



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

禁用清單

WADA於2004年
首次推出禁用清單。

世界運動禁藥機構
(WADA)每年更新
禁用清單。

禁用清單上的 3種禁用類別

除了英文外，2021年度
禁用清單在WADA網頁
上被官方翻譯成13種
不同語言。



於任何時間禁用

- S0. 未經批准的物質
- S1. 合成代謝劑
- S2. 胜肽荷爾蒙、生長因子、
其相關物質與相似物
- S3. β 2促效劑
- S4. 荷爾蒙及代謝調節劑
- S5. 利尿劑及掩蔽劑
- M1. 操控血液及血液成份
- M2. 化學及物理操作
- M3. 基因及細胞禁藥



只限賽內禁用

- S6. 刺激劑
- S7. 麻醉劑
- S8. 大麻類
- S9. 糖皮質激素



於特定運動項目 禁用

- P1. β 阻斷劑

2022年度 禁用清單上的主要修正 (於2022年1月1日生效)



S0. 未經批准的物質

- **BPC-157**: 新增例子
- ! BPC-157是一種可成為補
充劑的實驗性胜肽，運動
員須提高警覺。



S3. β 2促效劑

- **沙丁胺醇 (Salbutamol)**: 現在
容許由第一劑量開始間距為每
8小時內吸入不超過600微克。
- ! 維持每日總劑量每24小時不
超過1,600微克。



S9. 糖皮質激素

- 所有注射用法都於賽內期間禁用。
- ! 口服用法維持於賽內期間禁用。
- ! 為減低出現陽性檢測結果的風
險，運動員如需要於賽外期間使
用糖皮質激素，必須參考WADA
建議的「最少洗脫期」。

運動員如需要使用禁用清單內的物質/方法治療傷病，必須於使用前申請治療用藥豁免(TUE)。

有關完整及詳細的資料，請於WADA網頁(www.wada-ama.org)參閱2022年度禁用清單及其修正摘要及註釋(只有英文版本)。



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Prohibited List

WADA issued the first Prohibited List in **2004**.

WADA updates the Prohibited List **every year**.

Other than English, the 2021 Prohibited List has been officially translated into **13 other languages** on WADA's website.

3 Prohibition Categories in the Prohibited List



Prohibited at **All Times**

- S0. Non-approved Substances
- S1. Anabolic Agents
- S2. Peptide Hormones, Growth Factors, Related Substances, and Mimetics
- S3. Beta-2 Agonists
- S4. Hormone and Metabolic Modulators
- S5. Diuretics and Masking Agents
- M1. Manipulation of Blood and Blood Components
- M2. Chemical and Physical Manipulation
- M3. Gene and Cell Doping



Prohibited during **In-Competition** only

- S6. Stimulants
- S7. Narcotics
- S8. Cannabinoids
- S9. Glucocorticoids



Prohibited in **Particular Sports**

- P1. Beta-blockers

Major Changes in the **2022** Prohibited List

(effective from 1 January 2022)



S0. Non-approved Substances

- **Body Protecting Compound-157 (BPC-157)**: added as an example
- ! Athletes should remain vigilant since BPC-157 is an experimental peptide sold as a supplement



S3. Beta-2 Agonists

- **Salbutamol**: Now permitted when 600 micrograms is inhaled over 8 hours starting from the time any dose is taken.
- ! The total permitted daily dose remains at 1,600 micrograms over 24 hours.



S9. Glucocorticoids

- **All injectable routes of administration** are now prohibited in-competition.
- ! Oral administration remains prohibited in-competition.
- ! To reduce the risk of a positive test, athletes should follow the **minimum washout periods** recommended by WADA if they need to use glucocorticoids Out-of-Competition.

Athletes who need to use a prohibited substance / prohibited method on the List to treat a medical condition must apply for a Therapeutic Use Exemption (TUE) before use.

For complete and detailed information, please refer to the 2022 Prohibited List and the Summary of Major Modifications and Explanatory Notes on WADA's website (www.wada-ama.org).