

SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

COMPETITION DATES AND DISTANCES

COMPETITION	PLACE AND ADDRESS	Mon 26.6.	Tue 27.6.	Wed 28.6.	Thu 29.6.	Fri 30.6.
MIDDLE TRAINING	LAMMINRAHKA: KUURANKATU, KANGASALA	17:00				
SPRINT	CENTER: KESKUSTORI 6		17:00			
MIDDLE	TEIVO: VELODROMINTIE 2, YLÖJÄRVI			17:00		
REST DAY	-				X	
LONG	HERVANTA: KIEKARINKATU 1					15:00

All competitors are automatically added as participants to **Mon 26th middle distance**, even though it's not an EMG competition.

1st of July at 10 am is an opportunity to participate in middle distance open courses in connection with the FIN5-orienteering week. The open course training is free for the EMG competitors, who have participated in orienteering.

COMPETITION SPORTS AND DISCIPLINES

The events and age categories for Orienteering at EMG2023 are as follows:

Sport	Disciplines	Competition Format	Age Categories
Orienteering	Outdoor	Sprint distance Middle distance Long distance	Women's: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99
			Men's: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99

In line with the sport specific rules, an athlete can compete in a younger age group, however, can only enter one age category.

VENUE DETAILS

EMG2023 Orienteering competitions will take place in Tampere and nearby surroundings. All competitions will be held about 20 kilometers from the center. Check the competition centers:

<https://www.emg2023.fi/orienteering-lamminrahka-tampere-center-teivo-hervanta/>

COMPETITION DETAILS

Competition rules

The rules of Finnish Orienteering Federation and International Orienteering Federation will be applied in the competition.

General instructions in **Finnish:**

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Kilpailuohjeet-yleiset.pdf>

General instructions in **English:**

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/General-instructions.pdf>

Instructions for Mon 26.6. in Lamminrahka (practice)**In Finnish**

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Kilpailuohjeet-1.osakilpailu.pdf>

In English

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Instructions-1.pdf>

Instructions for Tue 27.6. in the center (sprint)**In Finnish**

https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Kilpailuohjeet-2.osakilpailu_2.pdf

In English

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Instructions-2.pdf>

Instructions for Wed 28.6. in Teivo (middle)**In Finnish**

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Kilpailuohjeet-3.osakilpailu.pdf>

In English

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Instructions-3.pdf>

Instructions for Fri 30.6. in Hervanta (long)**In Finnish**

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Kilpailuohjeet-4.osakilpailu.pdf>

In English

<https://2023.fin5.fi/wp-content/uploads/sites/13/2023/06/Instructions-4.pdf>

Competition format

Sprint distance (The estimated winning times are in accordance with the rules)

Middle distance (The estimated winning times are in accordance with the rules).

Long distance (The estimated winning times are in accordance with the rules)

Medals

In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee.

Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

Anti-doping

The IMGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGA Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

EQUIPMENT

The electronic Emit punching system will be used. When registering, please inform if you need a rent Emit card.

UNIFORMS

It is forbidden to use shoes with metal spikes in any competitions and training. Metal studs are allowed in the middle distance and long races, but not in the Sprint race.

There are no regulations regarding clothing.

The bib number (provided from the accreditation office) must be placed visibly on the chest and must not be folded or cut.

TRAINING FACILITIES

The first event on Monday 26th is the training.

FURTHER INFORMATION

Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at www.emg2023.fi as well as other Games communication channels to find out the latest information.

For more orienteering specific information, please contact antti.rantala@kangasalask.fi

For general information about EMG2023, please contact info@emg2023.fi.