



20th Asian Games Aichi-Nagoya 2026 Anti-Doping Guide

AINAGOC

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Foreword

Purpose of the Anti-Doping Guide

The purpose of the *Anti-Doping Guide* (the Guide) is to give the Games participants overall information about the anti-doping programme and its implementation. The Guide is not meant to replace the Olympic Council of Asia's (OCA) Anti-Doping Rules (the Rules) but rather serves as a summary of the key aspects of the Rules and to complement it. In case of any inconsistency, the OCA Anti-Doping Rules, World Anti-Doping Code and its applicable International Standards will prevail.

This document will be made available to National Olympic Committees (NOCs) in April 2026. All information contained within this document is subject to revisions based on changes such as the competition schedule, venue operations and in special situations, epidemic prevention and control measures.

1. Governance of Anti-Doping Programme

The OCA will coordinate and guide the anti-doping programme during the period of the 20th Asian Games Aichi-Nagoya 2026 (hereinafter referred to as 'Aichi-Nagoya 2026 Games'). The OCA has testing jurisdiction in the period commencing three (3) months before the start of the pre-opening of the Athletes' Plaza at the

Garden Pier on 2 September 2026 until up to and including the day of the Closing Ceremony on 4 October 2026. The OCA has delegated the management of parts of its anti-doping programme to the International Testing Agency (ITA). In turn, the OCA will be the Testing Authority (TA) and Results Management Authority (RMA), the Japan Anti-Doping Agency (JADA) will serve as the Sample Collection Authority (SCA), and LSI Medience Corporation (hereinafter referred to as 'Tokyo Lab') will be responsible for sample analysis. Aichi-Nagoya Asian Games Organizing Committee (AINAGOC) will also support the delivery of the anti-doping programme in compliance with the applicable *World Anti-Doping Code* (hereinafter referred to as 'Code') and the World Anti-Doping Agency's (WADA's) International Standards during the period of Aichi-Nagoya 2026 Games.

The anti-doping programme will be implemented in accordance with the Code and the International Standards, the Rules and the Guide. OCA/ delegated third parties will develop and implement a documented risk-based Test Distribution Plan (TDP) by incorporating requirements of the Technical Document for Sport Specific Analysis (TDSSA), intelligence, Athlete Biological Passport (ABP), sport/discipline risk, and coordination with International Federations / National Anti-Doping Organizations (NADOs). The Rules outline, among other things, the various anti-doping rule violations, the results management process following a possible Anti-Doping Rule Violation (ADRV), and require athletes to abide by

the 2026 List of Prohibited Substances and Methods of the World Anti-Doping Agency (WADA). OCA shall remain responsible for the compliance with the Code and its Standards where the functions are delegated to third parties including the SCA.

Athletes qualified and/or registered by their NOCs may be tested at any time during the Aichi-Nagoya 2026 Games Period, as well as in the lead up to the Games, regardless of their location. All participants accept the Rules as a condition of participation and are presumed to have agreed to comply with them.

2. In-Competition and Out-of-Competition Testing

In accordance with the Code, International Standards, and the Rules, the definition of In-Competition means “the period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.” If an International Federation (hereinafter referred to as ‘IF’) proposes a different definition of the In-Competition period, WADA may approve the alternate definition of “In-Competition” for such a sport/discipline; upon such approval by WADA, the alternate definition shall be followed by all Major Event Organizations (MEOs) for that particular sport/discipline.

The definition of Out-of-Competition is “any period that is not In-Competition.” The term “Competition” is defined as “a single race, match, game or singular sport contest,” such as the Men’s

100m in athletics.

3. Laboratory

Samples collected during the Aichi-Nagoya 2026 Games will be analysed at the WADA-accredited Tokyo Lab. The analysis results of the samples will be provided by the laboratory to the ITA and OCA via the WADA Anti-Doping Administration and Management System (ADAMS).

The OCA intends to keep samples for long-term storage for future re-analysis programmes as per the statute of limitations in the Rules and consistent with the requirements of the International Standard for Testing and Investigations (ISTI), the International Standard for Laboratories (ISL) and the International Standard for Privacy and Protection of Personal Information (ISPPPI).

4. WADA List of Prohibited Substances and Methods

The 2026 WADA List of Prohibited Substances and Methods (hereinafter referred to as the 'Prohibited List') includes the prohibited substances and methods prohibited in connection with the Aichi-Nagoya 2026 Games. If, at the time of the Aichi-Nagoya 2026 Games, the Prohibited List is amended, the latest version that can be found on the WADA website shall be applicable. All Athletes and Athlete Support Personnel must familiarize themselves with the

Prohibited List.

5. Prescription and Non-Prescription Medication Use

It is the responsibility of each Athlete to determine whether a substance and/or method he/she is using or considering using is prohibited or permitted according to the Prohibited List. At all times, Athletes are strongly advised to check the status of all medications through appropriate means such as consulting their team physicians and medical support staff. All Athletes and Athlete Support Personnel can also check the status of the medication composition in relevant databases. The following databases are limited to medicines registered for use in the countries specified:

Database	Specific information on products sold in these countries	Link
The Global Drug Reference Online (Global DRO)	Australia, Canada, Japan, New Zealand, Switzerland, the UK and the USA	https://www.globaldro.com
Anti-Doping Organization of Hong Kong, China (ADOHK) – Drug in Sport	Hong Kong, China	DrugInSport - Site
Anti-Doping Singapore (ADS) – Check Medications & Drugs	Singapore	Check Medications & Drugs Anti Doping Singapore
Chinese Anti-Doping Agency (CHINADA)- Athlete Medication System	China	http://yycx.chinada.cn

These databases are provided for guidance only and do not replace the Prohibited List. You may also contact your respective IF and/or NADO to check.

6. Supplement Use

The use of dietary supplements by athletes is strongly discouraged except in exceptional circumstances because in many countries the manufacturing and labelling of supplements may not follow strict controls and is not regulated and may therefore result in contamination with substances on the Prohibited List. Please note that the use of supplements may result in an Adverse Analytical Finding (AAF). Hence, extreme caution is recommended regarding the use of such products.

Before taking supplements, Athletes and their support personnel should always consult:

- The Prohibited List.
- With their NADO;
- With their IF;
- With a Sports Physician and/or Sports Dietitian of the National Sports Organization

7. Therapeutic Use Exemptions (TUE)

There are situations in which athletes need to take a Prohibited Substance or use a Prohibited Method, as specified by the Prohibited List 2026, for health reasons. Athletes may have illnesses or conditions that require them to take medications or undergo procedures.

Athletes must establish that the prohibited substance or method is required from a medical standpoint and a TUE will only be granted if the medical file meets the strict requirements of the International Standard for TUEs. A TUE gives the authorisation to use that substance or method while competing.

All relevant information on TUEs for the Aichi-Nagoya 2026 Games can be found on the OCA website at:

https://oca.asia/media/oca_files/OCA_TUE_website_template_2026.pdf

8. Whereabouts Information

Effective Out-of-Competition testing programmes are essential in the fight against doping in sport. This largely depends on accurate and complete athlete whereabouts information. The OCA and AINAGOC therefore request the assistance of all NOCs in this regard.

In order to protect clean athletes and increase the efficiency and effectiveness of the fight against doping, it is required that:

- Athletes included in the RTP / Testing Pool of NADOs and/or IFs shall continue to provide the required accurate

whereabouts information via ADAMS. Each NOC must clearly remind their athletes of their obligation to submit accurate and complete whereabouts information in ADAMS prior to and during the Aichi-Nagoya 2026 Games.

- Each NOC shall provide the rooming information of all athletes' belonging to its delegation during the Aichi-Nagoya 2026 Games to AINAGOC via the ITA Rooming application. Failure to do so may constitute a failure to comply with whereabouts requirements and may lead to disciplinary consequences under the Rules.
- The Chef de Mission (or another authorised NOC representative) should provide these details to AINAGOC via the ITA Rooming application within 24 hours of the athlete's arrival at the Athletes' Accommodation or individual accommodation.
- The mandatory period of providing rooming information is defined as the period during which both the below requirements are met:
 1. During the Rooming Submission Period (12 September to 4 October);
 2. The presence of each athlete in Japan.

ROOMING INFORMATION FOR 20TH ASIAN GAMES AICHI-NAGOYA 2026



- The NOCs shall also monitor and manage the updates of the accommodation information and provide any further reasonable assistance in order to locate athletes within their delegation.
- Failure to provide whereabouts information may lead to disciplinary consequences for athletes and NOCs.
- All whereabouts information will be handled confidentially and used only for anti-doping purposes.

9. Anti-Doping Intelligence

The OCA, ITA and AINAGOC are committed to protecting clean athletes, clean athlete support personnel and the integrity of sport.

REVEAL is ITA's confidential reporting platform, designed to provide all athletes, athlete support personnel, NOC staff and other

relevant individuals with the opportunity to report information related to potential anti-doping violations and/or individuals who may be breaching the anti-doping rules. REVEAL supports reporting in complete confidentiality.

REVEAL can be accessed through the following link:

<https://ita.sport/reveal/>

10. Pre-Games Education and Athlete Engagement Programme

The OCA is the authority on education as it relates to clean sport within the Aichi-Nagoya 2026 Games. The Pre-Games Education and Athlete Engagement Programme of Aichi-Nagoya 2026 Games aim to promote clean sport in a global major sporting event. The Programme provides a great opportunity for all participating athletes and support personnel to have a good understanding of anti-doping as the International Standard for Education (ISE) advocates that the first experience for an athlete in anti-doping is education.

With the Athlete Engagement Programme being treated as an integral part of its efforts in following up with the Code and the ISE, the OCA requires every athlete and coach participating in Aichi-Nagoya 2026 Games to complete the following tasks:

- Athletes; ADEL International Level Athlete (ILA) E-learning module (available in multiple Asian languages)

<https://adel.wada-ama.org/learn/learning-plans/1/international-level-athletes-education-program-english>

- Coaches; ADEL Coaches of High Performance (CHP) E-learning module.

<https://adel.wada-ama.org/learn/learning-plans/7/coaches-of-high-performance-education-program-english>

The OCA strongly suggests NOCs liaise with their respective NADO in this regard.

OR

- An equivalent programme provided by the athlete's NADO with the required content and evaluation which have been reviewed and approved by the OCA as a mutually recognized programme.

Please note that athletes and coaches are required to have successfully completed the education, and that the certification must be dated within two years prior to the Closing Ceremony. Confirmation of the validity of the certification and its consolidation will be the responsibility of each NOC. The method of uploading the certification is currently under consideration. Failure to upload the certification will invalidate the athlete's entry at the Games. During Aichi-Nagoya 2026 Games, anti-doping athlete engagement activities will be held at the Athletes' Plaza at the Kinjo Pier and the

Garden Pier. The OCA encourages athletes and their support personnel to participate in the above-mentioned programme and activities. WADA's Athlete Engagement programme will also be at the Games and the OCA looks forward to collaborating with WADA to provide a positive athlete experience.

11. WADA Independent Observer Programme

The WADA Independent Observer (IO) Programme helps to enhance athletes and public confidence at major events by monitoring and reporting on all phases of the doping control processes in accordance with the Code and relevant International Standards. The programme is conducted in a neutral and unbiased manner through a team of international anti-doping experts who work closely with the OCA, ITA, JADA and AINAGOC. The IO team will observe the implementation of the various components of the anti-doping programme during the Games and will provide daily feedback to help improve operations and procedures where necessary. At the conclusion of the IO Mission, a report will be published covering the implementation of all aspects of the anti-doping programme at the Aichi-Nagoya 2026 Games. The report will also include any areas of improvement for the next Asian Games. The purpose of the programme is for the OCA, ITA, JADA, AINAGOC, and WADA to work collaboratively in delivering an effective anti-doping programme for the Aichi-Nagoya 2026 Games and to further

develop the anti-doping capacity in the region for future Games.

12. Services and Requirements during the Doping Control Process

12.1 Interpreters during the Doping Control Process

AINAGOC will authorize JADA to recruit experienced Doping Control Officers (DCOs) and Blood Collection Officers (BCOs) from Japan and other Asian countries who have the ability to communicate in multiple languages. Athletes can also bring their own interpreters. However, only one interpreter per athlete will have access to the Doping Control Station (DCS). The interpreter is allowed to participate in the entire doping control process except for witnessing the urine sample provision by the athlete.

12.2 Food and Beverage for Athletes Undergoing Doping Control

Sealed water bottles will be available for athletes in the DCS. Athletes should ensure that the seals are intact before consumption. Athletes should also ensure that they do not leave their drinks unattended. Athletes must ensure not to overhydrate to avoid the provision of diluted samples. Food will not be provided at the DCS. Athletes may bring their own food into the DCS or ask their support personnel to deliver food to the DCS. In such cases, athletes should

be responsible for any risks associated with the food consumption and can only consume the food in the waiting room. Food consumption is prohibited in the processing room. After completing Doping Control, the athletes and their representatives can thaw and have the frozen lunch boxes at the DCS if they miss the shuttle bus and they arrive at their hotel past 10pm.

12.3 Transport Following Completion of Doping Control

If no shuttle bus is available, AINAGOC will provide athletes and their representatives with transport from the competition venue to the Athletes' accommodation after the completion of the athletes' doping control obligations, provided that it is an official Games accommodation. If athletes reside outside of the official Games accommodation, their NOCs are responsible for transporting the athletes back to their accommodation sites.

12.4 Testing on Closing Ceremony Day

Doping Control will be conducted on the day of the Closing Ceremony. All athletes undergoing Doping Control must complete testing at the competition venue before moving to the Closing Ceremony. After completing Doping Control, AINAGOC will transport athletes to either the Closing Ceremony venue or the Athletes' accommodation, depending on the athletes' needs. Therefore, AINAGOC recommends that all athletes who compete on the day of

the Closing Ceremony bring with them to the competition venue all necessary items that may be required during the Closing Ceremony (such as their uniforms) as they may not have the possibility to go back to the Athletes' accommodation prior to the Ceremony.

12.5 Testing for World and/or Asian Games Records

The ITA will conduct Doping Control to ratify World and/or Asian Records. The athlete who breaks a World and/or Asian Record will be notified by the Doping Control Station Manager (DCSM) or Chaperone Coordinator. If an athlete establishing a new World and/or Asian Record is not notified immediately after his/her performance, the athlete must report to the venue's DCS and let the anti-doping staff know that the athlete has broken the World and/or Asian Record.

12.6 Testing for National Records

To ratify a National record, the NOC may request testing. The cost of such testing shall be borne by the requesting party.

The procedure for requesting a test and making payment is as below:

1. Notify the doping control staff at the DCS in the venue of the request for testing in relation to breaking a National record.
2. Obtain the testing application form for breaking a National record from the DCS at the venue.

3. The athlete completes the testing application form for breaking the National record.
 4. The athlete submits the completed form to the doping control staff at the DCS. The DCSM or an authorized staff member signs the form and provides the athlete with the required payment amount.
 5. The athlete undergoes Doping Control.
 6. The athlete or his/her NOC staff makes the payment to the AINAGOC either by credit card at the DCS, or by credit card at the FIN desk on the 1 floor of the NOC Service Centre at the Athletes' Plaza at the Garden Pier.
- **Important Notice:** Samples will be transported to the Tokyo Lab only after the payment receipt will have been received.

13. Doping Control Technical Procedures

13.1 Introduction

Doping Control will be undertaken by the following authorities:

Aichi-Nagoya 2026 Games	Testing Authority (TA)	OCA (delegated to ITA)
	Sample Collection Authority (SCA)	JADA
	Sample Analyzing Laboratory	Tokyo Lab
	Result Management Authority (RMA)	OCA (delegated to ITA)
	Doping Control Coordinator	ITA

13.2 Equipment

The LockCon sample collection equipment and the InnoVero Dried Blood Spot (DBS) equipment will be used at Aichi-Nagoya 2026 Games. All urine and blood sample collection equipment, including accessories, comply with the applicable ISTI.

13.3 Authorised personnel at the DCS

The following personnel are authorised to enter the DCS during working hours upon presentation of a valid DCS Pass:

- Athletes subject to Doping Control;
- One (1) authorised athlete representative with Aichi-Nagoya 2026 Games accreditation;
- Doping Control personnel on duty (DCS Managers/Deputy Managers, Chaperone Coordinators, DCOs, BCOs, Chaperones, Administrator);
- Interpreters, language service volunteers;
- IF/Asian Sports Federation (AF) Anti-Doping Official (designated IF/AF official in the Sport-specific Protocol)
- OCA and ITA Anti-Doping staff
- Staff members of Doping Control Command Centre (DCCC)
- WADA Independent Observers (WADA IOs).

13.4 Mobile Phone and Camera Rules in the DCS

- Athletes and their support personnel are permitted to use mobile phones in the waiting area, provided they do not disturb other athletes and athlete support personnel. The use of mobile phones in the processing room is only allowed with the explicit permission of the DCO.
- Mobile phones must not be used as a camera and/or to record the process by athletes and their support personnel once inside the DCS. No other video and/or audio recording devices are permitted to be used in the DCS.

13.5 Notification Process

The notification process must be conducted without any prior notice. The athlete shall be the first person to be notified that he/she has been selected for sample collection, except where otherwise specified in the International Standard for Testing and Investigations (ISTI).

MODOC will serve as the official Doping Control system for the Aichi-Nagoya 2026 Games. Implemented by JADA, this system is designed to enhance efficiency and provide athletes with an improved testing experience. Upon completion of the testing process, athletes will automatically receive copies of their Doping Control Form via email.

The athlete's Aichi-Nagoya 2026 Games accreditation card will

be the valid official photo identification for the purposes of Doping Control.

The DCS must ensure privacy, security, and suitability and any significant deviations must be recorded.

Summary of Notification Process

- The Chaperone/DCO approaches an athlete, presents his/her accreditation card to verify his/her identity, and informs the athlete that he/she has been selected for Doping Control, specifying the type of sample required.
- The athlete is required to provide his/her accreditation card to confirm his/her identity. The Chaperone/DCO shall keep the athlete's accreditation card and provide the athlete with a Doping Control Station Access Pass (DCS Pass).
- The Chaperone/DCO informs the athlete of his/her rights and responsibilities.
- The athlete signs the notification form.
- If the athlete's representative was not present during the notification and did not receive a DCS Pass, the athlete representative must go to the DCS and explain his/her identity to the DCS entry/exit administrator. Once the DCO verifies that the athlete does not already have a representative and the athlete confirms that they agree to have that particular representative accompany them, the DCO will provide the representative with a DCS Pass, allowing them to access the

DCS and accompany the athlete during the sample collection process.

13.6 Athletes Rights and Responsibilities

Athletes and their representatives should ensure they are familiar with their rights and responsibilities with regards to the sample collection procedure.

In most National Anti-Doping Organizations (NADOs), athletes are provided with the relevant information in the local language. NOCs and National Federations should contact their respective NADO / Regional Anti-Doping Organization (RADO) for the necessary anti-doping education.

- **Rights**

- (1) To have an accompanying representative and/or an interpreter.
- (2) To request additional information about the sample collection process.
- (3) To request a delay in reporting to the DCS for valid reasons including medal ceremony, media, medical treatment, further competition, warm-down and/ or any other reasonable circumstances as determined by DCO.
- (4) To request modification(s) to the sample collection process

- **Responsibilities**

- (1) To always remain within direct observation of the DCO/Chaperone from the moment of initial contact until the sample collection procedure is completed.
- (2) To provide valid identification (Aichi-Nagoya 2026 Games accreditation card).
- (3) To comply with sample collection procedures.
- (4) To report immediately to the DCS unless there are valid reasons for delay.

Failure to comply with the athlete's responsibilities may result in an anti-doping rule violation (ADRV).

- **Requirements**

- (1) The athlete who chooses to consume food or fluids prior to providing a sample does so at his/her own risk.
- (2) The athlete should avoid overhydration to reduce the possibility of producing a diluted sample(s).
- (3) The athlete should provide the first urine sample after being notified.

13.7 Showers

After notification, showers are not permitted. Athletes cannot delay or leave the Doping Control Station for a shower unless for health and safety reasons. If a shower is medically necessary, the

Doping Control Station Manager must verify alternatives and document reasons.

13.8 In the Waiting Room

Sealed drinks are provided at the DCS, and the athletes are encouraged to hydrate. Athletes must ensure that the beverage is securely sealed before consuming it. However, the athletes should avoid overhydration to reduce the possibility of producing a diluted sample(s). Providing a diluted sample may significantly prolong the doping control process.

13.9 Sample Collection

The information related to the sample collection will be recorded electronically. Sample collection may consist of either urine, blood, or urine and blood. A Dried Blood Spot (DBS) sample may also be collected.

Summary of Urine Sample Collection Procedure

- The provision of the sample must be conducted in a private and secure area and must be observed by sample collection personnel of the same gender as the athlete.
- It is recommended that the athlete be accompanied by an athlete representative throughout the sample collection procedure, except during the witnessing of the sample.

- The DCO will notify the athlete of the type of sample required, as well as the volume of urine required.
- There is no requirement for a particular order of collection (urine or/and blood).
- Should the athlete be ready to provide a urine sample while waiting for their blood to be collected, the urine collection can proceed.
- The athlete should always have a selection of equipment to choose from and must ensure that it is sealed and secure.
- Equipment for urine sample collection:
 - Sample collection vessels for passing urine.
 - Sample collection kits.
 - Partial sample kits for sealing partial urine sample.
- A minimum of 90 ml of urine is required for the Doping Control.
- When the athlete is ready to provide urine, the DCO will escort the athlete to the toilet.
- The athlete is required to wash his/her hands without soap before the sample provision or wear gloves during the provision of the sample.
- During observed passing of urine, the DCO must ensure that the sample goes directly from the athlete's body into the sample collection vessel. Therefore, the DCO will ask the athlete to remove or adjust any clothing which restricts the DCO's clear view of sample provision.
- The athlete must maintain control of the sample from the time

of sample provision until the sample has been sealed in the kit.

- The DCO and the athlete shall ensure that the sample code numbers on the bottles, bottle caps, bar-code labels and on the box are identical.
- The DCO will instruct the athlete on how to pour and seal the sample into A and B bottles of the sample collection kit.
- The athlete shall follow the DCO's instructions and if there is anything unclear, the athlete may ask for clarification.
- The athlete and their representative, if present, must ensure that all information recorded on the Doping Control Form is accurate.
- The Athlete shall be given the option of witnessing the discarding of any residual urine that will not be sent for analysis.

Security, Transport of Samples, and Post-Test Administration

- Collected samples will be stored securely, and a proper chain of custody shall be maintained and documented prior to transport. Instructions to laboratories, as well as any non-conformities identified during storage, transport, or upon receipt by the laboratory, will be recorded and reported.

Insufficient Volume of Urine

- If the volume of the provided urine sample is less than required minimum of 90ml, the partial sample process (temporary sealing process) will be implemented.
- In such an instance, the athlete has not completed the test until the required volume of urine is provided by the athlete.
- The partial sample procedure requires the athlete to temporarily seal the sample until the necessary volume of urine has been collected.
- While waiting to provide an additional sample, the athlete must remain under continuous observation of the DCO/Chaperone within the DCS.
- The sealed partial sample will be stored and controlled by the DCOs in the DCS.
- When the athlete is ready to provide the additional urine sample they should inform the DCS staff.
- The sample collection process will be repeated until the required volume of urine is obtained by combining the subsequent sample(s) with the stored partial sample.

Urine Samples that do not meet the Suitable Specific Gravity for Analysis

- Suitable Specific Gravity for analysis: For urine samples with a minimum volume of 90 -150 ml the Specific Gravity of 1.005 by refractometer or ≥ 1.010 by lab sticks and for volume more than 150 ml, SG ≥ 1.003 by refractometer only.

- If a urine sample collected from the athlete does not meet the specific gravity requirements, then the athlete is required to provide additional urine samples until the requirement for suitable specific gravity for analysis is met, or until the Testing Authority (TA) takes other appropriate actions.
- While waiting to provide an additional sample(s) to meet the specific gravity requirement, the athlete must remain under the continuous observation by the DCO or the Chaperone.
- While waiting to provide an additional urine sample, the athlete shall be advised not to hydrate, since this may delay the production of a sample with the required specific gravity. In specific circumstances, further hydration after the provision of an unsuitable sample may be considered as a potential failure to comply and thus, a violation of the Rules and can be subject to investigation.
- The collection and sealing procedures for additional sample(s) will follow the same protocol as for the initial sample.
- The same DCO should oversee the collection of an additional sample(s).
- The number of additional samples required is determined by the authorized Testing Authority (TA).

General Rules of Blood Sample Collection

- Blood sample collection must be conducted in a clean and safe environment.

- The collection of blood samples must be conducted by a qualified person (e.g. phlebotomist).
- A urine and/or blood sample is collected in no particular order.
- When a blood sample is required for an Athlete Biological Passport (ABP), it is crucial to ensure that the athlete avoids intense exercise within one (1) hour prior to blood collection. That signifies that blood collection should not be conducted within one (1) hour following a training session or competition. For Blood Serum collection, it is crucial to ensure that the athlete avoids intense exercise within one (1) hour prior to blood collection. That signifies that blood collection should not be performed within one (1) hour following a training session or competition.
- When the athlete is ready, the BCO shall inform the athlete to remain in a seated position for 10 minutes with their feet on the floor. This is not required if collecting only a Dried Blood Spot (DBS) sample.
- The athlete should always have the option in the selection of blood collection equipment to choose from and should ensure that the equipment is secure and properly sealed.
- The amount of blood required depends on the type of sample analysis requested by the Testing Authority.
- The BCO is allowed a maximum of three (3) attempts to collect blood from the athlete's arms to draw the required amount of blood. If the required volume of blood is not obtained after

three (3) attempts, the blood collection procedure should be terminated by the BCO.

- Dried Blood Spot (DBS) samples will be collected from the athlete's upper arm.
- DBS samples are collected from the athlete's capillaries in the upper arm.

❖ Testing Athletes who are Minors

➤ General Provisions

- An athlete who has not reached the age of 18 years is considered as a minor.

➤ Notification

- Athletes who are minors should be notified in the presence of an adult athlete representative
- It is recommended that an athlete who is a minor be accompanied by an athlete representative. Reasonable efforts should be made by the Sample Collection Personnel to encourage the minor to have an athlete representative throughout the sample collection session and to assist the athlete in locating one. In situations where the athlete is unable to locate a representative, then two Sample Collection Personnel shall accompany the athlete until an athlete representative is located or arrives at the DCS.

➤ Sample Collection - Urine Sample Collection

- Athletes who are minors should be accompanied by a representative throughout the sample collection process.
- Should an athlete who is a minor decline to have a representative present during the collection of a sample, this does not invalidate the test but shall be clearly documented by the DCO. Any follow up action taken by the DCO and/or Chaperone to encourage and assist the athlete in locating a representative should also be documented.
- The representative of the minor athlete if present shall only observe the DCO/Chaperone during the athlete's passing of urine sample, unless requested by the minor athlete to observe the passing of the urine sample directly. The second member of the Sample Collection Personnel shall only observe the DCO/Chaperone and shall not directly observe the passing of the sample.
- The preferred venue for all Out-of-Competition Testing of a minor athlete is a location where the presence of an athlete representative (who is not a minor) is most likely to be available for the duration of the sample collection process, e.g., a training venue, or athlete accommodation.

❖ Declaration of Medications and Supplements

Athletes are strongly advised to declare on the Doping Control

Form any prescribed/non-prescribed medications and/or supplements taken over the past seven days.

❖ Consent for Research

Athletes may choose to accept or decline the use of samples collected for Doping Control to be used for anti-doping research. The athlete's decision regarding consent for research will not affect the result of the sample analysis.

13.10 Ownership of Samples

Samples collected during the Aichi-Nagoya 2026 Games are owned by the OCA. The OCA may transfer ownership of the samples to another Anti-Doping Organisation or RMA upon request.

13.11 Potential Violations

The list below (non-exhaustive) outlines situations where an Athlete's possible failure to comply or refusal may result in an ADRV:

- The athlete refuses to comply with procedures during the notification stage, e.g. an unauthorised delay in reporting to the DCS.
- The athlete refuses to sign the testing document(s) after notification.
- The athlete fails to complete the sample collection session, for

example, the athlete does not complete procedures after providing a partial sample or refuses to provide additional sample(s) as requested by the DCO.

- The athlete refuses to provide a blood sample without valid justification.
- The athlete is unable to complete the sample collection procedures or submit to Doping Control due to injury or illness, unless with the documented approval of an official competition doctor.
- The athlete urinates outside of the DCS.
- The athlete refuses to submit to Doping Control.
- The athlete or athlete representative attempts to manipulate or compromise the sample. This may include (but is not limited to):
 - The athlete attempts to place a foreign object into the collection vessel containing their sample.
 - The athlete representative manipulates the sample collection equipment.
 - The athlete or athlete representative attempts to destroy or spill a sample.

Note: In these situations, the DCO will request the athlete to provide an additional sample(s) and seal the compromised sample(s). All samples will be sent to the laboratory.

13.12 Sample Collection Personnel

① JADA and AINAGOC shall ensure that:

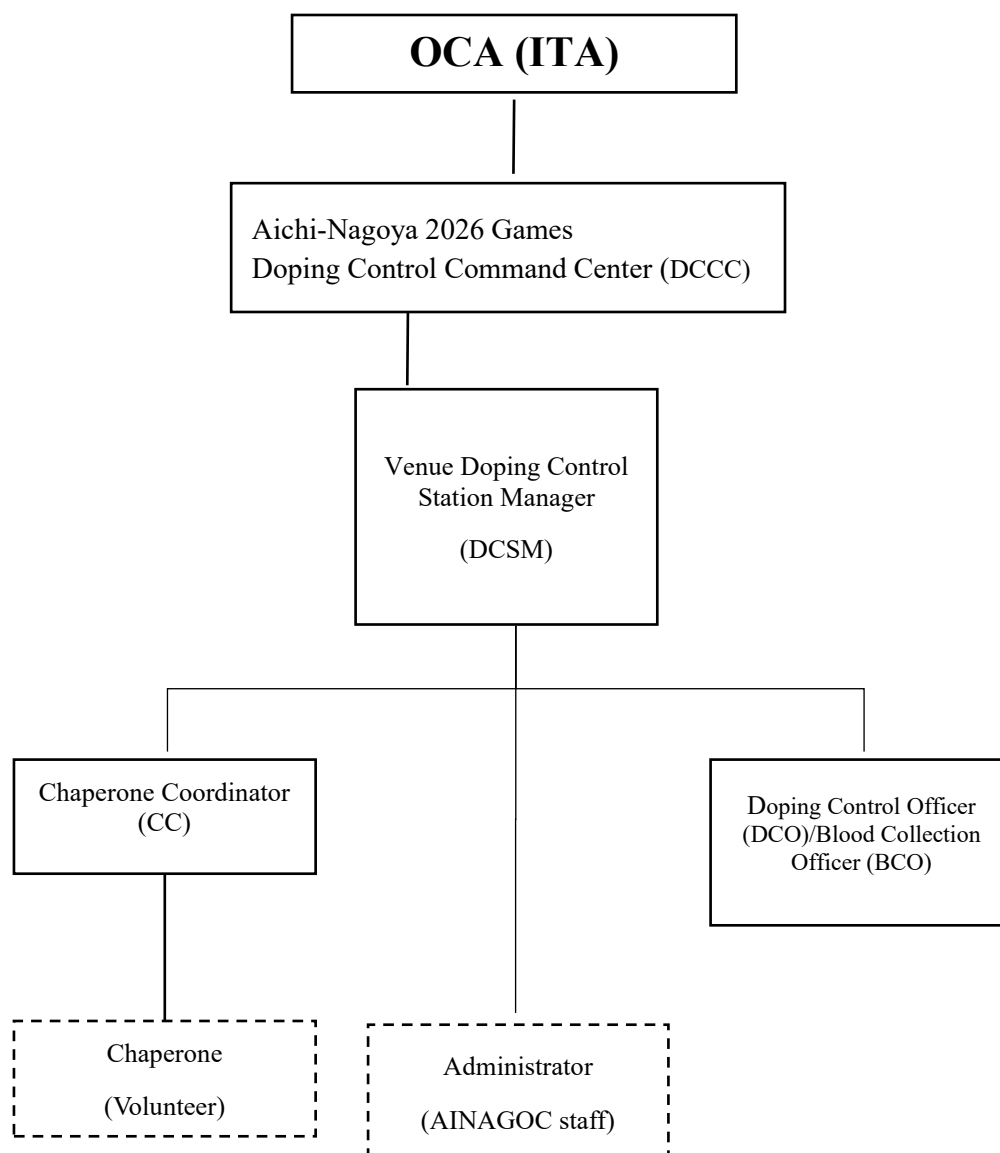
- The sample collection personnel are not minors;
- BCOs must possess the relevant qualifications and practical skills required to perform blood collection;
- The DCSMs, DCOs and Chaperones do not have an interest in the outcome of a Sample Collection Session to which they are appointed.
- Sample collection personnel are adequately trained to carry out their duties.

② Only sample collection personnel that have an accreditation recognised by JADA or another recognized NADO/RADO shall be authorised by AINAGOC to conduct sample collection on behalf of AINAGOC. Accreditation shall only be valid for the duration of the Aichi-Nagoya 2026 Games.

Annex

Annex A: Aichi-Nagoya 2026 Games Doping Control Key Workforce

Structure



Annex B: Useful Links

20th Asian Games Aichi-Nagoya 2026

OCA Anti-Doping Rules

(<https://oca.asia/pages/anti-doping/>)

WADA Prohibited List for 2026

(<https://www.wada-ama.org/en/resources/2026-prohibited-list>)

World Anti-Doping Code and International Standards

(<https://www.wada-ama.org/en/what-we-do/world-anti-doping-code>)

Global DRO - multi-lingual online drug reference database

(<https://www.globaldro.com/Home>)

Urine sample collection process - movie

(<https://www.youtube.com/watch?v=sWhudwnE3Fg>)

Intelligence platform – REVEAL

(<https://ita.sport/reveal/>)

* If you are reading this on paper, search necessary document/information by using the title written above as a key word.

Annex C: Useful Contacts

For International Testing Agency	
General contact for Doping Control	antidoping_games@ita.sport
For Organising Committee	
General contact for Doping Control	anti-doping@aichi-nagoya2026.org

Annex D: List of Acronyms

ADAMS	Anti-Doping Administration and Management System
AF	Asian Sports Federation
DOP FA	Doping Control Functional Area
IF	International Federation
IS	International Standard
ISTI	International Standard for Testing and Investigations
ISPPPI	International Standard for Protection of Privacy and Personal Information
ITA	International Testing Agency
NADO	National Anti-Doping Organization
NOC	National Olympic Committee
OCA	Olympic Council of Asia
RADO	Regional Anti-Doping Organization
TUE	Therapeutic Use Exemption
WADA	World Anti-Doping Agency