

OPEN MASTERS GAMES

ABU DHABI 2026

MUAY THAI



Updated: November 28, 2025

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.

Participants must present valid identification and any required documentation (such as medical clearance or proof of age) during the weigh-in process along with accreditation, issued by the Organiser.

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 12th Thursday	February 13th Friday	February 14th Saturday

¹ Muay Thai dates changed on 22/10

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+

The weigh in will be available at the competition venue from the day before the competition starts and for the duration of the competition.

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

A detailed schedule will be developed throughout 2025 with a finalised schedule confirmed after the close of registration.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate endorsed by the UAE Muay Thai/Kickboxing 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.

4. Equipment & Uniform

- Athletes are expected to have their personal protective equipment, such as hand wraps, boxing gloves, shin guards, headgear, mouthguards, groin protectors, elbow pads, knee pads, and foot protectors, to ensure safety and comply with competition regulations.
- 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 color 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.

² Additional uniform information added

- 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 (Prajiad). 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 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.

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://imqa.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

