



INTERNATIONAL
OLYMPIC
COMMITTEE

FACTSHEET

THE YOG SPORTS PROGRAMME

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INTRODUCTION

The Youth Olympic Games (YOG) are the **ultimate multi-sporting event**, inviting the world's best young athletes aged between 15 and 18 years to compete, learn and share every four years in both Summer and Winter editions. The YOG are a **celebration of sport, youth diversity** and the Olympic values of excellence, friendship and respect. The YOG also exemplify the fundamental principles of Olympism by emphasising the **cultural and educational dimensions** of sport through a '**Compete, Learn & Share**' experience that targets not only young elite athletes, but also their coaches and parents and the local youth of the Host Country. The Youth Olympic Games provide a **powerful platform** to encourage the development of sports and life skills that are relevant for athletes and other young people in general, such as nutrition, healthy lifestyles, sustainability, the fight against harassment and abuse, doping and illegal betting and how to act as a **role model in one's community**.

The YOG are centred on a '**Compete, Learn & Share**' experience that is delivered in a purpose driven sports festival format. It strives to reach and engage as many young people as possible by integrating sport with fun and exciting educational and cultural activities in **an urban setting**, which is where the majority of the world's youth now resides.

The specific nature of the Youth Olympic Games (YOG) is to be used as an incubator for innovation for the International Sports Federations (IF). They can therefore innovate and develop their sports through the YOG and **propose new events and formats of competition** (e.g. international mixed teams, changing distances, introducing new disciplines). The sports programme of the YOG can also vary from a city to another depending on the venues and infrastructures available.

The IFs are responsible for the **technical aspects of their sports**, qualification criteria and defining the age groups of the participants.

The age groups depend on the sports and **disciplines in** which the athletes compete. The athletes must be 15, 16, 17 or 18 years old on 31 December in the year of the Games (between 1st of January 2000 and 31st of December 2003 for Buenos Aires 2018). **These groups are defined in collaboration with the relevant IF responsible for the sport**. For example, in Buenos Aires 2018, the age group defined for Rugby Sevens is the athletes born between the 1st January 2000 and the 31st December 2001 (those who are 17 or 18 years old).

The qualification criteria for the young athletes are prepared by the IFs in collaboration with the IOC. For each discipline, a specific qualification pathway is developed that can comprise of world and continental junior championships as well as junior world rankings, to allow the athletes to qualify for the YOG. Just like for the Olympic Games, **universality is a key element** for the success of the YOG, with the participation of a maximum number of NOCs. There were 201 at the YOG Nanjing 2014 and 71 at the YOG Lillehammer 2016. The principle of the YOG is that all NOCs take part with at least one man and one woman across the YOG. In Buenos Aires, 4000 athletes are expected to compete.



Venues: **No new permanent facility** should be built for the sole purpose of hosting YOG events;



- the use of existing facilities should be **realistic and consider affordability** in terms of the efficiency of the overall operational footprint, impact on direct and indirect operating costs and the contribution to the overall YOG experience;
- utilisation of facilities with small to moderate capacities and/or affordable temporary solutions that support delivery of a multi-faceted YOG experience is prioritised;
- hosting events **outside of traditional self-contained venues** and/or in urban environments that showcase local youth-specific locations or landmarks is actively considered;
- the use of **temporary solutions** should be realistic and affordable (fit for purpose), with due consideration of options for simplified solutions that are appealing to young people;
- facility planning should support the **concept of sustainable development** as it applies to the Olympic Movement in general and to events infrastructure, including the use of temporary facilities.

Athlete training: during the YOG training facilities must be available **before, during and after competitions** in order to promote the development of the athletes and provide opportunities to train to support the period of stay principle. The training venues should be located as close as possible to the NOC team delegation accommodation solutions to reduce travel times for athletes.



SPORTING INNOVATIONS SINGAPORE 2010

In 2010, the sports programme matched that of the London 2012 Olympic Games, with the same sports. **As the YOG are open for innovations**, some events were different from those on the programme of the Olympic Games. Basketball, for example, was played in a 3x3 format with teams playing against each other on one half-court. One of the main distinctions in the YOG programme, however, is the number of mixed gender teams or international team events which allows athletes from different NOCs to compete together under the Olympic Flag. The aim is to encourage exchange and to get to know others.

INNSBRUCK 2012

As with the Summer YOG, the **events of the Winter YOG differ** from those of the Olympic Winter Games. In Innsbruck, for example, an ice hockey skills challenge was included. Mixed gender and/or mixed NOC team events took place in biathlon, curling, luge, ice skating, and skiing. The combination of cross-country skiing and biathlon was organised as a mixed gender team relay event. Several events were also seen for the first time on an Olympic programme, such as women's ski jumping, ski half-pipe and snowboard slopestyle.

NANJING 2014

New events made their debut, such as the basketball dunk contest and shoot-out, hockey 5s, the canoe sprint and the athletics 8x100m relay. Golf and rugby sevens were also on the programme, as they were also part of the Games of the Olympiad in Rio in 2016.

LILLEHAMMER 2016

The programme of the 2nd Winter YOG was based on the seven sports on the programme of the Sochi 2014 Olympic Winter Games (biathlon, bobsleigh, curling, ice hockey, luge, skating and skiing). Twelve **exciting new medal events** made their debut in Lillehammer such as monobob in bobsleigh, ski slopestyle in freestyle skiing,



cross-country cross free in cross-country skiing, Nordic mixed team NH/3 x 3.3km and team ski-snowboard cross.



BUENOS AIRES 2018

Four new sports will be making their debut on the Olympic stage: sport climbing, dance sport, karate and roller sports. They will join the 28 other sports that featured at the previous edition of the YOG in Nanjing in 2014. The inclusion of these new sports on the YOG programme, not to mention the appearance of new events and competition formats such as BMX freestyle, kiteboarding, futsal and beach handball, serves to highlight the **role of the YOG as an event where the innovations of the Olympic Movement can be put to the test**. The programme of the YOG 2018 has 239 events (114 men, 103 women and 20 mixed and 2 open).

LAUSANNE 2020

The Winter Youth Olympic Games Lausanne 2020 will see the inclusion of a **new sport and new disciplines**: amongst these innovations are the introduction for the first time of a mixed-NOC 3x3 ice hockey tournament; a women's doubles event in luge; and the introduction of the women's Nordic Combined ski event. Ski mountaineering will make its appearance as a new sport. For all the new sports and events, **existing venues will be used**.

The event programme means **full gender balance** for the first time at a Winter Olympic event, with

the highest number of women's events and women ever competing at the Winter YOG.



A two-wave stay of athletes will be pioneered for **Lausanne 2020**, providing an opportunity to optimise the number of athletes within the maximum sports quotas, while avoiding increased costs to the Hosts. The total number of athletes will be 1,880.

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The Event Programme – 3rd Summer Youth Olympic Games – Buenos Aires 2018 –

Sports / Disciplines	Events			Age Groups	
	Men	Women	Mixed events		
Aquatics (FINA) Swimming	Men's 50m Freestyle	Women's 50m Freestyle	4x100m Medley Mixed Relay	15 - 18 years old 2000-2003	
	Men's 100m Freestyle	Women's 100m Freestyle	4x100m Freestyle Mixed Relay		
	Men's 200m Freestyle	Women's 200m Freestyle			
	Men's 400m Freestyle	Women's 400m Freestyle			
	Men's 800m Freestyle	Women's 800m Freestyle			
	Men's 50m Breaststroke	Women's 50m Breaststroke			
	Men's 100m Breaststroke	Women's 100m Breaststroke			
	Men's 200m Breaststroke	Women's 200m Breaststroke			
	Men's 50m Backstroke	Women's 50m Backstroke			
	Men's 100m Backstroke	Women's 100m Backstroke			
	Men's 200m Backstroke	Women's 200m Backstroke			
	Men's 50m Butterfly	Women's 50m Butterfly			
	Men's 100m Butterfly	Women's 100m Butterfly			
	Men's 200m Butterfly	Women's 200m Butterfly			
	Men's 200m Individual Medley	Women's 200m Individual Medley			
	Men's 4x100m Medley Relay	Women's 4x100m Medley Relay			
	Men's 4x100m Freestyle Relay	Women's 4x100m Freestyle Relay			
	Men's 3m Springboard	Women's 3m Springboard	Mixed International Team - 3m & 10m		16 - 18 years old 2000-2002
	Diving	Men's 10m Platform	Women's 10m Platform		
Archery (WA)	Men's Recurve Individual	Women's Recurve Individual	Mixed International Team Event	15 - 17 years old 2001-2003	
Athletics (IAAF)	Men's 100m	Women's 100m		16 - 17 years old 2001-2002	
	Men's 200m	Women's 200m			
	Men's 400m	Women's 400m			
	Men's 800m	Women's 800m			
	Men's 1500m	Women's 1500m			
	Men's 3000m	Women's 3000m			
	Men's 2000m Steeplechase	Women's 2000m Steeplechase			
	Men's 110m Hurdles	Women's 110m Hurdles			
	Men's 400m Hurdles	Women's 400m Hurdles			
	Men's 10,000m Race Walk	Women's 5,000m Race Walk			
	Men's High Jump	Women's High Jump			
	Men's Pole Vault	Women's Pole Vault			
	Men's Long Jump	Women's Long Jump			
	Men's Triple Jump	Women's Triple Jump			
	Men's Shot Put	Women's Shot Put			
	Men's Discus Throw	Women's Discus Throw			
	Men's Hammer Throw	Women's Hammer Throw			
Men's Javelin Throw	Women's Javelin Throw				
Badminton (BWF)	Men's Singles	Women's Singles	Mixed Team Event	15 - 18 years old 2000-2003	
Basketball (FIBA) 3x3	3x3 Men's Tournament	3x3 Women's Tournament		16 - 18 years old 2000-2002	
	Men's Dunk Contest	Women's Shootout Contest			
Boxing (AIBA)	Men's Fly (up to 52kg)	Women's Fly (48 to 51kg)		17 - 18 years old 2000-2001	
	Men's Bantam (up to 56kg)	Women's Feather (54 to 57kg)			
	Men's Light (up to 60kg)	Women's Light (57 to 60kg)			
	Men's Light Welter (up to 64kg)	Women's Middle (69 to 75kg)			
	Men's Welter (up to 69kg)				
	Men's Middle (up to 75kg)				
	Men's Light Heavy (up to 81kg)				
Men's Heavy (up to 91kg)					
Men's Super Heavy (+91kg)					
Canoe (ICF)	K1 - Head to Head Sprint - Men	K1 - Head to Head Sprint - Women		15 - 16 years old 2002-2003	
	K1 - Obstacle Slalom - Men	K1 - Obstacle Slalom - Women			
	C1 - Head to Head Sprint - Men	C1 - Head to Head Sprint - Women			
	C1 - Obstacle Slalom - Men	C1 - Obstacle Slalom - Women			
Cycling (UCI)	Men's Combined Team Event (Road: Road Race, Criterium, Team Time Trial; Mountain Bike: Cross-Country Eliminator, Short Track)	Women's Combined Team Event (Road: Road Race, Criterium, Team Time Trial; Mountain Bike: Cross-Country Eliminator, Short Track)	Mixed BMX Racing Team Event Mixed BMX Freestyle Park Team Event	17 - 18 years old 2000-2001	
DanceSport (WDSF) Breaking	B-Boys	B-Girls	Breaking Mixed Team	16 - 18 years old 2000-2002	
Equestrian (FEI) Jumping			Jumping Individual (open)	15 - 18 years old 2000-2003	
			Jumping Continental Team Event (open)		
Fencing (FIE)	Men's Épée Individual	Women's Épée Individual	Mixed Continental Team Competition	15 - 17 years old 2001-2003	
	Men's Foil Individual	Women's Foil Individual			
	Men's Sabre Individual	Women's Sabre Individual			
Football (FIFA) Futsal	Men's Tournament	Women's Tournament		15 - 18 years old 2000-2003	
Golf (IGF)	Men's Individual Stroke Play	Women's Individual Stroke Play	Mixed Team Event	15 - 18 years old 2000-2003	
Gymnastics (FIG)	Men's Individual All-Around	Women's Individual All-Around	Mixed Multi-Discipline Team Event	Men: 16 - 17 years old 2001-2002	
	Men's Floor	Women's Floor			



Artistic	Men's Vault	Women's Vault		Women: 15 years old 2003-2003
	Men's Pommel Horse	Women's Uneven Bars		
	Men's Rings	Women's Balance Beam		
	Men's Parallel Bars			
	Men's Horizontal Bar			
Trampoline	Men's Trampoline	Women's Trampoline		16 - 17 years old 2001-2002
Rhythmic		Women's Rhythmic Individual All-Around		15 years old 2003-2003
Acrobatic			Mixed Pair	15 - 18 years old 2000-2003
Handball IHF Beach Handball	Men's Tournament	Women's Tournament		16 - 18 years old 2000-2002
Hockey (FIH) Hockey5s	Men's Tournament	Women's Tournament		15 - 18 years old 2000-2003
Judo (IJF)	Men's -55kg	Women's -44kg	Mixed Team Competition	15 - 17 years old 2001-2003
	Men's -66kg	Women's -52kg		
	Men's -81kg	Women's -63kg		
	Men's -100kg	Women's -78kg		
Karate (WKF) Kumite	Men's -61kg	Women's -53kg		16 - 17 years old 2001-2002
	Men's -68kg	Women's -59kg		
	Men's +68kg	Women's +59kg		
Modern Pentathlon (UIPM)	Men's Individual Event	Women's Individual Event	Mixed International Team Relay	15 - 18 years old 2000-2003
Rowing (FISA)	Men's Single Sculls	Women's Single Sculls		17 - 18 years old 2000-2001
	Men's Pairs	Women's Pairs		
Roller Sports (World Skate) Roller Speed Skating	Men's Combined Speed Event	Women's Combined Speed Event		15 - 18 years old. 2000-2003
Rugby (WR) Rugby Sevens	Men's Tournament	Women's Tournament		17 - 18 years old 2000-2001
Sailing (WS)	Men's Windsurfer - RS:X	Women's Windsurfer - RS:X	Two-Person Multihull - Nacra 15	15 - 18 years old 2000-2003
	Men's Kiteboarding - IKA	Women's Kiteboarding - IKA		
Shooting (ISSF)	10m Air Rifle	10m Air Rifle	10m Air Rifle Mixed International Team	15 - 18 years old 2000-2003
	10m Air Pistol	10m Air Pistol	10m Air Pistol Mixed International Team	
Sport Climbing (IFSC)	Men's Combined Event (bouldering, lead and speed)	Women's Combined Event (bouldering, lead and speed)		17 - 18 years old 2000-2001
Table Tennis (ITTF)	Men's Singles	Women's Singles	International Team Event	15 - 18 years old 2000-2003
Taekwondo (WT)	Men's -48kg	Women's -44kg		16 - 17 years old 2001-2002
	Men's 48-55kg	Women's 44-49kg		
	Men's 55-63kg	Women's 49-55kg		
	Men's 63-73kg	Women's 55-63kg		
	Men's +73kg	Women's +63kg		
Tennis (ITF)	Men's Singles	Women's Singles	Mixed Doubles	15 - 18 years old 2000-2003
	Men's Doubles	Women's Doubles		
Triathlon (ITU)	Men's Individual Sprint Distance	Women's Individual Sprint Distance	Mixed Relay Continental Teams	16 - 17 years old 2001-2002
Volleyball (FIVB) Beach Volleyball	Men's Tournament	Women's Tournament		15 - 18 years old 2000-2003
Weightlifting (IWF)	Men's 56kg	Women's 44kg		15 - 17 years old 2001-2003
	Men's 62kg	Women's 48kg		
	Men's 69kg	Women's 53kg		
	Men's 77kg	Women's 58kg		
	Men's 85kg	Women's 63kg		
	Men's +85kg	Women's +63kg		
Wrestling (UWW) Freestyle	Men's 48kg	Women's 43kg		15 - 17 years old 2001-2003
	Men's 55kg	Women's 49kg		
	Men's 65kg	Women's 57kg		
	Men's 80kg	Women's 65kg		
	Men's 110kg	Women's 73kg		
Greco-Roman	Men's 45kg			
	Men's 51kg			
	Men's 60kg			
	Men's 71kg			
	Men's 92kg			