin system will be applied if there are 10 or fewer participants.

Clocks and Timing:

- Each Player has 5 minutes on the clock, with additional time of 3 seconds per move (5+3 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.
- 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.

Scoring System:

- Win = 1 point
- Draw = 0.5 points
- Loss = 0 points

Tiebreak System:

Ties between players with equal points in individual competitions are as follows:

- **Competitions held according to the Swiss system:**

1. The results of matches between players with equal points (if they have all played each other).
2. Buchholz Cut 1: Total points of each player's opponents, excluding the lowest opponent points.
3. Median Buchholz Cut 1: Total points of each player's opponents, excluding the lowest and highest opponent points.
4. Number of wins with black (unplayed games are counted).
5. If two players are still tied, a tiebreaker game is held using the blitz chess system (5 minutes for white and 4 minutes for black). In the event of a tie, black wins, and the colors are determined by drawing lots.
6. If three or more players are tied, a mini tournament will be held using the same blitz chess system (3 minutes plus 2 seconds), and the pairing numbers will be determined by drawing lots.
7. The tiebreaker match will be held on the same day.

- **Competitions held according to the round-robin system:**

1. Results of matches between players with equal points.
2. Sonneborn-Berger system
3. Number of wins with black (unplayed matches are counted).
4. If two players are still tied, a tiebreaker match will be held using the time system (5 minutes for white and 4 minutes for black). In the event of a tie, black wins, and the pairing numbers will be determined by a draw.
5. In the event of a tie between three or more players, a mini tournament of one round will be held using the blitz chess system (3 minutes plus 2 seconds), and the pairing numbers will be determined by a draw.
6. The tiebreaker match will be held on the same day.

Awards:

- Gold, Silver, and bronze medals for the top 3 places in each category.

Draw Conditions:

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

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.

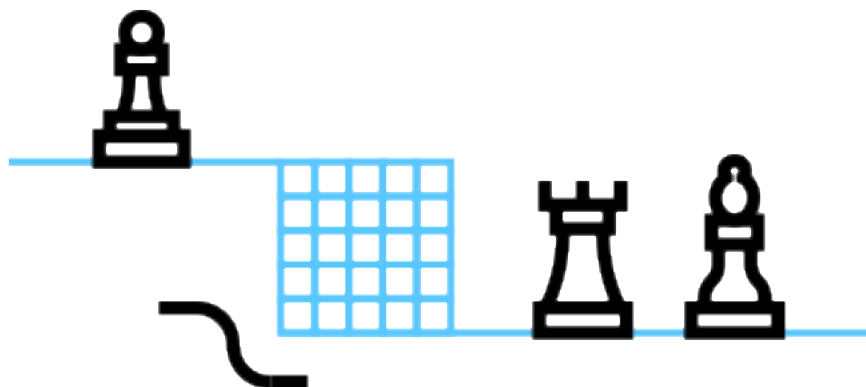
Insufficient Material: The game is drawn if neither player has enough pieces to force a checkmate (e.g., King vs. King).

Organizational Notes:

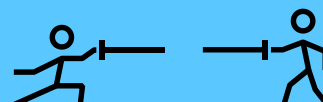
- All students must wear the official school uniform.
- Arrival at the venue is required at least 30 minutes before the start of the event.
- Electronic devices are strictly prohibited inside the playing hall (e.g., Laptops tablets, smartwatches).
- No talking or interaction with peers or teachers is allowed during the match. Leaving the hall without permission from the arbiter is not allowed.

Additional Information:

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



Fencing



Sports Code: FEN

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
FEN	Fencing	Development Level	03 Mar 2026

Competition Structure:

Gender	Males & Females		
Age Group	U10 <i>(2016-2017-2018)</i>	U12 <i>(2014-2015)</i>	U15 <i>(2011-2012-2013)</i>
Disciplines	ÉPÉE FOIL SABRE	ÉPÉE FOIL SABRE	ÉPÉE FOIL SABRE

Competition Guidelines:

- Qualifiers will be held in different regions using a group stage format, followed by knockout rounds leading to the finals.
- A warm-up will be allowed 10 minutes before the start of each competition.
- Group stages consist of only 1 round of 3 minutes or the first to achieve 5 points.
- The top four players in each competition will advance to the finals.
- In regional qualifiers, participants will be seeded based on the latest official ranking of the Federation prior to the competition.
- The finals will be held in a knockout system starting from the Round of 16, depending on the number of qualifiers from the different regions.
- The championship will be conducted in accordance with the regulations of the UAE Fencing Federation and the International Fencing Federation (FIE).
- The Federation reserves the right to adjust the number of qualifiers to the finals based on the number of regions and total number of participants in the qualifying stage.

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:

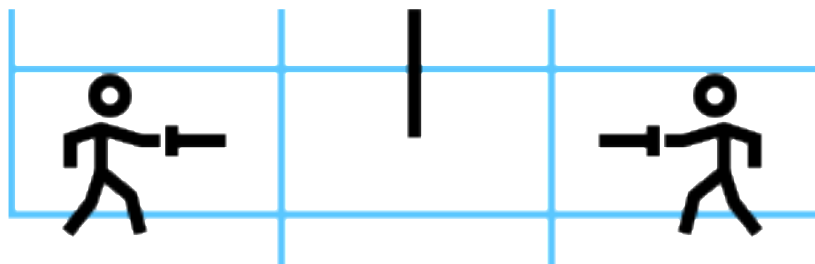
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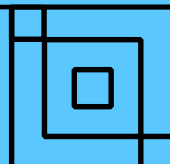
- Water bottle
- Energy snacks

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 \(fie.org\)](#)





Sports Code: BJJ

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
BJJ	Jiu-Jitsu	Development Level	03 Mar 2026

Competition Structure:

Gender	Males
Age Group	Competition Format
U12 (2014-2015)	-24Kg, -27Kg, -30Kg, -34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -62Kg
U14 (2012-2013)	-34Kg, -37Kg, -41Kg, -45Kg, 50Kg, -55Kg, -60Kg, -66Kg, -78Kg
U16 (2010-2011)	-38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -85Kg
U18 (2008-2009)	-45kg, -50kg, -55kg, -60kg, -66kg, -73kg, -81kg, -94kg
Gender	Females
U12 (2014-2015)	-22Kg, -25Kg, -28Kg, -32Kg, -36Kg, -40Kg, -44Kg, -48Kg, -60Kg
U14 (2012-2013)	-32Kg, -36Kg, -40Kg, -44Kg, -48Kg, -52Kg, -57Kg, -63Kg, -75Kg
U16 (2010-2011)	-36Kg, -40Kg, -44Kg, -48Kg, -52Kg, -57Kg, -63Kg, -69Kg, -80Kg
U18 (2008-2009)	-40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70kg, -82kg

Competition Guidelines:

- Tournament will be organized with divisions based on belt ranks, weight classes, and age groups.
- Single elimination rounds will be applied in the regional qualifiers and finals stage.

Rules and regulations:

- The event will adhere to **AJP** Rules (Abu Dhabi Jiu-Jitsu Pro Rules)
- Weight divisions will follow UAEJJF standards.
- Students registered in the wrong belt or weight division will be automatically disqualified.

Scoring System:

- A match must take place for any points to be awarded. If no fight occurs, no points will be given.
- The points system for medal winners is structured as follows: Gold Medal winners earn 9 points, Silver Medal winners earn 3 points, and Bronze Medal winners earn 1 point. This points allocation ensures a clear ranking system for events based on medal achievements.

Weighing:

- All participants must attend a weigh-in 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.

Weight Disqualifications:

- There will be no weight tolerance.
- The student will be disqualified if his/her check-in weight diverges more than one division.
- The student only can fight one weight division over his real weight.
- Athletes failing to attend the weigh-in will be automatically disqualified.

Kimono Restrictions:

- Juvenile and adult categories must wear kimonos weighing 350 grams.

Official Weigh-In Procedure and Dress Code:

- Players must be wearing a non-transparent T-shirt and sport shorts covering down to their knees. Otherwise, players can weigh in wearing Gi pants and T-shirts or full Gi uniform.
- Singlets, tank tops, jeans, formal wear, and short shorts are not allowed.
- If athletes do not show up to the weigh-in (to check weight) they will be automatically disqualified.

Code of Conduct:

- Coaches misconduct or negative actions will result in points deduction from their school, determined by the Technical Committee.

Recommended Safety Requirements:

- Male divisions are permitted to wear a stretchy or elastic compression shirt (short or long sleeves) under the Gi. Cotton undershirts or vests are not allowed. If a fighter wears unpermitted garments they will be asked to remove them, delaying the fight start time and overall schedule.

- Female divisions: mandatory use of a stretchy or elastic shirt under the Gi (any color, short or long sleeves allowed).
- Females may also wear a one-piece swimsuit or gymnastics top.
- Hijabs are allowed but must be made of elastic fabric without hard components.
- No pants of any kind are allowed under the Gi pants, except for females. All fighters must use appropriate undergarments.
- All kimonos must be clean and in good condition prior to arriving at the competition venue. At the time of check-in and before stepping onto the mat, kimonos must not show any signs of mending, tears, wetness, dirt, or unpleasant odors. It is understood that the condition of the kimono may naturally change during matches, and this is acceptable. However, initial cleanliness and hygiene standards will be strictly enforced.
- The use of foot gear, headgear, hair pins, jewelry, genital protectors (cups), or any hard material protector is strictly forbidden.

Optional Additional Items:

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

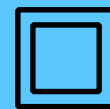
- Water bottle
- Energy snacks

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)





Sports Code: JUD

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
JUD	Judo	Development Level	03 Mar 2026

Competition Structure:

Gender	Males
Age Group	Competition Format
U13 (2013-2014)	-30Kg, -34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, +81Kg
U15 (2011-2012)	-34Kg, -38Kg, -42Kg, -46Kg, -50Kg, -55Kg, -60Kg, -66Kg, -73Kg, -81Kg, +81Kg
Gender	Females
U13 (2013-2014)	-28kg, -32kg, -36kg, -40kg, -44kg, -48kg, -52Kg, -57Kg, -63Kg, -70Kg, +70Kg
U15 (2011-2012)	-32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70Kg, +70Kg

Competition Guidelines:

- Each school is allowed to register up to 4 players in each weight category.
- A 5-minute warm-up will be allowed before each game.
- Each participant plays a single round for a maximum of 4 minutes. If the match is tied, an additional 4 minutes are added to the game. If the victory is not determined during the additional minutes, the technical committee will deliberate and award the athlete most deserved of the win.
- Each player will be weighed on the competition day wearing their uniform to ensure the correct 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 10 to 19-second hold. Two waza-aris lead to match termination.
- If a second Waza-ari is awarded, it will be combined, and the result will be ippon, ending the match.
- A Yuko worth 1 point is awarded for a throw partially lacking in ippon elements or a 5 to 9-second hold. Multiple Yukos do not accumulate for higher scores.
- In the case of any situation not mentioned, the rules of the International Judo Federation will be applied.

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. The date, time, and locations for each region will be provided in the competition pack after the registration cut-off date.

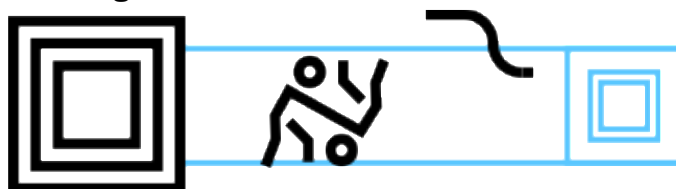
Optional Additional Items:

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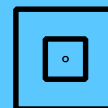
- Water bottle
- Energy snacks

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.



Laser Run



Sports Code: LRN

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
LRN	Laser Run	None	03 Mar 2026

Competition Structure:

Gender	Males & Females				
Age Group	U9 (2018-2019)	U11 (2016-2017)	U13 (2014-2015)	U15 (2012-2013)	U17 (2010-2011)
Distance x rounds	2 x 100m	2 x 100m	3 x 100m	3 x 100m	3 x 100m
Target Distance	Both hands 3m	Both hands 3m	5m	5m	5m
Competition Format	Laser Run				

General Rules

- The Competition consists of two sports: running and shooting. The two events are integrated, where athletes alternate between running specified distances (based on age group) and shooting at targets using laser pistols. Both the running distances and shooting distances vary according to each age category.
- In each shooting round, players must shoot to hit 5 valid targets. The goal is to complete the 5 accurate shots as quickly as possible to gain an advantage in the running portion. If the player does not hit all 5 targets, they may continue shooting for a maximum of 50 seconds per round. Once the 50 seconds have elapsed (whether the 5 hits were completed or not), the athlete must resume the running segment.
- The result is determined by the total time taken from start to finish, combining both the running and shooting times. Athletes are ranked based on the shortest overall time.

Shooting Rules:

- Each athlete must always their designated shooting lane.
- The athlete is responsible for shooting at the correct target.

- The athlete must stand within the shooting lane, with both feet on the ground, unsupported.
 - Only one hand may be used to hold and fire the pistol.
 - The non-shooting hand must not support the shooting arm or hand, except for age groups permitted to use both hands.

Running Rules:

- The athlete must follow the designated running course, starting from the start line, proceeding to the shooting for each round, and continuing until they cross the finish line.
- No physical assistance or verbal queues are allowed during the race unless permitted by the competition director or technical delegate. Running with or behind a competitor by unauthorized individuals is considered unauthorized assistance.
- Any medical intervention during the race by official staff or verbal communication from outsider is also considered unauthorized assistance.

Recommended Safety Requirements:

- Sports uniform (T-shirt + shorts or sports trousers), For girl's T-shirt + sports pants.
- Sports shoes.

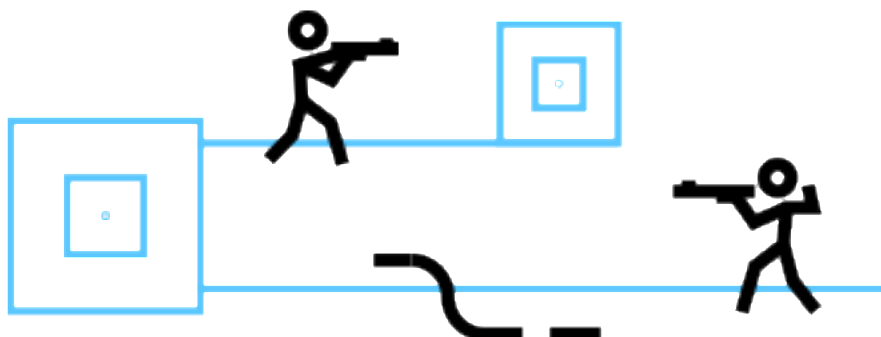
Optional Additional Items:

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.



Taekwondo



Sports Code: TKW

Registration Criteria & Cut-Off Dates:

Sports Code	Sport	Prior Experience Required	Registration Cut-Off Date
TKW	Taekwondo	Development Level	03 Mar 2026

Competition Structure:

Gender	Males
Age Group	Competition Format
U11 (2015-2016-2017)	-24Kg, 24-26Kg, 26-28Kg, 28-30Kg, 30-32Kg, 32-34Kg, 34-36Kg, 36-39Kg, 39-43Kg, 43Kg +
U14 (2012-2013-2014)	-33Kg, 33-37Kg, 37-41Kg, 41-45Kg, 45-49Kg, 49-53Kg, 53-57Kg, 57-61Kg, 61-65Kg, 65Kg+
U17 (2009-2010-2011)	-45kg, 45-48kg, 48-51kg, 51-55kg, 55-59kg, 59-63kg, 63-68kg, 68-73kg, 73-78kg, 78kg+
Gender	Females
U11 (2015-2016-2017)	-22Kg, 22-24Kg, 24-26Kg, 26-28Kg, 28-30Kg, 30-32Kg, 32-34Kg, 34-36Kg, 36-40Kg, 40Kg+
U14 (2012-2013-2014)	-29Kg, 29-33Kg, 33-37Kg, 37-41Kg, 41-44Kg, 44-47Kg, 47-51Kg, 51-55Kg, 55-59Kg, 59Kg+
U17 (2009-2010-2011)	-42kg, 42-44kg, 44-46kg, 46-49kg, 49-52kg, 52-55kg, 55-59kg, 59-63kg, 63-68kg, 68kg+

Competition Guidelines:

Match Format:

- Individual knockout system, open to all belt levels.

Number of Players per Weight:

- Each school may register a maximum of 2 players per weight category.
- The organizing committee will allocate participants into brackets based on gender, age group, belt ranking and weight category.
- The top three players in each weight category (first place, second place, and joint third place) shall qualify.

Number of Players per Weight:

- Each school may register a maximum of 2 players per weight category.
- The organizing committee will allocate participants into brackets based on gender, age group, belt ranking and weight category.
- The top three players in each weight category (first place, second place, and joint third place) shall qualify.

Protective Gear:

- All schools must provide their own:
 - Hand, shin, forearm, groin, and mouth guards.
- The federation will provide:
 - Electronic head and chest gear for Cadets.
 - Non-electronic gear for pupils.
- Cadets and pupils must bring electronic foot sensors (KPNP).

Match Duration:

- Each match consists of 3 rounds each round 1.5 minutes per round and 1minute rest between rounds.
- A 3-minute warm-up will be allowed before each game.
- Duration and number of rounds may be adjusted based on the competition's needs and coach meeting decisions.
- The games are held on a standard mat and in accordance with the UAE Taekwondo Federation Rules.

Draw:

- The draw will be conducted electronically in accordance with the International Federation's regulations one day prior to the competition. Any player who fails to meet the weight requirement at the time of the competition will be disqualified.

Weighing:

- Players shall be weighed upon entering the competition area, wearing their competition attire and personal undergarments. A tolerance of up to 5% above the weight limit will be permitted.
- Any player who fails to make weight on the first attempt shall be disqualified.
- All players must present valid identification (passport, original UAE National ID, or through the UAEICP application).

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.
- If neither of the players scores, the winner will be determined based on **Win by Superiority** (based on the Referee and judge's decision).

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.

Technical Regulations – Poomsae:

Number of Participants:

Each team may register one athlete per belt category.

Belt Categories & Poomsae:

Belt	Compulsory Poomsae
Green Belt	Poomsae 1 + 2 + 3
Red Belt	Poomsae 3 + 4 + 5 + 6
Poom/Belt-Black	Poomsae 4 + 5 + 6 + 7 + 8

- Poomsae will be assigned via draw one day before the championship. Each athlete performs one Poomsae per round. The organizing committee may adjust the number of Poomsae as needed.

Competition Format:

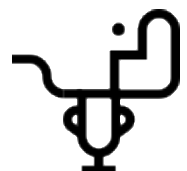
- A competition will be held for each belt category if there are three or more players in the category.
- The competition will be conducted as a single-round event, and the top three winners will be determined based on the highest points.

Scoring Method:

- Judges score the performances (e.g., from 5 to 7 judges). The highest and lowest scores are removed, and the remaining scores are summed up to determine the result.
- School scores are calculated by summing the individual scores of all athletes in each belt category.

Note

- Male and female competitions are considered separate events, and the results are calculated independently.



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://WorldTaekwondo.org)

