The specific reference to sediments in the IMO Ballast Water Convention is Article 5, copied here:

Article 5  *Sediment Reception Facilities*

1  Each Party undertakes to ensure that, in ports and terminals designated by that Party where cleaning or repair of ballast tanks occurs, adequate facilities are provided for the reception of Sediments, taking into account the Guidelines developed by the Organization. Such reception facilities shall operate without causing undue delay to ships and shall provide for the safe disposal of such Sediments that does not impair or damage their environment, human health, property or resources or those of other States.

2  Each Party shall notify the Organization for transmission to the other Parties concerned of all cases where the facilities provided under paragraph 1 are alleged to be inadequate.

Regulation B-1 covers Ballast Water Management Plans, and includes requirement 3 that states each ship's plan shall “detail the procedures for the disposal of Sediments: 1) at sea; and 2) to shore”.

Regulation B-5 states that "All ships shall remove and dispose of sediments from spaces designated to carry Ballast Water in accordance with the provisions of the ship's Ballast Water Management Plan." And that "ships should be designed and constructed with a view to minimize the uptake and unnecessary entrapment of Sediments, facilitate removal of Sediments, and provide safe access to allow for Sediment removal and sampling, taking into account guidelines developed by the Organization.

There are no discharge standards for Sediment, and no Guidelines for testing equipment to address it. Therefore it appears the method of complying with Regulation B-5 is left up to the operator and the Ballast Water Management Plan. Sediment can be disposed at sea or ashore.