

DOPING CONTROL

The Finnish Center for Integrity in Sports (FINCIS) is responsible for doping control in Finland. Doping tests are carried out both in matches and outside matches. 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. Doping tests are carried out in accordance with the International Standard for Testing and Investigations.

Prohibited Substances and Methods in Sports

Before starting medication, the athlete must check whether the product or method in question is permitted in sports. The most up-to-date information on prohibited substances and methods can be found on the FINCIS website suek.fi. In addition, FINCIS has published a mobile application for Prohibited Substances and Methods in Sports (the KAMU mobile application). You can only search prescription medication and over-the-counter medicines available in Finland from the medicine search. 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

should not be checked from the KAMU 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 medication they use. This way information is always available to the athletes, in both pharmacies and doping tests. The application is available free of charge in Swedish and Finnish.

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 himself/herself to see whether any prohibited substances are listed in the ingredients of the nutritional supplement

in question.

Occasionally nutritional supplements may 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 himself or herself.

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, it is possible to have a therapeutic use exemption granted for prohibited substances upon written application.

There are different procedures for national-level and international-level athletes. FINCIS's discipline-specific determination of level 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. A prescription or certificate issued by a physician is not sufficient. Athletes covered by the discipline-specific level determination should not start medication or treatment prohibited in sports before a TUE has been granted, except in an emergency. Further information on therapeutic use exemptions can be found on FINCIS' website as well as on those of national and international sports federations.

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, or permanently, the athlete's TUE application must be processed before the

athlete plays his or her first match.

NB: If an athlete is named in the match protocol, he or she is deemed to be covered by level determination even if he or she does not play in the game.

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. The motivation for manipulating sports competitions is usually money. Manipulators may be looking for success in the competition, betting, or may be involved in money laundering. Athletes or other actors associated with manipulation may be banned from sports or suffer legal consequences. Fight manipulation: Never bet on your own match or league or ask others to do it on your behalf, never reveal insider information about your team or yourself and always report anything suspicious.

Report suspected sports violations in the ILMO service

Everyone has the right to make a report if they suspect doping, manipulation of sports competitions or spectator safety violations. Interfering with violations helps protect athletes and sports in general and ensure that all athletes' starting points are equal and safe. Sports violations can also be reported anonymously. The ILMO service can be found here ilmo.suek.fi.



Further information: