

WELCOME TO THE 2024 EMIRATES DUBAI 7S INVITATIONAL!



We are consistently amazed by the incredible dedication of all participants who make the substantial effort to coordinate the logistical and financial aspects necessary to reach the starting line on Friday, November 29th.

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.

Our goal is to host a smoothly run sporting event and to genuinely understand what an ideal weekend looks like for such a diverse group with varying objectives. We are confident in our ability to deliver an exceptional experience, and we always welcome feedback on how we can maintain our status as the largest participation sports festival in the region and beyond.

It may sound cliché, but this is the largest event ever in terms of participants. We've never seen Rugby, Cricket, and Netball fill up so rapidly, with Netball reaching an astonishing 90 teams this year—27 more than last year and 33 more than in 2022.

The Sports and Entertainment Festival comprises of:

248 Rugby Teams – 16 Tournaments 90 Netball Teams – 6 Tournaments 32 Cricket Teams – 2 Tournaments 200 WODON3 Participants – 4 Categories 232 'Rebound' Padel Players – 5 Categories

Needless to say, the centerpiece of the whole Festival is the HSBC SVNS World Series which will see 12 Men's and 12 Women's Teams vying for the first Tournament Title of the 2025 Series, right here in Dubai.

I would like to extend sincere thanks to Nakheel Community Management and to Dulsco for their loyal, engaged and unstinting support of our Netball and Cricket Tournaments respectively and of course to event owners Emirates.

We have some new initiatives this year, designed to see you through the weekend. We have called these out on the next pages. We are delighted to announce that we will be live streaming every minute of the Emirates Dubai 7s Invitational Rugby Tournament on 29th and 30th November and 1st December. 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 8 Sevens Stadium Pitches. We are also delighted to welcome back physio and strapping through Up and Running, and welcome C11 Recovery to the team, who will be providing ice bath and recovery services to International and Invitational Players and Match officials.

Please read these highlights carefully and of course, please get a handle on the Tournament Rules for your respective sports in order to make the most out of your enjoyment.

Lastly, this event, like any sporting event of a similar size, relies heavily on the commitment and efforts of all match officials and Tournament Officials, the vast majority of whom are Volunteers.

Please take a moment to say 'Hi' when you get a chance and specifically, please ensure that we show them the utmost respect at all times, on and off the playing surface. It is up to all of us to uphold the unique values of sport which really sets the tone for the vibe of the whole Festival.

On behalf of the entire Emirates Dubai 7s Team, our most sincere thanks for your loyalty and commitment to this great event.

Have an amazing weekend and we look forward to welcoming you all next month.

Cheers!

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Simon Jelowitz Head of Sport Operations Emirates Dubai 7s

WELCOME	2
NEW INITIATIVES AND IMPORTANTS INFORMATION	6
LIVE STREAMING	6
ACCREDITATION	8
BAG DROP	9
REGISTRATION	10
POOL PLAYERS	10
TEAMS	10
INVITATIONAL HUB	10
MEDICAL REPLACEMENT	10
PITCH / COURT MARSHAL AREAS	10
CONDUCT	10
MATCHES	11
WARM-UPS	11
SCHEDULE	11
PRESENTATIONS	12
MEDICAL AND WELLBEING PROVISIONS	13
TOURNAMENT TIME INJURIES	14

MEDICAL INSURANCE

DRESS CODE	16
GAZEBOS	16
REUSABLE WATER BOTTLES	17
FOOD AND BEVERAGE	17
PLAYER SEATING	17
TICKETS FOR SUPPORTERS	17
TEAM PHOTOGRAPHY	17
TOURNAMENT TRANSPORT AND PARKING	18
SAMURAI MERCHANDISE OUTLET	18
FESTIVAL MAP	20
INVITATION TOURNAMENT	22
PLAYER'S BUFFET MENU	24
PHOTOGRAPHY PACKAGE	25

C11 RECOVERY ICE BATHS

NEW INITIATIVES AND IMPORTANT INFORMATION

LIVE STREAMING

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Exclusive 50% Discount on Dubai Attractions!!!



Thanks to our friends at Dubai Holdings Entertainment, we are delighted provide an Exclusive Offer to ALL Invitational Sports Participants at some of Dubai's top leisure attractions. From 18th November, this QR code will be live for you to book visits to a number of Theme Parks, Water Parks and Dubai's very own indoor rainforest. Simply scan the QR code to take advantage of this amazing offer which will make a brilliant addition to your touring experience.

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. We have installed a Filtered Water Dispenser in the Invitational Hub with unlimited water supplied through 36 taps. This will allow all participants to refill bottles throughout the weekend, pre and post matches or workouts. For full details please go to page 17.

C11 RECOVERY ICE BATHS

This year, we are delighted to team up 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.

We recommend that you study your match schedule carefully and make pre bookings (details to be found on Page 15). You can also book on the day, subject to availability.

INVITATIONAL PLAYER DINING LOCATION

This has moved to a location on the top floor of the Players Clubhouse. It will be well signposted. 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 22nd November.

Note: Pre Orders before 22nd November will be at AED 45 per meal whereas paying on the day 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 20.

UPANDRUNNING - PHYSIO AND STRAPPING

We are pleased to welcome back the excellent Up and Running to provide a number of services this year. Demand was huge last year so you will find them in two locations across the site, offering a number of services.

UPANDRUNNING will run some Strapping Services and Bookings at a small tent next to Pitch 6 and their expanded primary location for Strapping and additional Services in the Invitational Tournament Hub.

Please refer to Page 13 for full details.

For team strapping and other services, we would recommend that you book in advance via the method provided.

RUGBY SPECIFIC UPDATES

The UAE Rugby Federation has followed World Rugby and other National Unions in implementing the recent Tackle Height Laws for the Community Game that were introduced at last year's event.

As such, all 16 Tournaments at the 2024 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.

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, new 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.





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.



ACCREDITATION

Application Process

Team Managers should have submitted all player accreditation information online by midnight (UAE time) on Monday 17th November.

- Teams needing to change players after 17th
 November will be required to do so in person at the
 Registration tent from Wednesday 26th November.
- 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 r.lipinskaite@accredit-solutions.com

Collection

Registration and Accreditation Centre

Opening times are:

Wednesday 27th November	12:00h - 19:00h
Thursday 28th November	09:00h - 19:00h
Friday 29th November	07:00h - 22:00h
Saturday 30th November	07:00h - 22:00h
Sunday 1st December	08:00h - 16:00h

We request that you PLEASE head to The Sevens Stadium on Wednesday 27th or Thursday 28th to collect your Accreditation Passes.

- 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 if not already submitted.
- The Registration and Accreditation Tent in the invitational Tournament Hub will be open from 12 Noon on Wednesday to 7pm and again on Thursday from 9am to 7pm.

Accessing the Venue

- Your Accreditation allows you access to pitches for your matches, it is not your entry ticket.
- An individual entry ticket will be preloaded onto your Accreditation Pass with a QR code.
- You will be scanned in at Gate 7 (Invitational Player Entrance) or Gate 10 (public entrance)

Rules for Accreditation at the Match Venue

- Accreditation Passes for players and management will only be issued when the signed Squad Registration Sheet is submitted at the Registration Tent, this will be possible from Noon on Wednesday the 27th of November onwards.
- 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 fee may be 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 ensure that only rounded scissors will be permitted within the venue.

Bag Drop

Invitational Hub Bag Drop (Rugby, Netball, Padel, Fitness)

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 28th November
Operating Hours	07:00 to 21:30 daily
Post event	09:00 to 12:00 (midday) Monday 2nd 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 2nd December 2024. Security can be contacted on +971 (0) 56 680 4927

TAKING TO THE FIELD / COURT FOR MATCHES

Teams must turn up at the Pitch or Court 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.

Pitch / 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 Friday 29th November.

TEAMS

Teams that are short of players and before their first match, may take additional players from the Pool, until their squad sheet is full. For further details of Pool Players, please see Section 3 point 3.13 of the Tournament Rules. For a list of Pool players that are already available, please contact dubai.7s@thesevens.ae.

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 East Stand.

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

MEDICAL REPLACEMENT

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 and 8.
Netball	The Netball Court Marshall's table is inside the Netball Courts.
Cricket	The Cricket Manager can be found on the Oval 1 side of the Pavilion and there will be an Oval Manager for each of the three 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 Marshals 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 Marshals 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 permited 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 30 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 warm up will be in goal / dead ball on Pitch 2.

If you are playing on Pitch 2 and your match immediately precedes an HSBC SVNS World Series international match, you will not have access to the Pitch 2 dead ball area and are encouraged to use a small, designated space on Pitch 3 noting that this is also for use by World Series teams.

Netball: Teams may warm-up outside the courts in a large Nakheel branded warm up area behind the main stand, close to Gate 1 and the Invitational Hub. Warm ups 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.

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

Fitness: There is a warm up 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 Results Tent at the Venue thus all Teams are encouraged to use the Public ED7s wifi and use the App which is updated at very regular intervals.

For any queries during the weekend, please visit the 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

Winners of Bowl and Shield Competitions, where applicable, will receive a small Trophy that will be presented by Pitch Management to the Captain on the Field / Court at which that particular final is played.

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



MEDICAL AND WELLBEING PROVISION AT THE EVENT UPANDRUNNING: PHYSIOTHERAPY AND STRAPPING SERVICES

UPANDRUNNING, Dubai's leading Sports Medicine, Rehabilitation and Performance facility 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	20AED
Taping – all other limbs	10 - 15 mins	70AED
Strapping – shoulder and thigh	15 mins	120AED
Soft tissue	15 mins	120AED
Physician assessment	15 mins	150AED
Soft tissue ultrasound and assessment	30 mins	250AED
Crutches		180AED
Air cast boots, slings, immobilizers and more		As per size and spec

We strongly recommend that Teams wishing to be strapped or to book services to take place at the same or similar times pre-book from 13th November via WhatsApp on +971 50 2022 734

Come and Find us at our New Location next to Pitch 6.

Individuals are also welcome to pre book once your match schedules are known.

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 medical staff only.

A full medical team will be in attendance throughout the three days of the Tournament offering pitch/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.

Injured players requiring hospital treatment may be taken from The Sevens Stadium by ambulance at no cost to the participant. Thereafter, any and all costs incurred will be for the player's own account.

Note:

It is customary for medical service providers to charge patients when treatment takes place at hospital. 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 / pitch 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. Organisers 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 on the corner of the East Grandstand, close to pitches 7 and 8, beside the blue carpeted walkway to the Cricket Pitches.

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/16 4?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

C11 RECOVERY ICE BATHS

Post Performance Ice Baths and Sports Recovery

Founded in Ireland, C11 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. C11 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 C11 Recovery!



Guidelines and Regulations:

- 01. 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.
- 02. 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 C11 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, you'll find us opposite the Registration Tent and next to the Invitational Team Dressing Rooms and Showers.

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.

Gazebos may be placed in position no earlier than 4pm on Thursday 28th November. Any found before this time will be removed.

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

Gazebos can be placed 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. It is often very empty, there is plenty of space. This is closest to the main entrance.

Gazebos for Netball, can be placed on a First Come First Served basis behind the Main Stand (close to the Nakheel 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 team kit or any apparel.

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





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.

We have installed a Filtered Water Dispenser in the Invitational Hub with unlimited water supplied through 36 taps.

This will allow all participants to refill bottles throughout the weekend, pre and post matches or workouts.

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

Due to the proximity of the Cricket Ovals to the refill stations, we will continue with the normal process for the supply of water at the cricket grounds this year.

How to Collect

On Wednesday, Thursday and Friday, there will be a well signed Tent in the Invitational Hub for you to collect your bottles. A member of the accreditation team will issue a token which will then be exchanged upon collection. These are Free of Charge and no deposit is required.

Please ask one or maximum two representatives to collect the bottles on your behalf.

Show your accreditation and confirm 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

This has moved to a location on the top floor of the Players Clubhouse. It will be well signposted.

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 22nd 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 during play on all pitches / courts and in the changing rooms.

PLAYER SEATING

Invitational Tournament teams benefit from a dedicated seating area in the main International Rugby Stadium (Pitch 1). This can be found in Bay 1 of the South Grandstand which can be found closest to the last stand. Please see image for reference, which can be found at Page 20. This is a departure from last year so please revert to the map.

SUPPORTER TICKETS

If teams require tickets for supporters, please purchase at

www.emiratesdubai7s.com

All tickets are electronic and can be retained 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 21.

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 (18:00 – 23:30), Saturday (18:00 – 01:30) and Sunday (18:00 – 00:30) from The Sevens Stadium to a variety of popular destinations across Dubai.

OFFICIAL MERCHANDISE

Our Partner Samurai 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.





GENERAL

Entrances

- 6 VIP Entrance
- Invitational Players Entrance
- Main Entrance

Key Areas

- Hospitality
- Sunroom
- Kids zone
- **(2)** Pitch 1
- Pitch 2
- Reserved Seating
- Shaded Garden

Sports

- Cricket
- Cricket Walkway
- Invitational Hub
- Sinsus (III) HSBC SVNS Rebound
- WODON3
- Netball Warm Up HSBC SVNS Warm Up
- Presentation Stage

Entertainment Stages

- Frequency on 8
 - Rugby Rocks
 - Beats on 2
 - Emirates (North)
- East Party Grandstand
- DHL (West) Dnata (South)

- (N.W.II) ARN
- **3 HSBC Premier Lounge**
- Merchandise (Samurai)
- Activation / Skill games

Feature Bars

- Brewfest
- Bar Lounge Heineken Tavern
- Beats on 2

Food & Beverage

- Food Bars
- Invitational Team Catering

Facilities

- Physio
- Prayer Room
- **(** Toilets
- Medical
- Info & App Support
- Mobile Phone Charger Points Mother and Baby Room
- Accreditation Centre
- Swimming Pool

Transport

- WIP Parking
- WIP Careem WIP Zofeur
- Careem
- Dubai Taxi
- Bus Service
- Zofeur
- Public Car Parks Invitational Parking
- Media Parking
- Invitational Dropoff General Parking
- Police Parking
- invitational Bus









ABELA & CO MENU

Invitation Players Dining 2024 - Price Details

Price in UAE Dirham

AED45 per voucher per person Meals booked and paid before and including 28th November 2024

AED55 per voucher per person Meals booked and paid from and including 29th November

Proudly Catered by:



Daily Meal Voucher

Choice of 2 "Mains" (Voucher allows you 2 protein items from the LIVE cooking stations)

Complete your plate with items from the self-help stations, plus 1x Bottle of water + 1x Piece of fruit

Invitation Players Dining 2024 - Menus can be found here

Friday 29th November Menu

BBQ Grill Station

Korean Chicken BBQ, Craft BBQ Hotdogs Vegetable & Mushroom Skewers, Corn Fritters BBQ Baked Beans Double Baked Jacket Potatoes with Sour Cream

Pasta Corner

Super Macaroni and Cheese

Sandwich Bar (Build your own)

Choice of Bread (Ciabatta / Focaccia / Tortilla / Baguette) Cold Cuts / Cheese / Fillers Chutney / Spreads

Self-help Stations

Roasted Carrot, Chickpeas and Mint Pesto Bang Bang Chicken Noodle Salad Tahini Miso Vegetable Slaw,Hummus

Super Sides

Deluxe Creamed Spinach
Roasted Parmesan Potatoes
Seasoned Fries

Bread Selection

Kuboos / French Baguette Portuguese Buns / Whole Wheat Buns

Saturday 30th November Menu

BBO Grill Station

Handcrafted Beef Patties, Apple Smoked BBQ Chicken Thighs, Garden Fresh Rainbow Veggie Burger, Maple Baked Beans, Grilled Corn with Lime Jalapeno Butter, Loaded Mashed Potato Cups

Pasta Corner

Spinach and Mushroom Lasagna

Sandwich Bar (Build your own)

Choice of Bread (Ciabatta / Focaccia / Tortilla / Baguette) Cold Cuts / Cheese / Fillers Chutney / Spreads

Self-help Stations

Beetroot, Kale and Orange Maple Dressing, Crunchy Raw Salad with Tahini Soy Dressing, Watermelon, Cucumber, Feta and Mint Salad Moutabal

Super Sides

Sheet Pan Pumpkin and Feta with Sage Oil Honey and Beef Bacon Roasted Potato Potato Wedges

Bread Selection

Kuboos / French Baguette Portuguese Buns / Whole Wheat Buns

Sunday 1st December Menu

BBO Grill Station

Best Kofta Skewer, Delectable Chicken Burger, Grilled Zucchini and Halloumi Skewers, Brown Sugar Smoked Baked Beans, Parmesan & Cheddar Grilled Tomato, Grilled Onion, Potato Cakes

Pasta Corner

Saucy Gochujang Noodles

Sandwich Bar (Build your own)

Choice of Bread (Ciabatta / Focaccia / Tortilla / Baguette) Cold Cuts / Cheese / Fillers Chutney / Spreads

Self-help Stations

Roasted Potato and Black Bean Salad with Creamy Coriander Dressing, Barley, Greens, Feta and Pomegranate Salad with Molasses Dressing, Roasted Root Vegetable Salad with Sriracha Dressing

Super Sides

Chargrilled Balsamic Glazed Carrots Creamy Potato and Cheese Topped Gratin Steak Cut Chips

Bread Selection

Kuboos / French Baguette Portuguese Buns / Whole Wheat Buns

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

