

### 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 by event 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.

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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	
Teams (M/F)	35+, 40+, 45+, 50+, 55+, 60+, 65+
Para	30+, 40+, 50+
Weight Categories – Men	
-56kg	
-62kg	
-69kg	
-77kg	
-85kg	
-94kg	
+94kg	
Weight Categories – Women	
-55kg	
-62kg	

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-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 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.

Match duration

Age Category	Age Range	Match Duration
Master 1	30–39 years old	6 minutes
Master 2	40–49 years old	6 minutes
Master 3	50–59 years old	5 minutes
Master 4	60+ years old	4 minutes

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

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. In order 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.

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### Technical Delegate

The Technical Delegate endorsed by INJJF 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.

### 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](mailto:sports@omgad2026.ae)