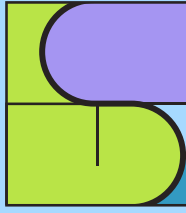


الألعاب
المدرسية

مبادرة من اللجنة
الأولمبية الوطنية



uae
school
games

An initiative by the UAE
National Olympic Committee

2025/26 RULES & REGULATIONS



WHERE
CHAMPIONS
ARE BORN

Introduction

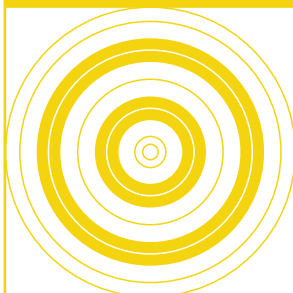
The United Arab Emirates School and University Sports Federation (UAESUSF), in collaboration with the Ministry of Education (MoE), is pleased to announce the launch of the 2025–2026 UAE School Games (UAESG). This season, the second-level competitions of the championship will be held in the Emirate of Sharjah and the Northern Emirates, excluding the Emirate of Abu Dhabi which will be included in the finals.

This season's championship includes thirteen sports, as follows:

1.	Football	5.	Taekwondo	9.	Athletics	13.	Obstacle Course Racing
2.	Jiu-Jitsu	6.	Table Tennis	10.	Fencing		
3.	Judo	7.	Swimming	11.	Archery		
4.	Badminton	8.	Laser Run (Running - Shooting)	12.	Chess		

We kindly ask all educational institutions and participating schools to carefully review the provided details and adhere to the attached rules and regulations to ensure the successful organization of an outstanding championship that reflects the spirit of fair athletic competition.

ARCHERY



GOVERNING
BODY



AGE
CATEGORIES

U15

2011 - 2012 - 2013

U12

2014 - 2015

U10

2016 - 2017

Technical Regulations

Age Category	Category	Distance	Target Face	Birth Date
Boys U15 (Compound)	CMU15M	18m	80 cm 6R	2011 - 2012 - 2013
Girls U15 (Compound)	CWU15W	18m	80 cm 6R	
Boys U15 (Recurve)	RU15M	18m	80 cm	2011 - 2012 - 2013
Girls U15 (Recurve)	RU15W	18m	80 cm	
Boys U12 (Recurve)	RU12M	18m	80 cm	2014 - 2015
Girls U12 (Recurve)	RU12W	18m	80 cm	
Boys U10 (Recurve)	RU10M	12m	80 cm	2016 - 2017
Girls U10 (Recurve)	RU10W	12m	80 cm	

Competition Format

- The qualifiers will be organized through four regional gatherings: Abu Dhabi, Dubai, Sharjah, and the Northern Emirates.
- The athletes with the top 8 scores in each category will qualify for the final round.
- Each athlete 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)

Unsafe Behavior

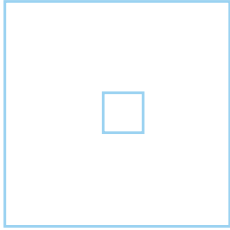
Archers must adhere to safety rules on the range. Unsafe actions, such as not waiting for a clear signal to shoot or not adhering to range commands, may result in penalties or disqualification.

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 Snack

JUDO



GOVERNING
BODY



AGE
CATEGORIES

U15
2012 - 2013

U13
2014 - 2015

Weights

Males

U13	U15
-30kg	-34kg
-34kg	-38kg
-38kg	-42kg
-42kg	-46kg
-46kg	-50kg
-50kg	-55kg
-55kg	-60kg
-60kg	-66kg
-66kg	-73kg
-73kg	-81kg
-81kg	+81kg
+81kg	

Females

U13	U15
-28kg	-32kg
-32kg	-36kg
-36kg	-40kg
-40kg	-44kg
-44kg	-48kg
-48kg	-52kg
-52kg	-57kg
-57kg	-63kg
-63kg	-70kg
-70kg	+70kg
+70kg	

Technical Regulations

Requirements

Players must have their own Judo (Aikido) uniform and belt

Rules

- 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 wazari 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 and 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.

Weighing

- 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.

Qualifying for the finals

- The qualifiers in each weight in Abu Dhabi, Dubai and Northern Emirates will face off at the finals in Dubai.

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 Snack

FENCING

GOVERNING
BODY



AGE
CATEGORIES

U12

2014 - 2015

U10

2016 - 2017 - 2018

Disciplines

1. Foil
2. Épée
3. Sabre

Technical Regulations

- 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 and 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

Students are responsible for bringing their own fencing attire and equipment to their competition as equipment and attire will not be provided by the organizing committee.

The equipment required is:

- 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 Snack

FOOTBALL

GOVERNING
BODY



AGE
CATEGORIES

U15

2011 - 2012 - 2013

Technical Regulations

The regulations are established based on the number of teams, the tournament system, the number of days, and the available fields to host the tournament.

Competition Format

Team Format

- 7 players on the field per team
- Maximum team size: 12 players
- There is no maximum limit to the number of substitutions per match.

Match Format

- The match is 2 halves consisting of 10 minutes each
- 5-minute half-time break
- No offside rule

Competition Structure

- The competition starts with a group stage then followed by the knockout stage.

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 shoot outs 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.

Substitution 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

- All teams are expected to arrive in a kit that represents their school with every player assigned a shirt number.
- It's recommended that student athletes have the following:
 1. Shin guards
 2. Long socks (long enough to cover shin guards)
 3. Appropriate footwear (metal studs are not allowed)
- The distribution of bibs of two competing teams is at the discretion of the officials. Scenarios include, but are not limited to:
 1. Athletes are not wearing numbered jerseys.
 2. Two teams have identical or duplicate colors.
 3. A team has duplicate numbers among its players.

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 Snack

TABLE TENNIS

		GOVERNING BODY 	AGE CATEGORIES U17 2009 - 2010 U15 U13 2011 - 2012 2013 - 2014
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Technical Regulations

Competition Format

- 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, and the player who wins 3 sets is declared the winner.
- Each player is allowed to participate in only one age category.
- 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 game and, in the deciding game, when one player reaches 5 points.

Legal Hits

Body Contact

- Players may only strike the ball with the racket. 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.
- 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.
- If the player is late for a match by 5 minutes or more without a valid reason. The player is ineligible.
- The Umpire has the right 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 Snack

BADMINTON

GOVERNING BODY



AGE CATEGORIES

U15 2012 - 2013 **U13** 2014 - 2015

U11 2016 - 2017 **U9** 2018 - 2019

Technical Regulations

Competition Format

Singles only for both tracks (boys and girls) Knockout system.

Tracks:

- National Category: Boys singles, Girls singles
- Residents Category: Boys singles, Girls singles

Match Format

- Matches are played under the standard rules of Badminton World Federation (BWF).
- 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.
- All matches are played in a best-of-three set format (first to win two sets).
- 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.

Track Rules

Player eligibility is determined based on the definitions of the two designated tracks (to be specified).

Qualification Rules

Advancement and eligibility will follow the regulations approved for each track.

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 Refrees

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

Final Stage

- In case of insufficient/ absence entries, the next ranked player within the same draw or of another region will be selected.
- This is applicable for both the boys' and girls' events.
- The final stage will also be an elimination draw where the selected players from the region will compete.
- Scoring format: 11x 3
- Following the semi-finals, the two winning participants will play to determine first and second place, both losing participants will receive a bronze medal.

Intervals and 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.
- 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.
- 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 organizing committee.
- Games are led by qualified referees appointed by the organizing committee.
- 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 has decided 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.

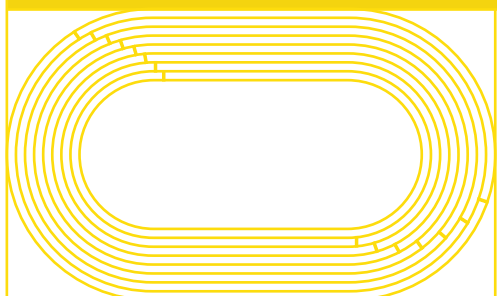
The organizing committee has the right to determine the necessary steps to ensure a fair and reasonable outcome in the event of a void match.

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 Snack

ATHLETICS



GOVERNING
BODY



AGE
CATEGORIES

U17

2009 - 2010

U15

2011 - 2012

U13

2013 - 2014

Technical Regulations

Disciplines	U13	U15	U17
Running	60m	100m	100m
	150m	200m	200m
	300m	300m	400m
		800m	800m
			1500m
Jumping	Long Jump	Long Jump	Long Jump
		High Jump	High Jump
			Triple Jump
Throwing	Girls Shotput - 1KG	Girls Shotput - 2KG	Girls Shotput - 3KG
	Boys Shotput - 2KG	Boys Shotput - 3KG	Boys Shotput - 4KG
		Javelin - 400G	Discus - 1KG
			Girls Javelin - 500G
			Boys Javelin - 700G
Relay	4X50m	4X100m	4X100m

Student Health and Safety

- Medical check-ups are the responsibility of the school, to ensure the health and safety of students during the events.

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.

Qualification and Final Round

- Each athlete is allowed to participate in a maximum of two individual races, in addition to one relay race.
- **Track Events:** The top four athletes from each region and discipline will be shortlisted to ensure fair representation across all emirates. After consolidating the results, the best eight overall times will qualify for the national finals.
- **Field Events:** The top 4 players in each region & discipline will qualify directly to the finals.

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 organizing committee. Competitors from the same school will be shuffled with competitors from different schools to ensure a competitive environment across the competitions.

Throwing and Jumping

- The throws and jumps events follow the format of three attempts per participant. Athletes will strive to achieve the best distance in throws and jumps. 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).

Fouls and 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 vaulting, dislodging the bar is considered a foul.

Results and 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.

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 Snack

SWIMMING

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Technical Regulations

Disciplines	U11	U13	U15	U17
Freestyle 50m	✓	✓	✓	✓
Freestyle 100m	✓	✓	✓	✓
Backstroke 50m	✓	✓	✓	✓
Backstroke 100m	✓	✓	✓	✓
Breaststroke 50m	✓	✓	✓	✓
Breaststroke 100m	✓	✓	✓	✓
Butterfly 50m	✓	✓	✓	✓
Butterfly 100m	✓	✓	✓	✓
Individual Medley 200m			✓	✓

Technical Regulations

Competition Format

- Each swimmer is allowed to participate in a maximum of two (2) races.
- 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 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 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 starters 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 ready.
- 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.
- Any rule violation or unsportsmanlike behavior may result in the disqualification of the swimmer from the championship.

Optional Additional Items

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

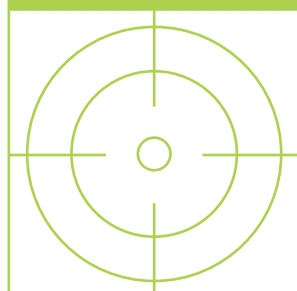
- Racing swimsuit.
- Swim goggles.
- Swim cap.
- Towels and clothes to stay warm between events.

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 Snack

LASER RUN (RUNNING - SHOOTING)



GOVERNING
BODY



AGE
CATEGORIES

U15 **U13**

2012 - 2013 2014 - 2015

U11 **U9**

2016 - 2017 2018 - 2019

Technical Regulations

Age	Running Distance	Total	Shooting Distance
U9	2x100m	200m	Both hands 3m
U11	2x100m	200m	Both hands 3m
U13	3x100m	300m	5m
U15	3x100m	300m	5m

Laser Run Championship – Rules and Technical Conditions

General Rules:

- The championship 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 a laser pistol. 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 use 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.
- While using the laser pistol, it must touch the table between each shot.
- The athlete may not begin running until they have successfully completed the shooting round or the 50-second time limit has expired.
 - The athlete must cross the running finish line after completing the final shooting round.

Running Rules:

- The athlete must follow the designated running course, starting from the start line, proceeding to the shooting range 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 outsiders is also considered unauthorized assistance.

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 Snack

Sportswear

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

TAEKWONDO

GOVERNING
BODY



AGE
CATEGORIES

U17

2009 - 2010 - 2011

U14

2012 - 2013 - 2014

U11

2015 - 2016 - 2017

Technical Regulations

Males

U11	U14	U17
-24kg	-33kg	-45kg
24-26kg	33-37kg	45-48kg
26-28kg	37-41kg	48-51kg
28-30kg	41-45kg	51-55kg
30-32kg	45-49kg	55-59kg
32-34kg	49-53kg	59-63kg
34-36kg	53-57kg	63-68kg
36-39kg	57-61kg	68-73kg
39-43kg	61-65kg	73-78kg
+43kg	+65kg	+78kg

Females

U11	U14	U17
-22kg	-29kg	-42kg
22-24kg	29-33kg	42-44kg
24-26kg	33-37kg	44-46kg
26-28kg	37-41kg	46-49kg
28-30kg	41-44kg	49-52kg
30-32kg	44-47kg	52-55kg
32-34kg	47-51kg	55-59kg
34-36kg	51-55kg	59-63kg
36-40kg	55-59kg	63-68kg
+40kg	+59kg	+68kg

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

- 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 one foot, 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 at 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.
- Falling to the ground shall incur a penalty, and striking a player who is on the ground shall also be considered a penalty.
- Failure to comply with the referee's instructions shall be deemed a violation, as well as any verbal abuse directed toward another player or their coach.

Technical Regulations – Poomsae

Number of Participants

- Each school 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 is mandatory and it will be assigned via a 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 Snack

CHESS

GOVERNING
BODY



AGE
CATEGORIES

U15 2011 - 2012 **U13** 2013 - 2014

U11 2015 - 2016 **U9** 2017 - 2018

U7 2019 - 2020

Technical Regulations

Competition Format

- The tournament will follow the Swiss System, with 7, 9, or 11 rounds depending on the number of participants.
- If there are 10 or fewer participants, a round-robin format will be used instead.

Time Control

- Each school may register up to 3 boys and 3 girls per age category. 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.

Championship Structure

The tournament consists of three stages:

1. Preliminary Stage

- 9 rounds, Swiss system (within each emirate). Played over 2 days, one day for boys and one day for girls.

- The top 5 players from each age category & region will qualify for the finals.

2. National Final Stage

- Played in 7 Swiss rounds, held over one day for both boys and girls.

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.

Championship Structure

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

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

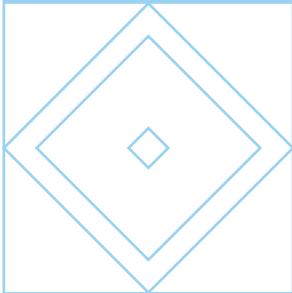
- All students must wear the official school uniform.
- Arrival at the venue is required at least 30 minutes before the start.
- Electronic devices are strictly prohibited inside the playing hall (e.g., laptops, tablets, smartwatches, etc.).
- No talking or interaction with peers or teachers is allowed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

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 Snack

JIU-JITSU



GOVERNING
BODY



AGE
CATEGORIES

YOUTH
2008 - 2009

TEEN
2010 - 2011

JUNIOR
2012 - 2013

INFANT
2014 - 2015

Weights

Males

Weight Categories	U12 (Infant)	U14 (Junior)	U16 (Teen)	U18 (Youth)
Rooster Weight	24kg	34kg	38kg	46kg
Light Feather Weight	27kg	37kg	42kg	50kg
Feather Weight	30kg	41kg	46kg	55kg
Light Weight	34kg	45kg	50kg	60kg
Welter Weight	38kg	50kg	56kg	66kg
Middle Weight	42kg	55kg	62kg	73kg
Light Heavy Weight	46kg	60kg	67kg	81kg
Heavy Weight	50kg	66kg	72kg	94kg
Super Heavy Weight	62kg	78kg	84kg	

Females

Weight Categories	U12 (Infant)	U14 (Junior)	U16 (Teen)	U18 (Youth)
Rooster Weight	22kg	32kg	36kg	40kg
Light Feather Weight	25kg	36kg	40kg	44kg
Feather Weight	28kg	40kg	44kg	48kg
Light Weight	32kg	44kg	48kg	52kg
Welter Weight	36kg	48kg	52kg	57kg
Middle Weight	40kg	52kg	57kg	63kg
Light Heavy Weight	44kg	57kg	63kg	70kg
Heavy Weight	48kg	63kg	68kg	82kg
Super Heavy Weight	60kg	75kg	80kg	

Technical Regulations

Competition Format

- 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.
- The event will follow Abu Dhabi Jiu-Jitsu Pro Rules (AJP Rules).

School Limits

- Registrations will be through the official competition website.
- Each school can register up to 30 students, excluding C1.
- It's only allowed 2 students per division per school.

Weight Disqualification

- 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

- Youth category must wear kimonos weighing 350 grams.

Official Weight-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.

Weighing

- 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.

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.

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.

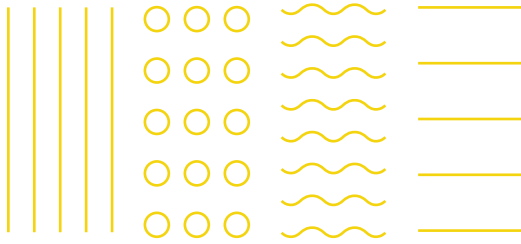
- All kimonos must be clean and in good condition prior to arriving at the competition venue. At the time of check-in and before stepping onto the mat, kimonos must not show any signs of mending, tears, wetness, dirt, or unpleasant odors. It is understood that the condition of the kimono may naturally 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 Snack

OBSTACLE COURSE RACING



AGE CATEGORIES

U19

BORN AFTER - 8/31/2007
BORN BEFORE - 09/01/2006

U16

BORN AFTER - 8/31/2010
BORN BEFORE - 09/01/2009

U12

BORN AFTER - 8/31/2020
BORN BEFORE - 09/01/2013

U18

BORN AFTER - 8/31/2008
BORN BEFORE - 09/01/2007

U15

BORN AFTER - 8/31/2011
BORN BEFORE - 09/01/2010

U17

BORN AFTER - 8/31/2009
BORN BEFORE - 09/01/2008

U14

BORN AFTER - 8/31/2012
BORN BEFORE - 09/01/2011

Technical Regulations

Age Category	Age	Distance
Junior	12 years and under	1 km
Senior	13 years and above	5 km

Documentation

- All participants must present a valid Emirates ID or other approved identification.
- Participants under 18 must be accompanied by a supervising adult as our 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.

Event Format

Race Structure

- The junior course is 1km.

- The senior course is 5 km 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.

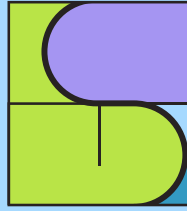
Optional Additional Items

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- Water Bottle
- Energy Snack

الألعاب المدرسية

مبادرة من اللجنة
الأولمبية الوطنية



uae
school
games

An initiative by the UAE
National Olympic Committee