



Transgender guidance Per sport

By IAPS Sport

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Transgender Guidance per Sport

The Equality Act 2010 makes specific provision for sports organisations to place restrictions in respect of trans people taking part in competitions involving a **gender-affected sport**. A sport is a gender-affected sport if the physical strength, stamina or physique of average persons of one gender would put them at a disadvantage to average persons of the other gender as competitors in events involving the sport.

The Act states that when determining whether children's sport is gender affected, the age and stage of development of children who are likely to be competitors needs to be considered. The exclusion of trans people in gender segregated sport is only justifiable if it is necessary to secure fair competition, or, in the case of contact sports, the safety of competitors.

It is generally accepted that prior to puberty (when male and female testosterone levels are similar) there is little physical difference between the sexes. However, after the onset of puberty, the average male is likely to have an advantage over the average female that raise questions of fairness and safety (in respect of contact sports) in relation to the participation of trans athletes in line with their gender identity.

The International Olympic Committee (IOC) updated their guidance in November 2015, which is now a key source of reference for sport governing body policy in the UK.

The IOC states that anyone who transitions from female to male is eligible to compete in the male category without restriction.

The IOC guidelines state that people who transition from male to female are eligible to compete in the female category under the following conditions:

- The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
- The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).
- The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.

Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.

Sport	Trans male Pre-puberty	Trans male Post puberty	Trans female Pre-puberty	Trans female Post puberty
Badminton England	<p>Badminton is a non-contact sport and Badminton England sanctions men’s, mixed and women’s badminton competitions; as such there are no safety concerns for any transgender male or female wishing to take part in sanctioned badminton competitions, in training or friendly/recreational badminton. Accordingly, you should accept people in the gender they present and verification of their identity should be no more than that expected of any other player. We recognise, however, that there may be some concerns about fairness in the women’s and mixed game. Our policy assumes that transgender women (male-to-female trans person) wishing to compete in mixed or female sanctioned badminton competitions do so with the best of intentions and with no intent to deceive about their status to gain any competitive advantage. Should someone have a genuine reason to believe that there may be some deception to gain a competitive advantage in the mixed or women’s game or that there are genuine and substantive concerns about the transgender woman’s physical strength, stamina or physique that may put other female competitors at risk, they should refer their concerns to the Badminton England Ethics and Compliance Manager.</p>			
Basketball England Gender Affected Sport	May compete in any male domestic or mixed-sex competition subject to age eligibility and subject to confirmation of his stage of pubertal development.	May compete in any male or mixed sex domestic competition subject to age eligibility and subject to an individual case-by case review undertaken by Basketball England. Or If he has not started hormone treatment he can	May compete in any female or mixed-sex domestic competition subject to age eligibility and subject to confirmation of her stage of pubertal development.	May compete in any female domestic or mixed-sex competition subject to age eligibility and subject to an individual case-by-case review undertaken by Basketball England. Or If she has not started hormone treatment she can play in any male domestic competition.

		play in any female domestic competition.		
Clay Pigeon Shooting	Mixed teams for IAPS's event so N/A			
Sport	Trans male Pre-puberty	Trans male Post puberty	Trans female Pre-puberty	Trans female Post puberty
<u>ECB</u> Gender Affected Sport	A transgender man may compete in any open competition, league or match and should be accepted in the gender in which they present, but may not compete in any female only competition, league or match.		A transgender woman may compete in any open competition, league or match or any female only competition, league or match and should be accepted in the gender in which they present.	
<u>Fencing</u> Gender Affected Sport	May compete in their affirmed gender in male or mixed gender domestic competitions once they have registered this gender with BF under membership details.		May compete in their affirmed gender in any female or mixed gender domestic competition subject to age eligibility and subject to confirmation of their stage of pubertal development by BF's Medical Officer	May compete in their affirmed gender in any female or mixed gender ¹ domestic competition subject to age eligibility and subject to an individual case-by case assessment undertaken by BF's Medical Officer
<u>ISFA</u>	Up to and including the age of 18 there should be no barrier to any one person playing in any team – boys, girls or mixed. Any trans person in this age range is able to play on whichever team they feel suits them best, whether that's boys, girls or mixed.			
<u>Golf</u> Gender Affected Sport	A few children change their gender role at a young age, before starting school, or during their early years in school. Children in this situation may play in competitive golf events in their affirmed gender role without restriction. It is only when pubertal changes start to occur that any concerns about 'fairness' may arise. As far as possible a common-sense view should be taken with regard to inclusion of young trans people in golfing events.			

<p><u>British Gymnastics & Trampolining</u></p> <p>Gender Affected Sport</p>	<p>Anyone who has transitioned from female to male can compete in the male category.</p> <p>Any male to female trans participant under the age of 12 can compete in the female category.</p> <p>Any male to female trans participant over the age of 12 can compete in the female category of a domestic competition subject to written confirmation from a relevant medical professional that the individual has not reached puberty or has commenced hormone treatment to suspend puberty.</p> <p>Any male to female trans participant who is post-puberty can compete in a female category subject to verification of evidence provided by a relevant medical professional that they comply with the IOC guidelines (2015).</p>			
<p>Sport</p>	<p>Trans male Pre-puberty</p>	<p>Trans male Post puberty</p>	<p>Trans female Pre-puberty</p>	<p>Trans female Post puberty</p>
<p><u>England Hockey</u></p> <p>Gender Affected Sport</p>	<p>Hockey is a non-contact sport and EH sanctions men’s, mixed and women’s hockey competitions; as such there are no safety concerns for any trans male or female wishing to take part in sanctioned hockey competitions, in training or friendly/recreational hockey. Accordingly, you should accept people in the gender they present and verification of their identity should be no more than that expected of any other player. 3</p> <p>We recognise, however, that there may be some concerns about fairness in the women’s and mixed game. Our policy assumes that trans women (male-to-female trans person) wishing to compete in mixed or female sanctioned hockey competitions do so with the best of intentions and with no intent to deceive about their status to gain any competitive advantage.</p> <p>Should someone have a genuine reason to believe that there may be some deception to gain a competitive advantage in the mixed or women’s game or that there are genuine and substantive concerns about the trans woman’s physical strength, stamina or physique that may put other female competitors at risk, they should refer their concerns to the EH Hockey Ethics and Compliance Manager.</p>			

<u>Judo</u>	There should be no gender related advantage and the risk of injury to competitors would be minimal. The transsexual boy and his legal guardian should be asked to disclose sufficient information to the panel to allow it to ascertain the stage of pubertal development that the boy has reached. This is subject to annual review.		There should be no gender related advantage as she will largely have escaped the virilising effects of testosterone on her adolescent development. The risk of injury of competitors would be minimal and would be comparable with competitors where all competitors were birth sex female. The transsexual girl and her legal guardian should be asked to disclose sufficient information to the Panel to allow it to ascertain the stage of pubertal development that the girl has reached.	The transsexual girl and her legal guardian should be asked to permit the Panel to undertake an individual case-by-case review because there can be considerable difference in their strength and status. This will involve a review meeting with the transsexual girl, her advocate (eg parent) and a representative of the Panel
Sport	Trans male Pre-puberty	Trans male Post puberty	Trans female Pre-puberty	Trans female Post puberty
<u>England Netball</u> Gender Affected Sport	Any transsexual male may compete in his affirmed gender in any male or mixed-sex domestic competition.		May compete in her affirmed gender in any female or mixed-sex domestic competition subject to confirmation of her stage of pubertal development. This is because there would be no virilising effects of testosterone, minimising the risk of injury and no physical advantage over competitors of the same age. The girl and her parent or carer may be asked to refer to her GP for details.	Either she may compete in her affirmed gender in any female or mixed-sex domestic competitions subject to an individual case-by-case review, if required, undertaken by England Netball. The transsexual girl and her parent or guardian should be asked to permit EN to undertake a review meeting

			to check her individual circumstances and manage expectations with due consideration to fairness and safety.
England Rounders	Those who transition from female to male are eligible to compete in the male category without restriction.	A transgender woman may compete in any open competition, league or match or any female only competition, league or match and should be accepted in the gender in which they present.	It is only when pubertal changes start to occur that any concerns about 'fairness' may arise. As far as possible a common-sense view should be taken regarding inclusion of young trans people in rounders events.
RFU Gender Affected Sport Specific age grade guidance is included in the policy.	Transgender male Players To be eligible to participate in the male category of rugby a Transgender male player must meet the following criteria: he (parent or legal guardian in the case of a minor*) must provide a written and signed declaration that his gender identity is male and that he wishes to participate in the male category of rugby. <i>*It is strongly encouraged that consent from a parent or legal guardian is provided, however where this is not forthcoming the consent of the Player alone may be acceptable in accordance with the principle of Gillick Competency.</i>	Transgender female Players To be eligible to participate in the female category of rugby a Transgender female player must meet the following criteria: she (parent or legal guardian in the case of a minor*) must provide a written and signed declaration that her gender identity is female and that she wishes to participate in the female category of rugby; She must demonstrate that the concentration of testosterone in her serum has been less than 5 nmol/L continuously for a period of at least 12 months immediately prior to application; and she must keep her serum testosterone concentration below 5 nmol/L for so long as she continues to compete in the female category of rugby.	
Sport	Trans male	Trans male	Trans women

	Pre-puberty	Post puberty	Pre-puberty	Post puberty
Sailing	Mixed teams for our event so N/A			
British Ski and Snowboard	Mixed teams for our event so N/A			
England Squash Gender affected sport	Any transsexual male (female-to-male transsexual person): May compete in any male or mixed gender domestic competition in their affirmed gender.	Transsexual girl – pre-puberty: May compete in any female or mixed gender domestic competition in her affirmed gender subject to confirmation of her stage of pubertal development. For transsexual girls pre puberty The transsexual girl and her legal guardian will be asked to permit their GP and/or Consultant to disclose sufficient information to England Squash (including such other information, records or other material as England Squash may require from time to time) to allow it to ascertain the girl's stage of pubertal development. This is subject to an annual review.	Transsexual girl – under 16 and post-puberty: May compete in any female or mixed gender domestic competition subject to an individual case-by-case review undertaken by England Squash. <i>or</i> If she has not started hormone treatment she can play in any male domestic and any mixed gender competition as male. For transsexual girls (under 16 and post puberty) The transsexual girl and her legal guardian will be asked to permit England Squash to undertake an individual case-by-case review. This will involve a review meeting with the transsexual girl, her	

			advocate (e.g. parent, social worker, a representative from a LGBT young people's group) and a representative from England Squash. Their role will be to agree a way forward for the young person based on her individual circumstances and to manage everybody's expectations and with due consideration for fairness.
<u>British Swimming</u> Gender affected sport	There is a general consensus that transsexual men and boys, even after a considerable period of time on testosterone therapy, do not usually have an unfair physical advantage over other men and boys.	There should be no gender related advantage as she will largely have escaped the virilising effects of testosterone on her adolescent development. The risk of injury to competitors would be minimal and would be comparable with competitions where all competitors were birth sex female. The transsexual girl and her legal guardian should be asked to disclose sufficient information to the Panel to allow it to ascertain the stage of pubertal development that the girl has reached. This is subject to annual review.	The transsexual girl and her legal guardian should be asked to permit the Panel to undertake an individual case-by-case review because there can be considerable differences in their strength and status. This will involve a review meeting with the transsexual girl, her advocate (e.g. parent) and a representative of the Panel. The review meeting will be to agree a way forward for the young person based on their

			individual circumstances and to manage everybody's expectations with due consideration to fairness and safety.
Sport	Trans male Pre-puberty	Trans male Post puberty	Trans female Pre-puberty
<u>Table Tennis</u>	Those who transition from female to male are eligible to compete in the male category without restriction.		<p>A transgender woman may compete in any open competition, league or match or any female only competition, league or match and should be accepted in the gender in which they present.</p> <p>It is only when pubertal changes start to occur that any concerns about 'fairness' may arise. As far as possible a common-sense view should be taken regarding inclusion of young trans people in table tennis events.</p>
<u>Tennis</u> Gender affected sport	There are no safety concern for any trans male or female wishing to take part in sanctioned tennis competitions or in training or friendly/recreational tennis.		<p>Our policy assumes that trans women (male-to-female trans person) wishing to compete in mixed or female sanctioned tennis competitions do so with the best of intentions and with no intent to deceive about their status to gain any competitive advantage. Accordingly, you should accept people in the gender they present and verification of their identity should be no more than that expected of any other player.</p> <p>Should someone have a genuine reason to believe that there may be some deception to gain a competitive advantage in the mixed or women's game or that there are genuine and substantive concerns about the woman's physical strength, stamina or physique that may put other female competitors at a</p>

		disadvantage, they should refer their concerns to the LTA Safe and Inclusive Tennis Team.		
Sport	Trans men Pre-puberty	Trans men Post puberty	Trans women Pre-puberty	Trans women Post puberty
Triathlon	Any trans men (who was assigned female at birth but identifies and lives as a male) who are recognized under the Equality Act 2010 as someone who is transitioning or has transitioned, are eligible to compete in their affirmed gender without restriction in any Domestic Competition.		Transsexual girl – pre-puberty: may compete in their affirmed gender in any female or mixed-sex domestic competition subject to confirmation of their stage of pubertal development.	Trans woman – under 16 and post-puberty –may compete in their affirmed gender in any female or mixed-sex domestic competition subject to an individual case by case review, if required, undertaken by British Triathlon. They may compete in any male or mixed-sex competition if they have not started hormone treatment nor had a gonadectomy.

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