



OPEN MASTERS GAMES

ABU DHABI 2026

OBSTACLE COURSE RACING



Updated: Feb 2, 2026

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

1. General Information

Blending endurance, strength, and agility, obstacle course racing challenges athletes with demanding physical tests. From wall climbs to rope swings, it's an exhilarating adventure from start to finish.

1.1. Governance

The Obstacle Course Races will be conducted in line with the competition rules of the World Obstacle Federation or as otherwise specified in this document.

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.

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.

Health Insurance

- All participants **MUST** have a medical insurance policy while in the U.A.E.
- Residents and citizens must ensure their respective health insurance policy covers sports injuries.

The Ziyarah Plan, provided by Daman, is a health insurance policy specifically created for the Open Masters Games. You can purchase this plan using the link below

<https://www.damanhealth.ae/products/inbound-emergency-medical-travel-insurance-ziyarah-open-masters/>

Ziyarah Plan (Open Masters Games)

Ensuring your peace of mind for the upcoming event

Coverage Period: 15 days



Scope of Coverage:

- Up to AED 250,000, comprehensive coverage for medical emergencies and sports-related injuries incurred during the event period.
- Direct billing at network providers.
- Consultations through Pura App (Maximum up to 3 consultations).



Eligibility Requirements:

- Registered players and their accompanying family members.
- Health insurance plan to be purchased before participants travel to UAE.



Premium details:

- Up to 60 years: AED 86 (VAT extra)
- 61 years & above: AED 215 (VAT extra)

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Important Note for Residents and UAE Nationals

UAE residents (Expats) & UAE nationals will need to ensure their respective health insurance plans cover sports injuries, as they will not be eligible for this plan.

damaninsurance.ae

Accreditation

All participants must have approved accreditation to access the fields of play and to compete. This accreditation can be collected for the Uniform Distribution and Accreditation Centre (U.D.A.C) located in Zayed Sports City.

Team captains, coaches/managers and assistant managers **cannot** collect accreditation on behalf of teammates. Each participant must personally present themselves and their ID at the point of collection. It is at this point that participants will also receive their welcome kit.

The operating dates and hours of the UDAC will be announced in due course. Please subscribe to the OMGAD newsletter and or download our app for the latest push updates.

1.3. Dates

The Competition will take place on Saturday the 14th of February.

1.4. Venue

[Al Ain Adventure](#)

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2. Competition Information

2.1. Disciplines And Events

Discipline	Distance	Category	
		Gender	Age
Short Course	2km	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
		Female	
International	5km	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
		Female	
Standard	10km	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
		Female	

2.2. Format

The Obstacle Course Racing competition will follow an individual time-trial format, where each athlete navigates the course one at a time. This ensures each competitor has a fair and unobstructed attempt to complete the course in the fastest possible time. The event is designed to be inclusive and enjoyable for all ability levels, while still offering a rewarding challenge that encourages performance, resilience, and strategic thinking.

Participants will complete the course **once** and the top 3 will be decided on the fastest times.

2.3. Schedule

Race category	Registration time	Briefing & warm up	Race start

10K Standard	6:30 AM to 8:30 AM	7:30 AM to 8:30 AM	8:00 AM
10K Standard			8:10 AM
10K Standard			8:20 AM
5K International		8:30 AM to 9:00 AM	8:30 AM
5K International			8:40 AM
5K International			8:50 AM
5K International			9:00 AM
2K Short Course		9:00 AM to 9:30 AM	9:10 AM
2K Short Course			9:20 AM
2K Short Course			9:30 AM

2.4. Race Rules

- All participants must complete every obstacle to be eligible for the podium. If you miss an obstacle, a penalty activity must be completed as an alternative, as indicated next to the obstacle. Failure to complete the penalty activity will result in disqualification.
- All participants must wear the official race T-shirts and the provided headbands.
- All participants must ensure that their headband numbers are always visible during the race.
- Follow the course arrow markers and always stay on the course.
- Wear your timing chip on the Velcro strap around your left ankle.
- Always follow the instructions of the marshals.
- Keep your wits about you. The track is sandy and rough, the obstacles are high, the water is deep, and the barbed wires are sharp. Slow down and take your time with each obstacle.
- There will be several water obstacles during the race, some of which will be deep. All participants have the option of wearing a life jacket.
- Take care not to jump onto participants below you when completing obstacles.
- There is one road crossing for the 10K, 5K, and 2K routes. Please check the road carefully before crossing.

- Return your timing chip at the finish line before leaving the event and exchange it for your finisher's medal.

2.5. Time

- Pass over the timing mat to finish and hand your timing chip to a marshal at the finish line.
- The final cut-off time for the race is 11:30 AM, after which participants should proceed directly back to Al Ain Adventure for the prize-giving ceremony.

2.6. Water Stations

- There are 8 water stations along the course, located at approximately every 1 to 2 km.

2.7. Injuries and Safety Vehicles

- There will be 2 ambulances on standby at Al Ain Adventure and 4 field paramedics positioned around the course.
- If you are injured and cannot continue, please inform the nearest marshal or area leader. Please also look out for your fellow runners.

2.8. Emergency Contact

For any emergencies, please contact:

Akumene Ephriam Anuadeni

 +971 55 629 4275

 akumene.anuadeni@alainadventure.com

3. Technical Details

Course Details

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The course will include a balanced mix of strength-based, agility-focused, and coordination-demanding challenges (e.g., rope climbs, tire flips, wall climbs, balance beams, low crawls).

The overall length and difficulty of the course will be adapted to suit Masters athletes while maintaining a competitive edge. Obstacles will meet international safety standards and will be supervised by trained officials.

10km



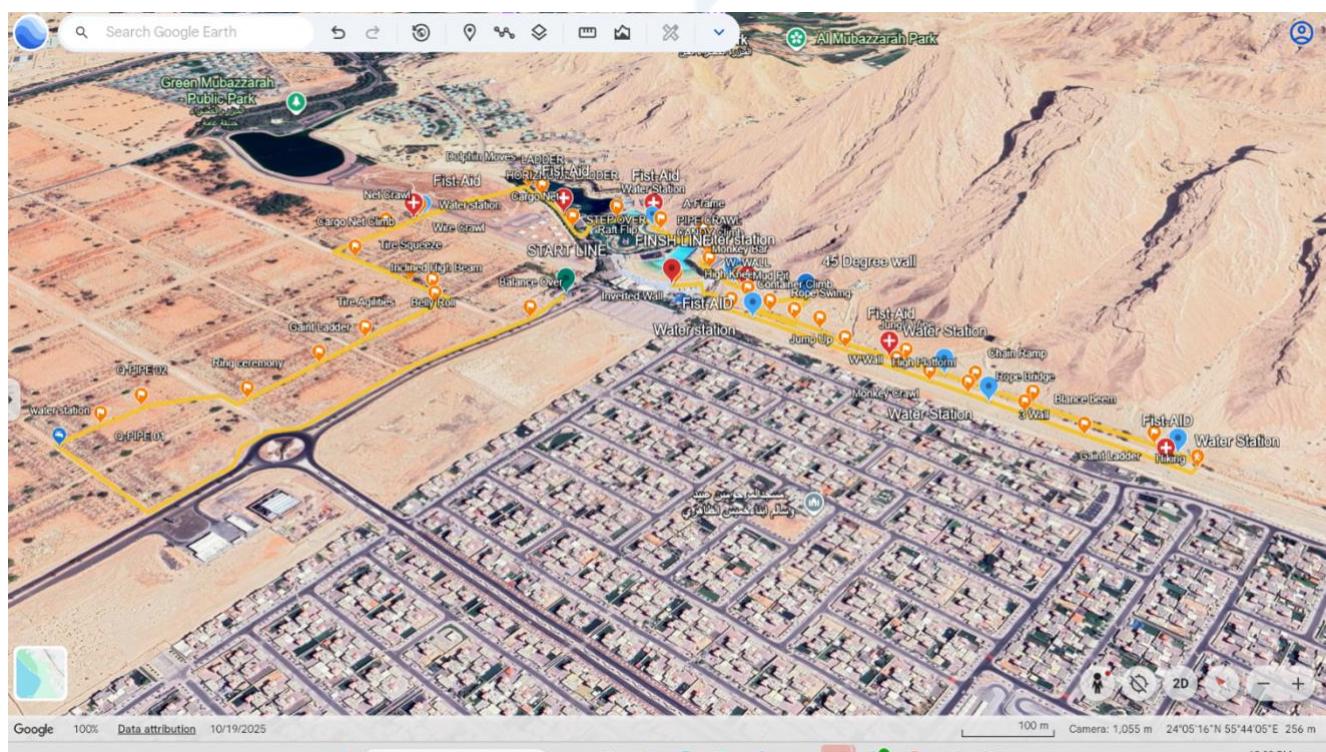
10km Obstacles

Balance Over	Cargo Net Climb	45 Wall	Ninja Swing
Fence Crawl	Wire Crawl	Mud Pit	Commando Crawl
Rubber Hurdles -02 Nos	Tunnel Crawl	Container Tire Squeeze	Zig Zag Beam
Q-Pipe-01	Upstream River Walk	Rope Swing	Hoopla Rings



Q-Pipe-02	Raft Flip	Jungle Vine	Balance Beam
Ring Ceremony	Step Over	Chain Ramp	Rope Bridge
Giant Ladder	A Frame	3 Walls	High Platform
Tire Agilities	Pipe Crawl	Giant Ladder	Monkey Crawl
Incline High Beam	Candy Climb	Sliding Beam	W Wall
Belly Roll	Monkey Bar	Log Swing	Jump Up
Rubber Hurdles	W Wall	Tire Squeeze	High Knees
Tire Square	Container Climb	Hiking	Inverted Wall

5km



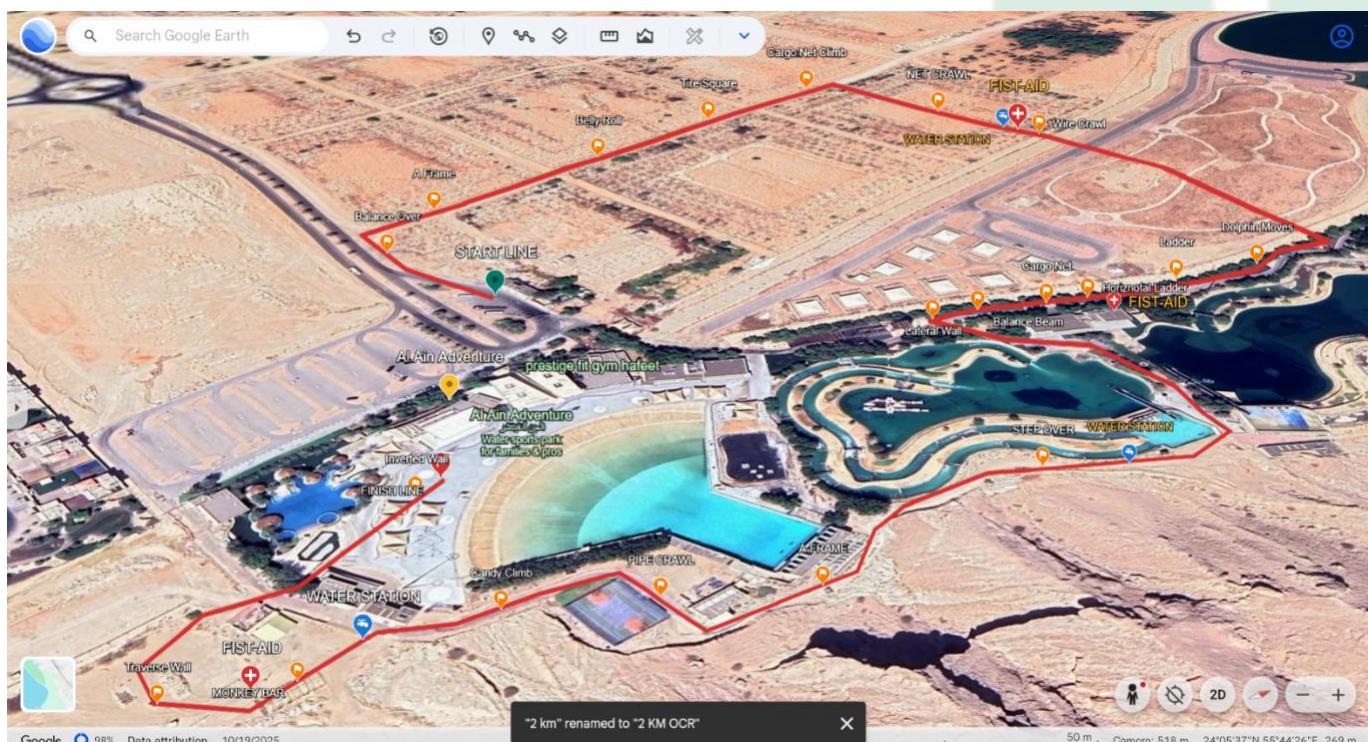
5km Obstacles				
Balance Over	Rubber Hurdles	Raft Flip	45 Wall	Rope Bridge
Q-Pipe-01	Tire Square	Step Over	Rope Swing	High Platform

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Q-Pipe-02	Cargo Net Climb	A Frame	Jungle Vine	Monkey Crawl
Ring Ceremony	Wire Crawl	Pipe Crawl	Chain Ramp	W Wall
Giant Ladder	Dolphin Moves	Candy Climb	3 Walls	Jump Up
Tire Agilities	Ladder	Monkey Bar	Giant Ladder	High Knees
Incline High Beam	Horizontal Ladder	W Wall	Hiking	Inverted Wall
Belly Roll	Lateral Wall	Container Climb	Balance Beam	

2km



2km Obstacle			
Balance Over	Wire Crawl	Balance Beam	Candy Climb
A Frame	Dolphin Moves	Lateral Wall	Monkey Bar

Belly Roll	Ladder	Step Over	Traverse Wall
Rubber Hurdles	Horizontal Ladder	A Frame	Inverted Wall
Net Crawl	Cargo Net Climb	Pipe Crawl	

Technical Meeting

All participants are expected to attend the mandatory technical meeting prior to their scheduled race time at the competition venue. This briefing will include course rules, safety protocols, and instructions on how to complete each obstacle. Missed or improperly completed obstacles may result in a time penalty or disqualification.

Participants are expected to bring their own personal equipment suitable for obstacle course racing, including running shoes with adequate grip, gloves for grip and protection, hydration packs or belts, and any personal protective gear they deem necessary. Participants should ensure their equipment is comfortable, safe, and appropriate for the demands of the course.

4. Equipment & Uniform

4.1. Equipment

Participants will be provided timing chips during their check-in at the venue. Athletes are expected to return any timing equipment in the same condition as it was received.

4.2. Uniform

Participants are expected to wear comfortable clothing appropriate for the activity.

5. Awarding

5.1. Medals

The top 3 athletes per category 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 as per the competition 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.