Are Olympic Gold Medals Real Gold?

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When athletes ascend the Olympic podium, gold medal glistening around their necks, it’s easy to imagine they’re holding a solid disc of pure gold. However, the reality is a little different—and quite fascinating.

Modern **Olympic gold medals are not made entirely of gold**. According to the International Olympic Committee (IOC), each medal must be composed of at least **92.5% pure silver**—the same standard used in sterling silver jewellery. To achieve that iconic golden appearance, the medals are then plated with a minimum of **6 grams of pure gold**.

This blend has been the tradition for over 100 years. The last time Olympic gold medals were crafted entirely from solid gold was at the **1912 Stockholm Games**. Since then, rising gold costs and practical considerations have led to the shift toward gold-plated silver, offering both prestige and sustainability.

Although they aren’t made of solid gold, Olympic medals hold immense value, symbolically and artistically. The precision of their craftsmanship, their limited nature, and the incredible achievements they represent make them priceless in the eyes of athletes and collectors alike.

So, while Olympic champions may not be awarded a full bar of gold, they receive something far more precious: a **universal emblem of triumph, perseverance, and honour**. In that sense, their value transcends any metal.