

KARATE SPORT INFORMATION GUIDE

Karate

A traditional martial art emphasising discipline, speed, and striking precision, Karate challenges both mind and body. Participants will compete in kata and kumite, displaying form and fighting spirit.

Competition dates

The provisional Karate 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: Abu Dhabi National Exhibition Centre (ADNEC), Abu Dhabi

 [Pin Location](#)

Competition format

The matches will be conducted in accordance with the rules and regulations of the WKF, while also adhering to any specific requirements set by the International Masters Games Association.

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

Event	Weight Category	Age Categories
Men's	Kata Kumite (60kg, 67kg, 75kg, 84kg, +84kg)	35+, 40+, 45+, 50+, 55+, 60+, 65+
Women's	Kata Kumite (50kg, 55kg, 61kg, 68kg, +68kg)	

Combat Length		
Gender	Age category	Match duration
Men Kumite	35 years and older	2-minute matches for all
	45 years and older	
	50 years and older	
	55 years and older	
Women Kumite	35 years and older	
	45 years and older	
	55 years and older	

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.

All Kumite athletes must present a valid photo ID (passport or identity card) and their membership card from the National Federation recognised by the World Karate Federation (WKF) at the time of weigh-in. The scales provided meet the technical requirements set by the WKF regulations. Athletes wishing to check their weight prior to the competition may do so in the designated weight control rooms.

Registration

Athletes with brown and black belts are also eligible to participate in the competition.

Licence requirements

Athletes must provide proof of affiliation with their National Federation, which must be recognised and affiliated with the WKF (World Karate Federation).

Athletes must provide a valid medical certificate confirming their fitness to participate in competitive karate matches.

Equipment

The following equipment is mandatory for Kumite competitions:

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- WKF-approved gloves: One competitor must wear red gloves, the other blue gloves.
- Mouthguards.
- WKF-approved chest protector.
- WKF-approved shin-guards: One competitor must wear red shin-guards, the other blue shin-guards.
- WKF-approved foot-guards: One competitor must wear red foot-guards, the other blue foot-guards.
- WKF protective bodice.
- Groin guard (shell): Not mandatory, but if worn, it must be of an WKF-approved type.

Participants are expected to have their own personal protective equipment and it is their responsibility to ensure they meet these requirements. The necessary protections must be obtained before the competition.

Uniforms

Competitors must wear a plain white karategi, free from stripes, piping, or personal embroidery. The national emblem or flag may be placed on the left breast, not exceeding 12x8 cm. Only the original manufacturer's label is permitted on the jacket. OMGAD-issued identification must be worn on the back. One competitor must wear a red belt and the other a blue belt. Belts must be 5 cm wide and long enough to leave 15 cm free on each side of the knot. The belts must be plain red and blue, without embroidery, advertising, or markings, other than the manufacturer's label. The OMGAD may authorise special sponsor labels.

The jacket, when tied, should cover the hips but not extend more than three-quarters of the thigh. Female competitors may wear a plain white T-shirt underneath. Jacket sleeves must reach no longer than the wrist bend and no shorter than halfway down the forearm, and they may not be rolled up. Trousers should cover at least two-thirds of the shin and not reach below the anklebone. Trouser legs cannot be rolled up.

Competitors must keep their hair clean, cut, and neat to avoid obstructing the bout. Headbands (hachimaki) are not allowed. Long or unkempt hair may result in disqualification. Hair accessories such as slides, metal hairgrips, ribbons, and beads are prohibited. A plain rubber band or ponytail holder is allowed. Female competitors may wear a WKF-approved black or white headscarf covering the hair but

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not the throat.

Fingernails must be short, and no metallic objects (including braces) are allowed that could harm opponents. Any metallic braces must be approved by the referee and official doctor, with the competitor assuming responsibility for any injury caused.

Technical Delegate

The Technical Delegate endorsed by WKF 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