

MUAY THAI SPORT INFORMATION GUIDE

Muay Thai

Known as the “Art of Eight Limbs,” Muay Thai is a powerful combat sport utilising fists, elbows, knees, and shins. It’s a striking discipline that demands stamina, strength, and fierce determination.

Competition dates

The provisional Muay Thai competition schedule for Open Masters Games Abu Dhabi 2026 (OMGAD2026) 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 by event for each discipline will be developed throughout 2025.

Venue: Space 42 Arena

 [Pin Location](#)

Competition format

Competitions will be conducted in accordance with International Federation of Muaythai Association (IFMTA) rules, UAE Muay Thai/Kickboxing Federation, and will adhere to the official format of the Open Masters Games Abu Dhabi 2026. Participants will compete within their respective age categories to ensure fairness, safety, and equal opportunity. The age divisions are established to promote balanced competition and reflect the physical capabilities of each group. This format encourages athletes of all experience levels to take part in a safe and competitive environment that honours the spirit of Muay Thai and lifelong athletic participation.

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as at 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 durations are set in accordance with international standards and may be adjusted depending on the number of final entries and event requirements.

The following weight classes and age groups were developed for the Muay Thai competition at the OMGAD2026:

Men's Weight Classes	45KG 48KG 51KG 54KG 57KG 60KG 63.5KG 67KG 71KG 75KG 81KG 86KG 91KG 91+KG	35+, 40+, 45+, 50+, 55+, 60+, 65+
Women's Weight Classes	45KG 48KG 51KG 54KG 57KG 60KG 63.5KG 67KG 71KG 75KG	35+, 40+, 45+, 50+, 55+, 60+, 65+

Participants must present valid identification and any required documentation (such as medical clearance or proof of age) during the weigh-in process along with accreditation, issued by the Organiser.

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Athletes are expected to have their personal protective equipment, such as hand wraps, boxing gloves, shin guards, headgear, mouthguards, groin protectors, elbow pads, knee pads, and foot protectors, in order to ensure safety and comply with competition regulations.

Technical Delegate

The Technical Delegate endorsed by IFMTA 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