

Jiu Jitsu

A martial art rooted in leverage and technique, Jiu Jitsu emphasises ground control and submission. Athletes will demonstrate discipline and tactical prowess in intense grappling bouts.

Competition dates

The provisional Jiu-Jitsu competition schedule for Open Masters Games Abu Dhabi 2026 (OMGAD2026) is as follows:

February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday

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

Venue: Mubadala Arena

 [Pin Location](#)

Competition format

Competitions will be conducted in accordance with the international Jiu-Jitsu rules, as set forth by the UAE Jiu-Jitsu Federation and will adhere to any specific guidelines outlined by the International Masters Games Association (IMGA). Athletes will compete in their respective weight classes and age categories, ensuring fairness and safety in the matches. The format will consist of single-elimination brackets, with competitors advancing through rounds until the finals, where the top contenders will battle for gold, silver, and bronze medals.

Matches will be held in a round-robin or knockout format depending on the number of entries within each weight class. All bouts will be contested under the NJJF's rules, including time limits for each match and legal techniques for submission, sweeps, and positional control.

Athletes will compete in the following age groups at the OMGAD2026:

Disciplines	Age Groups
Weight Categories – Men	
56kg	35+, 40+, 45+, 50+, 55+, 60+, 65+
62kg	

69kg		
77kg		
85kg		
94kg		
120kg		
+120kg		
Weight Categories – Women		
49kg	35+, 40+, 45+, 50+, 55+, 60+, 65+	
55kg		
62kg		
70kg		
95kg		
Para	30+, 40+, 50+	
Weight Categories – Men		
-56kg		
-62kg		
-69kg		
-77kg		
-85kg		
-94kg		
+94kg		
Weight Categories – Women		
-55kg		
-62kg		
-70 kg		
+70kg		

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.

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.

Athletes will compete in their respective weight classes and age categories. All classifications will follow the guidelines set by the Organising Committee.

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Para Jiu Jitsu

Visually impaired athletes and physically impaired athletes will compete in separate divisions.

Match duration

Age Category	Age Range	Match Duration
Master 1	30–39 years old	5 minutes
Master 2	40–49 years old	5 minutes
Master 3	50–59 years old	5 minutes
Master 4	60+ years old	4 minutes

Weigh-in is mandatory for all athletes prior to competing and athletes must present valid identification, such as a passport or government-issued ID, along with any required athlete accreditation issued by the event organisers. Weigh-in times and locations will be announced prior to the event and are typically conducted the day before or on the morning of the competition at the venue.

Athletes must indicate their current belt level when registering for the competition. To ensure fair and accurate placement, athletes are also required to provide a valid certificate or proof confirming their belt rank.

Athletes must compete within their respective belt levels (white, blue, purple, brown, and black). Competitors are required to provide proof of their belt rank at the time of registration.

Athletes participating in the competition are expected to bring and use their own personal protective equipment.

Divisions will happen with a minimum of 2 participants present at the event.

In brackets with only one participant present: the athlete will receive the medal of the registered category and will have the option to join in another bracket based in the following merge division rule order:

1. Combining weights within the same age division - players should remain within their age group division, if possible
2. If there is only one player in the division, the athlete will be moved up to two weight divisions;
3. Divisions with two players will run normally in a best of three contests to be applied;
4. Athletes who are moved to an upper weight division must make the weight of the original registration to have the medal of the registered division;
5. Athletes who were moved to an upper weight category due to having no registered athletes in their division will be moved as per the below rules:

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- Respect the age group: Fighters will be moved up to two weight divisions above but will remain in the age division enrolled. Example: Player will be moved from Master 2 purple belt - 62KG to Master 2 purple belt - 77KG
- If there are no players in the same age group enrolled in the two weight divisions above, fighters will be moved to a lower age group (up two weight divisions). Example: From Master 2 purple belt - 85KG to Master 1 purple belt - 85KG if there are no players registered in Master 2
- If there are no players in the same age and weight category the fighter is registered in, we will merge weight divisions, age group and belt divisions
 - Example 1: Brown Belt with Black Belt; Blue Belt with Purple Belt; White Belt will not be merged
 - Example 2: Master 1 Brown Belt - 120KG with Master 1 Black Belt - 120KG

Technical Delegate

The Technical Delegate endorsed by U.A.E Jiu Jitsu 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 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

Schedule is subject to change depending on entries



Jiu Jitsu

Venue: Mubadala Arena

	Age	10-Feb Tue	11-Feb Wed	12-Feb Thu	13-Feb Fri	14-Feb Sat
		Weigh in for day 1	Weigh in day 1			
Non - para	35+, 40+, 45+, 50+, 55+, 60+, 65+,		White Belt Male			
	35+, 40+, 45+, 50+, 55+, 60+, 65+,		White Belt Female			
Para	30+, 40+, 50+		White & Blue Belt Male			
			Weigh in for day 2	Weigh in day 2		
Non - para	35+, 40+, 45+, 50+, 55+, 60+, 65+,			Blue Belt Male		
	35+, 40+, 45+, 50+, 55+, 60+, 65+,			Blue Belt Female		
Para	30+, 40+, 50+			White & Blue Belt Female		
			Weigh in for day 3	Weigh in day 3		
Non - para	35+, 40+, 45+, 50+, 55+, 60+, 65+,				Purple & Brown Belts Male	
	35+, 40+, 45+, 50+, 55+, 60+, 65+,				Purple & Brown Belts Female	
Para	30+, 40+, 50+				Purple & Brown Belts Male	
				Weigh in for day 4	Weigh in day 4	
Non - para	35+, 40+, 45+, 50+, 55+, 60+, 65+,					Black Belt Male
	35+, 40+, 45+, 50+, 55+, 60+, 65+,					Brown/Black Belt Female
Para	30+, 40+, 50+					Purple & Brown Belts Female

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