

TRUE SELF



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

2018年12月 DECEMBER 2018 | 第三十七期 ISSUE 37

重要日期 IMPORTANT DATES

31 DECEMBER 2018

藥檢名單的運動員遞交 2019 年度第一季行蹤資料的最後限期
Year 2019 Q1 whereabouts submission deadline for testing pool athletes

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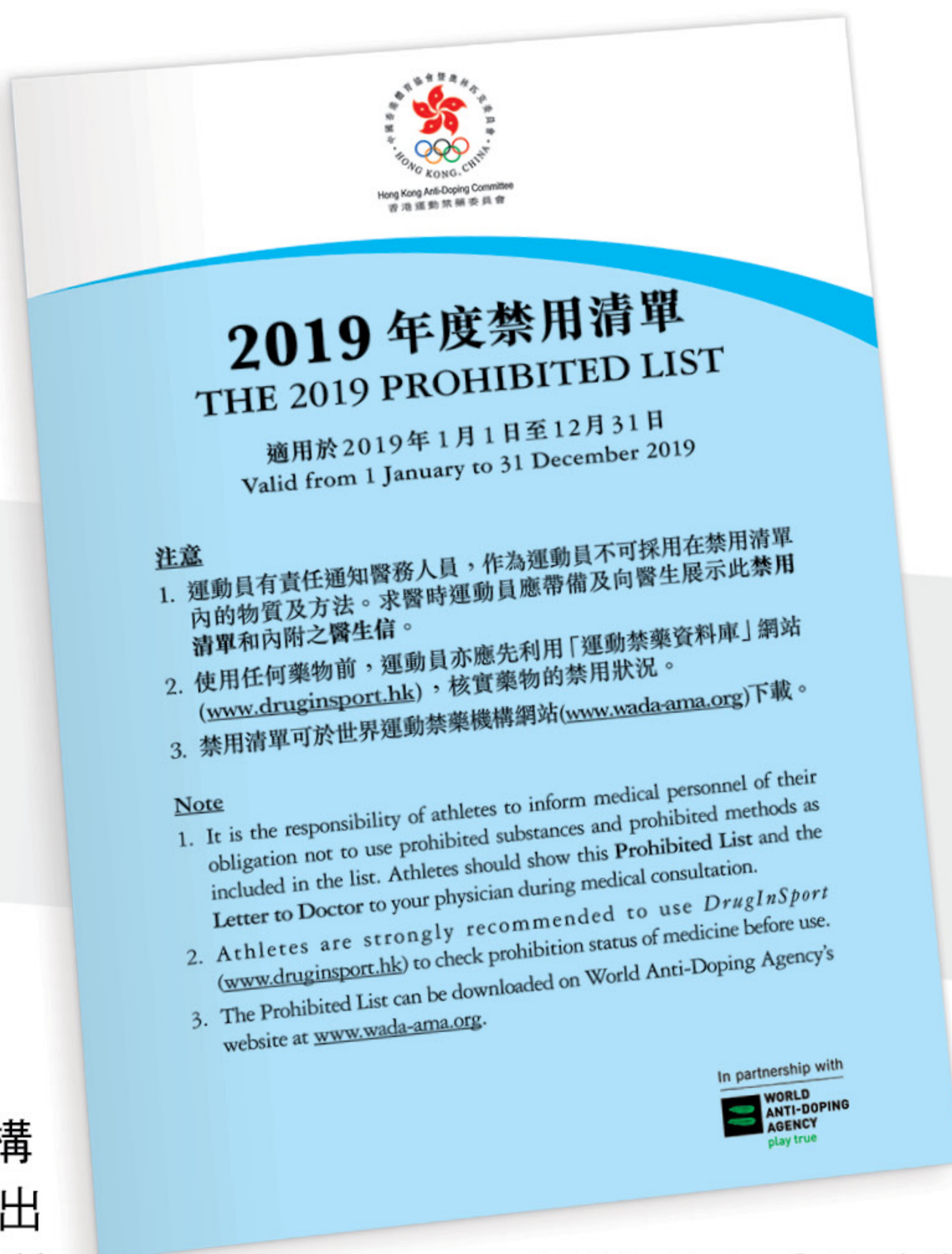
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2019年度禁用清單經已推出 The 2019 Prohibited List Released



世界運動禁藥機構 (WADA) 已推出 2019 年度禁用物質及方法清單 (禁用清單), 並將於 2019 年 1 月 1 日生效。

WADA 每年都會更新禁用清單, 並在其生效前數個月預先公佈, 以確保運動員及支援人員有足夠時間熟悉新的禁用清單及其修訂、覆檢運動員正在服用的藥物, 以及在必要情況下申請治療用藥豁免 (TUE)。

本會慎重建議所有運動員及支援人員詳閱 2019 年度禁用清單及其修正摘要及註釋。舉例其中一項主要變更: 禁用方法 "M3" 的名稱已由「基因禁藥」改為「基因及細胞禁藥」。

2019 年度禁用清單及詳盡的修正摘要可於 WADA 的網頁 (www.wada-ama.org) 下載。香港運動禁藥委員會亦印備袋裝版 2019 年度禁用清單供運動員使用。如欲索取袋裝版禁用清單, 歡迎聯絡本會。

The World Anti-Doping Agency (WADA) has published the 2019 List of Prohibited Substances and Methods ("The Prohibited List"), which will come into force on 1 January 2019.

The Prohibited List is updated annually and is released a few months before it comes into effect to ensure athletes and their support personnel have sufficient time to familiarize themselves with the List and its modifications, review any medications they use and apply for a Therapeutic Use Exemption (TUE) if required.

All athletes and their support personnel are strongly advised to familiarize themselves with the 2019 Prohibited List and the Summary of Major Modifications and Explanatory Notes which lists out all the changes made. For example, one of the major changes is that the title of Prohibited Methods "M3" has been changed from "Gene Doping" to "Gene and Cell Doping".

The 2019 Prohibited List and the full summary can be downloaded on WADA's website at www.wada-ama.org. HKADC has also produced a pocket-size 2019 Prohibited List for athletes' use, please contact HKADC office if you would like a copy.



2016年違反運動禁藥

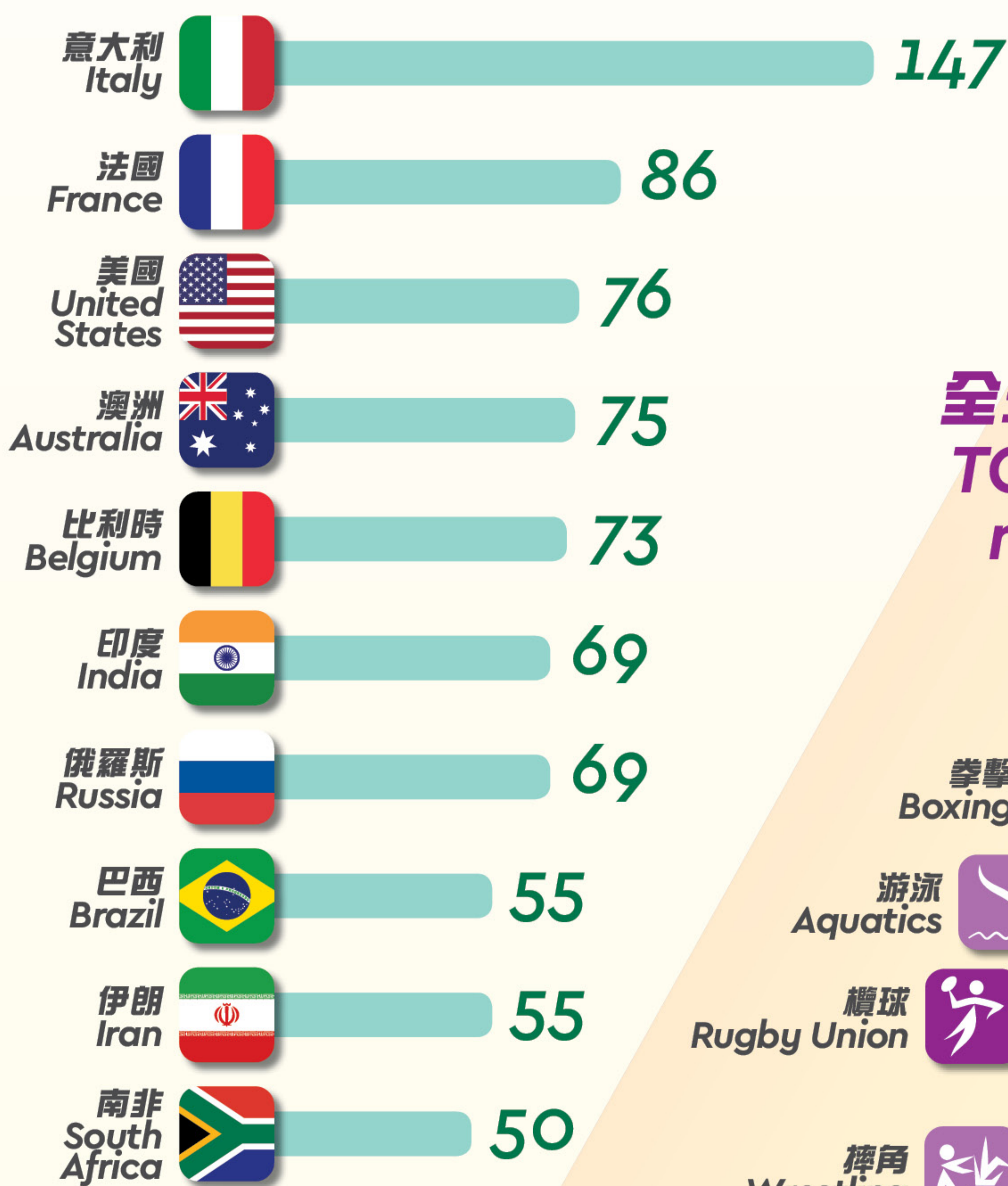
2016 Anti-Doping Rule Violations

世界運動禁藥機構 (WADA) 剛發佈了 2016 年違反運動禁藥管制規條報告。於 2016 年間一共有 1,595 宗違規個案，當中 1,574 宗涉及運動員違規，而其餘 21 宗則與運動支援人員有關。

The World Anti-Doping Agency (WADA) has recently issued the 2016 Anti-Doping Rule Violations (ADRVs) Report. There were 1,595 ADRVs in total, among them 1,574 cases involved violation by athletes, while the remaining 21 cases were related to athlete support personnel.

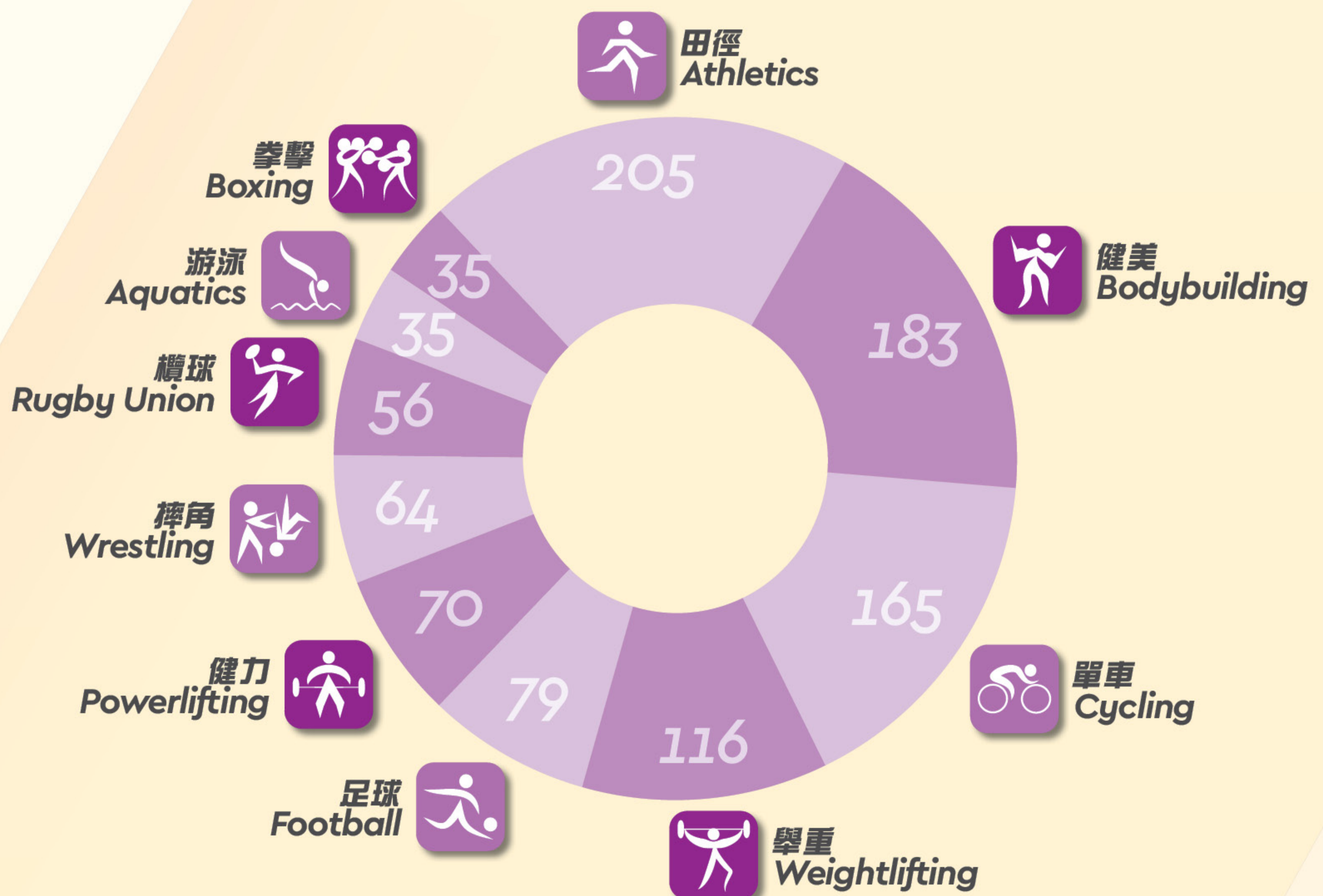
全球十大最多違規個案的國家

TOP 10 Nationalities with the highest number of ADRVs worldwide



全球十大最多違規個案的運動項目

TOP 10 Sports with the highest number of ADRVs worldwide



* 資料來源：世界運動禁藥機構 (WADA) - 2016 年違反運動禁藥管制規條報告

Source: World Anti-Doping Agency (WADA) - 2016 Anti-Doping Rule Violations (ADRVs) Report

<https://www.wada-ama.org/en/resources/general-anti-doping-information/anti-doping-rule-violations-adrvs-report>

管制規條數據及統計 (ADRVs) Data & Statistics

運動員違反的運動禁藥管制規條 Type of Violations Committed by Athletes

規條 Article 2.2	運動員採用或意圖採用運動禁用物質 / 方法 Use or Attempted Use by an Athlete of a Prohibited Substance/Method	112
規條 Article 2.3	逃避、拒絕或不能提供樣本作檢測 Evading, Refusing or Failing to submit to sample collection	113
規條 Article 2.4	行蹤資料失誤 Whereabouts Failures	20
規條 Article 2.5	干預或意圖干預運動禁藥管制的任何部份 Tampering or Attempted Tampering with any part of Doping Control	5
規條 Article 2.6	藏有禁用物質 / 方法 Possession of a Prohibited Substance/Method	42
規條 Article 2.7	非法販運或試圖非法販運禁用物質 / 方法 Trafficking or Attempted Trafficking in any Prohibited Substance/Method	9
規條 Article 2.8	提供或意圖提供禁用物質 / 方法給任何運動員 Administration or Attempted Administration to any Athlete	3
規條 Article 2.9	串通行為 Complicity	4
規條 Article 2.10	違規的合作關係 Prohibited Association	0

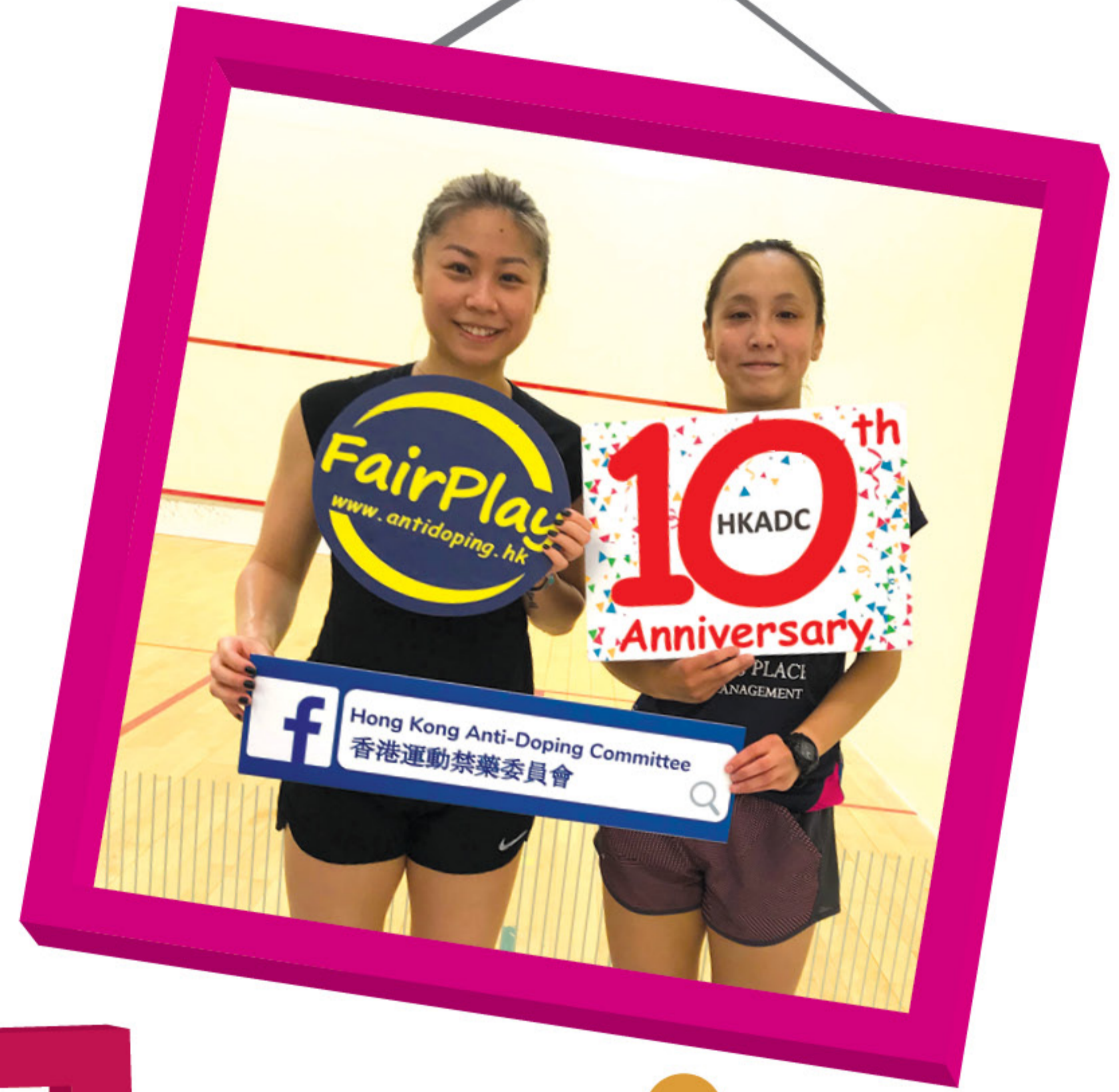
* 撇除規條 2.1 (運動員身體樣本含有禁用物質或其代謝物)

Apart from Article 2.1 (Presence of a Prohibited Substance or its metabolites or markers in an Athlete's sample)

運動員及運動支援人員應熟悉及遵守運動禁藥管制規條。有關規條內容可瀏覽本會網站：
Athletes & athlete support personnel should be knowledgeable of and comply with the Anti-Doping Rules. For details of the rules, please visit HKADC website:

www.antidoping.hk

10th HKADC Anniversary



香港運動禁藥委員會 HONG KONG ANTI-DOPING COMMITTEE

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網頁 Website: www.antidoping.hk | 運動禁藥資料庫網頁 DruginSport website: www.druginport.hk

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