




Obstacle Course Racing

Blending endurance, strength, and agility, obstacle course racing challenges athletes with demanding physical tests. From wall climbs to rope swings, it's an exhilarating adventure from start to finish.

Competition dates


The Obstacle Course event at the Open Masters Games is designed to challenge participants' agility, strength, coordination, and endurance through a variety of physical and mental obstacles.

The provisional Obstacle Race competition schedule for OMGAD2026 is as follows:

	Feb 13 Friday	Feb 14 Saturday	Feb 15 Sunday
Obstacle Race			

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: Wadi Adventure, Al Ain, Abu Dhabi

 [Pin Location](#)

Competition format:

The Obstacle Course competition will follow an individual time-trial format, where each athlete navigates the course one at a time. This ensures each competitor has a fair and unobstructed attempt to complete the course in the fastest possible time. The event is designed to be inclusive and enjoyable for all ability levels, while still offering a rewarding challenge that encourages performance, resilience, and strategic thinking.

Athletes will be seeded randomly for the first round, with their run times recorded using electronic timing systems. Based on these times, the top-ranked athletes in each age category will qualify for the final round. The number of qualifiers per category may vary depending on the total number of entries.

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Final placements will be determined by the fastest times recorded in the final round. In the case of identical times, a tie-break obstacle or re-run may be used to decide final positions.

Sport	Discipline	Age Categories
Obstacle Race	Sprint/Middle Distances 100M 400 M 800 M 1600M	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
	Long Distances 3KM (Short Course) 5KM (International) 12-15KM (Standard)	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+

In line with the sport-specific rules, an athlete must compete in their designated age group, with your 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.

Course Details

The course will include a balanced mix of strength-based, agility-focused, and coordination-demanding challenges (e.g., rope climbs, tire flips, wall climbs, balance beams, low crawls).

The overall length and difficulty of the course will be adapted to suit Masters athletes while maintaining a competitive edge.

Obstacles will meet international safety standards and will be supervised by trained officials.

Competition standards and rules

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The Obstacle Course Races will be conducted in line with the competition rules of the World Obstacle Federation or as otherwise specified in this document.

Competition Format

The Obstacle Course event will be organised in timed heats, with each athlete completing the course individually. This time-trial format ensures that every participant faces the course under equal conditions, without interference from others. Each athlete's run will be electronically timed to ensure precision and fairness.

Final rankings will be determined by the fastest recorded times across all heats.

Should the number of registered participants exceed a certain threshold, qualifying rounds may be introduced. These preliminary heats will serve to determine which athletes progress to the final round. The structure and number of qualifying heats will be confirmed closer to the event, based on final registration numbers.

In the event of a tie—where two or more athletes finish with identical times — a tie-break may be applied. This could take the form of a re-run or, if time and logistics allow a head-to-head challenge between the tied athletes. The decision will be made by the Competition Jury in line with the event's official rules, ensuring fairness and consistency for all participants.

Technical meeting

All athletes are expected to attend the mandatory technical meeting prior to their scheduled race time. This briefing will include course rules, safety protocols, and instructions on how to complete each obstacle. Missed or improperly completed obstacles may result in a time penalty or disqualification, as outlined in the competition rulebook.

Athletes are expected to bring their own personal equipment suitable for obstacle course racing, including running shoes with adequate grip, gloves for grip and protection, hydration packs or belts, and any personal protective gear they deem necessary. Participants should ensure their equipment is comfortable, safe, and appropriate for the demands of the course. The organisers reserve the right to issue specific regulations regarding permitted or prohibited gear at a later stage, particularly in cases where certain equipment may provide an unfair competitive advantage or present a safety concern.

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Technical Delegate

The Technical Delegate endorsed by World Obstacle Federation will be announced in Version 2 of 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

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