

FAIR WIN





Equality and fairness

FINCIS promotes an ethically sustainable sporting culture together with other national and international actors



RELIABLY, FAIRLY AND TOGETHER

Together with other parties in sports, we will guarantee that everyone has an equal opportunity to participate in ethically sustainable sports. The purpose of the operations is to defend clean sports, safety and fair play, improve the reputation of sports, protect parties involved in sports, strengthen ethics in sport and ensure the values of justice and honesty in sports.



The work performed to promote ethics in Finnish sports is a national and international example of fair play.



CLEAN SPORTS
Doping control,
investigation,
result management
and guidance

**ENCOURAGING
FAIR PLAY**
Producing and sharing
investigation data,
discussions
on sports ethics

**PREVENTION OF
COMPETITION MANIPULATION**
National operating plan, investigation
support, centralised investigation and
sanctions, sports fraud legislation,
international co-operation and
exchange of information

**SAFETY AND
COMFORT
OF SPECTATORS**
International coordination and
a shared system
of banning spectators

EDUCATION — RESEARCH — INVESTIGATION — ADVOCACY — COMMUNICATIONS

Strengthening the ETHICAL foundation
and ETHICAL operations

Protecting the ACTORS

Defending FAIR and clean sports

Improving the reputation of SPORTS

Ensuring INTEGRITY and fairness

Please visit FINCIS's website for comprehensive information about anti-doping activities and the prevention of manipulation of sports competitions, as well as spectator safety



Is the drug you are using
allowed in sports?

**Check online or on the
application**



Each actor is responsible
for reporting sports
violations

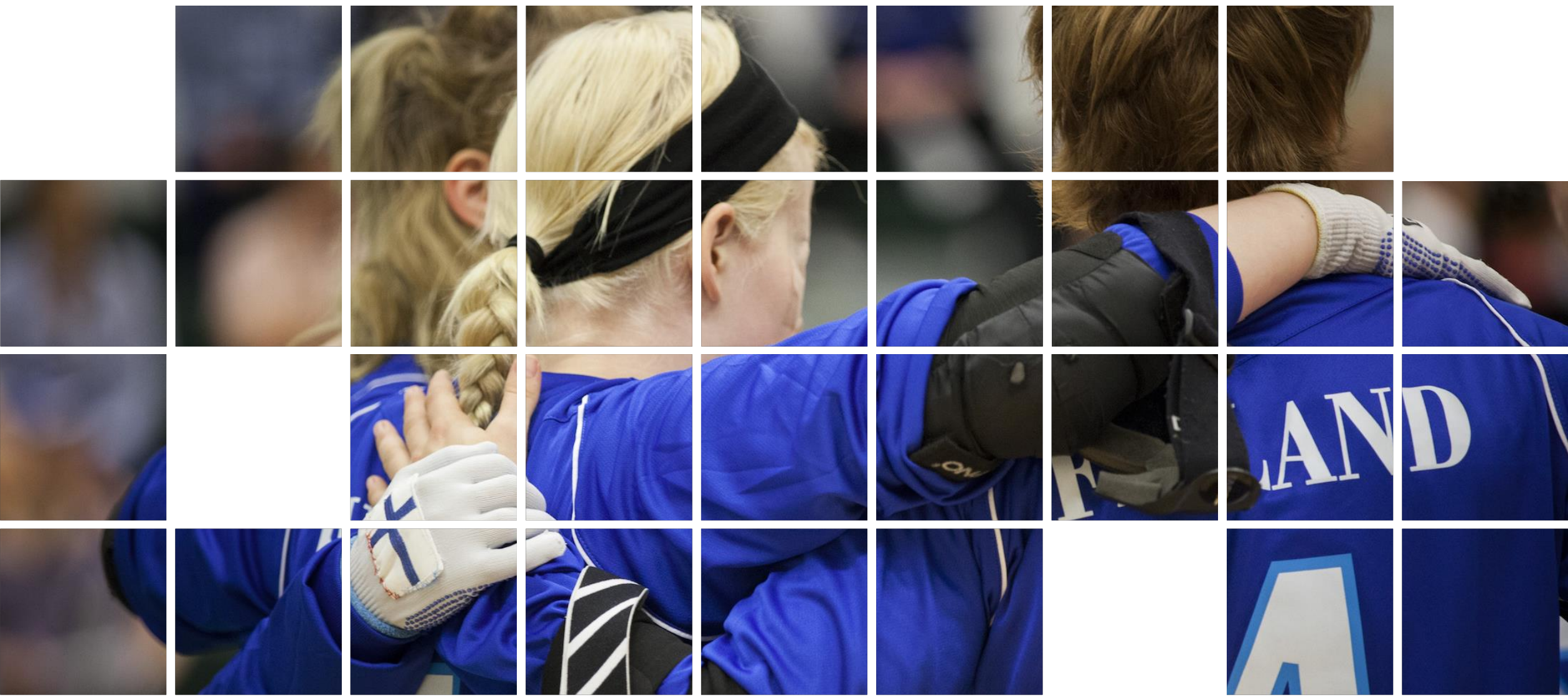


Take online training

#puhtaastiparas

@SUEK_FINCIS





FAIR PLAY





What is fair play in sports?





- Respect
- Encouragement
- Setting an example
- Responsibility
- Caring
- Equality
- Observing the common rules
- What else?





What is most important to you in sports?





- Friends and doing things together
- Developing yourself and learning new things
- Taking care of your physical condition and health
- The feeling of victory
- Something else, please specify





Valtteri Bottas on the Viestikapula blog

F1 driver



"I have always been a fan of fair play and clean sports. Hard work, skill and personal development are the way forward. Role models are important. When I was younger, I used to admire Mika Häkkinen. At his best, he was an unbeatable driver but by the same token, a gentleman and an honest, fair sportsman."



SUEK

Figure: AKK-Sami Kolsi





S ORGANISATION

U FAIR PLAY

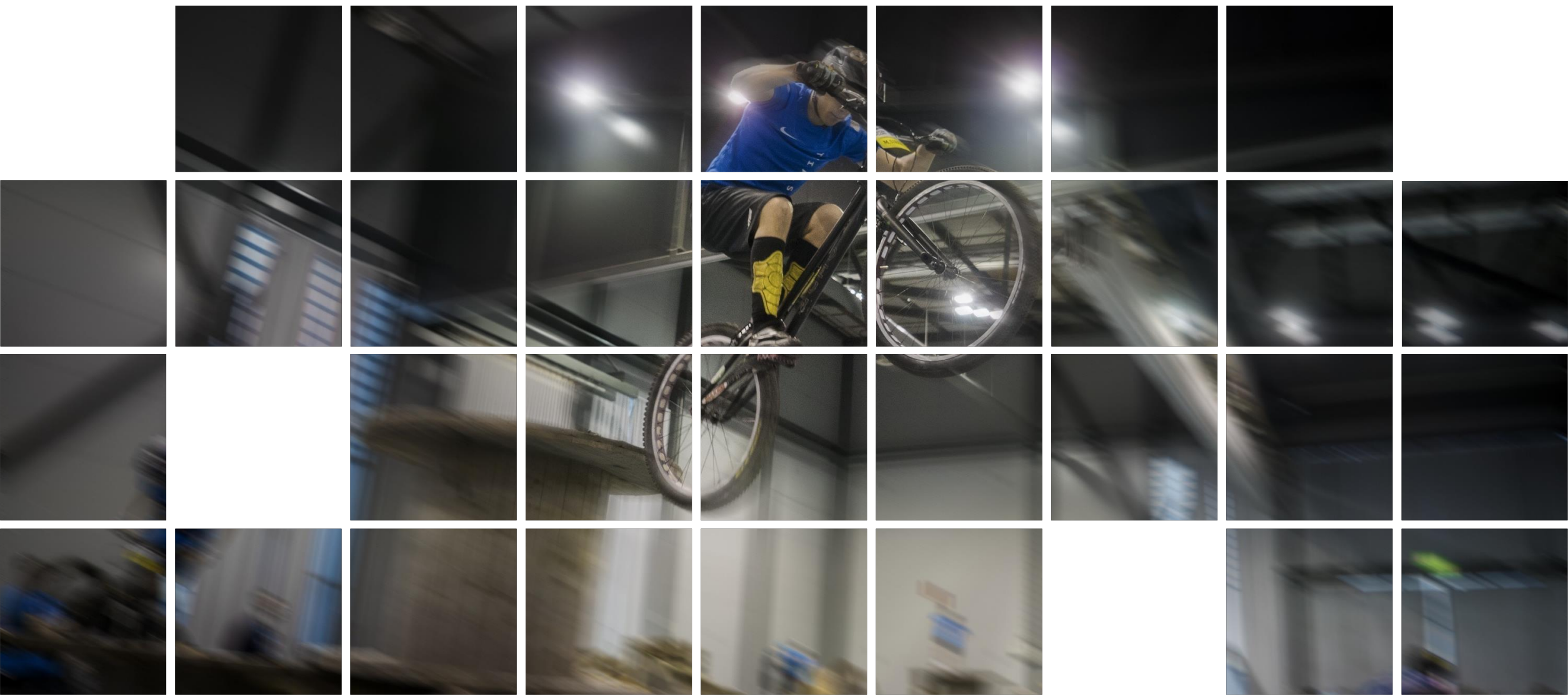
E ANTI-DOPING

K MANIPULATION
OF SPORTS COMPETITIONS

R PROMOTING SPECTATOR
SAFETY AND COMFORT

Y HARASSMENT-FREE SPORT





ANTI-DOPING





What is doping in competitive sports?





WHAT IS DOPING?

IN COMPETITIVE SPORTS

Enhancing an athlete's performance in violation of the Anti-Doping Code such as using prohibited substances or methods

Controlled at a national and international level

A violation may lead to ineligibility

OUTSIDE COMPETITIVE SPORTS

Appearance-oriented (growth of muscle mass, fat-burning, enhanced performance)

No control

Possession of doping agents is not a crime



Anti-doping

Different motives in and outside competitive sports





Can you reach the top cleanly?

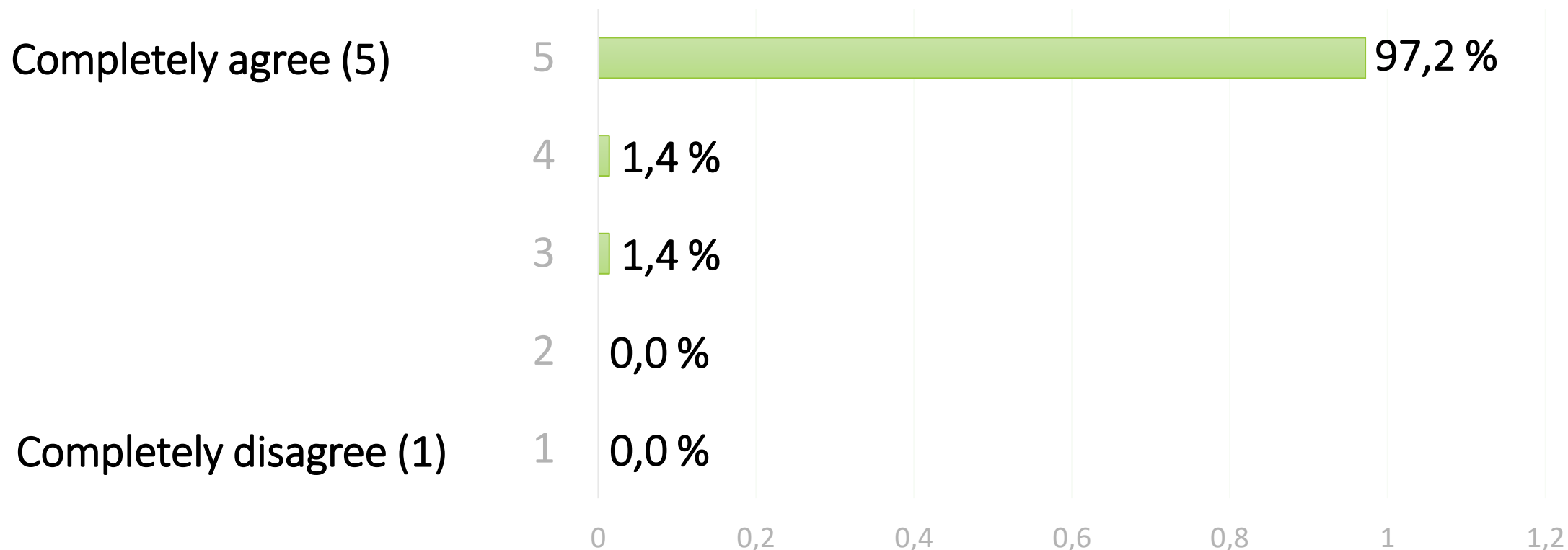
How about in my sport?





What do the top athletes think?

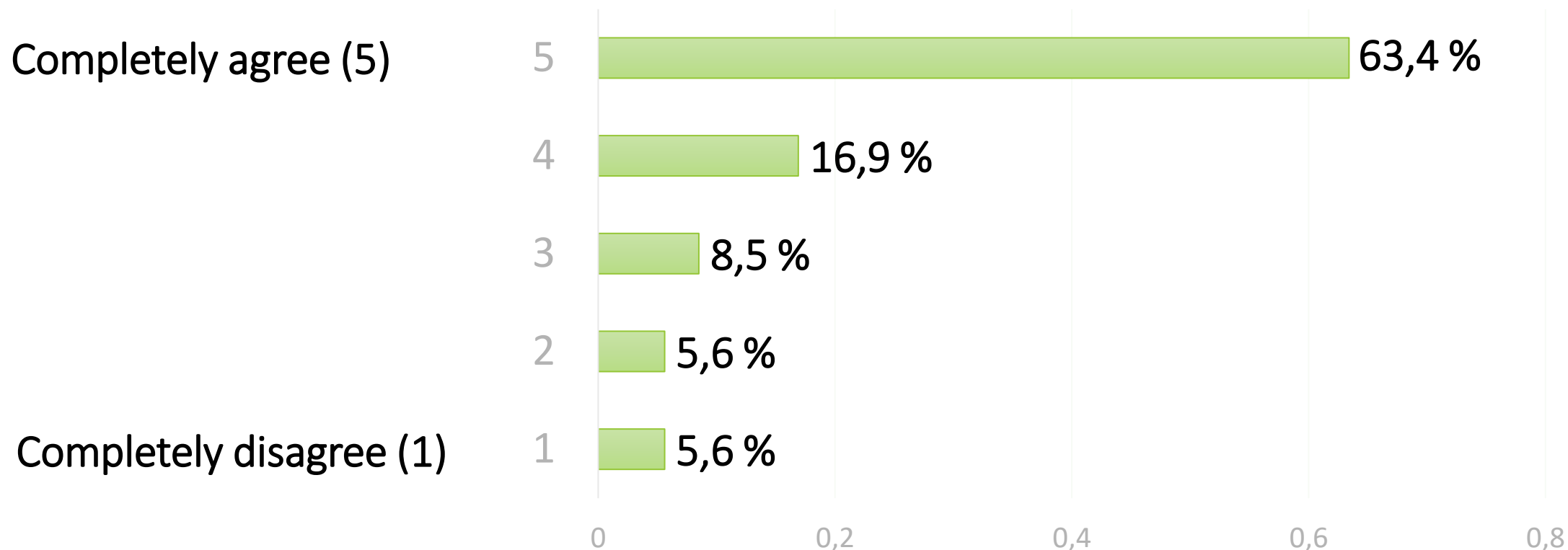
In my sport, you can reach the top without doping at the
NATIONAL LEVEL





What do the top athletes think?

In my sport, you can reach the top without doping at the
INTERNATIONAL LEVEL





Anti-Doping

WHAT AM I COMMITTED TO?



Anti-Doping

WHAT AM I COMMITTED TO?

- The World Anti-Doping Code
- Finland's Anti-doping Code
- INTERNATIONAL FEDERATIONS' anti-doping codes
- The Anti-Doping Codes of the International Olympic Committee and International Paralympic Committee
- Federations' disciplinary rules





Those involved in sports are also expected to have expert knowledge of anti-doping matters.

What you need to know





Why is doping prohibited?

Health effects
Against fair play





Anti-Doping

PROHIBITED SUBSTANCES AND METHODS IN SPORT



Prohibited substances and methods in sport

An athlete visiting a physician or pharmacy

Athlete's Therapeutic Use Exemption

Nutritional supplements

Where can I find up-to-date information?



DOPING AGENT CATEGORIES

Prohibited substances and methods in sport

- S** Prohibited substances
- M** Prohibited methods
- P** Substances prohibited in particular sports



Prohibited substances and methods in sport 2021

PROHIBITED AT ALL TIMES

- S0. Non-Approved Substances
- S1. Anabolic agents
- S2. Peptide hormones, growth factors, related substances and mimetics
- S3. β_2 agonists
- S4. Hormone and metabolic modulators
- S5. Diuretics and masking agents
- M1. Manipulation of blood and blood components
- M2. Chemical and physical manipulation
- M3. Gene and cell doping

PROHIBITED IN-COMPETITION

- S6. Stimulants
- S7. Narcotics
- S8. Cannabinoids
- S9. Glucocorticoids

PROHIBITED IN PARTICULAR SPORTS

- P1. Beta blockers





The term **in-competition** means the period of time that begins at 11:59 p.m. on the night before the competition in which the athlete is participating. It ends after the competition or after the related doping test process has been carried out. Please note that there might be sport-specific exceptions. For further information, contact your international sports federation.



Prohibited substances and methods in sport

Asthma medication

β_2 agonists (S3.)

All β_2 agonists are prohibited.

Excluding the following, used as inhaled:

- salbutamol (a maximum dosage of 1,600 μg /24 hours and not exceeding 800 μg /12 hours),
- salmeterol (a maximum dosage of 200 μg per 24 hours)
- formoterol (a maximum dosage of 54 μg per 24 hours)
- vilanterol (a maximum dosage of 25 μg per 24 hours)

For other administration methods (for instance, as tablets or mixture), a Therapeutic Use Exemption must be applied for

Glucocorticoids (S9.)

Inhaled glucocorticoids are permitted

Glucocorticoids are prohibited in-competition when administered orally as tablets, intramuscularly as injections, rectally or intravenously

- when administered as an intramuscular injection, the withdrawal period is up to 8 weeks
- when administered as tablets, the withdrawal period is approximately seven days
- only analysed in in-competition samples



Prohibited substances and methods in sport

Stimulants

PROHIBITED BECAUSE THEY

- Increase vigour and reduce feelings of fatigue
- Increase endurance and strength

ADVERSE EFFECTS ON HEALTH

- Trembling, palpitation and increased blood pressure
- In large doses, heat stroke, incoherence, paranoia and severe arrhythmia

EXAMPLES OF STIMULANT WITHDRAWAL PERIODS

- Pseudoephedrine approximately 24 hours
- Ephedrine approximately 4 days
- Methylphenidate approximately 7 days

only analysed in in-competition samples



Prohibited substances and methods in sport

Cannabinoids

Usually detrimental to sports performance • Banned in all sports • Detected in tests for several days, even after sporadic use • only analysed in in-competition samples

PROHIBITED BECAUSE THEY

Are contrary to athletic ideals

The tranquilising effect of small doses can enhance performance in sports requiring accuracy

ADVERSE EFFECTS ON HEALTH

Interfere with the perception of time, place, speed and distance

Grogginess, clumsiness, accidents

Addiction



-medicine search

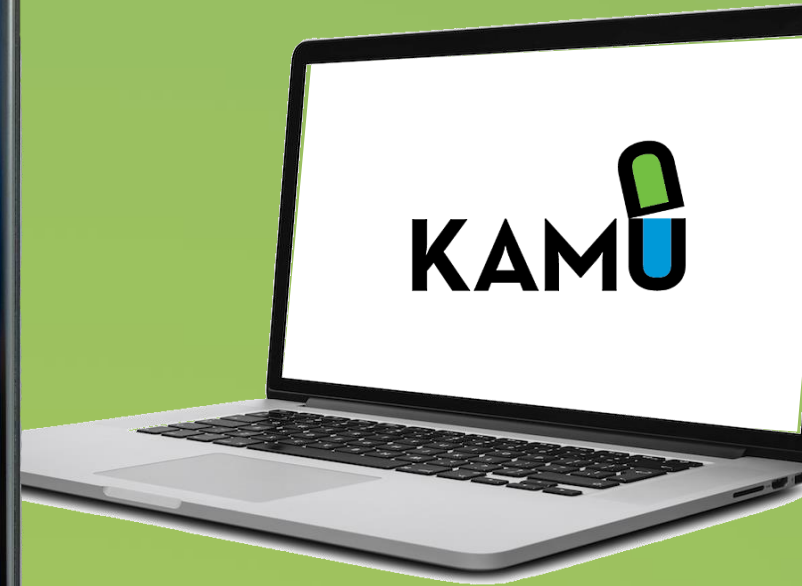
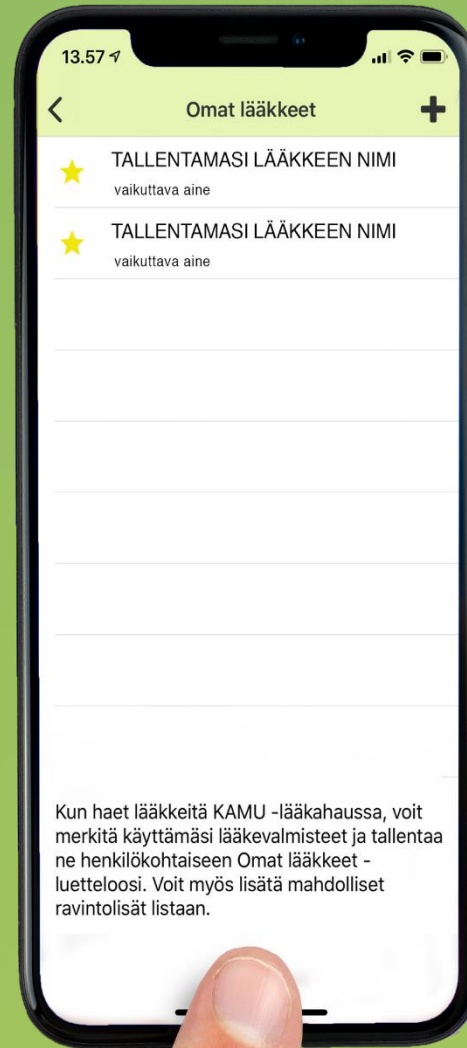
It is the athlete's responsibility to always check the permissibility of medications and methods against an up-to-date list.

Only prescription medication and over-the-counter medicines available in Finland

Updated regularly

Download the app

Based on the WADA's Prohibited List which is published annually



Complete and updated lists:
www.suek.fi

Prohibited substances and methods in sport

BURANA?

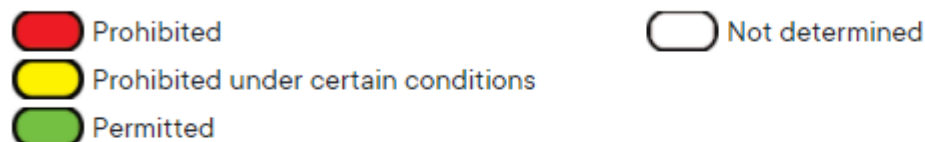


Prohibited



Permitted





Information on medicinal product:

Marketing authorisation holder:	ORION CORPORATION
Dosage form:	film-coated tablet
Strength:	400.0 mg
Routes of administration:	Oral use

[Further information on the medicinal product in the lääkeinfo.fi service \(in Finnish\)](#)

Active substances:

ibuprofen  Permitted

Disclaimer

The Finnish Center for Integrity in Sports' (FINCIS) KAMU medicine search is based on the World Anti-Doping Agency's (WADA) Prohibited list 2021, according to which substances are classified as prohibited substances, substances prohibited under certain conditions and permitted substances. In addition to WADA's list, some international sports federations have prohibited other substances in their own rules. Such possible additional prohibited substances found in the rules of these federations are not included in the classification in the KAMU medicine search.

Users of the search are responsible for checking that the medicine is correct and when checking, taking the route of administration and dosage into account. In the medicine search, you can only check prescription medication and over-the-counter medicines available in Finland. The medicine search does not include products requiring a special permit. In Finland and other countries, medication may be available with the same name but containing different pharmacological substances. For this reason, the permissibility of medicine obtained abroad must not be checked in the KAMU medicine search. If you cannot find the medication you were looking for, please contact FINCIS. It's good to bear in mind that the athletes themselves are always responsible for the preparations they use.

Prohibited substances and methods in sport

DUACT?

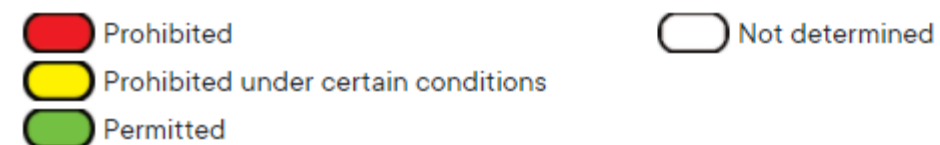


Prohibited



Permitted





Information on medicinal product:

Marketing authorisation holder:	GLAXOSMITHKLINE
Dosage form:	capsule, hard
Strength:	8/60 mg
Routes of administration:	Oral use

Active substances:

akrivastin	 Permitted
pseudoephedrin	 Prohibited

18 S6.b.

18 Pseudoephedrine is prohibited in-competition, and it is monitored only in samples collected in-competition. The concentration of pseudoephedrine in urine must not exceed 150 micrograms/ml. According to studies performed by WADA, this limit will not be exceeded with the normal therapeutic dosage of pseudoephedrine (e.g. when taking one 60 mg capsule 1–3 times/day, one 120 mg depot tablet twice/day, or one 240 mg depot tablet once/day) if an athlete stops taking pseudoephedrine 24 hours before competition. In other words, the withdrawal time for pseudoephedrine is 24 hours. Rhinitis or nasal congestion due to allergies is not alone sufficient grounds for granting a therapeutic use exemption for the use of pseudoephedrine, since permitted nasal sprays as well as permitted antihistamines may be used during the 24-hour period preceding a competition.

Doping agent categories

S6.b. read description of category S6.b., on page Doping agent categories and doping substances 2021

Further information on the medicinal product in the lääkeinfo.fi service (in Finnish)

Prohibited substances and methods in sport

BRICANYL?



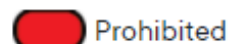
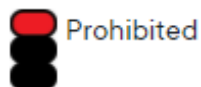
Prohibited



Permitted



BRICANYL TURBUHALER



Prohibited



Prohibited under certain conditions



Permitted



Not determined

Information on medicinal product:

Marketing authorisation holder:	ASTRAZENECA
Dosage form:	inhalation powder
Strength:	0.25 mg/annos
Routes of administration:	Inhalation use

Active substances:

terbutalin

S3.



Prohibited

Doping agent categories

S3. read description of category S3., on page Doping agent categories and doping substances 2021

Further information on the medicinal product in the lääkeinfo.fi service (in Finnish)



Anti-Doping

NUTRITIONAL SUPPLEMENTS



NUTRITIONAL SUPPLEMENTS

- Food products intended to **supplement** the normal diet of a healthy person
- Pure nutritional supplements do not enhance performance or speed up recovery any more than food products
- Think carefully whether you need the nutritional supplement – is it worth the risk?
- **Use of nutritional supplements involves a risk of an anti-doping rule violation**
 - May contain substances that are prohibited in sports
 - Has caused anti-doping rule violations

NUTRITIONAL SUPPLEMENTS

When taking nutritional supplements, consider the following things:

- Prohibited substances may be listed on the labelling
- The product may contain prohibited substances not listed on the labelling
- The products may include prohibited substances as impurities
- Only a small number of the ingredients of products that contain plant extracts are known

FINCIS cannot categorise nutritional supplements as prohibited or permitted



NUTRITIONAL SUPPLEMENTS

Be extra careful with nutritional supplements if

- The product is advertised to improve performance, increase muscle strength or the effects of training, accelerate recovery or boost the body's ability to burn fat
- The product is acquired from a foreign supplier online
- The composition of the product is not fully known

The athlete is always personally responsible for an adverse analytical finding.

If you require vitamin or micronutrient products to supplement your diet, use the products of a reliable Finnish manufacturer sold at a pharmacy

- The safest option is to use products sold as medicinal products whenever available. Use the KAMU medicine search to find products sold as medicinal products.



Prohibited substances and methods in sport

ATHLETE'S THERAPEUTIC USE EXEMPTION



Prohibited substances and methods in sport

ATHLETE'S THERAPEUTIC USE EXEMPTION (TUE)

If no permitted medication is available for the treatment of an illness or the maintenance of health. It is possible to apply for an exemption to use a substance or method prohibited in sports for a fixed period of time

National-level athletes can apply for the exemption from the Therapeutic Use Exemption Committee of FINCIS

TUE matters concerning athletes participating in **international** sporting events are handled by International Federations

Applications are made by submitting an application form

Add the medical records and the results of medical examinations that confirm the diagnosis as appendices

Detailed instructions: www.suek.fi

Prohibited substances and methods in sport

IN MY SPORT, AT WHAT LEVEL DOES AN ATHLETE NEED TO APPLY FOR A TUE IN ADVANCE?

Athletes subject to the national discipline-specific level determination should apply for the TUE in advance (excluding medical emergencies)

Determination of level

Football

- Veikkausliiga (Tier 1) • Ykkönen (Tier 2) • The National League

Skiing (alpine skiing, freestyle, cross-country skiing, ski jumping and Nordic combined)

- Athletes participating in the Finnish Championships in one of the following categories: open class for men and women

Prohibited substances and methods in sport

ATHLETE'S THERAPEUTIC USE EXEMPTION (TUE)

Some anti-doping rule violations are caused by carelessness, when the athlete has forgotten to apply for a TUE



“I was named in the line-up for the next game, but I was still feeling ill and didn’t play. After the match, I heard that my name been drawn for the doping test. That’s when it struck me: I hadn’t checked if my medication was permitted in sports.”



Anti-Doping

DOPING CONTROL





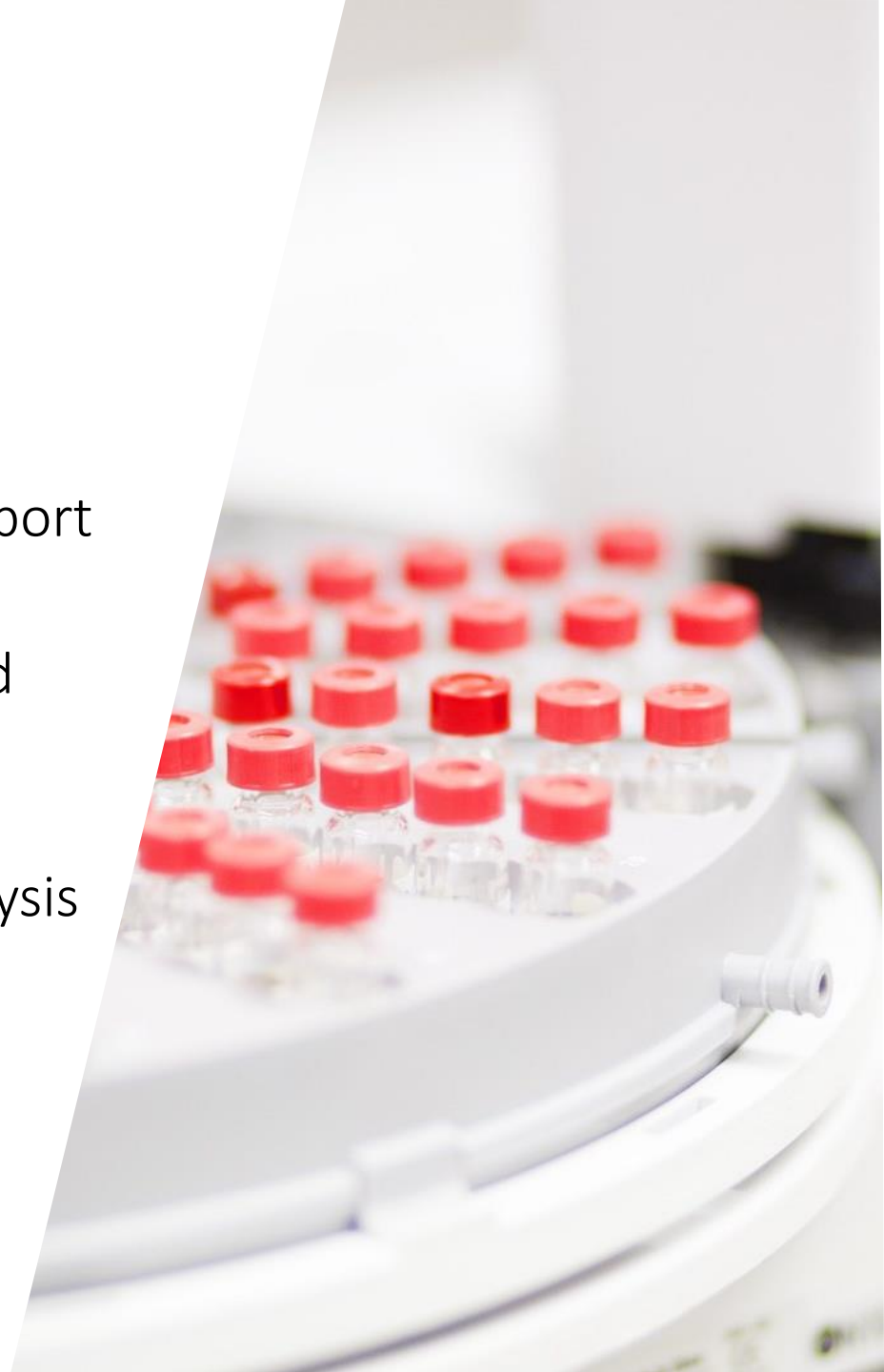
Doping control

WHAT IS DOPING CONTROL?

- Urine and blood samples in and out of competitions
- Long-term monitoring of the athlete: Biological Passport and the whereabouts system
- Cooperation and information exchange: customs and police, investigations made in connection with anti-doping rule violations
- Long-term storage of samples (10 years) and re-analysis

[Urine test instructions](#)

[Blood test instructions](#)





Doping control TEST TYPES

URINE TESTS

Analyse the substances in accordance with the list of prohibited substances

Get a steroid profile for long-term monitoring

BLOOD TESTS

A **doping test** to detect growth hormone and methods based on the tampering of blood

Long-term monitoring for the individual profiling of the athlete, i.e. the Athlete Biological Passport

Several blood samples collected over a long time interval

It is not a doping test as such, but it can be used to prove that the athlete has used prohibited substances or methods



must wait
after
exertion



must wait
after
exertion

Can be stored for 10 years and re-analysed



ATHLETE BIOLOGICAL PASSPORT (ABP)

Athlete Biological Passport (ABP)

- Long-term monitoring for the individual profiling of the athlete
- Steroid profile and hematological (blood) profile
- Improves and guides doping control
- Can be used to indicate a potential anti-doping rule violation



TESTING POOL AND THE ADAMS SYSTEM

Obligation to provide whereabouts information

Registered testing pool

(RTP for athletes of individual sports/team pool)

A group of top-ranked athletes selected by an anti-doping organisation who are especially targeted for doping control out-of-competition

Athletes included in a testing pool are obligated to provide information on their whereabouts

[Quick start guide for testing pool athletes](#)

[ADAMS quick start guide](#)





Doping control

When will a whereabouts failure be added to my record?

FINCIS's Registered Testing Pool and whereabouts failure

Whereabouts failure:

- Missed Test: Athlete failed to be available for a test during the 60-minute period reported
- Whereabouts filing failure

All whereabouts failures will be reported to the Federation

A possible anti-doping rule violation will take place,
if an athlete included in the registered testing pool has a total of
3 whereabouts failures within a 12-month period





Anti-Doping

ANTI-DOPING RULE VIOLATIONS



Anti-doping rule violations

Other than an adverse analytical finding

- Prohibited substances or evidence of the use of a prohibited method in a sample collected from the athlete's body
- Use or attempted use of a prohibited substance or a prohibited method
- Refusing sample collection or avoiding sample collection
- Whereabouts failure
- Tampering with doping control or a doping test
- Possession of doping agents
- Distribution of doping agents and methods
- Promotion of doping
- Complicity
- Prohibited association
- Intimidation of a person submitting a report or reprisals targeted at such persons.



Anti-doping rule violations

DISCIPLINARY MEASURES FOR ANTI-DOPING RULE VIOLATIONS

The sanctions in accordance with the Anti-Doping Code vary between a warning and a lifetime suspension

The basic punishment for an intentional anti-doping rule violation is a four-year suspension

- Public image
- Financial losses
- Personal relationships
- Number of practitioners





If you saw your friend using doping agents,
would you report it?

How about if it was your fiercest rival?

Who would you report it to?



How do I report an anti-doping rule violation?

- You can report easily online
- You can submit the report anonymously or using your name
- It will be confidentially processed





Top athlete

What would it feel like to live in fear of getting caught?

Tyler Hamilton, cyclist (in “The Secret Race”)

Here’s what I was learning: secrets are poison. They suck the life out of you, they steal your ability to live in the present, they build walls between you and the people you love. Now that I’d told the truth, I was tuning in to life again.





Anti-Doping

DOPING TEST STATISTICS





Doping test statistics

HOW MUCH DOES FINCIS TEST?

2020

2,439

National tests

7

Positive, 4 cases pending



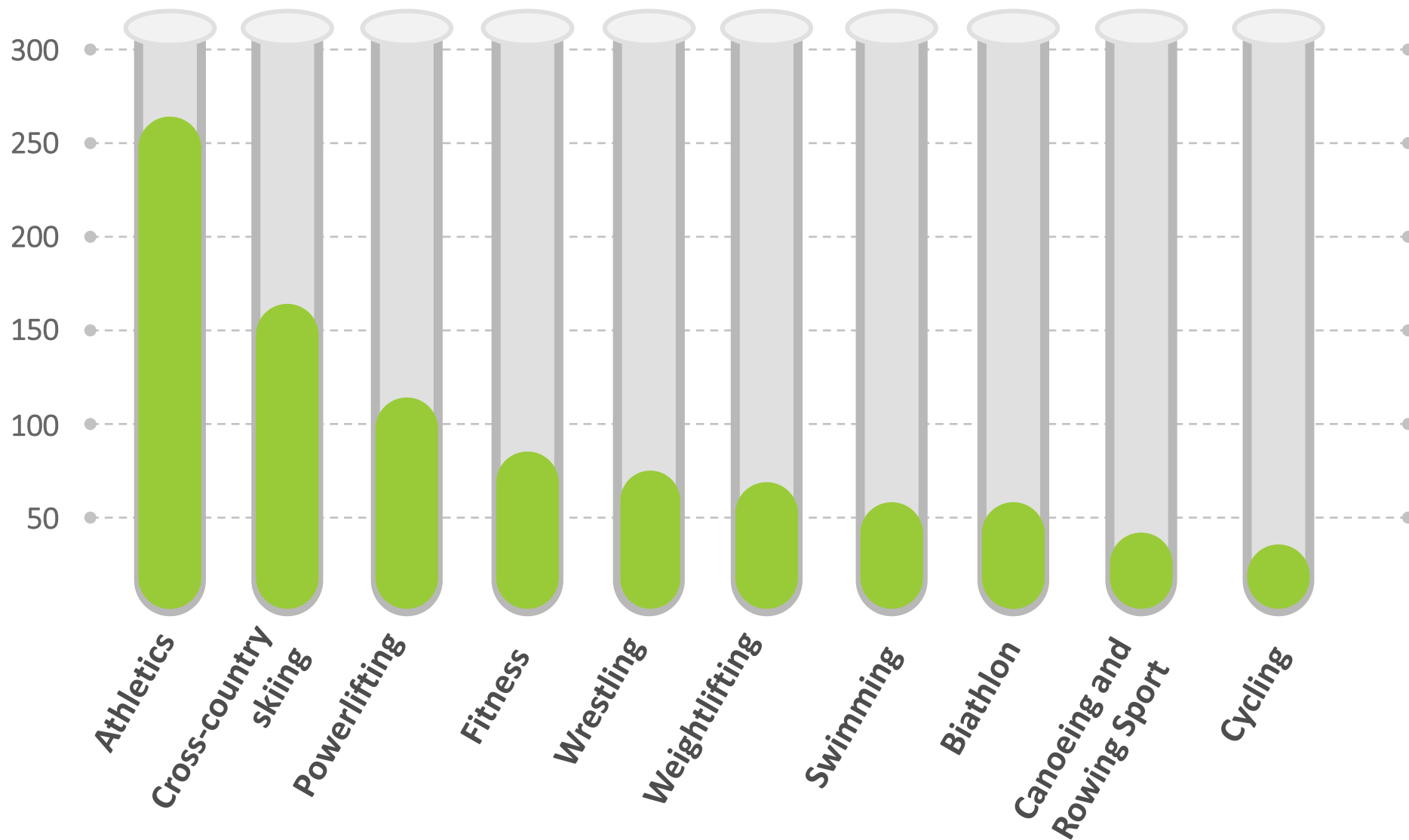
HOW MUCH DOES FINCIS TEST?

Most frequently tested individual sports



HOW MUCH DOES FINCIS TEST?

Most tested individual sports 2020



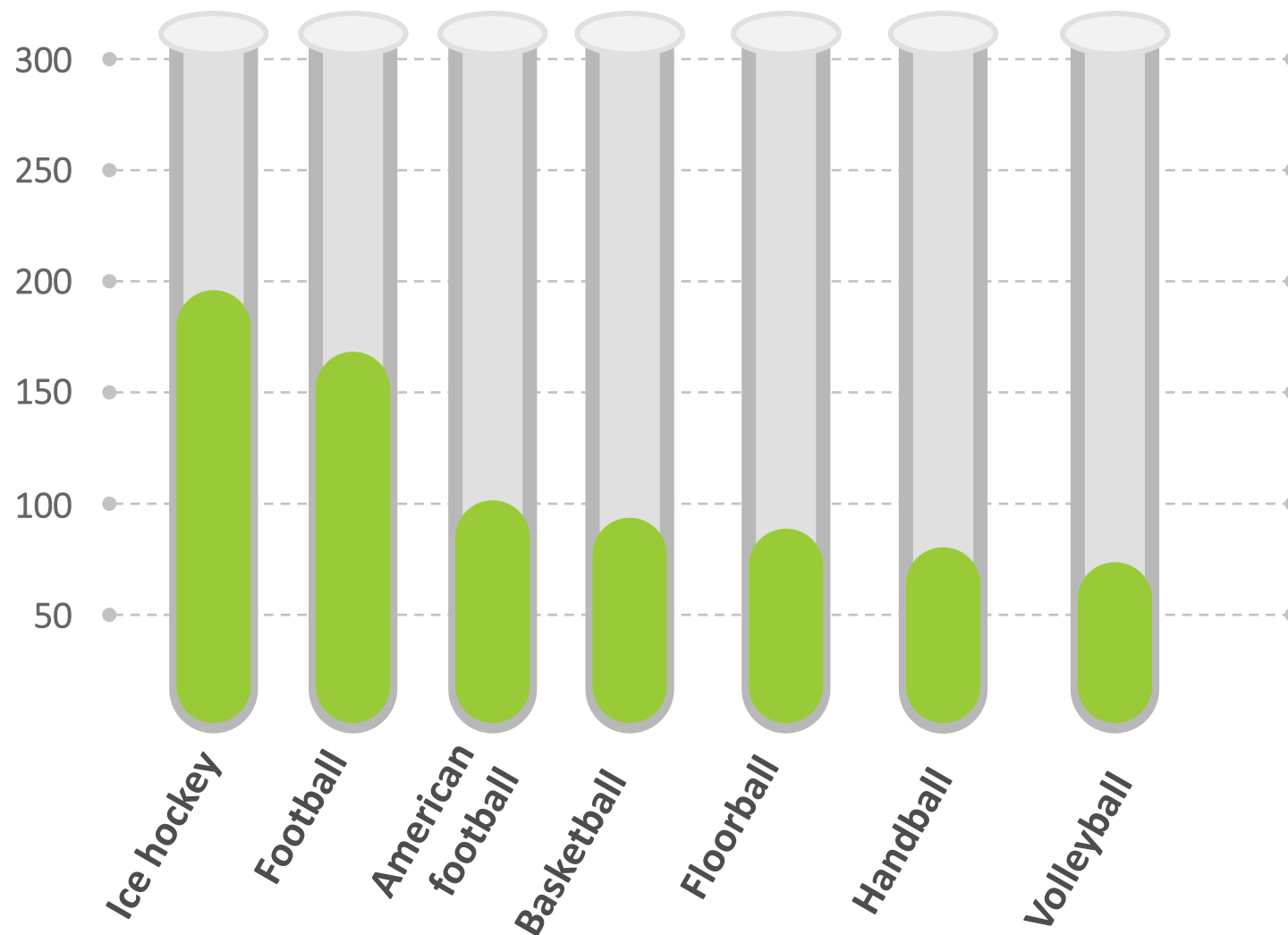
HOW MUCH DOES FINCIS TEST?

Most tested team sports



HOW MUCH DOES FINCIS TEST?

Most tested team sports 2020





Anti-Doping

CLEAN WIN ONLINE TRAINING



CLEAN WIN

Refresh your skills by online training

- Clean Win is an online training for athletes and their supporters
- An easy-to-learn information package about anti-doping issues
- Once you have finished the modules, you will receive a diploma indicating that you have successfully completed the training



Welcome

In sports, as in life, we all achieve goals and face disappointments. Great success gives meaning to our actions.

You can overcome disappointments by believing in yourself, trusting others, and remembering what is most important.

Fair play is essential in sports. It is based on respect for both competitors and common rules.

The Anti-Doping Code gives everyone equal rights to fair play and clean sport.

Everyone has the right to be informed about anti-doping matters. By completing this Clean Win training you will gain information to support your choices and decisions.





Anti-Doping

WHAT CAN I DO?



What is expected of me?

- Do not accept the 'everyone is using anyway' attitude
- Know the Anti-Doping Codes and the agreements you have signed
- Know your rights and obligations
- Spread the message of fair play and clean sports

 Teemu Ramstedt, ice-hockey player

Take a stand

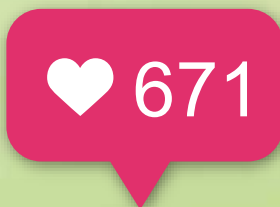


“The responsibility of athletes and the example set by them send a clear message to society. Athletes have a great opportunity to express their attitudes and views. Nowadays, social media provide us with the chance to influence everyday issues. I want athletes to take a stand on various issues, including clean sports.”



Take a stand

How can I promote fair play and clean sports?



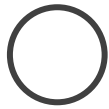
Dopingtestit 2018

15.1.
1.2.
16.4
2.5.
10.5...





ALKUUN

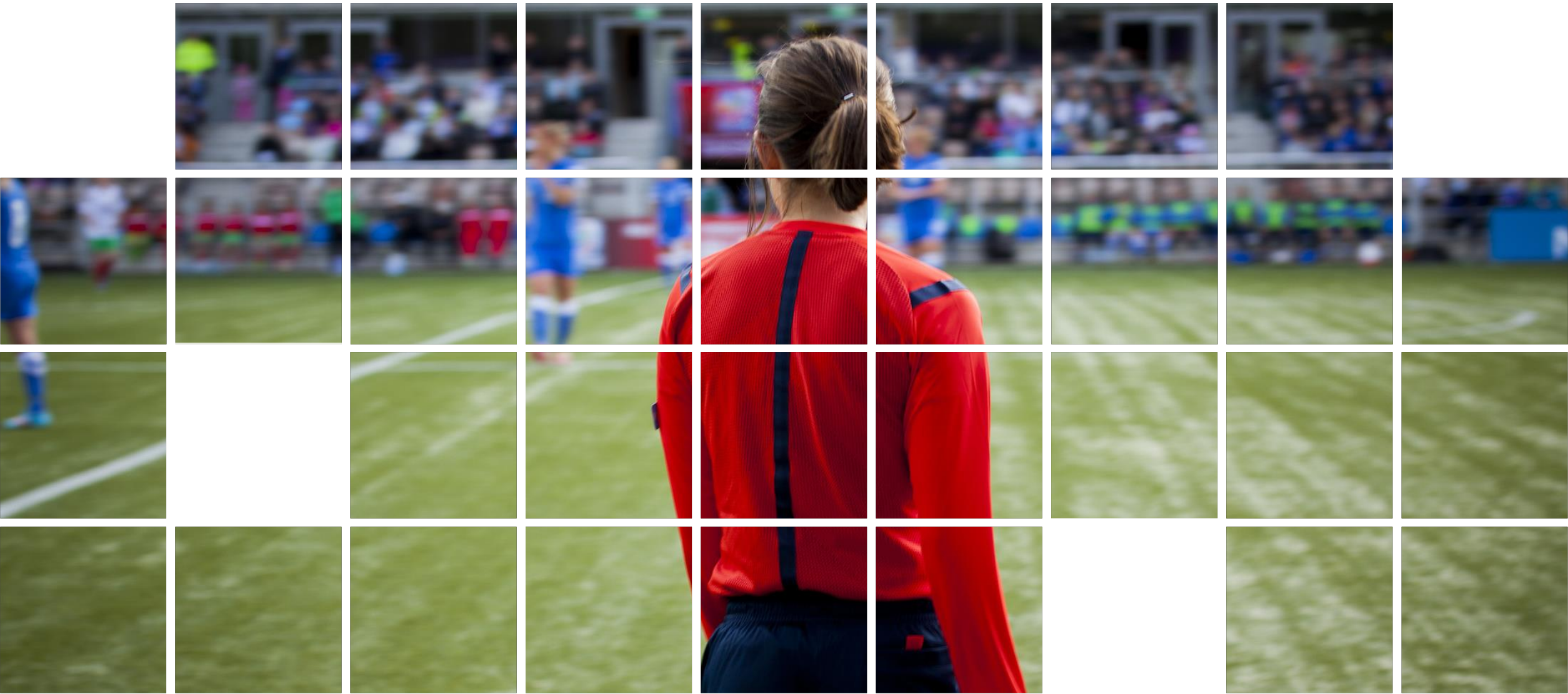


PÄÄVALIKKoon



ANTIDOPING-valikkoon







What is manipulation of sports competitions?

“Manipulation of sport competitions means an intentional arrangement, act or omission aimed at an improper alteration of the result or the course of a sport competition in order to remove all or part of the unpredictable nature of the aforementioned sport competition with a view to obtaining an undue advantage for oneself or for others.”

(Council of Europe 2014)





Manipulation of sports competitions

UNFAIR INFLUENCE OVER RESULTS

Threat to the credibility of sports

MOTIVES

Gambling, competitive success,
money laundering

Money is a common factor

HOW AND WHO?

Intentional mistakes, premeditated
decisions by referees, pressure to
manipulate

- An individual player or athlete
- Background person, such as coach
- Referee
- Anyone who can influence the
result of the competition or event.





Does manipulation of sports competitions happen in Finland?

How about in my sport?





Manipulation of sports competitions or not?

Team orders

Tactics

Premeditated result or event

Sports with judges giving scores

Injury classifications





If you knew your opponent accepted bribes,
what would you do?

And what if your teammates accepted bribes?



Manipulation of sports competitions

WHAT CAN I DO?

You can be banned from sports or suffer legal consequences, so

1. Never bet on your own matches or ask others to do it on your behalf
2. Always do your best
3. Never disclose insider information about your own team or yourself
4. Report anything suspicious

ILM 





Reporting manipulation of sports competitions

- Submitting a report is easy online
- You can submit the report anonymously or using your name
- The report will be processed confidentially



Everyone is responsible for protecting sports and athletes



Photo: Juha Tamminen/
Football Association of
Finland

"Sports has always been an important part of my life. When you play sports, you forget everything else and feel present in a way that is difficult to find elsewhere. This is a result of the sport being pure and competing with a certain set of rules. A match or a competition must be won on the pitch instead of agreeing on the result on the sidelines. In sports, everything is possible and the underdog can sometimes win and succeed. If the result is determined in advance, the beauty of sports all but vanishes. Identify, object and report is a simple way to approach foul play. If it is suggested to you to take part in foul play or you notice foul play, report it. Sports is dear to us, so let's keep it pure and as beautiful as possible."

Rasmus Schüller, Football
player





ALKUUN



PÄÄVALIKKoon



ANTIDOPING-valikkoon







Olli-Pekka “Lelu” Ojansivu

Volleyball player



“When I was playing in Greece, I felt really nervous about my first local derby. All sorts of things were thrown on the court: coins, lighters, etc. Somebody even threw a bomb on the court, which deafened my team mate Matti Hietanen for a while. Spectators were spitting at us. It was pretty wild...”



Promoting spectator safety and comfort

POSITIVE FAN CULTURE BELONGS TO ALL OF US

Organisers have the right to be able to work safely

Spectators and fans have the right to enjoy the match

Athletes have the right to a supportive atmosphere





ALKUUN

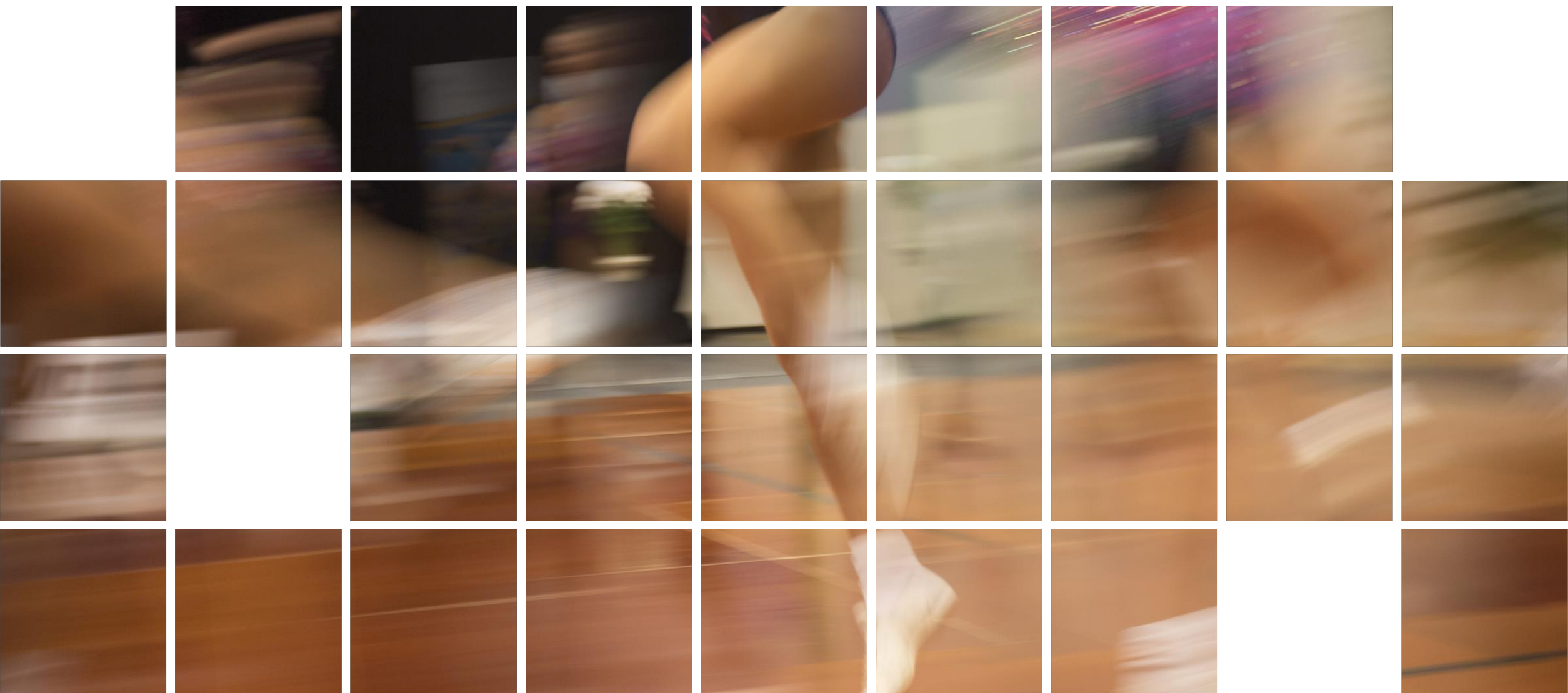


PÄÄVALIKKoon



ANTIDOPING-valikkoon





HARASSMENT-FREE SPORT





Finnish Center for Integrity in Sports FINCIS

In terms of harassment in sports, the role of FINCIS is to produce data for sports stakeholders and conduct investigations in cases agreed with sports federations.

- FINCIS surveys
- Educational and training material
- ILMO – report an ethical violation



Väestöliitto, the Family Federation of Finland

- Trainings for sports stakeholders
- Chat and telephone service
- Material bank
- Online training



Et ole yksin

Väestöliitto

**YOU ARE NOT ALONE –
CHAT- AND PHONE HELPLINE**

CALL / MON 12-14.00
CHAT / TUE-WED 15-17.30, TH 14-16

WWW.ETOLEYKSIN.FI

PHONE. +358 503 025 942

The Finnish Olympic Committee

- Lupa välittää, lupa puuttua
(*'Permission to care, permission to intervene'*)
guidebook (link)
- Material bank

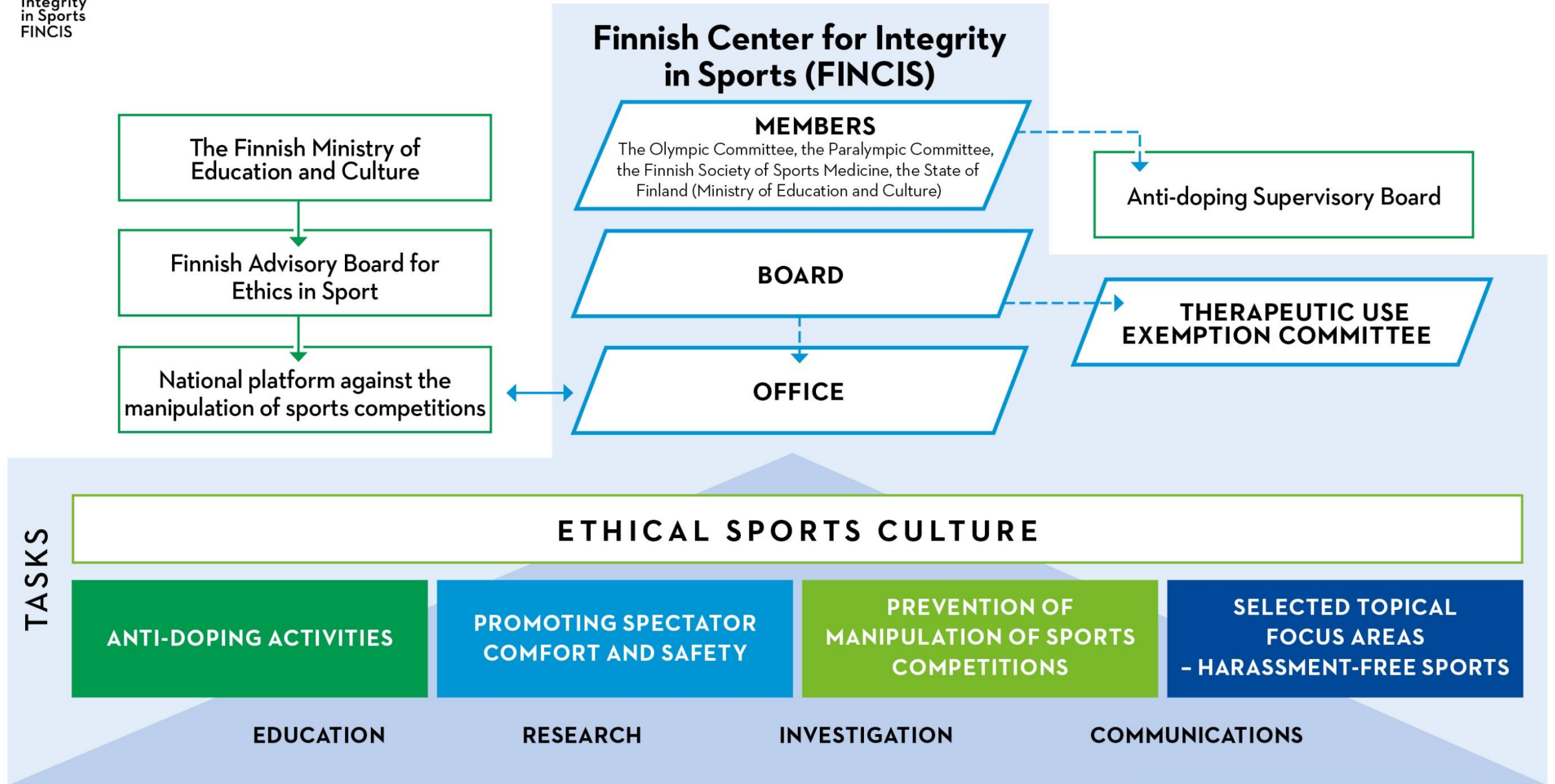




Everyone has the right and obligation to intervene



Management of sport ethics in Finland





URHEILUN EETTISTEN ASIOIDEN NEUVOTTELUKUNTA

Coordination and cooperation body that monitors and comments on ethical issues in sports

AUTHORITIES

Ministry of Education and Culture

Ministry of Justice

Office of the Prosecutor General of Finland

Ministry of the Interior/ police department

Police of Finland/ Gambling Administration

National Bureau of Investigation

SPORTS

Olympic Committee

Finnish Sports Association of Persons with Disabilities

Veikkausliiga

Jalkapallon pelaajayhdistys ry

Football Association of Finland

Finnish Ice Hockey Association

Finnish Basketball Association

Finnish Tennis Association

NON-GOVERNMENTAL ORGANISATIONS (NGO)

Save the Children

The Finnish League for Human Rights

GAMES COMPANY

Veikkaus



SUEK





ALKUUN



PÄÄVALIKKOOK



ANTIDOPING-valikkoon



Anti-Doping

What is doping?

What am I committed to?

Prohibited substances and methods in sport

Athlete's Therapeutic Use Exemption

Doping control

Anti-doping rule violations

Nutritional supplements

Doping test statistics

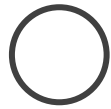
Clean Win online training

Take a stand!





ALKUUN



PÄÄVALIKKoon



ANTIDOPING-valikkoon

