FAIR COMPETITION GUIDELINES FOR ATHLETES

It is important for athletes to understand the rules and agreements applicable to them. Athletes also have various rights and responsibilities related to anti-doping and the prevention of competition manipulation. One of them is the athlete's right to receive up-to-date information. The purpose of these guidelines prepared by the Finnish Center for Integrity in Sports (FINCIS) is to provide a condensed array of all the information that apply to athletes as well as to offer sources for additional information.

FINCIS

Online training

Clean Win is an online training course that can help you learn about and review matters related to anti-doping. The Fair Win online training course, in turn, is a way to update your knowledge about the prevention of competition manipulation. You don't have to complete the courses all at once as your progress is saved by the program. You receive a diploma for completing the courses. The completion of the Clean Win online training course is valid for two years, and the completion of the Fair Win is valid for three years.

ANTI-DOPING

Doping control

FINCIS is responsible for doping control in Finland. Doping tests are carried out both in-competition and out-of-competition. All athletes participating in organised activities, such as training sessions or camps, fall within the scope of doping control, regardless of whether or not they have a player licence or contract. There are no age limits for doping control. An athlete can be tested wherever, whenever. In-competition samples are tested for more doping agents, such as stimulants and cannabinoids, among others, than samples collected in out-of-competition tests.

Prohibited Substances and Methods in Sports

KAMU

Before starting medication, the athlete must check whether the product or method in question is permitted in sports. You can check the products you are using from the KAMU medicine search, which you will find at **kamu.suek.fi/en/** and as a free mobile application in Finnish, Swedish and English. You can only search prescription medication and over-the-counter medicines available in Finland from the medicine search.

When checking the information concerning the medication, athletes should also check that the route of administration corresponds with the searched product. The medicine search includes products of the same name with different routes of administration, e.g. tablet or cream. One of these may be allowed and the other prohibited. In the KAMU application, athletes can record the medicinal products they use. This way information is always available to the athletes, in both pharmacies and doping tests.

Athlete's Therapeutic Use Exemption

Therapeutic use exemptions are for athletes with a medical condition that requires the use of a substance or method that has been defined as prohibited. If sufficient grounds exist for medication or methods, it is possible to have a therapeutic use exemption granted for prohibited substances upon a written application.

There are different procedures for national-level and international-level athletes. The discipline-specific level determination on the FINCIS website concerns only national-level athletes and national-level competitions in Finland. For each discipline, it indicates the level on which the athletes, regardless of their age, should apply to FINCIS for the necessary in-advance TUEs. It is the athlete's responsibility to check the TUE policy before starting medication or treatment.

If there is a possibility that an athlete is included in mid-season within the scope of level determination either temporarily, e.g. for the duration of one game (being named in the match protocol suffices), or permanently, the athlete's TUE application must be processed before the athlete plays their first match.

Nutritional Supplements

Nutritional supplements are food products intended to supplement the normal diet of a healthy person. FINCIS does not maintain a list of nutritional supplements categorising them as prohibited or permitted. An athlete must check the list of prohibited substances themselves to see whether any prohibited substances are listed in the ingredients of the nutritional supplement in question. Nutritional supplements may occasionally contain prohibited substances even if they were not mentioned in the list of ingredients. Consequently, an athlete should carefully consider whether to use any nutritional supplements. The responsibility always lies with the athlete themselves.

PREVENTION OF COMPETITION MANIPULATION

Manipulation of sports competitions means influencing the progress or result of a competition or game. The influencing is deliberate or distorting, and the objective is to gain unreasonable benefits for the influencer or for some other party or parties. Athletes or other actors associated with manipulation may be banned from sports or suffer legal consequences.

Remember:

- Never bet on your own matches or league or ask others to do so on your behalf.
- Never disclose inside information about your own team or yourself.
- Report anything suspicious.
- Identify or observe the attempted manipulation of sports competitions. Reject the offer politely but firmly.
- Report the request or a possible violation to your sports federation, players' association, FINCIS or, if you want to, directly to the police.
- Keep all the information you have, such as SMS and email messages sent to you. You can take screenshots to save this information, for instance.

ILMO

Report suspected sports violations in the ILMO service

- Everyone has the right to make a report if they suspect doping, manipulation of sports competitions, spectator safety violations or other ethical violations related to sports. Interfering with violations helps protect athletes and sports in general and ensures that the starting points for all sports stakeholders are equal and safe.
- In the ILMO Service, you can report unethical activities of a sports stakeholder related, for example, to the use of doping or harassment. Reports can also be made anonymously and they are processed confidentially for possible further actions. The ILMO Service can be found here: **ilmo.suek.fi/en/**

Finnish Center for Integrity in Sports FINCIS

Valimotie 10, FI-00380 Helsinki, Finland

suek.fi

info@suek.fi

+358 9 3481 2020

@SUEK_FINCIS

@puhtaastiparas

SUEK_FINCIS

Fair competition guidelines for athletes FINCIS v 1.0 12/2023