



TRUESELF

重要日期 IMPORTANT DATE

15 DECEMBER 2025

藥檢名單的運動員遞交2026年度第一季行蹤資料的截止日期

Year 2026 Q1 whereabouts submission deadline for testing pool athletes

董事局成員 BOARD OF DIRECTORS

主席 CHAIRPERSON

傅浩堅教授, BBS, MH, JP
Prof. Frank H. K. FU, BBS, MH, JP

副主席 VICE-CHAIRPERSON

謝德富醫生, BBS, JP
Dr. T. F. TSE, BBS, JP

名譽司庫 HONORARY TREASURER

楊世模博士, MH, JP
Dr. Simon S. M. YEUNG, MH, JP

董事 DIRECTORS

湯偉倫先生, BBS, MH, JP
Mr. W. L. TONG, BBS, MH, JP

張維醫生, BBS, MH
Dr. Julian W. CHANG, BBS, MH

黃守明醫生
Dr. Stephen S. M. WONG

羅銘初博士
Dr. Anne M. C. LO

許揚先生
Mr. Taylor Y. HUI

蘇志雄博士
Dr. Raymond C. H. SO

余國樑先生, BBS, MH, JP
Mr. Tony K. L. YUE, BBS, MH, JP

容樹恒教授, MH, JP
Prof. Patrick S. H. YUNG, MH, JP

2026年度禁用清單 將於2026年1月1日生效 The 2026 Prohibited List will come into force on 1 January 2026

世界運動禁藥管制機構 (WADA) 已公布2026年禁用清單, 並將於2026年1月1日生效。禁用清單是確保公平競賽的重要工具, 明確列出在任何時候、賽內期間或特定運動項目中禁用的物質和方法。本機構強烈建議運動員、運動員支援人員及醫療專業人士仔細審閱2026年禁用清單, 以免誤用禁用的物質和方法。

The 2026 Prohibited List was announced by the World Anti-Doping Agency (WADA), effective on 1 January 2026. Prohibited List is a critical tool to ensure clean sport by identifying substances and methods that are prohibited at all times, in-competition only or for specific sports. ADOHK strongly urges athletes, athlete support personnel and medical professionals to carefully review the 2026 Prohibited List to avoid inadvertent doping.



以下為2026年禁用清單的主要更新: The following key modifications have been made to the 2026 Prohibited List:

- 抽取血液或血液成分**被明確列明為禁用方法。如用於醫療檢測、禁藥檢測或認可捐血中心內的捐血則**不在此限**。高濃度血小板血漿 (PRP) 仍被允許使用;
Withdrawal of blood or blood components has been clarified that is prohibited, **except** for analytical purpose e.g. medical test, doping control, or donation purpose. Platelet-Rich Plasma (PRP) remains allowed;
- 非診斷性使用一氧化碳 (CO)** 被列入新增設的**M1.4血液及操縱血液成分禁用方法類別**, 因為方法可促進紅細胞生成。如作診斷用途, 例如血紅蛋白或肺功能測試, 則不在禁止之列;
Non-diagnostic use of carbon monoxide (CO) is prohibited, under new section, **M1.4. Manipulation of Blood and Blood Components**, as it boosts erythropoiesis. Diagnostic use, like hemoglobin or lung function tests, is not prohibited;
- 於**M3. 禁用方法基因與細胞類別**, 新增禁止使用**細胞成分** (如細胞核、線粒體、核糖體);
Cell components (e.g. nuclei and organelles such as mitochondria and ribosomes) are added to the existing prohibition (under M3 Gene and Cell Doping) of using normal or genetically modified cells;
- 氟莫達非尼 (flmodafinil)** 和**氟阿達非尼 (fladrafenil)** 現被列入**S6非指定刺激劑類別**。這些未經批准的莫達非尼類似物, 常作為補充劑銷售。
Flmodafinil and fladrafenil, unapproved substances similar to modafinil and adrafinil, are now prohibited under the category **S6 Non-specified Stimulants**. These are often sold as supplements.

2026年度禁用清單及詳盡的修正摘要可於中國香港運動禁藥管制機構網頁 (www.antidoping.hk) 下載。本機構亦印製了袋裝版的2026年度禁用清單供運動員使用。歡迎聯絡本機構辦事處索取袋裝版禁用清單。

The 2026 Prohibited List and the Summary can be downloaded on ADOHK's website at www.antidoping.hk. ADOHK has also produced a pocket-sized version of the 2026 Prohibited List for athletes' use. Please contact ADOHK Office if you would like a copy.

2026年度禁用清單二維碼
QR Code for 2026 Prohibited List





中国·广东|香港|澳门 2025
China-Guangdong | Hong Kong | Macao

十五運會及十二殘運會

禁藥檢測的籌備工作及反興奮劑教育拓展站設置佈局

Doping Control Preparation and Anti-Doping Education Booth for The 15th NG and The 12th NGD

為準備十五運會及十二殘運會的禁藥檢測工作，ADOHK在香港賽區賽事開始前安排了禁藥檢測主任前往成都世運會及廣東賽區不同的賽事中進行禁藥檢測的體驗及交流。禁藥檢測主任除了可加強中國無紙化系統的應用，同時亦可以與其他地區的代表分享相關經驗。於香港賽區賽事期間，ADOHK分別在比賽場地及運動員酒店設置了運動禁藥檢測站，為參加賽事的運動員進行賽內及賽外檢測，全力維護賽事公平性與體育競技的純潔。

運動會期間，ADOHK亦在六間運動員酒店設置反興奮劑教育拓展站，累計錄得超過6,000人次參與。拓展站包括五個區域：教育展覽區、安全用藥查詢系統體驗區、互動遊戲區、簽名合影區及兌換獎區，希望各運動員及運動支援人員透過不同的體驗方式了解運動禁藥的資訊。完成活動後，所有參與者均獲得具香港特色的限量版紀念品以作留念。所有參與人士都非常投入及積極參與各項活動，令拓展站充滿熱鬧而歡樂的氣氛。



拓展站義工提供不同系統和工具協助運動員檢查藥物的禁用狀況。
Volunteers assisted athletes by providing different systems and tools to check the prohibition status of the medicine.



運動員及其支援人員入住酒店時，均獲發「反興奮劑快速指南」。Athletes & ASP received the "Anti-Doping Quick Guide" upon check-in at hotels.



透過觀看短片，運動員可了解更多運動禁藥管制的案例，避免違反運動禁藥管制規條。
By watching the short animations, athletes could learn more about doping control cases and avoid anti-doping rule violations.

To prepare for the doping control duty for the 15th NG and the 12th NGD, ADOHK delegated some doping control officers (DCO) to participate in the World Games in Chengdu and different NG events in Guangdong to gain and exchange testing experience in multi-sports games. Through these events, the DCOs' application on the China paperless system was strengthened, and also had a chance to share related experiences with counterparts from other regions. ADOHK set up doping control stations at both the NG & NGD competition venues and athletes' hotels in Hong Kong to conduct in-competition and out-of-competition tests for participating athletes, ensuring clean sport and protecting fair play throughout the Games.

During the games, ADOHK also set up anti-doping education booths at six athletes' hotels, which attracted over 6,000 participants visits. There were five zones: educational exhibition zone, Safe Medication Information System experience zone, interactive game zone, autograph and photo zone and prize redemption zone. The aim is for athletes and athlete support personnel to learn about anti-doping information through different channels. After completing the activities, they received Hong Kong themed special souvenirs as keepsakes. All participants were highly engaged and actively involved in the booth activities, which created a hot and joyful atmosphere.



本機構的運動禁藥檢測主任曾赴內地參與多項大型賽事進行交流。
ADOHK DCOs participated in various multi-sport games in China to connect and share experiences.



運動員透過遊戲比拼，了解運動禁藥管制的對與錯。
Athletes learnt about the anti-doping control information through our game station.

運動員在金牌磁貼上簽名並貼在拓展站背景板上一同合照，承諾會遵守運動禁藥管制規條！
Athletes signed on the gold medal magnets, placed them on the backdrop and took a group photo, promising to abide by the Anti-doping rules and regulations!



反興奮劑教育拓展站的香港特色限量版紀念徽章。
Hong Kong themed special pins in Anti-Doping Education Booth.



中國反興奮劑中心李志全主任（中間位置）到訪教育拓展站及檢查站，宣揚「拿干淨金牌」的重要性，並為站內的工作人員及義工加油！
Mr. Li Zhiqian, Director General of CHINADA (in the middle), visited the education booth and doping control station, promoting the importance of "Win Clean Medals" and cheering on the staff and volunteers!



運動員集齊印章後，可到禮物兌換區換領特別的紀念品。
After athletes collected the stamps, they could go to the gift redemption station to redeem the special souvenirs.

比賽場地及運動員酒店皆設置運動禁藥檢測站。
Doping Control Stations were set up at both the competition venues and athletes' hotels.



十五運會及十二殘運會賽前運動禁藥管制簡介會

Pre-Games Anti-Doping Talks for The 15th NG and The 12th NGD



舉辦了
Held

7

場賽前運動禁藥管制簡介會
pre-games anti-doping talks



參與人數共超過
Total attendance of over

640

位
participants

為備戰十五運會及十二殘運會，ADOHK為代表香港出賽的運動員及運動支援人士舉辦了7場賽前運動禁藥管制簡介會，參與人數超過640位。透過簡介會，運動員可以了解運動禁藥管制對運動會的重要性，並於服用任何藥物前查詢藥物的禁用狀況，避免誤服運動禁藥及違反運動禁藥管制規條。部分簡介會設有即場手語翻譯服務，確保聽障運動員也能獲取運動禁藥管制的重要資訊。

In preparation for the 15th NG and the 12th NGD, ADOHK conducted seven pre-games anti-doping talks for athletes and athlete support personnel representing Hong Kong, with a total attendance of over 640 participants. Through the talks, athletes and athlete support personnel can understand the importance of doping control during the Games, and to check the prohibition status of medication before taking so as to avoid inadvertent doping and anti-doping rule violations. Sign language service was arranged in some talks to ensure that athletes with hearing impairments could also receive the important information regarding doping control.

