

OPEN MASTERS GAMES

ABU DHABI 2026

ORIENTEERING



Updated: November 28, 2025

1. General Information

A thrilling mix of navigation and speed, orienteering requires participants to find checkpoints across varied terrain using only a map and compass. It's a true mental and physical challenge.

1.1. Governance

All races will be run in accordance within the International Orienteering Federation and the participation terms and conditions of OMGAD2026.

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

	February 7 Saturday	February 8 Sunday
Middle Distance (6km – 7.8km)		
Sprint (2.5km - 4km)		

1.4. Venue

Abu Dhabi – Location released in the final version of the competition guide.

2. Competition Information

2.1. Disciplines & Events

Discipline	Category	
	Gender	Age
Sprint	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Female	
Middle Distance	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Female	

2.2. Schedule

A detailed running order of categories will be developed throughout 2025.

Both disciplines will start in the morning with an anticipated start of 9am.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate endorsed by the Orienteering Federation will be Dr. Khamis Alblooshi. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details¹

Scales

Sprint Distance – 1:5,000

Middle Distance – 1:10,000

Terrain

Sprint: Urban with hard surface

Middle: Mix of hard surface and sandy area

¹ Additional information added (28/11)



4. Equipment & Uniform

3.1. Equipment

Participants will be supplied with the necessary equipment for the race. Participants are allowed to use their own Sportident Stick.

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