



Anti-Doping information

European Masters Games 2023 is committed to the advancement of clean sport that rejects cheating through the use of prohibited substances and methods, in line with the International Masters Games Association (IMGA) [Anti-Doping Rules](#). European Masters Games 2023 is working in partnership with Finland's national anti-doping organisation, Finnish Center for Integrity in Sports FINCIS (Suomen urheilun eettinen keskus, SUEK) to:

- Promote a culture of clean sport;
- Organise and implement testing at European Masters Games 2023 on behalf of the IMGA;
- Report doping and suspicious activity; and
- Support athletes to compete drug free.

The World Anti-Doping Code

The IMGA is a signatory to the [World Anti-Doping Code](#), which will apply to all athletes competing at European Masters Games 2023.

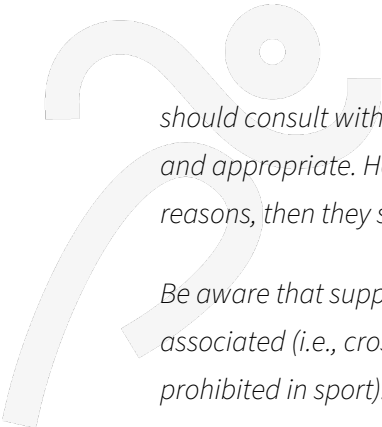
The Prohibited List

[The 2023 Prohibited List](#) is published by the World Anti-Doping Agency (WADA) every year and details all substances and methods which are prohibited (banned) in sport. A substance or method may be included on the list if it meets any two of the following criteria:

- It has the potential to enhance sporting performance;
- It presents an actual or potential health risk to the athlete; and/or
- It violates the spirit of sport.

Medications and Supplements

Many medications contain substances which are prohibited in sport. Any Masters athlete who needs to take medication (for health reasons) that contains a prohibited substance



should consult with their doctor regarding alternative medication that might be available and appropriate. However, if an athlete needs to take certain medication for health reasons, then they should take that medication (i.e., do not put health at risk).

Be aware that supplements are not regulated like medication and that there are risks associated (i.e., cross-contamination or they may contain unlisted ingredients which are prohibited in sport).

Therapeutic Use Exemptions (TUE)

Masters athletes will only need to apply for a [Therapeutic Use Exemption \(TUE\)](#) if they return a positive test which can be attributed to medication they have taken. This is a 'retroactive' TUE and applications should be made to the IMGA. Retroactive applications are still expected to meet the WADA International Standards for TUEs.

Testing

Drug testing is one of the most effective ways to identify athletes who are doping and to protect athletes who want to compete clean. Athletes can be tested during an event (in-competition) and will be asked to provide a urine sample. The testing process and sample collection for doping control will be carried out by trained and accredited FINCIS' Doping Control Officers.