

CANOE/KAYAK SPORT INFORMATION GUIDE

Canoeing/Kayaking

Gliding across water with strength and rhythm, canoeing and kayaking test both stamina and technique. Athletes will navigate courses with speed and precision, battling the elements and the clock.

Competition dates

Canoe/Kayak competition for Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers each athlete the opportunity to compete in multiple disciplines at the Games.

However, competition for some Canoe/Kayak disciplines may be held on the same day. Athletes seeking to compete in multiple Canoe/Kayak disciplines are reminded to check the Sports Competition Schedule prior to registering in multiple events.

The provisional Canoe/Kayak competition schedule for OMGAD2026 is as follows:

	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
Sprint (Men's/Women's) K1 – 200m C1 – 200m K2 – 200m C2 – 200m								
Sprint (Men's/Women's) K1 – 500m C1 – 500m K2 – 500m C2 – 500m								
Sprint (Men's/Women's) K1 – 1000m C1 – 1000m K2 – 1000m C2 – 1000m								



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C 1 – 2000m C 2 – 2000m								
K4 – 500m Team								
DRAGON BOAT RACING 200m (M/W/Mixed) Team 500m (M/W/Mixed) Team 2000m (M/W/Mixed) Team								

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.

Competition venue

Abu Dhabi Marine Sports Club (Kayak/Canoe/ Dragon Boat)

 [Pin Location](#)

Player Structure

Canoe Racing competition offers C2/K2 and K4 team events across different distances. For teams to be confirmed, each C2/K2 requires two athletes to be registered and each K4 requires four athletes to be registered. The age of the youngest registered team member determines which age category the team will compete in and for the Games, your age is determined as at 31 December 2026.

The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people joining existing teams is available up to and including 31 January 2026.

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.

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The OMGAD2026 Canoe/Kayak event will be conducted in line with the competition rules of the International Canoe Federation (ICF), UAE Sailing and Rowing Federation, or as otherwise specified in the Guidelines.

Dragon Boat

For each team to be confirmed in the standard boat event, a minimum of 22 athletes need to be registered, with a maximum of 26 athletes per crew. For each team to be confirmed in the small boat event, a minimum of 12 athletes need to be registered, with a maximum of 14 athletes per crew. The age of the youngest registered team member determines which age category the team will compete in and for the Games, your age is determined as at 31 December 2026.

The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people joining existing teams is available up to and including 31 January 2026.

Minimum numbers to constitute a grade will be 3 teams. Repechage will apply for finals selection should the volumes of teams require it.

Competition format

The OMGAD2026 Canoe/Kayak competition consists of five disciplines. All registered athletes in Canoe/Kayak can compete in multiple disciplines.

Canoe/Kayak Racing

The following Canoe/Kayak Racing events are offered:

Discipline	Event	Age Categories
Canoe/Kayak	Sprint Kayak (200m) C1/K1	Men's / Women's: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Sprint Kayak (200m) C2/K2	Men's / Women's / Mixed: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Sprint Kayak (500m) C1/K1	Men's / Women's: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Sprint Kayak (500m) C2/K2	Men's / Women's / Mixed: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+



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	Sprint Kayak (500m) K4	Men's / Women's / Mixed: Open 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Sprint Kayak (1000m) C1/K1	Men's / Women's: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Sprint Kayak (1000m) C2/K2	Men's / Women's / Mixed: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Para Sprint (M/W) K1 200m Individual	Men's / Women's: 30+, 40+, 50+
	Sprint Kayak (2000m) C1/C2	Men's / Women's / Mixed: Open 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+
	Dragon Boat (Traditional) 200m (M/W/ Mixed) Team 500m (M/W/ Mixed) Team	Men's / Women's: 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+

The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people joining existing teams is available up to and including 31 January 2026.

To enter in a Para-Sport event at the Games, you must be able to meet minimum disability criteria. Please review the Para-Sport Classification requirements in the Para-Sports Information Guide and where an athlete has an existing recognised national or international classification, please indicate this as part of the registration process. If an athlete is not able to meet these requirements, registration will be transferred to the open section of the competition.

More information regarding participation criteria, classifications, and registration for inclusive events will be available on this website by 1 July 2025.

C1/K1, C2/K2 and K4 sprints

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Boats must comply with the following:

- C 1 = Sprint: Maximum Length 520cm, Minimum weight 14kg
- K1 = Maximum Length 520cm, Minimum weight 12kg
- C2/K2 = Maximum Length 650cm, Minimum weight 18kg
- K4 = Maximum Length 110cm, Minimum weight 30 kg

Recreational/multisport marathon

Boats entering this race must fit within the International Canoe Federation (ICF) rules for weight and length. Boats may have one rudder – the rudder has to be placed under the hull of the boat and the boat has to be designed as a sit-in (Kayak type, Canoe-type) not a sit-on (Surf Ski type). For a full set of rules and statutes see <http://www.canoeicf.com/rules-and-statutes>.

Dragon boat

The Dragon Boat competition offers the following events for both Standard (22) and Small (12) person crews (including drummer and helm):

Discipline	Event	Age Categories
Dragon Boat	200m Small boat	Men's / Women's / Mixed: 40+ (Masters), 50+ (Grand Masters), 60+ (Great Grand Dragon)
Dragon Boat	200m Standard boat	Men's / Women's / Mixed: 40+ (Masters), 50+ (Grand Masters), 60+ (Great Grand Dragon)
Dragon Boat	500m Small boat	Men's / Women's / Mixed: 40+ (Masters), 50+ (Grand Masters), 60+ (Great Grand Dragon)
Dragon Boat	500m Standard boat	Men's / Women's / Mixed:

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		40+ (Masters), 50+ (Grand Masters), 60+ (Great Grand Dragon)
Dragon Boat	2,000m Standard boat	Men's / Women's / Mixed: 40+ (Masters), 50+ (Grand Masters), 60+ (Great Grand Dragon)

For each team to be confirmed in the standard boat event, a minimum of 22 athletes need to be registered, with a maximum of 26 athletes per crew. For each team to be confirmed in the small boat event, a minimum of 12 athletes need to be registered, with a maximum of 14 athletes per crew. The age of the youngest registered team member determines which age category the team will compete in and for the Games, your age is determined as of 31 December 2026.

The cut-off date for new teams (subject to available competition capacity) is 31 December 2025. New people joining existing teams is available up to and including 31 January 2026.

Minimum numbers to constitute a grade will be 3 teams. Repechage will apply for finals selection should the volumes of teams require it.

Technical Delegate

The Technical Delegate endorsed by ICF will be announced in Version 2 of the Guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Equipment (Boat Hire)

OMGAD2026 Canoe/Kayak will provide team boats for Dragon Boat (Small and Standard). For all other disciplines and events, athletes will need to supply their own boat or hire a boat, including their own paddles and safety equipment (helmets, personal flotation devices) as appropriate to the discipline.

Limited availability exists for certain boat types and boats will be provided based on a first come, first served basis.

Boat hire is not guaranteed and athletes are encouraged to register and request a boat early to avoid disappointment.

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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

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