

OPEN MASTERS GAMES

ABU DHABI 2026

JIU JITSU



Updated: January 21, 2026

1. General Information

A martial art rooted in leverage and technique, Jiu Jitsu emphasises ground control and submission. Athletes will demonstrate discipline and tactical prowess in intense grappling bouts.

1.1. Governance

Competitions will be conducted in accordance with the International Jiu-Jitsu rules, as set forth by the UAE Jiu-Jitsu Federation and will adhere to any specific guidelines outlined by the International Masters Games Association (IMGA).

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.

Athletes will compete in their respective weight classes and age categories. All classifications will follow the guidelines set by the Organising Committee.

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. Dates

February 12th Thursday	February 13th Friday
White and Blue belts divisions – ALL AGES	Purple, Brown and Black Belts divisions – ALL AGES
Weight in one day before the category, from 5PM to 7PM.	
Location: Mubadala Arena	

Please note the change in dates from previous versions

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:

- Upto 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:

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

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.



1.4. Venue

[Mubadala Arena](#)

2. Competition Information

Disciplines, Weight & Timing

Discipline				
	Gender	Weight	Classification	Age
Jiu Jitsu	Male	-56kg	Not applicable	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+
		-62kg		
		-69kg		
		-77kg		
		-85kg		
		-94kg		
		-120kg		
		+120kg		
	Female	-45kg		30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+
		-48kg		
		-52kg		
		-57kg		
		-63kg		
		-70kg		
		+70kg		

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.

Athletes will compete in their respective weight and belt classes and age categories. All classifications will follow the guidelines set by the Organising Committee.

Match Duration

Age Category	Age Range	Match Duration
Master 1	30 – 34 years old	5 minutes
Master 2	35–39 years old	5 minutes
Master 3	40–44 years old	5 minutes
Master 4	45-49 years old	4 minutes
Master 5	50-54 years old	4 minutes
Master 6	55-59 years old	4 minutes
Master 7	60+ years old	4 minutes

Format

Divisions will happen with a minimum of 2 participants present at the event.

- In brackets with only one participant present: the athlete will receive the medal of the registered category and will have the option to join in another bracket based in the following merge division rule order:
 - Combining weights within the same age division - players should remain within their age group division, if possible
- If there is only one player in the division, the athlete will be moved up to two weight divisions;
- Divisions with two players will run normally in a best of three contests to be applied;
- Athletes who are moved to an upper weight division must make the weight of the original registration to have the medal of the registered division;
- Athletes who were moved to an upper weight category due to having no registered athletes in their division will be moved as per the below rules:
 - Respective age group: Fighters will be moved up to two weight divisions above but will remain in the age division enrolled. Example: Player will be moved from Master 2 purple belt - 62KG to Master 2 purple belt - 77KG

- If there are no players in the same age group enrolled in the two weight divisions above, fighters will be moved to a lower age group (up two weight divisions). Example: From Master 2 purple belt - 85KG to Master 1 purple belt - 85KG if there are no players registered in Master 2
- If there are no players in the same age and weight category the fighter is registered in, we will merge weight divisions, age group and belt divisions
 Example 1: Brown Belt with Black Belt; Blue Belt with Purple Belt;
 White Belt will not be merged
 Example 2: Master 1 Brown Belt - 120KG with Master 1 Black Belt - 120KG

Schedule

DATE	TIME	ACTIVITY	LOCATION
FEBRUARY 11th WEDNESDAY	5PM to 7PM	ACCREDITATION	MUBADALA ARENA
	5PM to 7PM	WEIGHT IN FOR DAY 1	MUBADALA ARENA
	7:30PM to 9PM	REFEREE'S MEETING	MUBADALA ARENA
FEBRUARY 12h THURSDAY	11AM to 5PM	WHITE BELTS - ALL AGES BLUE BELTS - ALL AGES	MUBADALA ARENA
	5PM to 7PM	WEIGHT IN FOR DAY 2	MUBADALA ARENA
FEBRUARY 13h FRIDAY	11AM to 5PM	PURPLE BELTS - ALL AGES BROWN BELTS - ALL AGES BLACK BELTS - ALL AGES	MUBADALA ARENA

Weigh in will be conducted one day before from 5pm to 7pm

LINK TO THE DETAILED SCHEDULE [HERE](#)

Rules

The rules of the J.J.I.F will be implemented. The rule book is linked in both Arabic and English below

[JJIF Rule book \(English\)](#)

[JJIF Rule book \(Arabic\)](#)

Weigh-in is mandatory for all athletes prior to competing and athletes must present valid identification, such as a passport or government-issued ID, along with any required athlete accreditation issued by the event organisers. Weigh-in will be conducted the day before the competition at the competition venue. ¹

Athletes are required to indicate the belt level after registration.

To ensure fair and accurate placement, athletes are also required to provide a valid certificate or proof confirming their belt rank.

Athletes must compete within their respective belt levels (white, blue, purple, brown, and black). Competitors are required to provide proof of their belt rank at the time of registration.

3. Technical Details

Technical Delegate

The Technical Delegate will be Mr. Abdullah AlZaabi. Mr. AlZaabi will oversee the implementation of all sport specific rules and requirements at the Games.

Competition Management

#	Name	Position	Email
1.	Abdullah AlZaabi	Technical Delegate	a.alzaabi@uaejjf.com
2.	Sultan Alketbi	Competition Manager	jiujitsu@omgad2026.ae

¹ Updated weigh in process (05/12)

4. Equipment & Uniform

4.1. Equipment

Athletes participating in the competition are expected to bring and use their own personal protective equipment.

4.2. Uniform

- For Masters divisions, a GI fashioned from woven fabric is mandatory.
- It is permitted to wear kimono with EVA or similar material inside the collar, if the measures of size and rigidity regulations provided in the JJAU Rules Book are followed.
- Gi's must be of uniform colour.
- The following colours are permissible: white, royal blue and black. Gi's with tops and pants of different colours are not permitted; nor are Gi's with a collar that is a different colour than the rest of the top.
- Painted Gi's are forbidden, unless the paint is designed in the form of an academy or sponsor logo – and only on regions of the GI where patches are permitted.
- Even in cases where they are permitted, the athlete will be obliged to change Gi's should the paint mark the GI of the opponent.
- Patches may only be affixed in authorized regions of the GI, as depicted in the JJAU Rules Book. They should be of cotton fabric and properly seamed.
- All patches unseamed or in unauthorized regions of the GI will be removed by the GI inspectors.

Belts

Athletes should use a durable, 4 to 5 cm wide belt coloured according to the athlete's rank, with a black tip – except for black belts, where the tip should be white or red. The belt should be worn over the top, wrap around the waist twice, and be tied using a double knot tight enough to hold the GI top closed. once tied in a double knot, each end of the belt should hang 20 to 30 cm in length.

GI Requirements

- The GI top should reach the athlete's thigh and the sleeves should come to no more than 5 cm from the athlete's wrist when the arm is extended straight parallel to the ground.
- GI pants should reach no more than 5 cm above the tibial malleolus (ankle bone).
- The inspection will verify whether the following official measurements are met: GI lapel thickness (1.3 cm), width of GI collar (5 cm), the opening of the sleeve at full extension (7 cm).

Other

- Competitors in female divisions are required to wear a mostly white or mostly black or the belt rank color rash guard underneath the Gi jacket, while this is optional in male divisions. Sports bras or regular t-shirts not allowed under the GI.
- Wearing pants of any kind under GI pants is prohibited, except for women, who are permitted to use pants made of elastic fabric (clings to body) under the GI pants, if these pants are shorter than the GI pants.
- Athletes must use undergarments. The use of thong-type undergarments is not permitted; only briefs-type undergarments.
- Gi's may not exhibit mending or tears, be wet or dirty or emanate unpleasant odours.

5. Awarding

Medals

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

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

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.

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

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.