

BEACH WRESTLING SPORT INFORMATION GUIDE

Wrestling (Beach)

Set against the backdrop of sand and sea, beach wrestling is a dynamic, stripped-down form of grappling. It's a fast and gritty test of strength, technique, and determination

Competition dates

Beach wrestling competitions are organised to cater to a wide range of age and weight categories, ensuring a fair and competitive environment for all participants.

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

Date	February 8 Sunday	February 9 Monday	February 10 Tuesday
Time			

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: Hudayriyat Island

 [Pin Location](#)

Competition Format and Rules

Beach wrestling at the OMGAD2026 follows the competition format and rules established by United World Wrestling (UWW) and UAE Wrestling Federation ensuring consistency and fairness for all participants.

Age, Weight, and Match Duration Categories for beach wrestling are reflected in the table below:

Age Category	Men's Weight Categories	Women's Weight Categories	Match Duration

Men/Women: 30+, 35+, 40+, 45+ , 50+, 55+	70kg, 80kg, 85kg, 90kg, +90kg	50kg, 60kg, 70kg, +70kg	3 minutes (single round)
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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 would compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined in order 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.

Matches format

Matches in beach wrestling take place within a designated 7-meter diameter sand circle, marked by a boundary tape ranging between 8cm to 10cm in width. This space is where the entire competition unfolds, and it ensures that all athletes perform within a confined and controlled environment. The competition format is structured around a single 3-minute round, with no scheduled breaks during the match. This duration ensures fast-paced action and a dynamic competition.

Scoring

Scoring in beach wrestling adheres to the guidelines set by United World Wrestling (UWW). Points are awarded for various actions during the match. A wrestler earns 1 point for a successful takedown, a pushout, or for causing an illegal action by the opponent. A more significant 3-point score is awarded for a takedown that results in back exposure, showcasing a dominant move. These points form the basis for the wrestler's progress in the match and ultimately determine the winner. This scoring system ensures that matches are both competitive and consistent with international standards

Technical Delegate

The Technical Delegate, who will be endorsed by the UAE Wrestling Federation, will oversee the implementation of all sport specific rules and requirements at the Games.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae