

Testing Procedure Change



With the new World Anti-Doping Code coming into force on 1 January 2021, a series of changes are beginning to take place, starting with revisions to the requirement for urine samples to meet a certain specific gravity (a measure of concentration). This change becomes effective from 1 March 2020.

More urine, lower threshold

The minimum volume of urine required for analysis remains at 90ml; however, if an athlete provides 150ml or more of urine, the minimum specific gravity measurement (using a digital refractometer) has been lowered to 1.003 or above, instead of the current 1.005 or above. The process remains unchanged for samples with a volume less than 150ml.



Tokyo 2020

These changes will be applied during the Tokyo 2020 Summer Olympic and Paralympic Games.

Benefits of this change

- Shows significant enhancements in the sensitivity of laboratory analytical methods over the past 20 years
- Reduces the amount of time some athletes spend in doping control stations
- More athlete-friendly process
- Potential saving in resources for Anti-Doping Organisations.



Decision tree

