

## MUAY THAI SPORT INFORMATION GUIDE

### Muay Thai

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.

### Competition dates

The provisional Muay Thai competition schedule for Open Masters Games Abu Dhabi 2026 (OMGAD2026) is as follows:

February 7 Saturday	February 8 Sunday	February 9 Monday

All dates and times are subject to change, pending final entries received. Version 1 of the detailed schedule of events for each discipline is as follows:

### Muay Thai

Venue: Space 42

Event/Discipline	Gender	Team/Individual	Weight	07-Feb Sat	08-Feb Sun	09-Feb Mon
Mai Muay	Male Doubles	Team	N/A		Qualifiers/Finals	
	Female Doubles				Qualifiers/Finals	
	Mixed Doubles				Qualifiers/Finals	
Wai Kru	Male	Individual	N/A			Qualifiers/Finals
	Female					Qualifiers/Finals
Muay Thai	Male	Individual	45kg			Qualifiers/Finals
			48kg			Qualifiers/Finals
			51kg			Qualifiers/Finals
			54kg			Qualifiers/Finals
			57kg	Round of 16/Quarter Finals	Semi Finals	Finals
			60kg	Round of 16/Quarter Finals	Semi Finals	Finals
			63.5kg	Round of 16/Quarter Finals	Semi Finals	Finals
			67kg	Round of 16/Quarter Finals	Semi Finals	Finals
			71kg	Round of 16/Quarter Finals	Semi Finals	Finals
			75kg	Round of 16/Quarter Finals	Semi Finals	Finals
			81kg		Quarter Finals/Semi Finals	Finals
			86kg		Quarter Finals/Semi Finals	Finals
			91kg		Quarter Finals/Semi Finals	Finals
			+ 91kg		Quarter Finals/Semi Finals	Finals
	Female	Individual	45kg			Qualifiers/Finals
			48kg			Qualifiers/Finals
			51kg			Qualifiers/Finals
			54kg	Round of 16/Quarter Finals	Semi Finals	Finals
			57kg	Round of 16/Quarter Finals	Semi Finals	Finals
			60kg	Round of 16/Quarter Finals	Semi Finals	Finals
			63.5kg	Round of 16/Quarter Finals	Semi Finals	Finals
			67kg	Round of 16/Quarter Finals	Semi Finals	Finals
			71kg		Round of 16/Quarter Finals	Semi Finals/Finals
			75kg		Round of 16/Quarter Finals	Semi Finals/Finals

Note that this is subject to change based on final entries.

**Venue: Space 42 Arena**

 [Pin Location](#)

**Competition information**

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. Participants will compete within their respective age categories to ensure fairness, safety, and equal opportunity. The age divisions are established to promote balanced competition and reflect the physical capabilities of each group. This format encourages athletes of all experience levels to take part in a safe and competitive environment that honours the spirit of Muay Thai and lifelong athletic participation.

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 turn 40 by 31 December 2026, you will compete in the 40-44 age category.

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.

The following weight classes and age groups were developed for the Muay Thai competition at the OMGAD2026:

Men's Weight Classes	45kg 48kg 51kg 54kg 57kg 60kg 63.5kg 67kg 71kg 75kg 81kg 86kg 91kg +91kg	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+
Women's Weight Classes	45kg 48kg 51kg 54kg 57kg 60kg 63.5kg 67kg 71kg 75kg	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+

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.

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.

### **Equipment**

Glove weight is 8oz – 10oz.

### **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.

### **Updates**

**The final version of the competition guide will be released by December 1<sup>st</sup>. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: [sports@omgad2026.ae](mailto:sports@omgad2026.ae)**

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