International Olympic Committee

FACTSHEET

The programme of the Games of the Olympiad

12 August 2026

According to the Olympic Charter, "The programme of the Olympic Games ('the programme') is the programme of all sports competitions established by the IOC for each edition of the Olympic Games in accordance with the present Rule and its Bye-law." (Olympic Charter, Chapter 5, Rule 45, §1).

The Olympic sports are those governed by International Sports Federations (IFs) recognised by the IOC. Only sports which comply with the Olympic Charter, the World Anti-Doping Code and the Olympic Movement Code on the Prevention of the Manipulation of Competitions are eligible to be on the programme.

Through Olympic Agenda 2020 and as per Rule 45 of the Olympic Charter, the Olympic programme is reviewed for each edition of the Games to introduce innovation, and to promote sustainability and gender equality. Until 2025, this work was carried out by the IOC's Olympic Programme Commission (OPC).

As part of IOC President Kirsty Coventry's "Fit for the Future" agenda, the process for defining the Olympic programme is evolving, and a new methodology for determining the programme was approved by the IOC Session in June 2026.

The sports on the Los Angeles 2028 programme

The programme of the Los Angeles 2028 Olympic Games (LA2028) is composed of 31 sports, including skateboarding, climbing and surfing.

In October 2023 at the 141st IOC Session in Mumbai, the IOC Session decided to include, as additional Olympic Games Organising Committee (OCOG)-proposed sports, baseball/softball, cricket (T20), flag football, lacrosse (sixes) and squash on the programme for LA28. The LA28 OCOG could propose these five sports thanks to the flexibility provided by Olympic Agenda 2020.

The five sports were proposed as a package for this edition of the Games only, and were reviewed and supported by the IOC's OPC and Executive Board (EB).

For baseball and softball, cricket and lacrosse it will be a return to the Olympic Games, while flag football and squash will be making their Olympic debut at LA28.

- Baseball and softball have been part of the programme at several editions of the Olympic Games, most recently at Tokyo 2020.
- Cricket was on the programme for the Paris 1900 Olympic Games.
- Lacrosse was included on the programme at St Louis in 1904 and London in 1908.

In April 2025, the IOC EB approved the event programme for the LA28 Olympic Games. With a total of 353 medal events, 22 more than at Paris 2024 (329), the LA28 programme maintains the core athlete quota of 10,500, with an extra 698 quota places allocated for the five sports proposed by the LA2028 OCOG. For the first time in history, all team sports will have at least the same number of men's and women's teams. Gender equality was a key consideration when deciding on the athlete quota and the number of events. In the initial sports programme, with 10,500 athletes, the number of female athletes is 5,313 and the number of male athletes 5,187. The five additional sports add 322 female athletes and 376 male athletes. In addition, six mixed events have been added to the event programme. Of the 353 events, there are 161 women's events, 166 men's events and 26 mixed/open events.
See **table A** for further information on the historical evolution of the programme.

The full programme of the Los Angeles 2028 Olympic Games is available here.

Olympic Programme Working Group

Created in 2025 as part of the IOC's *Fit for the Future* agenda, the Olympic Programme Working Group (OPWG) focuses on all matters related to the Olympic programme. The OPWG is made up of IOC members and representatives of National Olympic Committees (NOCs), IFs, athletes and former OCOGs. It brings together technical and subject-matter expertise to support the review and evaluation of the Olympic programme.

The OPWG's remit is to identify the optimal balance between the appeal and the size of the Games by defining a set of criteria to transparently assess sports and disciplines, and by proposing a clear change management process with a view to achieving an appropriate balance for each edition of the Games.

New Olympic programme methodology

In June 2026, a new methodology for determining the Olympic programme, centred on the introduction of a discipline-based evaluation, was approved by the 146th IOC Session. By introducing a more flexible framework, the decision marks a significant milestone in the IOC's "Fit for the Future" reforms, paving the way for a more transparent, sustainable and adaptable approach to shaping the Olympic programme for future Games.
The new methodology will apply from the Brisbane 2032 Olympic Games onwards.

At the heart of the new system is a shift towards evaluating the Olympic programme at discipline level, reflecting the direct impact disciplines have on venue requirements, operational delivery and the overall cost at the Games.
Two pathways structure the programme review process:

- **Incumbent disciplines**, already included in an Olympic Games edition and referenced in the Host Contract of the Games under review; and
- **Candidate disciplines**, which are not referenced in that edition's Host Contract.

OCOGs will also have the possibility to propose a maximum of four additional disciplines for the Summer Games and two for the Winter Games.

With this decision, the IOC has taken a further step towards ensuring that future Olympic Games remain appealing, relevant and sustainable.

More information on the methodology is available via this link.

Olympic programme process overview

There are three steps to finalising the programme for the Olympic Games or Olympic Winter Games. These steps are detailed below.

1. Sports and disciplines

In principle, the core programme of sports and disciplines will be confirmed seven years before the Games, or at the Session electing the host, whichever happens later.

2. OCOG proposal on new disciplines

This step is an optional proposal that the Host makes to the IOC. The proposal should be submitted by the OCOG and reviewed by the IOC approximately five years prior before the Olympic Games. The process is loosely defined as follows:

- The OCOG proposal on new disciplines is submitted to the IOC for review and, if necessary, observation;
- The OPWG reviews the proposal and makes a recommendation to the IOC EB;
- The EB reviews and makes a proposal to the IOC Session on events and athlete quotas in the OCOG proposal on new disciplines.
- The IOC Session votes on the inclusion of the new disciplines contained within the OCOG proposal.

3. Event programme and athlete quota

An athlete quota of 10,500 athletes is considered, excluding the athletes competing in disciplines included in the OCOG proposal.

- The OPWG reviews all changes to the programme proposed by the IFs in consultation with the OCOG and makes a recommendation to the EB.

- After the preceding edition of the Games, the EB determines the final events programme and athlete quota.

A few dates and Games examples

1896: First edition of the Games of the Olympiad in Athens, with 43 events in nine sports.
1900: Football, rowing, sailing and equestrian sports made their Olympic debut at the Games in Paris. First events for women, in tennis and golf.
1904: Freestyle wrestling is added to the programme of the Games in St Louis. Greco-Roman wrestling had featured in 1896.
1908: First field hockey competition at the Games in London.
1912: At the Games in Stockholm, swimming added women's events. First modern pentathlon competition. Road cycling returned to the Games.
1920: Weightlifting reappeared in Antwerp after being absent from two editions of the Games, this time with competitions by weight category.
1924: Foil was the first women's fencing event for this second edition of the Games in France.
1928: First athletics competitions for women at the Games in Amsterdam.
1936: Basketball and canoe-kayak joined the programme for this edition in the German capital, with men's and women's events.
1952: Equestrian sports became mixed at the Games in Helsinki. In gymnastics, individual events for women were introduced.
1964: At the Tokyo 1964 Games, judo joined the programme, and came back for good in 1972. The first volleyball medals were awarded.
1972: Handball rejoined the programme at the Games in Munich after an appearance in 1936. Canoe slalom made its first appearance.
1984: Synchronised swimming and rhythmic gymnastics made their Olympic debuts at the Games in Los Angeles.
1988: First Olympic table tennis tournament at the Games in Seoul.
1992: Badminton entered at the Games in Barcelona.
1996: Mountain bike joined the programme at the Games in Atlanta, along with beach volleyball.
2000: Triathlon was added to the programme for Sydney 2000, alongside trampoline and taekwondo.
2008: Beijing saw the first Olympic BMX medals awarded.
2012: Women's boxing made its first Olympic appearance at the Games in London.
2016: Return of golf and rugby to the programme of the Games of the XXXI Olympiad, Rio 2016.
2020: Addition of five OCOG-proposed sports for Tokyo 2020: surfing, karate, sport climbing, skateboarding and baseball/softball.
2024: Addition of four OCOG-proposed sports for Paris 2024: skateboarding, sport climbing, surfing and breaking (for its Olympic Games debut).
2028: Addition of five OCOG-proposed sports for Los Angeles 2028: baseball/softball, cricket (T20), flag football, lacrosse (sixes) and squash.

Table A: Evolution of the sports programme of the Games of the Olympiad since 1896

Editions	Women	Men	Total of athletes	Number of sports	Number of events
1896		241	241	9	43
1900	22	975	997	19	95
1904	6	645	651	16	95
1908	37	1,971	2,008	22	110
1912	48	2,359	2,407	14	102
1920	65	2,561	2,626	22	156
1924	135	2,954	3,089	17	126
1928	277	2,606	2,883	14	109
1932	126	1,206	1,332	14	117
1936	331	3,632	3,963	19	129
1948	390	3,714	4,104	17	136
1952	519	4,436	4,955	17	149
1956	376	2,938	3,314	17	151
1960	611	4,727	5,338	17	150
1964	678	4,473	5,151	19	163
1968	781	4,735	5,516	18	172
1972	1,059	6,075	7,134	21	195
1976	1,260	4,824	6,084	21	198
1980	1,115	4,064	5,179	21	203
1984	1,566	5,263	6,829	21	221
1988	2,194	6,197	8,391	23	237
1992	2,704	6,652	9,356	25	257
1996	3,512	6,806	10,318	26	271
2000	4,069	6,582	10,651	28	300
2004	4,329	6,296	10,625	28	301
2008	4,637	6,305	10,942	28	302
2012	4,676	5,892	10,568	26	302
2016	5059	6179	11,238	28	306
2020	5,457	5,963	11,420	33	339
2024	5,300	5,513	10,813	32	329
2028	5,635*	5,635*	11,198*	36	353

* These figures are the proposed athlete quota and not the final athlete participation number.
See here for more information on the historical evolution of each sport

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