

TrueSelf

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Hong Kong Anti-Doping Committee
香港運動禁藥委員會

Support Fair Play Compete Clean Everyday
齊來支持公平競賽 運動零禁藥人人愛

New Rules in the New Year 新一年 新規例

As we announced on the HKADC website earlier, the newly revised Anti-Doping Rules have been officially endorsed and will become effective on 1 January 2015 in compliance with the 2015 World Anti-Doping Code. Either you are an athlete or an athlete support personnel, you have to be familiar with the new Rules to help keep the sport community clean and fair. The changes especially relevant to you are highlighted below for you to get a glimpse of the new Rules which are just around the corner.

Anti-Doping Rule Violations (ADRVs)

The definition of ADRV becomes more stringent and has a wider coverage:

- ▶ The whereabouts requirement will be strengthened. An accumulation of 3 whereabouts failures within 12-month period, instead of 18-month period, will be considered a rule violation.
- ▶ Athletes/individuals ignoring advice from anti-doping organization (ADO) and continuing to associate with individuals serving a period of ineligibility for ADRVs will have violated the rule.

Sanctions

Sanctions will become tougher on real cheats but flexible enough to accommodate the principle of proportionality and human rights:

- ▶ Upon conviction, intentional dopers committing a first time violation could be sentenced for 4 years of ineligibility rather than 2 years.
- ▶ Apart from suspension, other consequences may include disqualification of competing results, financial sanction and public disclosure.
- ▶ Conditions for reduction of the sanction are more clearly defined, e.g. unintentional use of specified substances and contaminated products, providing substantial assistance in discovering or establishing ADRV.
- ▶ Statute of limitations is extended from 8 years to 10 years.

(to be continued on page 2)

正如我們於早前在本會網站公布，新修訂之運動禁藥條例已經正式獲得通過，並將於2015年1月1日生效，以配合2015世界運動禁藥法規的同步實施。不論您是運動員還是運動支援人員，都必須熟悉新條例，一起守護體育界零禁藥的公平競賽環境。條例中跟您特別有關的更新項目臚列如下，助您快速掌握即將生效的條例內容。

違反運動禁藥管制規條

違反運動禁藥管制規條之定義更為嚴格、涵蓋更廣：

- ▶ 有關行蹤資料之要求變得嚴格，運動員由目前的18個月，改為在12個月內，累積任何3次行蹤資料失誤將被視作違規。
- ▶ 運動員或任何人士無視運動禁藥管制機構的警告，而繼續與因違規而正被處分停賽者進行業務合作，將被視作違規。

違規處分

對存心欺騙行為將有更嚴厲處分，但同時亦保留酌情權，以顧及量刑適切性及人權考慮：

- ▶ 一旦裁定違規者刻意欺騙，首次違規的停賽處分由目前的2年增加至4年。
- ▶ 除了停賽處分之外，罰則亦包括取消比賽成績、罰款及公開違規個案。
- ▶ 具體界定處分可獲酌減的情況，例如：誤用特定物質或污染產品、對揭發或成功檢舉違規行為提供有力協助。
- ▶ 訴訟時效由8年延長至10年。

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Important Dates 重要日期

31 December 2014

Year 2015 Q1 whereabouts submission deadline for testing pool athletes

2014年12月31日

藥檢名單的運動員遞交2015年度第一季行蹤資料的最後限期

17 - 18 January 2015

Outreach Education Programme at the Hong Kong Marathon Expo 2015 at Victoria Park

2015年1月17 - 18日

外展教育計劃於2015香港馬拉松嘉年華會（維多利亞公園）期間舉辦

Advisory Notes 重要忠告

A complete summary of important messages to help avoid inadvertent violation of anti-doping regulations are available at HKADC website. Articles newly added into the Advisory Notes are:

香港運動禁藥委員會網站收錄了一系列針對避免無意中違反運動禁藥規條的忠告。新增的「重要忠告」為：

Supplement Warning: Hidden Drugs found in Weight Loss Product

補充劑警告 – 減肥產品中發現未標示物質

The Committee 委員會

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楊世模博士

Mr. CHEUNG Ping Wai
張炳槐先生

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Better Reach to Athlete Support Personnel

The roles of athlete support personnel are clearly stipulated with more rules regulating their behaviours being included:

- ▶ The roles and responsibilities of athlete support personnel are clearly stated to make sure everyone within the sport community is working towards the same goal of fair play.
- ▶ They are required to be bound by the Rules as a condition of participation.
- ▶ Investigation into the related athlete support personnel will be carried out if there are ADRVs committed by minor athletes or more than one athlete under their supervision/service.
- ▶ No athlete or other person should associate in a professional or sport-related capacity with any athlete support personnel who is serving a period of ineligibility due to ADRV.
- ▶ Athlete support personnel shall not use and possess any prohibited substance with valid justifications.

The full version of the Rules is available on the HKADC website at www.antidoping.hk.

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加強對運動支援人員的監管

對運動支援人員的角色有清楚界定，亦新增了規管條例：

- ▶ 條例中詳細列出運動支援人員的角色及責任，讓有關人員能有共同目標，為公平競賽一起努力。
- ▶ 運動支援人員必須遵守條例，作為參與體育工作的條件之一。
- ▶ 若有未成年運動員或所屬團隊中有多於一名運動員違規，相關運動支援人員將會接受調查。
- ▶ 任何運動員或人士不可與因違規而遭受停賽處分的運動支援人員有任何業務或運動相關的合作關係。
- ▶ 運動支援人員在缺乏合理解釋下不得使用或管有任何運動禁用物質。

條例全文可到香港運動禁藥委員會網頁www.antidoping.hk瀏覽。

讓我們作好準備，為新條例能在香港成功實施一起努力！

Let us get prepared and work hand in hand for the Rules to be implemented successfully in Hong Kong!

NEW 2015 Prohibited List and revised Education Pamphlets

禁用清單及新修訂教育小冊子



The newly published 2015 Prohibited List will be in force on **1 January 2015**. Some changes include:

- Trimetazidine has been moved from section S6 Stimulants to S4 Hormone and Metabolic Modulators.
- Karate has been removed from the list of sports in which alcohol is prohibited.
- World Underwater Federation (CMAS) has been added to the group of International Federations prohibiting the use of Beta-blockers in competition for certain disciplines.

新印製的2015年度禁用清單將於**2015年1月1日**起生效，主要修訂包括：

- 「曲美他嗪」由(S6)刺激劑項目中，轉列入(S4)激素與代謝調節劑之項目內。
- 空手道項目已經從賽內禁止使用酒精的運動項目列表中刪除。
- 世界潛水總會(CMAS)已成為部份禁止賽內使用β-阻斷劑(beta-blockers)的國際體育聯會其中一員。

In order to comply with the 2015 HKADC Anti-Doping Rules, content of the following five education pamphlets have been updated:

- Anti-Doping Rule Violations
- Receiving Medical Treatment and TUE
- Result Management – positive test
- The Testing Procedures
- Whereabouts – Why, What, How

為配合2015香港運動禁藥委員會運動禁藥條例，以下5種教育小冊子的內容已經更新：

- 違反運動禁藥管制規條
- 接受治療及治療用藥豁免
- 結果管理 – 陽性檢測結果
- 檢測程序
- 行蹤資料 – 目的、要求、如何提交



The latest electronic versions of the 2015 Prohibited List and the revised education pamphlets are now available for download on HKADC website.

2015年度禁用清單及更新的教育小冊子電子版本，可於香港運動禁藥委員會網頁內下載。

模擬個案 Case Study

Wanting to gain a competitive edge, elite athlete Michael is planning to take a supplement that may help him grow bigger, stronger muscles. Same as last time when he was sick and prescribed with medicines, he goes online to the *DrugInSport* (www.druginsport.hk) website and try to check its prohibition status. However, he cannot find his supplement on the database, so he assumes that it is safe since nothing shows up on the screen saying that it is prohibited.



精英運動員Michael一心想於比賽中脫穎而出，打算服用一種可以令他肌肉發達的補充劑。他想起以前生病時曾利用「運動禁藥資料庫」網站(www.druginsport.hk)，檢查處方藥物的禁用狀況，今次於是再試試利用資料庫查看這種補充劑是否安全。但最後Michael因為在資料庫中找不到有關產品，以為沒有禁止使用的警告，應該可以放心使用。

Is Michael doing the right thing? 做對了嗎? Yes and No! 既對亦錯!

It is a good practice for athletes to always check what they are taking. However, items not found on *DrugInSport* do not mean they are permitted.

運動員在服用任何產品前先謹慎檢查確是值得鼓勵，倘若在「運動禁藥資料庫」中找不到產品的禁用狀況，那並不代表它們可以安全服用。

Lessons learnt 教訓

- DrugInSport* (www.druginsport.hk) is for search on **medicine only**. It can be done by using its product English name (eg, Panadol), the five-digit Hong Kong registration number (eg, HK-12345) or its ingredients (eg, paracetamol). 「運動禁藥資料庫」(www.druginsport.hk) 只為藥物而設。大家可以利用藥物的英文名稱(如Panadol)、五位數字香港註冊編號(如HK-12345)或其成份(如paracetamol)來進行檢索。
- If you cannot find information on your search item, **DO NOT** assume it is permitted in sport. Consult a sport physician or HKADC. *DrugInSport* does not contain information on supplements. 如無法在資料庫中找出產品有關資料，千萬不要假設可以於運動中使用。請諮詢運動醫學人員或香港運動禁藥委員會。要注意「運動禁藥資料庫」並不包括補充劑。
- If your search result indicates "Route Dependent", you must click on the ingredients to check which route of administration of the medicine is prohibited. 另外若檢索結果顯示「按採用途徑」，請點擊該項藥物的成分以檢視何種使用途徑會被禁止使用。
- DrugInSport* mobile app is available for free download at iTunes App Store or Google Play Store. 「運動禁藥資料庫」手機應用程式可以在iTunes App Store或Google Play Store免費下載。



The Far-reaching Education Programmes

教育活動 無遠弗屆



Anti-Doping quiz game at Schools Sports athletics event
學界田徑好手考驗運動禁藥問題的知識

With a view to implementing the 2015 World Anti-Doping Code and promoting the culture of fair play, HKADC's education programmes were brought far to the sport community. During the year of 2014, a total of 14 outreach programmes and 17 education talks were organized for more than 6,800 participants. Our programmes covered various disciplines of sports, including the anti-doping information counter set up for the first time at the Flag Presentation Ceremony for the Hong Kong, China team heading for the Incheon Asian Games.

為推廣公平競賽文化及落實2015世界運動禁藥法規，香港運動禁藥委員會的教育活動無遠弗屆。於2014年期間一共舉辦了14次的外展教育活動及17次的教育講座，超過6,800名到訪者參與其中，活動遍及各個體育項目，當中更包括首次設置於仁川亞運會中國香港代表團授旗禮的運動禁藥資訊站。

Seeing the achievement of our education programmes in the last year, we are confident that the new anti-doping rules will be implemented successfully. In the year ahead, HKADC will keep working hard to instill the culture of fair play into the sports community.

憑藉過往一年教育活動的圓滿成果，新法規規定能順利落實執行，本會來年亦將努力不懈，寄望公平競賽文化能體現於體育界的每個角落。



Women's rugby team learning about the 2015 WADC at our HKSI counter
女子壘球隊在本會設於體院的攤位學習2015運動禁藥條例



Elite windsurfing athletes learning the latest anti-doping information
滑浪風帆精英運動員學習最新的運動禁藥管制資訊



Another year's success for Anti-Doping Seminar 2014
運動禁藥管制研討會2014取得連續兩年成功



How long is the baseline period of ineligibility for the first time ADRV under the new Anti-Doping Rules?

在新規例下，對首次違反運動禁藥規條的停賽處分基本年期為？

- (a) 1 year 一年
- (b) 2 years 二年
- (c) 3 years 三年
- (d) 4 years 四年

Answer: (d)