

OPEN MASTERS GAMES

ABU DHABI 2026

SAILING



Updated: November 28, 2025

1. General Information

Harnessing the wind, sailing is a graceful yet tactical sport that demands coordination, timing, and resilience. Abu Dhabi's clear waters provide the perfect stage for thrilling races.

Governance

The regatta will be governed by the rules as defined in World Sailing's Racing Rules of Sailing.

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.

Dates

	Feb 7 Saturday	Feb 8 Sunday	Feb 9 Monday	Feb 10 Tuesday	Feb 11 Wednesday	Feb 12 Thursday	Feb 13 Friday	Feb 14 Saturday
ILCA	Training Day				Reserve Day			
SB20	Training Day				Reserve Day			
Kitesurfing							Reserve Day	Reserve Day

All dates and times are subject to change, pending final entries received. A detailed schedule by event for each discipline will be developed throughout 2025

Venue

[Abu Dhabi Marine Sports Club](#)

2. Competition Information

Disciplines, Events & Grading

Discipline	Category	
	Gender	Age
ILCA Single	Male	35+, 45+, 55+, 65+, 75+
	Female	
SB20	Male	35+, 45+, 55+, 65+, 75+
	Female	
	Mixed	
Kitesurfing	Male	35+, 45+, 55+, 65+, 75+
	Female	

Men's, Women's and Mixed entries in a class/age category will race together.

The OMGAD 2026 LOC may decide to split the entries in a class/age category into fleets and sail a qualifying series and a final series.

The OMGAD 2026 LOC may decide that fleets of the same class and different age category will sail together.

Format

ILCA class rule is restricted as follows: "Only one person (the registered sailor) shall be on board while racing".

SB20 class will be able enter between 2-5 sailors per team.

Schedule

Each day, succeeding races will start as soon as possible after the previous race.

If the schedule falls behind or if adverse weather is forecast, the schedule may be changed to complete the competition.

Two courses will be set up per day:

- Area A: ILCA 6 (W), ILCA 7 (M) & SB20 (M/W)
- Area B: Kitesurf (M), Kitesurf (W)

Please note that the schedule provides a reserve day as needed in case of wind delays.

3. Technical Details

Technical Delegate

The Technical Delegate who will be endorsed by World Sailing 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.

Other Technical Details

4. Equipment & Uniform

Equipment

OMGAD will make boat rentals available. More information on fees and processes to be released in due course.

Participants competing in Kitesurfing will need to bring their own equipment/gear.

Uniform

5. Awarding

Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

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

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.

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

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