



OPEN MASTERS GAMES

ABU DHABI 2026

BEACH WRESTLING



Updated: December 5, 2025

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

1. General Information

Set against the backdrop of sand and sea, beach wrestling is a dynamic, stripped-down form of grappling. It's a fast and gritty test of strength, technique, and determination.

1.1. Governance

Beach wrestling at the OMGAD2026 follows the competition format and rules established by United World Wrestling (UWW) and UAE Wrestling Federation ensuring consistency and fairness for all participants.

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.

1.3. Dates

Date ¹²	February 8 Sunday	February 9 Monday
Time		

1.4. Venue

[Hudayriyat Island](#)

¹ Dates changed: reduced to two days and brought forward to the weekend (06/11)

² Dates brought back to original starting dates (the 8th) (05/12)

2. Competition Information

2.1. Disciplines, Events & Weigh In

Gender	Weight	Age	Match Duration
Male	70kg, 80kg, 85kg, 90kg, +90kg	30+, 35+, 40+, 45+, 50+, 55+	3 minutes (single round)
Female	50kg, 60kg, 70kg, +70kg	30+, 35+, 40+, 45+, 50+, 55+	3 minutes (single round)

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.

Weigh in will be conducted at the competition venue one day prior to the competition and for the duration of the competition.

2.2. Format

Matches in beach wrestling take place within a designated 7-meter diameter sand circle, marked by a boundary tape ranging between 8cm to 10cm in width. This space is where the entire competition unfolds, and it ensures that all athletes perform within a confined and controlled environment. The competition format is structured around a single 3-minute round, with no scheduled breaks during the match. This duration ensures fast-paced action and dynamic competition.

2.3. Schedule

A detailed breakdown of the schedule will be developed throughout 2025.

2.4. Scoring

Scoring in beach wrestling adheres to the guidelines set by United World Wrestling (UWW). Points are awarded for various actions during the match. A wrestler earns 1 point for a successful takedown, a pushout, or for causing an illegal action by the opponent. A more significant 3-point score is awarded for a takedown that results in back exposure, showcasing a dominant move. These points form the basis for the wrestler's progress in the match and ultimately determine the winner. This scoring system ensures that matches are both competitive and consistent with international standards.



3. Technical Details

3.1. Technical Delegate

The Technical Delegate, who will be endorsed by the UAE Wrestling Federation, will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

A uniform check will also be administered by UWW during the weigh-in.

4. Equipment & Uniform

4.1. Equipment

- Ear protectors must be made of flexible and elastic material without any hard buckle.
- Ear flaps must be elastic and covered with a shock absorbing material presenting no danger for the opponent.

4.2. Uniform

General Considerations

The board shorts is the standard uniform which is used in Beach Wrestling. The shorts must be made up of a smooth fabric without any rough edges that does not present any danger of irritation, neither for the user nor for the opponent. The shorts shall provide to each wrestler all possibilities, to execute their holds and technique.

Male Specific Considerations

- Each wrestler shall wear board shorts or biking shorts or other shorts approved by UWW.
- The length of the legs of the shorts must stop above the knee and shall not be shorter than 15 centimetres above the knee.

Female Specific Considerations

The top must have the following characteristics:

- Women must wear either a sports bra (preferably) or a form-fitting rash guard.
- The neckline in the front shall not be more than 15 centimetres.



- The neckline on the back shall not be more than 10 centimetres.
- The cut under the arms shall not exceed 21.5 centimetres.

**Note: The measurements stated above refer to men and women singlets size Small. The measurements of the uniform can be amended for different weight classes for men and women. Our principal objectives are to cover the undergarments discretely with the given guidelines. It is not our intention to restrict the range of motion of the athletes.*

To avoid participants from wearing the same colours two uniform options are required, one dark and one light.

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