

OPEN MASTERS GAMES

ABU DHABI 2026

KARATE



Updated: December 3rd, 2025

1. General Information

A traditional martial art emphasising discipline, speed, and striking precision, Karate challenges both mind and body. Participants will compete in kata and kumite, displaying form and fighting spirit.

1.1. Governance

The matches will be conducted in accordance with the rules and regulations of the World Karate Federation, while also adhering to any specific requirements set by the International Masters Games Association.

1.2. Eligibility

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you are 39 years old during the Games time but turn 40 by 31 December 2026, you would compete in the 40-44 age category.

All Kumite athletes must present a valid photo ID (passport or identity card) and their membership card from the National Federation recognised by the World Karate Federation (WKF) at the time of weigh-in.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

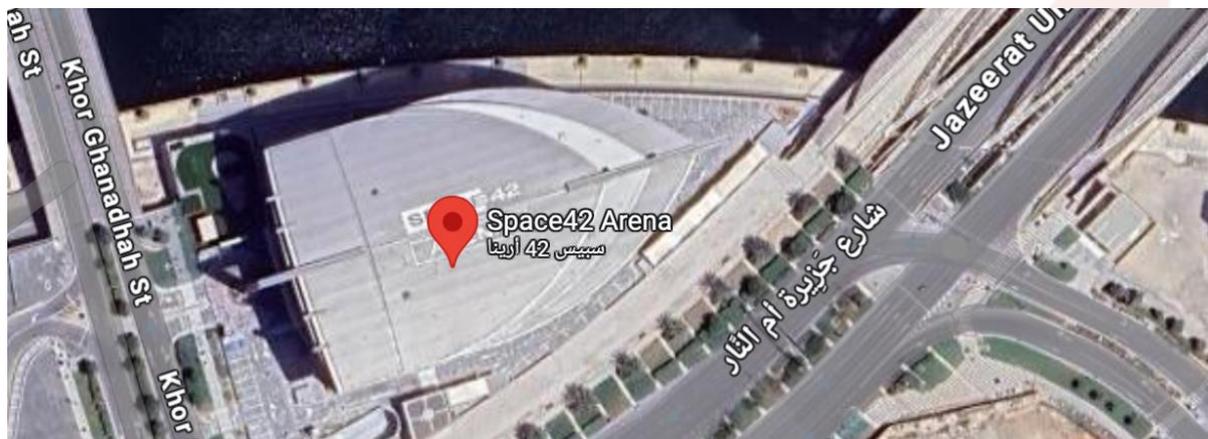
1.3. Dates¹

February 11th Wednesday	February 12th Thursday	February 13th Friday	February 14th Saturday

¹ Dates moved back to original dates (03/12)

1.4. Venue

Space42



2. Competition Information

2.1. Disciplines, Events & Grading

Discipline	Category			Combat Duration
	Gender	Weight	Age	
Kata	Male	N/A	35+, 40+, 45+, 50+, 55+, 60+, 65+	N/A
	Female			
Kumite	Male	60kg, 67kg, 75kg, 84kg, +84kg	35+, 40+, 45+, 50+, 55+, 60+, 65+	2 minutes
	Female	50kg, 55kg, 61kg, 68kg, +68kg		

2.2. Schedule

A detailed schedule of events will be developed throughout 2025.

The weigh in will be available at the competition venue from the day before and during the competition.



3. Technical Details

3.1. Technical Delegate

The Technical Delegate endorsed by the UAE Karate Federation will be announced in the final version of the guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

4. Equipment & Uniform

3.1. Equipment

The following equipment is mandatory for Kumite competitions:

- WKF-approved gloves: One competitor must wear red gloves, the other blue gloves.
- Mouthguards.
- WKF-approved chest protector.
- WKF-approved shin-guards: One competitor must wear red shin-guards, the other blue shin-guards.
- WKF-approved foot-guards: One competitor must wear red foot-guards, the other blue foot-guards.
- WKF protective bodice.
- Groin guard (shell): Not mandatory, but if worn, it must be of a WKF-approved type.

Participants are expected to have their own personal protective equipment, and it is their responsibility to ensure they meet these requirements. The necessary protections must be obtained before the competition.

3.2. Uniform

Competitors must wear plain white karategi, free from stripes, piping, or personal embroidery. The national emblem or flag may be placed on the left breast, not exceeding 12x8 cm. Only the original manufacturer's label is permitted on the jacket. OMGAD-issued identification must be worn on the back.

One competitor must wear a red belt and the other a blue belt. Belts must be 5 cm wide and long enough to leave 15 cm free on each side of the knot. The belts must be plain red

and blue, without embroidery, advertising, or markings, other than the manufacturer's label. The OMGAD may authorise special sponsor labels.

The jacket, when tied, should cover the hips but not extend more than three-quarters of the thigh. Female competitors may wear a plain white T-shirt underneath. Jacket sleeves must reach no longer than the wrist bend and no shorter than halfway down the forearm, and they may not be rolled up.

Trousers should cover at least two-thirds of the shin and not reach below the anklebone. Trouser legs cannot be rolled up.

Competitors must keep their hair clean, cut, and neat to avoid obstructing the bout. Headbands (hachimaki) are not allowed. Long or unkempt hair may result in disqualification. Hair accessories such as slides, metal hairgrips, ribbons, and beads are prohibited. A plain rubber band or ponytail holder is allowed. Female competitors may wear a WKF-approved black or white headscarf covering the hair but not the throat.

Fingernails must be short, and no metallic objects (including braces) are allowed that could harm opponents. Any metallic braces must be approved by the referee and official doctor, with the competitor assuming responsibility for any injury caused.

5. Awarding

5.1. Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.
- The medal ceremony will be held after each final.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals



6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. If there are no rules regarding such disputes and protests in place, the competitor may first make verbal protest and submit written protest to OMGAD within 30 minutes after the end of a contest.
- No protest can be lodged by any team members or staff against a judging (scoring) decision during the competition period.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.
- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.

8. Updates

The final version of the competition guide will be released by December 15th. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae