

JUDO SPORT INFORMATION GUIDE

Judo

Built on the principles of balance, timing, and respect, Judo tests competitors in throws and holds. Masters athletes will demonstrate their mastery of this Olympic martial art in spirited contests.

Competition dates

The Judo competition at Open Masters Games Abu Dhabi 2026 (OMGAD2026) will follow various formats depending on the number of participants per weight and age category. These may include round-robin, best-of-three, or double-elimination structures to ensure fair and competitive matchups.

The provisional Judo competition schedule is as follows:

February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday

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

Venue: Mubadala Arena, Abu Dhabi

 [Pin Location](#)

Competition format

The OMGAD2026 Judo competition involves the events in the following weight and age categories:

Event	Weight Category	Age Categories
Men's	60kg 66kg 73kg 81kg 90kg 100kg +100kg	30+, 40+, 50+, 60+, 70+

Event	Weight Category	Age Categories
Women's	48kg 52kg 57kg 63kg 70kg 78kg +78kg	30+, 40+, 50+, 60+, 70+
Men's Para	60kg 73kg 90kg +90kg	30+, 40+, 50+
Women's Para	48kg 57kg 70kg +70kg	30+, 40+, 50+

Contest duration	
30–39 years	3 minutes
40–49 years	3 minutes
50–59 years	3 minutes
60–64 years	2 minutes 30 seconds
65–69 years	2 minutes 30 seconds
70–74 years	2 minutes

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.

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By participating in the competition, athletes and teams acknowledge and accept all the rules and regulations of the championship. Participation is deemed as full agreement to comply with the decisions of the organising committee and to adhere to any updates or modifications made to the competition guidelines.

Competition structure

The competition system for judo will be as follows:

- With 2 participants, a best-of-three matches format will be used.
- With 3 to 6 participants, the competition will follow a round-robin league format with final cross-matches.
- With 7 or more participants, a double-elimination play-off system will be applied.

If there are insufficient entries in a given category or weight class, categories may be combined based on weight and age.

For athletes up to 60 years old, it is permissible to group up to two adjacent age categories. For those over 60, grouping is limited to one adjacent age category either up or down.

Any competitor who fails to submit all required documentation at the time of weighing will not be permitted to participate in the competition. It is the responsibility of each athlete to ensure that all necessary paperwork, including identification, medical forms, and registration details, are provided before the official weigh-in. Failure to do so will result in disqualification from the event.

All athletes are required to compete in either a white or blue judogi.

Bronze medals will be awarded to the athletes finishing in 3rd and 4th place. The awards ceremony must be attended in a white judogi.

Technical Delegate

The Technical Delegate endorsed by UAE Judo Federation 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 in 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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