

OPEN MASTERS GAMES

ABU DHABI 2026

MUAY THAI



Updated: January 27, 2025

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

1. General Information

Known as the “Art of Eight Limbs,” Muay Thai is a powerful combat sport utilising fists, elbows, knees, and shins. It’s a striking discipline that demands stamina, strength, and fierce determination.

1.1. Governance

Competitions will be conducted in accordance with the UAE Muay Thai/Kickboxing Federation and will adhere to the official format of the Open Masters Games Abu Dhabi 2026.

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.

IMPORTANT

For participation in the competition, athletes must submit laboratory blood test results for:

- HIV antibody
- HBV (Hepatitis B Surface Antigen)
- HCV (Hepatitis C Antibody)

Requirements:

- 1. The blood tests must be conducted within 6 months prior to the competition date.
- 2. The results must be on the official letterhead of the laboratory that administered the tests.
- 3. These results must be submitted along with the Medical History Statement.

Important Notice:

- Athletes who do not have a valid Emirates ID (not expired) are required to submit these laboratory blood test results.
- Athletes with a valid Emirates ID are exempt from submitting these tests.
- Athletes can conduct these blood tests at a laboratory in their home country or in the UAE.

Failure to submit the Medical Declaration form along with the required laboratory blood test results will result in disqualification from the competition.

Health Declaration

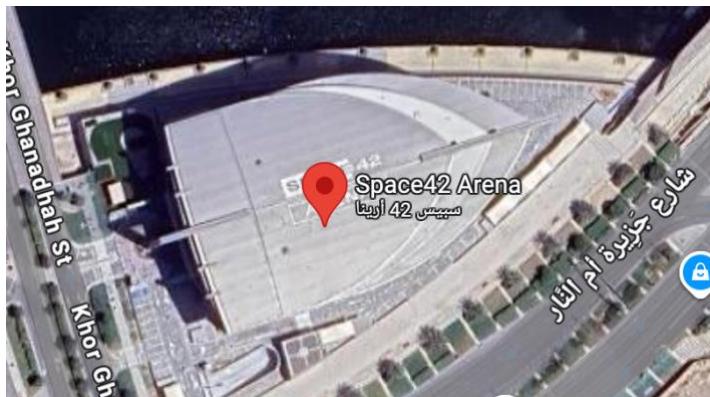
Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely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

1.3. Dates¹

February 7th Saturday	February 8th Sunday	February 9th Monday

1.4. Venue

[Space42](#)



2. Competition Information

2.1. Disciplines, Events & Grading

Discipline	Category		
	Gender	Weight	Age
Mai Muay	Male Doubles	N/A	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+
	Female Doubles		
	Mixed Doubles		
Wai Kru	Male	N/A	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+
	Female		
Muay Thai	Male	45kg, 48kg, 51kg, 54kg, 57kg, 60kg, 63.5kg, 67kg, 71kg, 75kg, 81kg, 86kg, 91kg, +91kg	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+
	Female	45kg, 48kg, 51kg, 54kg, 57kg, 60kg, 63.5kg, 67kg, 71kg, 75kg,	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+

Weigh in will be from 9am to 12pm the day before the competition starts.

If there are insufficient entries in an age category, categories may be combined to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.



2.2. Schedule

Venue: Muay-Thai Space42					
Date	Start (12h)	End (12h)	Event	Location	Category
	12:00 PM		Accreditation & registration		Zayed Sports City
06/02/2026	9:00 AM	1:00 PM	Arrival of delegations: weigh in and medical control at venue, OFFICIAL DRAWING		Space42
	WELCOME CEREMONY			ZAYED SPORTS CITY STADIUM	opening Ceremony
	12:00 PM		Doors open	Space42	Space42
07/02/2026	2:00 PM	4:30 PM	Preliminaries for Muay-thai & Mai Muay		Space42
			Quarter and Semi-Finals Muay-thai & Mai Muay		Space42
	4:30 PM	6:00 PM	Preliminaries for Wai Kru		Space42
			Quarter and Semi-Finals Wai Kru		Space42
08/02/2026	12:00 PM		Doors open	Space42	Space42
	2:00 PM	4:30 PM	Preliminaries for Muay-thai & Mai Muay		Space42
			Quarter and Semi-Finals Muay-thai & Mai Muay		Space42
	4:30 PM	6:00 PM	Preliminaries for Wai Kru		Space42
			Quarter and Semi-Finals Wai Kru		Space42
	6:30 PM	7:00 PM	Awarding Ceremony	Space42	Awarding
09/02/2026	12:00 PM		Doors open	Space42	Space42
	2:00 PM	5:00 PM	Finals Muay-thai & Mai Muay		Space42
			Finals Wai Kru		Space42
	5:30 PM	6:00 PM	Awarding Ceremony	Space42	Awarding
15/2/2026	FAREWELL CEREMONY			Hudayriyat Island	Closing Ceremony

3. Technical Details

3.1. Technical Delegate

The Technical Delegate endorsed by the UAE Muay Thai/Kickboxing Federation is Omar Mohamed Ahmed Almarzooqi. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Competition Management

Name	Position	Email
Omar Mohamed Ahmed Almarzooqi	Technical Delegate	Oalmarzooqii33@gmail.com
Khalifa Alqubaisi	Competition Manager	muaythai@omgad2026.ae

3.3. Technical Meeting

The technical meeting will be held at 12pm, after the weigh-in, at the athlete's lounge.

4. Equipment & Uniform

Athletes are expected to have their personal mouth guards and groin guards. OMGAD will provide the following:

1	Head guard blue	All sizes
2	Head guard red	All sizes
3	Hand gloves 10. oz red	All sizes
4	Hand gloves 10. oz blue	All sizes
5	Body protector blue	All sizes
6	Elbow guard red	All sizes
7	Elbow guard blue	All sizes
8	Shin guard red	All sizes
9	Shin guard blue	All sizes
10	Official Clothes for Wai Kru	All sizes
11	Short black	All sizes

- Protective equipment should be red or blue representing the athlete's corner, however, black may be used if not possible.²
- Athletes must wear Muay Thai shorts neatly at half-thigh length. An athlete's shorts must NOT be the colour of the other corner. Shorts should preferably be the same as or close to the corner representing. Shorts cannot be split at the sides exposing underwear.
- Athletes must wear groin protection for the genital organs, made of strong material capable of protecting them. The use of the groin guard is mandatory. For male athletes, a metal groin protector shall be worn, and a jock strap may be worn in addition. For female athletes, a female groin protector shall be worn (optional but recommended).
- Athletes' fingernails and toenails must be closely and neatly cut.
- Athletes shall wear a headband (Mongkon) only when they pay homage (Wai Kru) before the bout. During the bout Athletes may wear an inscribed cloth, amulet, or charm around the upper arm (Prajad). If the amulet interferes with the flow of the bout, it must be removed immediately by the referee or corner.
- Athletes shall not wear belts, jewellery or any dangerous ornaments as determined by an official.

Gloves

Gloves are preferred as to lace up however Velcro gloves are acceptable if approved by the Technical Delegate.

The glove sizes for competitions are 8oz to 10oz

5. Awarding

5.1. Medals

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

² Additional uniform information added

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.
- Ceremonies will be as per the schedule.
- 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.