

# TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊

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

Support Fair Play • Compete Clean Everyday  
香港支持公平競賽 運動零禁藥人人愛

## What's the **COST** of Doping? 運動禁藥 — 傷身更傷財



It is well known that doping results in health issues, disqualification and ineligibility. Do you know doping will also mean a drain on your pocket? In light of the increasing number of doping cases, HKADC has stepped up the efforts to fight doping by introducing a new rule of financial sanction lately.

### Who will be subject to financial sanction?

Well versed in the anti-doping rules, you may be aware that some kind of financial sanction does already exist. That is only true for the elite athletes who will no longer be eligible to receive the Elite Training Grant (ETG) if they violate the anti-doping rules. The existing rule is not across the board and non-elite athletes or other individuals violating the rules are not subject to any financial sanction. To address the consequence of doping in a fair and impartial manner, HKADC has included an additional article (Article 10.12) to the HKADC Anti-Doping Rules about the imposition of financial sanction on all athletes and individuals.

### How much is that?

Effective from 1 January 2013, a financial sanction of HK\$ 20,000 per violation will be imposed on athlete or individual who has violated the Anti-Doping Rules. Until this payment has been settled, the athlete or individual will remain ineligible to participate in any activities organized by organizations affiliated to the World Anti-Doping Code even after the period of ineligibility has been expired.

### Is there any exemption?

The existing moderation of sanctions under exceptional circumstances is also applicable, which means financial sanction could be waived if the athlete could successfully prove that the positive test is caused by inadvertent doping or that the individual provides substantial assistance in discovering or establishing anti-doping rule violations, etc. In order to avoid double sanction, as those recipients of ETG will have their ETG already withheld if they violate the rules, the financial sanction to be imposed could be proportionally reduced to reflect the loss of financial support.

大家或許早已知道使用運動禁藥會帶來健康問題、取消資格及被罰停賽等連串惡果，但你是否知道原來使用禁藥更會令你破財？有鑑使用禁藥的個案近期有上升趨勢，香港運動禁藥委員會決意加強打擊禁藥力度，增訂關於罰款的新規條。

### 誰會被罰？

假若對運動禁藥管制規條有認識，你會馬上想到目前已有某種形式的罰款規例。沒錯，但那只適用於精英運動員，按照規例，任何正接受精英訓練獎學金的運動員若違反運動禁藥規條，該獎學金將被終止。可見有關現行條例並非對所有運動員一視同仁，一般運動員或個人不會受到任何金錢上的處分。因此，為求更不偏不倚地處理違規個案，香港運動禁藥委員會已於運動禁藥管制規條中增訂第10.12條，適用於所有運動員及個人有關罰款的新規條。

### 要罰多少？

由2013年1月1日起，任何運動員或個人若違反運動禁藥管制規條，每項違規將被罰款港幣\$20,000，罰款一日尚未繳清，就算停賽期已經屆滿，該運動員或個人仍將被禁足於所有受世界運動禁藥法規約束之機構所組織的一切活動。

### 有特殊情況會酌情處理嗎？

目前在某些特殊情況下可取消或減免處分的酌情處理仍將沿用，亦即是說，假若該運動員能成功證明陽性檢測結果確是由誤服禁藥造成、或提供協助以幫助檢舉違規行為，則罰款亦可被豁免。此外，若違規者為精英運動員，因該運動員已被終止發放精英訓練獎學金，在計算罰款金額時會作出相應調減，將該已失去的獎學金計算在內，以避免重複罰款。

### News 最新消息

2013 Prohibited List is now published and will become effective starting 1 January 2013. Refer to our website for major changes to the list. 2013 年度運動禁藥清單將於2013年1月1日生效。有關改動請瀏覽本會網頁。

### Important Dates 重要日期

#### 31 December 2012

Year 2013 Q1 whereabouts submission deadline for Testing Pool athletes  
藥檢名單運動員遞交2013年度第一季行蹤資料的最後限期

#### 16 - 17 February 2013

Outreach Education Programme at the Hong Kong Marathon Expo 2013 at Victoria Park  
外展教育計劃於2013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. An article newly added into the Advisory Notes is:

#### Warnings on Supplements with Dangerous Ingredients

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：

#### 警告 — 含危險禁藥的補充劑

### The Committee 委員會

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傅浩堅教授 MH, JP

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# Why is Lance Armstrong's case important?

## 岩士唐的驚天大案

### Who's Lance Armstrong?

The 7-time champion of the Tour de France was also a cancer survivor who established the Livestrong Foundation to raise fund to support cancer patients.

### No positive test = clean?

Armstrong has been denying persistent allegations of doping throughout his career by claiming that he has never been tested positive. However, he is not the first athlete being sanctioned for doping in the absence of a positive test. Another sport legend, the USA sprinter, Marion Jones, was also sanctioned for using performance enhancing drugs (PEDs) based on non-laboratory evidence including detailed doping calendar showing her doping practice.

### Massive information supporting sanction

Justified by more than 1,000 pages of supporting document, USADA (the national anti-doping organization of USA) stripped off Armstrong's 7 Tour de France titles and imposed on him a lifetime ban from sports in October 2012. The massive information includes testimonies from 11 of his

former teammates, proof of financial payments, emails, scientific data, etc., suggesting that Armstrong plays a key role in one of the most sophisticated, professionalized and successful doping programme that ever exists, which has also groomed and pressured young athletes to use PEDs.

### What's special about the case?

It is not a doping case about removing a PED using individual from competition. It is a case on an organized and well-planned doping programme that involved athletes, medical doctors, team managers, and more. It is a case about the sophisticated dopers and the enablers in the doping industry. It is a case that unveils the doping syndicates and thereby protects a large number of athletes from doping practice.

### What's the lesson for us in Hong Kong?

The recent increase of doping cases in Bodybuilding clearly rings a bell that the sport industry in Hong Kong is not entirely 'clean'. PEDs are readily available in the local market. Every effort has to be made to prevent the growth of doping industry in Hong Kong.



### 誰是岩士唐?

連續七屆環法單車賽冠軍，從癌症中康復過來的傳奇人物，並設立Livestrong基金會以協助癌症病人。

### 無陽性反應=清白?

縱然在其運動生涯中一直被指控使用禁藥，岩士唐始終堅稱自己清白，理據是他的藥檢從未被測出陽性反應。但他已非首個在缺乏陽性檢測結果下遭受處分的運動員，另一位體壇傳奇人物、美國短跑女飛人鍾絲亦曾因使用提升運動表現藥物(PED)而遭受懲處，非來自實驗室的證據包括證明她有服藥習慣的詳細用藥記錄。

### 罪證確鑿

美國反興奮劑機構以超過1000頁的文件資料為佐證，於2012年10月決定褫奪岩士唐的七連冠名銜並判其終身停賽。這些大量資料包括了來自11位前隊友的證詞、付款記錄證明、電郵、科學數據等等，說明一個史無前例極具規模的專業非法用藥計劃一直在成功運作，而岩士唐恰恰是其中的主要人物。該計劃甚至引導及脅迫青少年運動員使用PED。

### 個案有何獨特之處?

這不光只是把一個違規用藥的運動員擯諸賽場之外的案例，而是一宗嚴重個案，關係到一個具組織規模、廣泛涉及運動員、醫生、領隊等眾多人員的非法用藥計劃，亦關係到那些在禁藥行業內機警慎密的用藥者及一眾幫凶，這個案將禁藥集團的惡行公諸於世，避免大量運動員受禁藥禍害。

### 香港可汲取的教訓

近期香港健美界的違規個案有上升趨勢，給我們當頭棒喝，清楚告訴我們香港體育界並非完全「清白」，要購得PED已非難事，故此我們更要殫精竭慮，採取措施防範運動禁藥在香港落地生根。

## A Refreshment of Knowledge 溫故知新



HKADC's Doping Control Officers (DCOs) annual training was successfully held on 1 December 2012. In order to keep a high standard, DCOs must attend the annual training to maintain their accreditation. In this year's annual training, outstanding DCOs were also recognized for their dedication and high performance standard at work.

香港運動禁藥委員會於12月1日舉行了運動禁藥管制主任 (DCO) 的年度培訓，為確保質素，DCO必須出席年度培訓以保持其認可的專業資格，而本年度的培訓更向多名認真投入及表現傑出的DCO作出表揚。

Being sanctioned for 2 years of ineligibility owing to a positive test identified at a local sport event last year, Ben was very upset that he was barred from competitions for that extended period of time. Discussion with his friends brought the assumption that competitions organized by organizations outside the SF&OC and HKADC system would be fine to participate. Ben participated and achieved good result in the competition.

Ben 在去年的一次本地賽事中被驗出陽性反應，因此被罰停賽兩年，他對漫長的整整兩年無法參賽感到沮喪不已。一次跟朋友們偶然聊起，他們認為那些不在港協暨奧委會或香港運動禁藥委員會體制之內的運動比賽大概不在限制之列，參加應該無妨。Ben真的報名參賽並奪得佳績。

# 模擬個案 Case Study

## Consequences of competing prematurely

Ben received a letter from HKADC shortly after the event, asking him to explain the case at a hearing. Yet Ben decided not to attend the hearing and the hearing panel ruled that Ben's 2 years of ineligibility started all over again at the date he competed prematurely at this year's event.

### 停賽期內參賽的後果？

比賽結束不久Ben即收到香港運動禁藥委員會的來信，要求他出席聆訊並提供解釋，但Ben卻拒絕出席，最終聆訊專責委員會裁定Ben的兩年停賽期由今年所參與比賽的日期重新計算。

## Roles and responsibilities of a signatory to the Code

Signatories of the WADC, including International Federations of most sport, should require its National Federations to establish rules requiring all athletes and athlete support personnel who participate in event authorized or organized by a National Federation or one of its member organizations to agree to be bound by anti-doping rules in conformity with the Code. National Federation could risk the imposition of sanction by its corresponding International Federation should the requirement is not observed.

### 法規簽署者的角色與責任

世界運動禁藥法規的簽署者，包括大部份的體育項目的國際聯會，應督促其轄下國家體育聯會訂立法規，要求所有參與該國家體育聯會及其附屬機構所舉辦或授權之活動的運動員及支援人員，承諾要遵守符合法規要求的相關運動禁藥管制規條。國家體育聯會如違反上述要求，可能會受到其相關的國際聯會所制裁。

## The true meaning of 'Ineligibility'

### 1) Status of the event organizer

According to the anti-doping regulation, athletes, who have been sanctioned for ineligibility, could not take part at events organized by any signatory of the World Anti-Doping Code (the Code). They are ineligible for all events organized by local organizations under the SF&OC and HKADC system, as well as any local or international organizations that have, directly or indirectly, signed the Code.

### 2) Capacity of participation

Ineligibility is not limited to participation as a competing athlete. An individual under sanction of ineligibility could not participate in any capacity (e.g. coach, team official, sponsor, etc) in events organized by organizations specified above either.

(Please refer to Article 10.10 of the HKADC Anti-Doping Rules for more details.)

### “停賽”的正確意義

#### 1) 項目籌辦機構的身分

根據運動禁藥管制規條，任何已簽署世界運動禁藥法規之機構所籌辦的活動，被罰停賽的運動員一律不准參與。這些機構包括所有在港協暨奧委會或香港運動禁藥委員會體制之內的本地機構，及本地和海外直接或間接已簽署有關法規的機構。

#### 2) 參賽的身分

停賽並不只限於以運動員身分參與競賽，被停賽人士亦不准以任何身分（例如：教練、隊伍職員、贊助人等等）參與上述機構籌辦的任何項目。

(詳情請參閱運動禁藥管制規條第10.10條)

## Lessons learnt

1. Never hesitate to seek advice from HKADC on anti-doping regulations.
2. Read carefully and make sure you understand all contents of correspondences from HKADC.
3. Respect the anti-doping regulation.

## 教訓

1. 隨時向香港運動禁藥委員會徵詢關於運動禁藥管制規條的意見。
2. 小心閱讀並完全明白一切香港運動禁藥委員會所發出的文件內容。
3. 遵守運動禁藥管制規條。

# Keep Abreast of Drug Status 時刻緊貼禁藥資訊

The 2013 Prohibited List will be in force on **1 January 2013** and can be downloaded from HKADC's website. Major changes include:

- For Stimulants it has been confirmed that all optical isomers where relevant are prohibited.
- In-competition use of beta-blockers will be permitted in boules, ninepin and tenpin bowling, powerboating, air sports and bridge.

*DrugInSport* (DIS), the online database developed by HKADC with information on the prohibition status of registered pharmaceutical products in Hong Kong, is being revamped and will get a new look! Starting from 1 January 2013, athletes and support personnel can access the new DIS updated with the 2013 Prohibited List more at ease.

It's better to be safe than sorry. If you doubt the prohibition status of any medicine you have, go check it out now at [www.druginsport.hk](http://www.druginsport.hk)!



2013年度禁用清單將於**2013年1月1日**起生效，並可於香港運動禁藥委員會的網頁下載，其主要改動如下：

- 所有相關的光學異構物刺激劑，一律賽內禁用。
- 在滾球、九瓶和十瓶保齡球、動力艇、航空運動及橋牌項目中，允許賽內使用β-阻斷劑 (beta-blockers)。

由香港運動禁藥委員會開發，提供香港註冊藥劑製品的禁用狀況的網上資源「運動禁藥資料庫」正在全面革新，並將以全新面目登場。由2013年1月1日起，運動員及其支援人員可以更方便快捷地瀏覽已經與2013年度禁用清單同步更新的「運動禁藥資料庫」。

小心駛得萬年船，如果你對所採用藥物的禁用狀況有任何懷疑，立即查看「運動禁藥資料庫」[www.druginsport.hk](http://www.druginsport.hk)以釋疑慮！

## Artistic Talents Shining in the E-poster & Slogan Design Competition 「電子海報及標語創作比賽」 閃耀設計才華

The E-poster & Slogan Design Competition concluded successfully when the Final Phase of Competition cum Prize Presentation Ceremony was accomplished in cheers and ovation on 7 December 2012. The creativity and devotion reflected from the entries are simply impressive, highlighting the theme "Drug Free and Fair Play in Sport" vividly.

The winning entries have been uploaded to our website (<http://poster.antidoping.hk>). Furthermore, we are going to use them for calendar production and public exhibitions as well. Please check our website regularly for the exhibition schedules.

香港運動禁藥委員會在2012年12月7日舉行了「電子海報及標語創作比賽」的最後決賽暨頒獎典禮，在一片歡呼掌聲中為活動劃上完美句號。參賽者的創意心思實在讓人讚嘆，將主題「運動零禁藥—競賽要公平」充分發揮。

優勝作品已上載至比賽網站 (<http://poster.antidoping.hk>)，此外我們亦會將作品印製月曆及舉行公開展覽，欲知展覽詳情，請定期瀏覽有關網站。



Higher Form Group 高中組		
Rank 名次	Name 姓名	School 學校
1 <sup>st</sup> 冠軍	SHING Kin Hei 成建熹	Christian Alliance SW Chan Memorial School 宣道會陳朱素華紀念中學
2 <sup>nd</sup> 亞軍	LAM Yan Wing 林欣穎	Ying Wa Girls' School 英華女校
3 <sup>rd</sup> 季軍	HO Fei Wan 何飛雲	St. Paul's Co-educational College 聖保羅男女中學

Lower Form Group 初中組		
Rank 名次	Name 姓名	School 學校
1 <sup>st</sup> 冠軍	LUNG Hoi Yan 龍海恩	HKSycia Wong Tai Shan Memorial School 香港四邑商工總會黃棧珊紀念中學
2 <sup>nd</sup> 亞軍	LUNG Yan 龍欣	HHCKLA Buddhist Ching Kok Secondary School 香海正覺蓮社佛教正覺中學
3 <sup>rd</sup> 季軍	LI Kar Wai 李嘉慧	Fanling Kau Yan College 粉嶺敬思書院

Q&A  
考考你

Which of the following **WILL NOT** be the result of violating the anti-doping rules?

運動員在違反運動禁藥管制規條後，**不會**有什麼後果？

- (a) Ineligibility 停賽
- (b) Financial sanction 罰款
- (c) Remove his/her competition result 褫奪比賽成績
- (d) Reducing the period of ineligibility after the financial sanction 罰款後獲得寬減停賽期
- (e) Withhold the Elite Training Grant/ financial support 終止精英訓練獎學金

Answer 答案: (d)