

EMIRATES DUBAI 7s

THE SEVENS STADIUM, DUBAI



WODON3

REBOUND

INVITATIONAL AND ATHLETE HANDBOOK

WELCOME



WELCOME TO THE 2025 EMIRATES DUBAI 7S INVITATIONAL!

Whether it is your first or 40th time attending the event, my team and I are dedicated to delivering you the best possible on and off field experience and with some fantastic editions this year, we are confident that you are going to have a brilliant time.

As always, we appreciate that it is no mean feat to organise funding, logistics, activities, tournament admin and so many other things to secure your participation thus we are both grateful and proud that you have chosen the Emirates Dubai 7s to enjoy special moments together with some of those who are closest to you.

Teams will come together at The Sevens Stadium next month for a variety of reasons. The unique nature of this event allows aspiring international teams and future stars to compete alongside those here mainly to enjoy a fantastic weekend of sports and reconnect with old friends, while also making new lifelong connections.

There is a lot of experience of major professional sporting events with my team but we all agree that

this event, is perhaps the most special. Given the huge diversity in participants, whether that be cultural, or in terms of their objectives for the weekend or playing standards.

Whilst many of the players of all sports may be amateur, we are fixated on running the Invitational to the very highest of professional standards. To do that, we rely on real time and post event feedback from you the participants and we are always delighted with the high return of post event surveys that we receive. Our job is to listen and improve every year and one hopes that you will see some of your feedback has been actioned this year.

With that in mind, this year we have introduced 2 new Rugby Tournaments; The International Super Social for Men and the International Social for Women. In addition, we have a brand new Rugby Pitch (Pitch 9) and two new Cricket Ovals (Ovals 4 and 5) to the Festival, allowing us to welcome a total of 28 additional teams and once again to break all previous records in terms of participants.

The 2025 Emirates Dubai 7s Invitational will comprise:

269 Rugby Teams – 18 Tournaments
92 Netball Teams – 6 Tournaments
44 Cricket Teams – 2 Tournaments
200 WODON3 Participants – 3 Categories
232 'Rebound' Padel Players – 5 Categories

The Centrepiece of every Emirates Dubai 7s is of course, the opening round of the HSBC SVNS World Series. This year sees 8 Men's and 8 Women's teams compete for one of the most coveted prizes in 7s Rugby. The Emirates Dubai 7s trophy.

Whilst we are disappointed to see a reduction in the number of international sides, what we can be sure of, is that every game will be incredibly closely fought and the quality will be at the very, very highest level. We cannot wait to see the main stadium packed full of you and thousands of supporters, cheering on your favourite Nation.

I would like to extend sincere thanks to Dubai Holding Community Management and to Dulsco Group for their loyal, engaged and unstinting support of our Netball and Cricket Tournaments respectively and of course to event owners Emirates for their unstinting support of this Event and of their commitment to sport and community worldwide.

Enjoy every minute of what promises to be a truly special event. My team is always on hand in the Invitational Hub, to do anything to enhance your Festival experience.

Best,

Simon Jelowitz
Head of Sport Operations Emirates Dubai 7s

CONTENTS PAGE

WELCOME	2	CHANGING ROOMS AND TOILETS	14
TOURNAMENT INFORMATION	6	MEDICAL PROVISION	15
ACCREDITATION PASSES	8	INSURANCE	16
REGISTRATION	8	DANIEL HOLLINGSWORTH – JADE STANLEY LIMITED	16
SQUAD REGISTRATION	8	DRESS CODE	16
ENTRANCE	9	PROMOTIONAL ACTIVITIES	16
BAG DROP	9	GAZEBOS	16
TEAM IDENTIFICATION	10	FOOD AND BEVERAGE	17
POOL PLAYERS	10	PLAYER SEATING	17
IDENTIFICATION	10	TICKETS FOR SUPPORTERS PITCH	17
TEAMS	10	TEAM PHOTOGRAPHY	17
MEDICAL / INJURY	10	TOURNAMENT TRANSPORT AND PARKING	18
PITCH / COURT MARSHAL AREAS	10	DUBAI SEVENS MERCHANDISE OUTLET	18
CONDUCT	10	TEAM AND GENERAL ACCESS ENTRY POINTS	19
MATCHES	11	FESTIVAL MAP	18
WARM-UPS	11	INVITATION TOURNAMENT	20
SCHEDULE	11	PLAYER'S BUFFET MENU	24
PRESENTATIONS	12		
THE INVITATIONAL HUB	12		

NEW INITIATIVES AND IMPORTANT INFORMATION

LIVE STREAMING

This year's live stream of ALL Invitational Rugby matches will be a significant step up from 2024. As opposed to using unmanned cameras as we did last year, this year, we will have manned broadcast standard, single camera coverage of all pitches. The Live Stream will be exclusively available on the official Emirates Dubai 7s YouTube Channel - (217) [Emirates Dubai 7s - YouTube](#) where you can view the Match Schedule, choose your favourite teams and select the stream from one of the 9, Sevens Stadium Pitches. Please send this link to your teammates, friends and family and if you enjoy what you see, please hit like and 'Subscribe'.

REUSABLE WATER BOTTLES

As part of our commitment to reduce the amount of single use plastic, we are pleased to tell you that we will be providing Invitational Sports Participants with a reusable Emirates Dubai 7s branded Water Bottle. These can be collected from the Bag Drop at the Invitational Hub.

This year, we have installed 18 Filtered Water Dispensers that will be well signposted around the entire site, where you can fill your water bottles Free of Charge. NOTE: This will replace the single use plastic water bottles supplied on pitches and courts previously. It will be the teams / participants' responsibility to ensure that they have water throughout the day including during times that they are competing. Single use plastic bottles will not be provided. For full details please go to page 17.

C11 RECOVERY ICE BATHS

This year, we are delighted to team up again with C11 Recovery who will be providing paid Ice Bath Services. They maintain the very highest standards of service and hygiene using purpose-built baths with their own filtration system.

You can book and purchase individual baths onsite at the small tent by Pitch 6 or at the Ice Bath Centre in the Invitational Hub. The team at C11 has also put a number of packages together to afford you the most value for money.

We recommend that you study your match schedule carefully and make pre bookings (details to be found on Page 14). You can also book on the day, subject to availability.

INVITATIONAL PLAYER DINING LOCATION

This is located on the top floor of the Players Clubhouse. Access is only available from Staircase 1 which can be found opposite the Netball Courts.

You can still purchase meals in advance by using the Payment Link sent for Participation Fees. This will give you access to add on Team Meals in advance and up to Friday 21st November.

Note: Pre orders before or on 21st November will be at AED 45 per meal whereas paying on the day at the Registration Tent in the Invitational Hub, will be at AED 55 per meal.

The menu has good variety and caters for all major dietary requirements and preferences. You can view the Full 3-day Menu at Page 24.

MEDICLINIC - PHYSIO AND STRAPPING

Our Official Medical Partner, Mediclinic will from this year be adding 'User Pays' Physio and Strapping services as well as continuing to run the Tournament Medical Centre.

Participants will be able to pre-book and pre-pay for these Services by Please refer to Page 13 for full details.

RUGBY SPECIFIC UPDATES

In 2024, UAE Rugby Federation followed the guidance of World Rugby and other National Unions in implementing Tackle Height Laws for the Community Game.

As such, all Invitational Tournaments at the 2025 Emirates Dubai 7s will be officiated under the new Tackle Height Laws EXCEPT the International Invitational Men's and International Invitational Women's competition.

All Team Managers and Coaches are required to ensure that they and all of their players are conversant with these Laws which can be found via the website <https://emiratesdubai7s.com/>.

As you will appreciate, if players, coaches and management are not up to speed with these Laws, it can lead to misinterpretation of Match Officials decisions and has the potential to lead to on or off field misconduct. As such, we cannot stress enough the importance of all players understanding these Tackle Laws.

NEW PITCHES !!

In order to satisfy the ever increasing demand to participate, we have one new Rugby pitch - PITCH 9 and two new Cricket Ovals - OVALS 4 and 5. This has allowed us to introduce another 28 Teams to the event. Ovals 4 and 5 have an astroturf strip with a grass outfield. Please see the map at Page 20 for further information

MOTHER AND BABY ROOM

Located inside the Ground Floor Entrance to the Players Club, opposite Netball Courts, there is a facility for Nursing Mothers to feed and change their children in a private indoor environment.

The facility will include sofas, armchairs, changing tables, nappy bins and a water station.

For Fathers wishing to bottle feed and change their children, we ask that you use the Baby Changing Facilities in the toilets found across the site. There are also several shaded areas across the site to stop and feed the children including a huge, shaded area next to the Fitness Competition on Pitch 3.

DOWNLOAD THE OFFICIAL EMIRATES DUBAI 7S APP

You can now download the Emirates Dubai 7s Official app to keep up to date with all of the action.

Download via Apple App Store or Google Play Store.



Available on the
Google Play



Download on the
App Store

As well as information about the Festival, Attractions, Entertainment and Maps, it has a full Section by Section schedule with Pools, Match Times, Knockout Rounds and will be updated regularly for you to follow throughout the weekend. You can also choose to follow your favourite Teams and Events and it will provide you with details of times and locations for matches and other attractions.

It is also important for all teams to familiarize themselves with their respective Sport's Tournament Rules, all of which can be found at the website. <https://emiratesdubai7s.com>



ACCREDITATION

Application Process

RUGBY, NETBALL & CRICKET - Team Managers must submit all player accreditation information online by midnight (UAE time) on Tuesday 18th November.

- Teams needing to change players after 18th November will be required to do so in person at the Registration tent from Tuesday 25th November at the Accreditation Centre at Gate 7.
- Proof of eligibility will need to be provided for any new player and all player changes must be made by the Team Manager. Teams changing players will be issued a revised Squad Registration Sheet when the player changes take place.
- Please pay close attention to the documents that all teams are required to Upload and specific documents that may be required for Under 18s including completed Parental Consent Forms and in some cases, (Rugby) Union consent to participate.

For any and all Accreditation Queries, please contact **Dubai.7s@thesevens.ae**

WODON3 FITNESS AND REBOUND PADEL

WODON3 & REBOUND PADEL - Team Managers must submit all player accreditation information online by midnight (UAE time) on Monday 24th November.

- Teams needing to change players after the 24th November will be required to do so in person at the registration tent from Tuesday 25th November at the Accreditation Centre at Gate 7.
- Please pay close attention to the documents that are required. Changes can only be made by Team Managers

Collection

- You are strongly encouraged to collect Accreditation Passes from Tuesday 25th - Thursday 27th November from the Gate 7 Accreditation Centre
- Those collecting on Friday 28th or later can expect significant queues which may impact your timely arrival to participate in your chosen event.

- To collect Accreditation passes, only one Team representative is required to attend with all necessary documentation to be provided with their Accreditation passes. If a late change is required, you will need to bring the new player with all documentation in electronic format if not already submitted.

Registration and Accreditation Centre

Opening times are:

Tuesday 25th November	16:00h - 21:00h
Wednesday 26th November	12:00h - 19:00h
Thursday 27th November	09:00h - 19:00h
Friday 28th November	07:00h - 22:00h
Saturday 29th November	07:00h - 22:00h
Sunday 30th November	08:00h - 16:00h

PRE-TOURNAMENT COLLECTION - GATE 7:

Tuesday 4:00 pm to 09:00 pm
Wednesday 12:00 - 07:00 pm
Thursday 09:00 - 07:00pm and
Friday 07:00 - 12:00 pm

TOURNAMENT TIME ACCREDITATION MATTERS - INVITATIONAL HUB

Friday 07:00 - 10:00 pm,
Saturday 07:00 - 10:00 pm and
Sunday 08:00 - 04:00 pm.

Accessing the Venue

- You Accreditation Pass will include a unique QR Code containing your Entry Ticket, which will be scanned at the Gate to allow you to access the Venue
- You will be scanned in at Gate 7 (Invitational Player Entrance) or Gate 10 (public entrance)
- For additional FAQs find website link: <https://emiratesdubai7s.com/info/>

Rules for Accreditation at the Match Venue

- Accreditation Passes for players and management will only be issued when the signed Squad Registration Sheet has been uploaded into the Accreditation portal with all of the necessary signatures and shirt numbers. Detailed instructions will be sent out to you on the week commencing the 8th November. Changes once the portal has been changed, can be made at the Gate 7 Accreditation Centre from Tuesday 12th November. (See Opening Times on Previous Page).
- Players must wear their Accreditation Pass at all times, except whilst playing, when the pass should be retained by the Team Manager.
- The Accreditation Pass allows a squad member access to the areas they need to enter in order to take part in the Invitation Tournament. Without an Invitation Tournament Accreditation Pass, access will be denied. Lost passes must be replaced immediately, a AED500 fee is applicable.
- Anyone found to have loaned their Accreditation Pass to another person for the purposes of accessing areas to which they are not entitled will have their pass(es) revoked immediately and will be asked to leave the Venue.

Entrance

- As mentioned, squad members may enter the venue via Gate 7, your dedicated entrance located close to the invitational Players' car park and bus park. Alternatively, Players can enter via the main public entrance (Gate 10) and use the dedicated 'Accreditation' Lane on the right-hand side of the entrance. Please see the map at Page 20.
- IMPORTANT NOTICE - Any sharp items within your kit bags and personal belongings will be confiscated at the point of entry. They can be collected upon departure from the event.
- For Teams travelling with Medics, please note that or ensure that you only bring rounded scissors.

Bag Drop

Invitational Hub Bag Drop (Rugby, Netball, WODON3 and Rebound Padel)

Location	Invitational Hub
Opening Hours	06:30 to 00:30 daily
Guideline	Players are required to provide their name, contact number and sign for leaving their bag and collecting their bag. Bags will be numbered with a sticker, a duplicate of which will be applied to the back of their accreditation. This replaces the old token system.

Cricket Bag Drop

Location	Cricket Ovals beside Pavilion 2
Pre-Event	Between 09:00 and 13:00 on Thursday
Operating Hours	27th November
Post event	07:00 to 21:30 daily 09:00 to 12:00 (midday) Monday 1st December
Guideline	Players are required to provide their name, contact number and sign for leaving their bag/trunk and collecting it. Bags/trunks will be numbered with a sticker, a duplicate of which will be applied to the back of their accreditation. This replaces the old token system.

Lost and Found

Location	Event exit/Gate 9
Opening Hours	07:00 to 01:00 daily
N.B.	All items of lost property will be transferred to The Sevens Stadium Clubhouse by midday on Monday 1st December. Security can be contacted on +971 (0) 56 680 4927

TAKING TO THE FIELD / COURT FOR MATCHES

Teams must report the Pitch or Court or sporting venue that they are due to play on 20 minutes before their match is scheduled to start and register their presence with the Pitch or Court Marshall.

Security will carefully check your accreditation for a visual identity check, before you enter the Field / Court.

Squad members are not permitted to play until they have signed the Squad Registration Sheet and received their Accreditation Pass.

Field / Court access will not be granted outside of those times.

POOL PLAYERS

Individuals wishing to join a Rugby or Netball team may put their name on the list of Pool Players. You are able to register using this [Link](#). Your details will be circulated to teams prior to the tournament. The Pool Players list is held at the Registration Tent and will remain open until 17.00h on Saturday 29th November.

TEAMS

Teams who think they may arrive short of squad members should contact Emirates Dubai 7s in advance.

For a list of Pool players that are already available, please contact dubai.7s@thesevens.ae.

MEDICAL/INJURY

A player becoming injured and certified by the medical personnel as medically unfit to play will be able to be replaced, as detailed in the Squad Registration section.

PITCH / COURT MARSHALL AREAS

Pitch and Court Marshalls are appointed to All Sports. They will be able to assist with many of your event specific enquiries to save you needing to head back to the Invitational Tournament Hub.

Rugby	Pitch Marshall tents are located at the side of pitches 2, 4, 5, 6, 7, 8 & 9
Netball	The Netball Court Marshall's table is inside the Netball Courts.
Cricket	The Cricket Manager can be found on Oval 1 side of the Pavilion and there will be an Oval Manager for each of the five Ovals.
Fitness	The WODON 3 Pitch Marshall Team will be based at Pitch 3.
Padel	The Padel Tournament Manager and staff will be set up courtside.

CONDUCT

At the Emirates Dubai 7s, we pride ourselves on the incredibly friendly atmosphere, all of which is generated by you, the participants. You all set the tone.

We would really appreciate you reminding your players, coaches, and management that your Match Officials are amateurs just like you, aiming to be the best they can be. Our Pitch Marshalls are volunteers who participate for the love of sport and the camaraderie that comes with it.

Please can we collectively ensure that we observe the unique values that sport upholds and ensures that not only players, but officials, fans, children, and volunteers have the best possible experience too.

As you know, we have Tournament Rules that include those relating to Conduct and these will be strictly enforced in the event of abuse of Match or Tournament Officials. That said, we are hopeful that through the unique atmosphere created at the Emirates Dubai 7s, we can self-regulate and ensure that everyone has a wonderful experience.

MATCHES

It is imperative that all teams arrive on time for their matches as the tournament runs to a very tight schedule.

Rugby: all pitches will have technical zones marked for non-playing staff and replacements. All non-playing team members must remain within these zones while play is in progress. Pitch Marshalls will monitor this.

Netball: each court will have a team bench for each team which must be used by teams and their support personnel whilst play is in progress. Court Marshalls will monitor this.

Cricket: each oval will have seating and shade for Management and non-playing reserves. Teams playing must sit in this area.

Padel and WODON3: Only Players will be permitted on to the Courts and the Fitness Participation Area however, there will be ample opportunity for spectators to view at close quarters.

Should a team delay the start of a match through non-appearance or lateness the referee/umpire reserves the right to shorten the match time or award the points to the opposition.

WARM UPS

Rugby: Teams may access the pitch on which their match is due to take place up to 20 minutes before the start of their match for warming up in the dead-ball area.

If you are playing a final on Pitch 1, your warmup will be in goal / dead ball on Pitch 2.

Netball: Teams may warm-up outside the courts in a large Dubai Holding Community Management branded warm up area behind the main stand, close to Gate 1 and the Invitational Hub. Warmups will not be permitted outside of this area.

Cricket: Teams are encouraged to use the grass areas outside of each Oval to warm up. Nets will not be available.

Rebound Padel: You will be given the opportunity to warm up for a couple of minutes on court before the start of your game

Wodon3: There is a warmup facility for all participants at Pitch 3 before competing in WODON3.

MATCH SCHEDULING

Please download the Emirates Dubai 7s App for the Tournament Schedule.

There will not be a physical Results Centre at the Venue thus all Teams are encouraged to use the App which is updated at very regular intervals.

For any queries during the weekend, please visit the Invitational Hub Registration Tent.



PRESENTATIONS

The following Trophies Medals and Awards will be presented at the various sports Presentation Stages:

Cup Winners	Trophy and Individual Awards
Cup Runners Up	Individual Awards
Plate Winners (where applicable)	Trophy and Individual Awards
Plate Runners Up (where applicable)	Individual Awards

RUGBY ONLY - Presentations for Winners and Runners Up of Plate Competitions and Winners of Bowl and Shield Competitions will, where applicable, be presented with their awards Pitchside by Pitch Management to the Captain on the Field / Court at which that particular final is played. Should any Award winners wish to have a photo opportunity on the Presentation Stage on Level 1 of the Players' Club (facing Pitch 6), they are very welcome to do so, in co ordination with the ED7s Presentation team who will be in attendance

Rugby Presentation Stage Location	1st Floor Players Club. Pitch 6 Stairs
Netball Presentation Stage Location	Dubai Holding Activation Lounge @ Courts
Cricket Presentation Stage Location	Between Ovals 1 and 2
WODON3	Pitch 3 Presentation Area
Rebound Padel	Courtside

THE INVITATIONAL HUB

Changing Rooms and Toilets

Invitational Tournament changing rooms, toilets and showers are located within the Invitational Hub. Nearest additional Toilets are located outside the Players' Club near the swimming pool and behind the the East Stand of pitch 1.

There are greater numbers of toilets across the entire site this year thus you will never be too far away.



MEDICAL AND WELLBEING PROVISION AT THE EVENT MEDICLINIC PHYSIOTHERAPY AND STRAPPING SERVICES



From this year our Official Medical Partner, Mediclinic will be adding 'User Pays' Physio and Strapping services as well as continuing to run the Tournament Medical Centre. This service will be available each tournament day, offering the following services on a pay-per-use basis. Come find us at our new location next to Pitch 6

SERVICES AND TREATMENTS	TREATMENT TIME	TREATMENT PRICE
Taping - finger	5 mins	35AED
Taping - all other limbs	15 mins	95AED
Strapping - shoulder and thigh	15 mins	150AED
Soft tissue	15 mins	150AED
Supportive Equipment (e.g. crutches)	-	As per item

HOW TO BOOK

We strongly recommend players/teams to contact Mediclinic via WhatsApp on +971 50 175 9259 or by email to emiratesdubai7s@mediclinic.ae to book their strappings and ensure they are assisted at the time needed. These channels will open from the 14th of November.



TOURNAMENT TIME INJURIES – PLAYERS' MEDICAL SERVICES

A Players' Medical Room for players injured during play only, is located at the east end of The Sevens Stadium South Grandstand. Entry to this room is by referral from Tournament field / courtside medical staff only.

If Field or Courtside medical personnel advise you or guide you to attend the Medical Centre, it is important that you take their advice. If you feel that you have sustained an injury and need to attend the medical center, please make sure that you make contact with field / courtside medics in advance, for referral.

A full medical team will be in attendance throughout the three days of the Tournament offering field /court-side assistance.

Ambulances will be on site throughout the tournament in the event that a player needs to be taken to hospital.

Injured players who are medically signed off by the Tournament Doctor must not participate any further.

Specific injuries by ambulance only. Maybe say requiring hospital treatment will be transferred to hospital, from The Sevens Stadium at no extra cost. Noting as well that they'll be taken to tournament approved hospitals, rather than the hospital of their choice.

Note:

The Tournament will be responsible for the costs of any treatment that you receive when at The Sevens Stadium except for any User Pays medical / physio services. The Tournament will also cover any transfers to hospital in the event that this is formally advised or recommended by the Tournament Medical staff.

Thereafter, any and all costs associated with further treatment are for the participant's account. Patients then claim expenses back through their personal medical insurer. Tournament participants are therefore strongly advised to bring a credit card to the tournament in case of emergency.

CONCUSSION

The Tournament will be operating a strict 'Recognise and Remove' policy. We will have Emergency Medical Technicians at court / field side who will monitor possible concussions. The expectation will be that if such an injury

is sustained, the advice of the EMTs must be followed and the player involved removed from the playing area and to take no further part in the tournament. Organizers will be in communication with the EMT and wider Medical Team to monitor such injuries.

We appreciate all teams' support to ensure we put player safety first.

PUBLIC FIRST AID CENTRE

Public First Aid Centres for non-players, are located behind West Grandstand, Shaded Garden, Cricket Walkway and Pavillion 2 at the Cricket Ovals.

MEDICAL INSURANCE TO PARTICIPATE

All players MUST have sufficient medical insurance that covers them for playing competitive sport (including rugby, netball, cricket, padel and fitness) and participating in the Tournament. Players needing to purchase medical insurance for Tournament specific cover are welcome to go to the following broker for a quote, should they wish:

UK Residents; https://www.jsinsurance.co.uk/travel_insurance/dubai-rugby-travel-insurance.html

Non UK; <https://portal.trawickinternational.com/quote/product/164?agent=14860>

Select your country of residence and destination 'United Arab Emirates'. Do not include cancellation in your quote. Choose "Athletic Sports 2" to be covered for rugby.

Daniel Hollingsworth, Jade Stanley International Ltd

CTI RECOVERY ICE BATHS

Ice Baths and Sports Recovery

Founded in Ireland, CTI Recovery has quickly expanded across the UK, Europe, and the UAE. As a proud recovery partner for this year's Emirates Dubai 7s, we are excited to support the athletes and fans over the next four years. CTI Recovery is the world's leading sports recovery company, providing a number of top-tier products you see throughout this weekend's event. We are trusted by major corporate clients such as Google, LinkedIn, and Netflix.

In addition to our corporate partnerships, we work closely with many high-end athletes. We have supported events such as the Rolex Series on the DP World Tour and both the male and female British Open this year in the prestigious St.Andrew's Golf Course. Our services are used

by international rugby players, Premier League soccer players, and Ireland's national GAA stars. This weekend, attendees will have the unique opportunity to experience the same high-level recovery services that these elite athletes rely on.

Ní féidir linn fanacht leis an deireadh seachtaine - see you at CTI Recovery!

Guidelines and Regulations:

1. To maintain high cleanliness and hygiene standards, all users must take a shower before entering the ice bath. Showers are located right next to our Location in the Invitational Hub opposite the Registration Tent.
2. Each ice bath session is limited to a maximum of 5 minutes to ensure that everyone has a chance to benefit from the experience.

Booking Information:

You can reserve your ice bath session in advance by using the following link:

<https://c11coldplungedubai7s.com/>

1 Session 50AED or 3 sessions for 130AED!

Event Days:

During the tournament days at the Sevens Stadium, you can also secure your session by visiting one of the CTI Recovery tents and scanning the QR code displayed below. Walk-ins are welcome but will be subject to availability. We highly recommend pre-booking to guarantee your spot.

QR Code for pre or Event Day Bookings:



Waiver:

When booking, you will be asked to read and tick a Release and Indemnity as well as a Waiver. Once ticked, you will be able to purchase your session(s)



Locations:

The Invitational Hub which is located behind the Netball Courts.

Once in the Hub we can be located on the left hand side close to the Water Refill station

Important Note:

For your safety, please complete the waiver and liability form through our online booking portal before using the ice baths. This ensures a seamless and enjoyable recovery session. We are committed to providing you with an exceptional experience.



DRESS CODE

The Stadium

Participants are reminded to be culturally sensitive and respect the UAE rules, appropriately modest clothing should be worn at all times in and around the stadium. Swimwear is not permitted to be worn outside the pool enclosure.

Pool Area

Pool attire should be limited to trunks or shorts for men and bikinis, or one pieces for women.

Inappropriate swimwear along with nudity is not permitted for either gender.

GAZEBOS

Team Gazebos and Tents

Each Participating Team may bring a maximum of two 3x3m gazebos which may be branded with the Team Logo and one sponsor logo.

Note, the bank behind the posts on the east side of Pitch 2 is reserved for UAE clubs and schools only.

Gazebos can only be placed on the upper bank on the Northern End of Pitch 2 behind the posts (not on the far side of pitch 2 where Beats on Two is located). Please feel free to use the back of the west side of the ground to place your gazebo on Pitch 2. This is closest to the main entrance. Once these areas are full, Teams will not be permitted to place Gazebos in other areas around Pitch 2.

Gazebos for Netball can be placed on a First Come First Served basis behind the Main Stand (close to the Dubai Holdings Community Property Management Gazebo shades) and behind the Rugby Posts on the interlock at Pitch 6.

Gazebos can also be placed on areas of the interlock that do not impinge on Team and Tournament Operations or obstruct pathways (not least for medical vehicles).

Cricket gazebos can be placed around the Ovals no less than 5m behind the boundary edge.

If required, Security will ask you to please move them to a place more convenient for everyone.

Participants are reminded that no promotional activities can take place within the venue. Teams are reminded that

due to merchandising constraints the official Tournament logo may not be reproduced or replicated on the team kit or any apparel.

Please see Section 13 of the Tournament Rules for further information regarding sponsorship and commercial/promotional activities.

FLAGS

Please note that the only National Flags (Including those represented on Playing Kits or off field attire) that are permitted within the Venue are those of the Host Country, the United Arab Emirates OR of an HSBC SVNS Participating Country. No other flags will be permitted onsite.

REUSABLE WATER BOTTLES - FREE OF CHARGE

Rugby will receive 1x water carrier with 8 water bottles and 4 individual bottles

Netball Teams will receive 1x water carrier containing 8 bottles each

WODON3 Fitness Teams of 4 will receive their own individual bottles.

Rebound Padel Participants will receive a bottle each

Cricket will receive 1x water carrier with 8 water bottles and 4 individual bottles

How to Collect

On Wednesday, Thursday and Friday, re-usable bottles can be collected from the Bag Drop at the Invitational Hub. These are Free of Charge and no deposit is required.

Please ask one or max two team representatives to collect ALL bottles you are entitled to in one go. They will be given by Team not individual.

These will only be issued upon your accreditation confirmation of the sport in which you are participating. You will then be provided with the required number of bottles.

Returns

After your last match or workout, we would ask that you please return the bottles to the well signed designated 'drop off area' in the Invitational Hub.

Note

Please note that this initiative means that there will be limited / minimal single use plastic bottles available on or around rugby pitches, netball and padel courts or WODON3.

It will be the individual's / teams' responsibility to ensure that they remain hydrated and use the Refill Station in the Invitational Hub throughout the weekend.

Thank you very much for your support in making the Emirates Dubai 7s a more sustainable event!

FOOD

Invitational Player Dining

Meals may be purchased a cost of 55AED per person on the day however, Discounted meals (AED 45 per meal) can be secured by pre-Booking up to and including Friday 21st November. You can use your original Payment link to do so and just add on the number of meals you want each day.

Any teams that have pre-purchased food will receive the vouchers with their accreditation.

The extensive Menu can be found at Page 24. Meals will be served from 11.00am until 7.00pm.

Complimentary water will be available throughout the day from 18 water dispensing facilities around the site.

PLAYER SEATING

Invitational Tournament teams benefit from a dedicated seating area in the main International Rugby Stadium (Pitch 1). Bay 1 of the South Grandstand at the South East Corner of the main stadium. Please see image for reference, which can be found at Page 20.

SUPPORTER TICKETS

If teams require tickets for supporters, please purchase at www.emiratesdubai7s.com

All tickets are electronic and can be accessed by downloading the Emirates Dubai 7s App where they will appear in the 'Wallet' Section.

TEAM PHOTOGRAPHY

Team Photographers will not be accredited to enter the Field of Play or Courtside. Anyone wishing to take pictures may do so from outside in the public spectating areas and they can purchase a ticket as per the above instruction.

We have partnered with Sport DXB who will be accredited to enter pitch and courtside and have put together a great package which you may wish to purchase as a memento of your participation in Dubai.

You can use your original Payment Link (for Participation Fees) to access the portal and 'add on' an Official Photography Package. You will not be disappointed. Some more details below:

Details of Sport DXBs services and pricing can be found at Page 25.

TOURNAMENT TRANSPORT AND PARKING

Invitation Players will be able to park in a dedicated area and access the Stadium through Gate 7. Team buses will be allocated an exclusive position in this area. Team buses must display the appropriate car park pass. Teams will be issued with a bus parking pass when the Squad Registration Sheet is lodged. Invitation Tournament players are not permitted to park at the Players Club car park and access to this area is not available.

Taxis will be available from the vicinity of the main public entrance (Gate 10) throughout the three days of the tournament.

Complimentary public shuttle buses will run on Friday (19:00 - 23:30), Saturday (19:00 - 01:30) and Sunday (19:00 - 01:30) from The Sevens Stadium to a variety of popular destinations across Dubai.

REFLO

OFFICIAL MERCHANDISE FROM REFLO

Our Brand New Partner REFLO has got some incredibly cool official merchandise this year. They have a huge outlet located between the South Grandstand and Pitch 2. Once you head in from Gate 7 or 10, you can't miss it.

Opening times: Friday to Sunday - 9.00am - 7.00pm.





SPORTS

- Pitch**
- P1 Pitch 1 HSBC SVNS
 - P2 Pitch 2
 - P3 Pitch 3
 - P4 Pitch 4
 - P5 Pitch 5
 - P6 Pitch 6
 - P7 Pitch 7
 - P8 Pitch 8
 - P9 Pitch 9
- Netball Courts**
- N1 Court 1
 - N2 Court 2
 - N3 Court 3

- Cricket Ovals**
- C1 Oval 1
 - C2 Oval 2
 - C3 Oval 3
 - C4 Oval 4
 - C5 Oval 5
- Rebound Padel**
- R1 Court 1
 - R2 Court 2
 - R3 Court 3
 - R4 Court 4
 - R5 Court 5

- S1 WODON3
- S2 Rugby Masterclasses
- S3 Cricket Masterclasses
- S4 C11 Ice Baths

ENTERTAINMENT

- 01 Kids' Zone
- 02 Rugby Rocks
- 03 Glam Bus
- 04 Glam Tent
- 05 Beats on 2
- 06 Frequency on 8
- 07 Brewfest
- 08 Zip Line
- 09 Reflo Merchandise Tent
- 10 Backyard Cricket Net
- 11 Arcade
- 12 Skill Games
- 13 Quad Biking Area

FACILITIES

- 01 HSBC Premier Lounge
- 02 Sunroom Hospitality
- 03 HSBC South Grandstand
- 04 DHL West Grandstand
- 05 Emirates North Grandstand
- 06 Dnata East Grandstand
- 07 Shaded Garden
- 08 Hospitality Village
- 09 Main Entrance
- 10 VIP Parking
- 11 VVIP Parking
- 12 Invitational Hub
- 13 Sensory Room

- G6 Gate 6 VIP Entrance
- G7 Gate 7 Invitational
- Team Entrance
- Water Dispenser
- First Aid
- Prayer Rooms
- Mother & Baby Room
- Toilets
- POD Toilets
- Taxis
- Buses

FOOD & BEVERAGE

- 01 Costa Coffee
- 02 Yalla Mahalla
- 03 Slim Chickens
- 04 Pret A Manger
- 05 Mr. Toads Chips
- 06 Mr. Toads Burgers
- 07 Giraffe
- 08 Barakat
- 09 Burro Blanco
- 10 Candylicious
- 11 Fili
- 12 Wing Stop
- 13 Roast & Bake Co.
- 14 Ginos Deli
- 15 Here-O
- 16 Haagen Dazs
- 17 House of Pops
- 18 Humantra
- 19 Lekker
- 20 Mamacita
- 21 Papa Johns
- 23 Pickl
- 24 SIS
- 25 Spinneys
- 26 Boost
- 27 L'entrecote
- 28 The Acai Spot

- 29 Tortilla
- 30 Yogurtland
- 31 Vietnamese Foodies
- 32 French Street Food
- 33 Invitational Dining
- 34 Jack Daniel's Bar
- 35 Absolut Bar
- 36 Altos Bar
- 37 Funkin Cocktails RTD Bar
- 38 Aperol Van
- 39 Grins RTD Bar
- 40 Terrazza Zonin
- 41 La Vieille Ferme Wine Bar
- 42 Beats on 2 Food
- 43 Heineken
- 44 M Cafe
- 45 MMI
- 46 The Breakfast Cafe
- 47 Bonbird

ABELA&CO MENU

INVITATION PLAYERS DINING 2025 - PRICE DETAILS

PRICE IN UAE DIRHAM	PROUDLY CATERED BY	DAILY MEAL VOUCHER
AED45 per voucher per person Meals booked and paid before and including 28th November 2024		Choice of 2 "Mains"
AED55 per voucher per person Meals booked and paid from and including 29th November		(Voucher allows you 2 protein items from the LIVE cooking stations). Complete your plate with items from the self-help stations, plus 1 x Bottle of water + 1 x Piece of fruit

INVITATION PLAYERS DINING 2025 - MENUS CAN BE FOUND HERE

FRIDAY 28TH NOVEMBER MENU	SATURDAY 29TH NOVEMBER MENU	SUNDAY 30ST NOVEMBER MENU
Main Miso-tahini Grilled Chicken Beef Kofta, Smoky Tomato BBQ Chickpea Patties Corn On The Cob-Harissa Butter Lentil "Sloppy Joe"	Main Chimichurri Grilled Chicken BBQ Frikadelle, Honey Mustard Lentil & Chickpea Glazed Loaf Mushroom Bonanza Miso Butter Beans W / Herbs	Main Gochujang-honey / Citrus Grilled Chicken Chuck-brisket Beef Patties Packed Vegan Enchiladas BBQ Baked Beans W / Smoked Sausage Trail Blend Mild Chili
Sides Paprika & Zaatar Potatoes Creamy Spinach & Feta Bake Stir Fried Vegetable Medley	Sides Parmesan & Chive Mashed Potato Braised Green Beans & Local Tomato Oven-roasted Root Vegetables	Sides Cheesy Bechamel Potato Layer Bake Maple Glazed Carrots, Pearl Onion Duo Cabbage, Szechuan Style
Pasta Corner Oven Baked Ziti	Pasta Corner Alfredo Pasta Bake	Pasta Corner Pesto & Oven Roasted Veggie Pasta
Salad Creamy Potato Pesto Salad Butter Bean & Roasted Cherry Tomato Salad Turmeric Roasted Cauliflower Salad W / Yogurt Mint Dressing Classic Hummus	Salad Mediterranean Pasta Salad W / Feta & Lemon Coronation Roasted Root Vegetable Salad / Boiled Egg Roasted Carrot, LoomiDust, Charred Tomato & Barley Salad Basil Hummus	Salad Spiced Thai Rice Salad W / Savory Dressing Kale & Romaine Caesar, Chickpea, Zaatar & Roasted Grapes Braised Beetroot & Green Miso Salad W / Toasted Almonds Beet Hummus
Bakers Basket Khubz, Dinner Rolls, Portuguese Buns, Whole Wheat Buns / Potato Buns	Bakers Basket Khubz, French Baguette, Portuguese Buns, Whole Wheat Buns	Bakers Basket Khubz, French Baguette, Portuguese Buns, Whole Wheat Buns
Condiments Butter / Burger Sauce / Ketchup / Mustard / Mayonnaise	Condiments Butter / Burger Sauce / Ketchup / Mustard / Mayonnaise	Condiments Butter / Burger Sauce / Ketchup / Mustard / Mayonnaise
Fruit Apple Or Banana	Fruit Apple Or Banana	Fruit Apple Or Banana
Water Water Bottle	Water Water Bottle	Water Water Bottle

EMIRATES DUBAI 7s PHOTOGRAPHY PACKAGE

3 DAY TEAM PACKAGE



RUGBY - AED 1,950
NETBALL & CRICKET - AED 1,900

FITNESS - AED 1,200
PADEL - AED 1,000

CONTACT DUBAI.7s@THESEVENS.AE TO MAKE A BOOKING

EMIRATES DUBAI 7s

SEE YOU AT THE 7s

**THE SEVENS STADIUM, DUBAI
28-30 NOV²⁰₂₅**



**YOUR 7s
STARTS
HERE**