

OPEN MASTERS GAMES

ABU DHABI 2026

OBSTACLE COURSE RACING



Updated: October 16, 2025

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.

1.3. Dates

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

1.4. Venue

[Al Ain Adventure](#)



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	
		Female	
Standard	10km	Male	
		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 be seeded randomly for the first round, with their run times recorded using electronic timing systems. Based on these times, the top-ranked athletes in each age category will qualify for the final round. The number of qualifiers per category may vary depending on the total number of entries. Final placements will be determined by the fastest times recorded in the final round.

2.3. Schedule

A detailed schedule of events will be developed throughout 2025.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate endorsed by the World Obstacle 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.

3.2. Other Technical Details

Course Details

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.

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 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 1st. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae