



28th – 30th November 2025

Competition Rules

Section 1: Tournament Management

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1.1 The Head of Sport Operations is responsible for all sporting aspects of the Emirates Dubai 7s. The WODON3 Competition Manager will be responsible for overall control of all aspects of Event Planning and Delivery of WODON3.

1.2 The Competition Manager or Event Day Manager will have all necessary authority and jurisdiction to make decisions on any matters arising during the competition including, but not limited to:

1.2.1 altering or amending the workout schedule as necessary

1.2.2 determining if there has been a breach of the Regulations and imposing an appropriate sanction (including disqualification of any individual, Player or Team);

1.2.3 upholding and enforcing the decision of any Medical Advisor including, but not limited to, the Competition Medic or the Competition Physiotherapist, regarding the participation of an athlete;

1.2.4 Instances of unsportsmanlike behaviour or behaviour that brings the sport into disrepute;

1.2.5 The judge's word is final during the workout. In extreme circumstances, disputes can be brought to the attention of the head judge, which will be handled case by case basis.

1.2.6 Any matter not covered specifically within the Regulations.

1.3 Competition Manager or Event Day Manager may call upon, or delegate to, additional persons to assist with the Tournament or consult with other persons prior to making any decision. However the final decision and accountability for the decision will rest with the Competition Manager.

Note: It is the sole responsibility of each athlete to ensure they are familiar with the Competition Rules

Section 2: Competition Sections

1. The Competition shall be known as the WODON3 – Fitness at the Emirates Dubai 7s or WODON3.
2. The Competition shall consist of the following divisions:
 - Elite
 - Open
 - Social

Each Competition will have a distinct workout structure. Please refer to the Competition-specific information for further details.

Please note all divisions are for athletes who are 18 years old or older.

- 2.3. The Winners and Runners Up from each division will receive a guaranteed place at the following year's event, subject to their confirmation of their place by paying the Tournament Fee in full, no later than 31 May.

Section 3: Competition Management and Administration

3.1 Team Entry and Eligibility

3.1.1 Participation in the Competition for any Team shall be determined by the Management Committee

3.1.2 By entering a Team in the Competition, the Teams agree that: a) they are able and willing to fulfil the costs and commitments of participation in the Competition; b) they will fulfil their obligations and responsibilities set out in the Regulations; c) they are bound by the Competition Regulations

3.1.3 All athletes must carry Accreditation for WODON3 at all times during the Tournament

3.1.4 It is the responsibility of each Participating Team including all athletes to be conversant with these Competition Rules and to ensure that all members of the Squad meet the Eligibility criteria for their division of choice.

3.2 Athlete eligibility

The following Regulations should be read in conjunction with the individual Competition Rules

3.2.1 Elite Division

Friday 28th November 15:00 - 20:30. 3 workouts

Saturday 29th November 17:00 - 20:00 2 workouts

The competition is designed for the most advanced athletes.

You should enter this competition if:

- You are a fitness professional or have some coaching experience

- You regularly train at RX or elite level in functional fitness workouts and events
 - You consistently train at high intensity and follow a structured training programme
 - You came top 3 in the Open division at WODON3 last year, or competed in the elite individual division
- You are proficient in high skill movements and are comfortable with more heavy weights

3.2.2 Open Division

Saturday 29th November 14:00 - 20:00. 3 workouts

Sunday 30th November 10:00 - 14:30 2 workouts

This is our intermediate level competition, catering to the serious gym-goer who has a background in sports and enjoys the competitive side of fitness.

This division is the perfect place for those of you that enjoy testing both the physical and mental side of your fitness.

You should enter in this category if:

- You have some experience with fitness competitions
- You are at the 7s for a competitive experience, but also to enjoy a weekend with friends and gym partners
- You have some sporting background
- You go to functional fitness classes / CrossFit classes

3.2.3 Super Social Division

4 workouts on Saturday 29th November 08:00 - 16:30

Super Social workouts will be in succession of one another within an allocated 90-minute slot

This is our entry level division for first time competitors and those who enjoy the social side of fitness.

For our super social teams, WODON3 provides a fun filled day out alongside your friends and gym partners. There will be plenty of opportunity for hard work and good vibes as well as a huge sense of achievement having given your all throughout the competition.

You should enter in this category if:

- You are new to fitness competitions
- You are at the sevens for a social experience
- You go to functional fitness classes (F45-style) a few times a week
- You've recently challenged yourself with a Hyrox race for the first time
- You're keen to have a celebratory drink after your workouts!

3.3 Eligibility Documents Required

This table summarises which documents **MUST** be submitted electronically for each team member with the team accreditation information prior to the tournament commencement.

Section	Passport Sized Photo	Passport Copy
Elite	✓	✓
Open	✓	✓
Social	✓	✓

Eligibility is subject to the Tournament Manager's discretion.

3.4 Medical Insurance

All competition participants must hold private medical insurance.

Proof of medical insurance will not be requested by the Competition Manager however, prior to the athletes first work-out will be required to sign a medical waiver form indemnifying the Tournament Organisers and Judges from all liability arising from any injury caused as a result of participating in the Tournament.

Personal liability insurance is also recommended but not a competition requirement.

3.5 Registration of Teams

3.5.1 Participating Teams must complete a Team Registration Sheet for each participating team. Each Team must include of two female and two male athletes.

3.5.2 An athlete may only enter one division.

3.5.3 Teams may only be selected from those athletes whose names appear on the Team Registration Sheet held by the Competition Manager.

3.5.4 The Team Registration Sheet must be completed fully for each athlete and lodged with the Competition Manager prior to the commencement of the relevant Competition Round. Any changes or additions to the Team Registration Sheet must be lodged with the Competition Manager by 5pm the night before the Competition begins.

3.5.6 No changes may be made to the Team Registration Sheet once the Team has signed it during the Registration Period of the Competition Day, even if the Registration Period has not closed.

3.6 Competition Venues

3.6.1 The Event Day Manager is responsible for all arrangements with the venue.

3.6.2 The competition will take place on Pitch 3 at The Sevens Stadium.

3.6.3 It is the sole responsibility of the Event Day Manager to conduct a risk assessment in relation to the venue.

3.6.4 The Event Day Manager will be responsible for informing all athletes and judges of the provision of first aid cover available and any requirements for Teams within this and procedures in place in respect of first aid cover.

3.7 Variations

- 3.7.1 The Competition Manager reserves the right, before and during the competition, to make or vary rules and give directions as to the conduct of the competition, the conduct of participating teams and each member of their team. All such rules and directions when made and communicated will become binding on the participating teams and each member of their team, at the time of publishing, by posting of a notice in the Registration Tent

Further, The Competition in its sole discretion Reserves the right to make alterations to the Competition Structure if so required as a result of the actions of one or more Government Authorities, which may impact on the total number of Teams and or Spectators permitted to attend the Event.

Section 4: Competition Rules

4.1 Judges

- 4.1.1 A Head Judge will appointed to oversee judging standards and to ensure consistent judging throughout. The Head Judge shall consult with and report to the event organisers on all aspects.
- 4.1.2 Each team will have a designated judge for each workout.
- 4.1.3 Competition judges have completed a 'WODON3 Standards' workshop and are qualified on all aspects of judging.
- 4.1.6 Official scorecards shall be submitted after each workout, signed by team captain and workout judge.
- 4.1.7 In the event that a judge fails to arrive, or is injured or taken ill during a match, the following procedure will be applied: a) The Head Judge must be informed immediately; b) If another Judge of the appropriate minimum standard is available then she/he will judge the workout

4.2 Injuries and accidents

- 4.2.1 The workout may be stopped if the Judge deems it necessary due to the injury or illness of an athlete.
- 4.2.2 Should the team captain feel that an injury is critical (e.g. head, neck or back) and that the injured athlete should not be moved without the Medical Staff. The Competition Officials should note the time lost during treatment and report to the Head Judge who will adjudicate.

4.2.3 Competition appointed medic and /or competition Physiotherapist has the authority to determine the participation of a player athlete based on injury and / or illness and will refer this decision to the Head Judge.

4.2.4 For all accidents or injuries on or off the arena at the Competition, where any participant, Team Official, Umpire, Bench Official, spectator, Volunteer, Staff Member or any other individual connected to the Tournament Day is injured, the Head Judge must complete an Accident Report form.

4.2.5 In the event that a workout is abandoned for any reason, for example because of serious injury, the result of that workout will be determined by the Head Judge, having regard to the score at the time at which workout was suspended.

4.2.6 In the event of an athlete not being able to continue in the competition due to injury the following procedure must be followed.

- a) The Head Judge must be informed
- b) Medical evidence to be provided if appropriate/deemed necessary
- c) Substitution of injured athlete for the next workout will be decided by the Head Judge, depending on a range of factors, not limited to workout number, type of injury, positioning in the leaderboard, which category. Transfer of entrance tickets once the competition has started is not permitted

4.3 Scoring

4.3.1 The division results tables will be compiled on the basis of the points awarded to each Team.

4.3.2 Teams will be awarded points per workout as follows:

- First place overall for the workout gets 1 point. Second place gets 2 points. And so on;
- The scoring is compiled in this manner across all workouts;
- Once all workouts have concluded, the team with the lowest score at the end is announced the winning team;
- In the event of a tie for teams listed in the top 3 of each category, the seeding will be decided by comparing these teams directly, with the team seeded higher being the team who finished above the other team most frequently across all 5 workouts.

Section 5: Accreditation

5.1 All participating athletes must be accredited in order to participate.

5.2 The purpose of accreditation is:

- to ensure the correct athletes are on the competing for the right team

- to ensure accredited athletes have access to the appropriate areas of the venue for the accreditation they hold and
- to provide security and protection in case of an emergency

5.3. Providing false names, photos, details or eligibility documentation for accreditation is a breach of the Competition Rules and will result in accreditation being denied withdrawn.

5.4. Trying to enter the venue without the correct accreditation or using accreditation that is: counterfeit, damaged, or altered in any way or somebody else's, will result in the individual concerned being removed from the venue and from the Competition. It will also result in a ban from future Competition.

- 5.5 Accreditation will only be issued to registered team athletes and personnel when team sheets are submitted.
- 5.6 Teams failing to accredit their athletes by the advised time the Online Accreditation System closes will incur a financial penalty of 250dhs per team member and may not be invited to participate the following year.
- 5.7 Late arrivals to the team will only have accreditation issued once the submitted team sheet has been signed.
- 5.8 NOTE: Lost accreditation passes must be reported to the Registration Manager. The cost of a replacement accreditation pass is 500dhs which must be paid before a replacement pass is issued.
- 5.9 Anyone found within the venue without either accreditation or an entry wristband will be removed.
- 5.10 Any abuse of the accreditation system will be dealt with seriously with all benefits immediately removed.

Section 6: Payment 'Terms & Conditions' and Refunds

6.1 The Teams Entry works as follows

- Teams can register and pay on or after 11 August 2025 via the Dubai 7s website.
- From 11 August 2025 , Teams can confirm their place in the 2025 Competition by paying their Entry Fees in full via the Dubai 7s website on a 'First Paid, First Served' basis.
- Teams whose payment is accepted, will receive a confirmation email and a receipt of payment by email.

- Teams who do not make it in to their allocated division at this time, will be placed on a Waiting List in case a place becomes available unless they request otherwise.
 - The order of the waiting list will be strictly in accordance with the time stamp on the system indicating when payment was attempted.
- 6.2 On or prior to September 16th, 2025, Teams will receive a full refund if travel restrictions preclude you from being able to enter the UAE to play, even if the event goes ahead.
- 6.2.1 From September 17th 2025 onwards, rather than a refund in respect of the above issue, the Entry Fees paid, will be attributed to the 2026 event with a place guaranteed in the agreed Competition Section
- 6.2.2 Teams will receive a Full Refund if the event that the 2025 Emirates Dubai 7s is Cancelled.
- 6.2.3 No other Refunds will be issued
- 6.3 Teams who cancel their Competition entry within six (6) weeks of the tournament start date will not only forfeit their Competition Fee, they may also not be invited to participate the following year

Section 7: Social Media

- 7.1 Teams participating in the Competition are required to comply with the Social Media guidelines which are available upon request or by visiting:
<http://dubairugby7s.com/mediazone/socialmedia/content.aspx>

Section 8: Conduct

- 8.1 General Behaviour – athletes, associated team personnel and supporters are expected to behave in a manner that is appropriate and sympathetic to the cultural sensitivities of the UAE. General conduct, including verbal comment, during the tournament is expected to be inoffensive and in the spirit of sportsmanship. Failure to comply will result in disciplinary action being taken.
- 8.2 Acts of Violence – acts of violent behaviour will result in Police intervention, detention and criminal proceedings being actioned, plus removal from the stadium and a ban from future tournaments.

Section 9: Data Protection

- 9.1 Personal information provided by teams and their representatives will be collected, used and disclosed for tournament related purposes in accordance with the Participant Privacy Policy
<https://www.dr7s-oas.com/teamzone/terms-and-conditions.php>

- 9.2 Team are responsible for informing team members of any personal information that is shared with the tournament organisers and the Participant Privacy Policy.
- 9.3 By signing the official tournament invitation and the squad sheet the team manager, team officials and players accept the terms itemised above.
- 9.4 Team members irrevocably and unconditionally (i) consent without compensation to the recording of his/her voice, image and likeness captured by any means (including without limitation, audio, visual and audio-visual recordings by televisions/cameras/telephones/mobile devices and/or photographers) while present at or about the Tournament venue; (ii) agree to the free of charge transmission and use in perpetuity by the Organiser and the Tournament sponsors and any licensee or assignee of the Organiser of his/her voice, image and likeness captured whilst present at or about the Tournament venue, by means of live or recorded video display, broadcast, transmission or other dissemination or recording, photographs or any other current and or/future media technologies to the fullest extent possible; and (iii) waives, on an irrevocable, worldwide and perpetual basis, all moral rights in and to any recordings of sound made or images taken within the Tournament venue. Squad member's own photographs or any other recordings of sound made or images taken in or around the Tournament venue may be used for personal, private, non-commercial and non-promotional purposes only.

Section 10: Sponsorship/Commercial Activity

10.1 Sponsorship

- (a) Subject to the remainder of this clause, teams that are sponsored may acknowledge such sponsorship through branding on their team kit.
- (b) When incorporating sponsors/branding on team kit, teams must take into account the appropriateness of the sponsor and/or branding giving consideration to the local culture and religious beliefs.
- (c) The Competition Management has the right to disallow a team to play in a kit which, in the Competition Management's opinion, is inappropriate. The Competitions decision is final.
- (d) Teams and any associated groups are not permitted to use the official Competition logo or any official Competition marks on their kit, associated items of team clothing or any team paraphernalia. This will be strictly enforced & any teams or persons disregarding this ruling will be asked to remove such item or will be required to leave the stadium.
- (e) Besides branding on kit, any other branded items (including but not limited to gazebos, tents, banners, fliers and/or hand-outs) will be deemed to constitute Commercial Activity under 13.2 below unless approved by the Competition Manager

11.1 Commercial Activity

- (a) Teams are not permitted to undertake any type of marketing and/or promotional activity (including any ambush marketing) in or around the venue during the Competition.

- (b) Any breach of clause 12.2(a) will be considered a breach of the rules and subject to clause 3.3. Any person associated with any unauthorised promotional activity will be required to immediately remove such material from the venue. The Competition Management, at their discretion, may take steps to have offending items removed from the Venue. If it does so, the offender will be liable for any and all costs incurred.