

SAILING SPORT INFORMATION GUIDE

Sailing

Harnessing the wind, sailing is a graceful yet tactical sport that demands coordination, timing, and resilience. Abu Dhabi's clear waters provide the perfect stage for thrilling races.

Competition Dates

Sailing competition for Open Master Games 2026 (OMGAD2026) offers four classes for athletes to select to participate including: ILCA 6/7, SB20 and Kitesurfing.

The provisional Sailing competition schedule for OMGAD2026 is as follows:

	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
ILCA 6								
SB20								
Kitesurfing								
Dhow								

The competition for each discipline would consist of an 'opening series' of 3 days and a 'medal race' on 1 day. 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

Dhow Sailing Start: Al Mirfa

 [Pin Location](#)

Dhow Sailing Venue: Abu Dhabi Marine Sports Club

 [Pin Location](#)

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ILCA, SB20, Kitesurfing Venue: Abu Dhabi Marine Sports Club

 [Pin Location](#)

The events and age categories for Sailing at Open Masters Games Abu Dhabi 2026 (OMGAD2026) are as follows:

Sport	Discipline	Age Categories
Sailing	ILCA Single (M/F)	Men's: 35+, 45+, 55+, 65+, 75+ Women's: 35+, 45+, 55+, 65+, 75+
	SB20s (M/F/Mixed) Doubles	Men's: 35+, 45+, 55+, 65+, 75+ Women's: 35+, 45+, 55+, 65+, 75+
	Kite Surfing (M/F)	Men's: 35+, 45+, 55+, 65+ Women's: 35+, 45+, 55+, 65+
	Dhow (43 foot) Team	Men's: 35+, 45+, 55+, 65+, 75+ Women's: 35+, 45+, 55+, 65+, 75+

All athletes shall be aged 35 years or older on the 31 December 2026. Evidence of age will be required at registration. To be eligible to compete, each athlete shall be a financial member of a club or other organisation affiliated to a World Sailing Member National Authority. Evidence of membership will be required at registration.

Team structure

Men's, Women's and Mixed entries in a class/age category will race together.

The organising authority may decide to split the entries in a class/age category into fleets and sail a qualifying series and a final series.

The organising authority may decide that fleets of the same class and different age category will sail together.

Sailing instructions will be published on the OMGAD2026 website after the entry closing date and will also be available at registration.

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Competition format

The regatta will be governed by the rules as defined in World Sailing's Racing Rules of Sailing. The prescriptions of the National Authority will not apply. In all rules governing this regatta, both "athlete" and "competitor" means a person competing in this event.

ILCA class rule is restricted as follows: "Only one person (the registered sailor) shall be on board while racing".

SB20 class will be able enter between 2-5 sailors per team.

Each day succeeding races will start as soon as possible after the previous race.

If the programme falls behind or if adverse weather is forecast, the programme may be changed to sail more races in a day, or to replace destination races with 4 races back-to-back.

Sailing instructions will be published on the OMGAD2026 website after the entry closing date and will also be available at registration.

Two courses will be set up per day:

- Area A: ILCA 6 (W), ILCA 7 (M) SB20 (M/W)
- Area B: Kitesurf (M), Kitesurf (W) |

Please note the schedule provides a reserve day as needed in case of wind delays.

Equipment

OMGAD will make boat rentals available. More information on fees and process to be released by 1 July 2025. Participants competing in Kitesurfing will need to bring their own equipment/gear.

Technical Delegate

The Technical Delegate who will be endorsed by the World Sailing 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

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