



Sports Programme of  
The 33<sup>rd</sup> Sea Games - Bangkok Chonburi Songkha (9 - 20 Dec 2025)



Category IA Compulsory Sports

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
1	Aquatics	5	24	24	2	50
	Swimming		50M Freestyle 100M Freestyle 200M Freestyle 400M Freestyle 1500M Freestyle 50M Backstroke 100M Backstroke 200M Backstroke 50M Breaststroke 100M Breaststroke 200M Breaststroke 50M Butterfly 100M Butterfly 200M Butterfly 200M Individual Medley 400M Individual Medley 4x100M Freestyle Relay 4x200m Freestyle Relay 4x100M Medley Relay	50M Freestyle 100M Freestyle 200M Freestyle 400M Freestyle 800M Freestyle 50M Backstroke 100M Backstroke 200M Backstroke 50M Breaststroke 100M Breaststroke 200M Breaststroke 50M Butterfly 100M Butterfly 200M Butterfly 200M Individual Medley 400M Individual Medley 4x100M Freestyle Relay 4x200m Freestyle Relay 4x100M Medley Relay		
	Diving		3 Meter Springboard Synchronised 3 Meter Springboard 1 Meter Springboard	Synchronised Platform		
	Water Polo		Men's Team	Women's Team		
	Artistic Swimming			Team Women's Duet	Mixed Duet	
	Open Water Swimming		10 KM OWS	10 KM OWS	Mixed Relay	
2	Athletics	1	21	21	1	43
	Track and Field		100m 200m 400m 800m 1500m 5000m 10,000m 110m Hurdles 400m Hurdles 4 x 100m Relay 4 x 400m Relay High Jump Pole Vault Long Jump Triple Jump Shot Put Discus Throw Hammer Throw Javelin Throw Decathlon Marathon	100m 200m 400m 800m 1500m 5000m 10,000m 100m Hurdles 400m Hurdles 4 x 100m Relay 4 x 400m Relay High Jump Pole Vault Long Jump Triple Jump Shot Put Discus Throw Hammer Throw Javelin Throw Heptathlon Marathon	4 x 400m Relay	
Total		6	45	45	3	93

Category IB Compulsory Sports

(Olympic Games Winter – Milan Cortina 2026 & Summer Los Angeles 2028 Programs)

Proposed by NOCT: 26 Sports

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
3	Archery	2	4	4	2	10
	Compound		Individual compound Team compound	Individual compound Team compound	Compound Mixed Team	
	recurve		Individual recurve Team recurve	Individual recurve Team recurve	Recurve Mixed Team	
4	Badminton	1	3	3	1	7
			Singles Doubles Team	Singles Doubles Team	Doubles (mixed)	
5	Basketball	2	2	2		4
	3x3		Men's Team	Women's Team		
	5x5		Men's Team	Women's Team		
6	Canoe and Rowing	3	14	11	5	30
	Canoe		Men's Canoe Single 500 M (MC1 500M) Men's Canoe Double 200 M (MC2 200M) Men's Canoe Four 200 M (MC4 200M) Men's Kayak Four 200 M (MK4 200M) Men's Kayak Double 200 M (MK2 200M) Men's Canoe Single Slalom (MC1 Slalom) Men's Kayak Single Slalom (MK1 Slalom)	Women's Canoe Double 200 M (WC2 200M) Women's Canoe Double 500 M (WC2 500M) Women's Canoe Single Slalom (WC1 Slalom) Women's Kayak Single Slalom (WK1 Slalom)	Mixed Kayak Double 200 M (XK2 200M) Mixed Kayak Double 500 M (XK2 500M) Mixed Kayak Four 500 M (XK4 500M)	
	Rowing		Lightweight Men's Quadruple sculls (LM4X) Men's Single sculls (M1X) Men's Solo (CM1X) Lightweight Men's Pair (LM2-) Men's Double sculls (M2X)	Women's Quadruple sculls (W4X) Women's Double sculls (W2X) Women's Solo (CW1X) Lightweight Women's Single sculls (LW1X) Women's Four (W4-)		
	Dragon Boat		Open Small Boat 200 M Open Small Boat 500 M	Women Small Boat 200 M Women Small Boat 500 M	Mixed Standard Boat 200 M Mixed Standard Boat 500 M	
7	Cycling	4	12	5		17
	Road		Individual Road Race Individual Time Trial Team Time Trial Team Road Race	Individual Road Race Individual Time Trial		
	Track		Team Sprint Keirin Team Pursuit Points Race	Scratch		
	Mountain Bike MTB		Downhill Cross Country Eliminator	Downhill Cross Country Eliminator		
	BMX		BMX Time Trial BMX Racing			

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
8	Equestrian	4			8	8
	Dressage				Individual dressage Team dressage	
	Show Jumping				Individual jumping Team jumping	
	Eventing				Individual Eventing Team Eventing	
	Polo				2- 4 Goals 4 - 6 Goals	
9	Fencing	3	6	6		12
	Epee		Individual Epée Team Epée	Individual Epée Team Epée		
	Foil		Individual Foil Team Foil	Individual Foil Team Foil		
	Sabre		Individual Sabre Team Sabre	Individual Sabre Team Sabre		
10	Football and Futsal	2	2	2		4
	Football		Men's team	Women's team		
	Futsal		Men's team	Women's team		
11	Golf	1	2	2		4
			Individual Men's team	Individual Women's team		
12	Gymnastics	3	6	8	2	16
	Artistic		Men's apparatus - Floor Men's apparatus - Pommel Horse Men's apparatus - Rings Men's apparatus - Vault Men's apparatus - Parallel Bars Men's apparatus - Horizontal Bar	Women's apparatus - Vault Women's apparatus - Uneven Bars Women's apparatus - Balance Beam Women's apparatus - Floor		
	Aerobic				Mixed pair Mixed group	
	Rhythmic			Individual All Around Group All Around - Final Group Final - 1 type of Apparatus (5) Group Final - 2 type of Apparatus (3+2)		
13	Handball	1	1	1		2
			Men's team	Women's team		
14	Hockey	3	3	3		6
	Indoor		Men's team	Women's team		
	Field		Men's team	Women's team		
	Hocky 5s		Men's team	Women's team		

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
15	Judo	2	6	5	1	12
	Combat		Under 55 kg Above 66 kg up to 73 kg Above 73 kg up to 81 kg Above 81 kg up to 90 kg Above 90 kg up to 100 kg	Above 48 kg up to 52 kg Above 57 kg up to 70 kg Above 70 kg up to 78 kg Over 78 kg	MIXED TEAM	
	Kata		Nage-no-kata	Ju-no-kata		
16	Rugby	1	1	1		2
			Men's team	Women's team		
17	Sailing	3	7	5	1	13
	Sailing		Boy's ILCA4 Men's ILCA7 Boy's Optimist	Girl's ILCA4 Women's ILCA6 Girl's Optimist	Mixed 470	
	Kite boarding		Formula kite	Formula kite		
	Windsurfer		Men's IQFoil open Men's U19 IQFoil Techno 293 Plus Men Open	Women's IQFoil open		
18	Shooting	3	14	14	2	30
	Pistol and Rifle		Men's 10m Air Pistol Men's 10m Air Pistol team Men's 25m Rapid Fire Pistol Men's 25m Rapid Fire Pistol team Men's 50m Rifle 3 Position Men's 50m Rifle 3 Position team	10m Air Pistol 10m Air Pistol team 25m Pistol 25m Pistol team 10m Air Rifle 10m Air Rifle team 50m Rifle 3 Position 50m Rifle 3 Position team	Mixed Team 10m Air Rifle Mixed Team 10m Air Pistol	
	Shotgun		Skeet individual Trap individual Compax Sporting Team Sporting Clay Team	Skeet individual Trap individual		
	Practical Shooting		Open individual Production individual Production optic individual Standard individual	Open individual Production individual Production optic individual Standard individual		
19	Table Tennis	1	3	3	1	7
			Singles Doubles Men's team	Singles Doubles Women's team	Mixed Doubles (mixed)	

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
20	Taekwondo	2	9	9	2	20
	Kyoruki		Under 54 kg Over 54 kg & Not exceeding 58 kg Over 58 kg & Not exceeding 63 kg Over 63 kg & Not exceeding 68 kg Over 68 kg & Not exceeding 74 kg Over 74 kg & Not exceeding 80 kg Over 80 kg & Not exceeding 87 kg	Under 46 kg Over 46 kg & Not exceeding 49 kg Over 49 kg & Not exceeding 53 kg Over 53 kg & Not exceeding 57 kg Over 57 kg & Not exceeding 62 kg Over 62 kg & Not exceeding 67 kg Over 67 kg & Not exceeding 73 kg		
	Poomsae		Regcognized Poomsae - Team Male Freestyle Poomsae - Individual Male	Regcognized Poomsae - Team Female Freestyle Poomsae - Individual Female	Regcognized Poomsae - Pair Freestyle Poomsae - Mixed Team	
21	Tennis	1	3	3	1	7
			Singles Doubles Team	Singles Doubles Team	Mixed Doubles (mixed)	
22	Triathlon	3	4	4	3	11
	Triathlon		Men's Individual Team 3 Men Relay	Women's Individual Team 3 Women Relay	Team Mixed Relay 2 Men+2 Women	
	Duathlon		Team 3 Men Relay	Team 3 Women Relay	Team Mixed Relay 2 Men+2 Women	
	Aquathlon		Team 3 Men Relay	Team 3 Women Relay	Team Mixed Relay 2 Men+2 Women	
23	Volleyball	2	2	2		4
	Indoor		Men's team	Women's team		
	Beach		Men's team	Women's team		
24	Wrestling	2	8	4		12
	Freestyle		57kg Men's freestyle events 65kg Men's freestyle events 74kg Men's freestyle events 86kg Men's freestyle events	50kg Women's freestyle events 53kg Women's freestyle events 57kg Women's freestyle events 62kg Women's freestyle events		
	Greco-Roman		67kg Men's greco-roman events 77kg Men's greco-roman events 87kg Men's greco-roman events 97kg Men's greco-roman events			
25	Ice Skating	2	4	4	1	9
	Figure Skating		Figure Skating Singles	Figure Skating Singles		
	Short Track Speed Skating		Short Track Speed Skating 500m Short Track Speed Skating 1500m Short Track Speed Skating Relay	Short Track Speed Skating 500m Short Track Speed Skating 1500m Short Track Speed Skating Relay	Short Track Speed Skating Mixed relay	
26	Ice Hockey	1	1	1		2
			Men's team	Women's team		
27	Modern Pentathlon	3	3	3		6
	Obstacle Laser Run		Men's individual	Women's individual		
	Laser Run		Men's individual	Women's individual		
	Triathle' (Swim Shooting Run)		Men's individual	Women's individual		

No	SPORTS	DISCIPLINES	MEN'S EVENTS		WOMEN'S EVENTS		MIXED/OPEN EVENTS	TOTAL
28	Weightlifting	1	7		7			14
			55kg		45kg			
			61kg		49kg			
			67kg		55kg			
			73kg		59kg			
			81kg		64kg			
			96kg		71kg			
			+96kg		+71kg			
<b>Total</b>		<b>56</b>	<b>127</b>		<b>112</b>		<b>30</b>	<b>269</b>

Category II Olympics, Asian Games & AIMAG Sports (Olympic Games Winter – Milan Cortina 2026 & Summer Los Angeles 2028 & Asian Games

& AIMAG 2021 (2024) Programs) Proposed by NOCT: 18 Sports

No	SPORTS	DISCIPLINES	MEN'S EVENTS		WOMEN'S EVENTS		MIXED/OPEN EVENTS	TOTAL
29	Baseball and Softball	3	2		1		1	4
	Baseball			Men's team				
	Baseball 5						Mixed gender	
	Softball			Men's team		Women's team		
30	Billiards and Snooker	3	6		4			10
	Billiards			Singles Men's team				
	Snooker			Singles Men's team		Singles Women's team		
	6 Red Snooker			Singles Men's team		Singles Women's team		
31	Boxing	1	9		8			17
			48Kg		48Kg			
			51Kg		50Kg			
			54Kg		54Kg			
			57Kg		57Kg			
			60Kg		60Kg			
			63.5Kg		63Kg			
			69Kg		66Kg			
			75Kg		70Kg			
			80Kg					
32	Floorball	1	1		1			2
				Men's team		Women's team		
33	E-sports	1	1		1		4	6
				Mobile Legends: Bang Bang		Mobile Legends: Bang Bang	FPS/TPS Team Arena of Valor (AOV) TEAM FC Online Team Fighting Games Team	

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
34	Muay	2	11	7		18
	Muay		Pin weight 45kg Light Flyweight 48kg Flyweight 51kg Bantamweight 54kg Featherweight 57kg Lightweight 60kg Light Welterweight 63.5kg Welterweight 67kg Light Middleweight 71kg Middleweight 75kg	Pin weight 45kg Light Flyweight 48kg Flyweight 51kg Bantamweight 54kg Featherweight 57kg Lightweight 60kg		
	Waikru		Waikru Individual	Waikru Individual		
35	Netball	1		1		1
				Women's team		
36	Pencak Silat	2	10	3		13
	Seni		Men's single (Tunggal) Men's team (Regu)	Women's single (Tunggal)		
	Tanding		Men's under 45kg Men's class A (45 - 50kg) Men's class B (50 - 55kg) Men's class C (55 - 60kg) Men's class E (65 - 70kg) Men's class F (70 - 75kg) Men's class G (75 - 80kg) Men's class I (85 - 90kg)	Women's class B (50 - 55kg) Women's class C (55 - 60kg)		
37	Petanque	1	5	5	1	11
			Shooting Singles Double Triples Triples team	Shooting Singles Double Triples Triples team	Mixed double	
38	Sepak Takraw	5	5	5	1	11
	Team Event		Team Regu Event	Team Regu Event		
	Regu Event		Regu team	Regu team		
	Quadrant Event		Quadrant Event	Quadrant Event	MIXED Quadrant Event	
	Hoop Event		Hoop Event	Hoop Event		
	Chinlone		Chinlone (Linking)	Chinlone (Linking)		
39	Squash	1	2	1	1	4
			Single Jumbo double (U21)	Single	Mixed jumbo double (U21)	
40	Bowling	1	3	3		6
			Single Double Team of 4	Single Double Team of 4		

No	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED/OPEN EVENTS	TOTAL
41	Extreme	4	5	5	10	20
	Sport Climbling		Bouldering Lead Speed	Bouldering Lead Speed		
	Water Ski & Wakeboard				Wakeboard Team Wake Surf Team Water Ski Team Cable Wakeboard Team	
	Skateboard		Street Park	Street Park		
	JETSKI				Endurnce open Runabout stock Runabout 1100 Stock Ski GP Ski 1500 stock Runabout limited	
42	Karate	2	8	7		15
	Kumite		-55kg -60kg -67kg -75kg -84kg +84kg Men's team	-50kg -55kg -61kg -68kg +68kg Women's team		
	Kata		Men's team	Women's team		
43	Ju-jitsu	3	8	7	3	18
	Ne-waza		Ne-waza -62kg Ne-waza -69kg Ne-waza -77kg Ne-waza -85kg	Ne-waza -48kg Ne-waza -57kg Ne-waza -63kg		
	Fighting		Fighting -62kg Fighting -77kg	Fighting -52kg Fighting -63kg		
	Duo Classic		Duo Classic Duo Show	Duo Classic Duo Show	Duo Classic Mix Duo Show Mix Mixed Team	
44	Cricket	1	2	2		4
			T10 T20	T10 T20		
45	WuShu	2	7	7		14
	Taolu		Changquan - Daoshu - Gunshu Nanquan - Nandao - Nangun Taijiquan- Taijijian Duilian Bare - handed Duilian Weapon	Changquan - Jianshu - Qianshu Nanquan - Nandao - Nangun Taijiquan- Taijijian Duilian Bare - handed Duilian Weapon		
	Sanda		65 kg 70 Kg	56 kg 60 Kg		



No	SPORTS	DISCIPLINES	MEN'S EVENTS		WOMEN'S EVENTS		MIXED/OPEN EVENTS		TOTAL
46	Kabaddi	1	3		3				6
				Standard Style Super Five Three Stars		Standard Style Super Five Three Stars			

Category III Other Sports (Maximum 4 sports and not more than 8 events per Sport)

Proposed by NOCT: 3 Sports

47	Teqball	1	2		2		1		5
				Singles Doubles		Singles Doubles		Mixed doubles	
48	Kickboxing	4	5		3				8
	Ring: K-1			60kg		52kg			
	Ring: Low Kick			51kg		48kg			
	Ring: Full Contact			57kg					
	Tatami: Kick Light			57kg					
	Tatami: Point Fighting			63kg		50kg			
49	WoodBall	1	3		3				6
				Stroke Competition Single Stroke Competition Team Fairway Competition Single		Stroke Competition Single Stroke Competition Team Fairway Competition Single			
50	Chess	2	5		2		1		8
				Maruk team men rapid Maruk team men double standard Maruk team men triple Blitz Chess double men rapid ASEAN chess team men rapid		Chess double women rapid ASEAN chess team women rapid		Maruk mixed team standard	
<b>Total</b>		<b>43</b>	<b>103</b>		<b>81</b>		<b>23</b>		<b>207</b>
<b>Grand Total</b>		<b>105</b>	<b>275</b>		<b>238</b>		<b>56</b>		<b>569</b>

Demonstration Sports (Maximum 3 sports ) Proposed by NOCT: 3 Sports

51	Flying Disc	2	1		1		1		3
	Disc Golf			Men's Disc Golf Individual		Women's Disc Golf Individual			
	Ultimate							Ultimate Mixed Division	
52	Tug of War	1	2		2		1		5
				Men's 300 kg Men's 600 kg		Women's 250 kg Women's 500 kg		Mixed 560 kg	
53	Airsport (FPV racing)	2	1		1		2		4
	Paragliding			Men Individuals Combined		Women Individuals Combined		Team Combined	
	Paramotor							Team combined	
<b>Total</b>		<b>5</b>	<b>4</b>		<b>4</b>		<b>4</b>		<b>12</b>

Data as of 29 NOV 2024