



Competition Guidelines for Transgender Athletes

Introduction

Since the 2003 Stockholm Consensus on Sex Reassignment in Sports there has been a growing recognition of the importance of autonomy of gender identity in society, as reflected in the laws of many jurisdictions worldwide. There are also, however, jurisdictions where autonomy of gender identity is not recognized in law at all.

In November 2015, the International Olympic Committee Consensus Meeting defined clear guidelines that allow transgender athletes to compete in the Olympics and other international events without undergoing sex reassignment surgery. These guidelines, together with the TUE physician's guidelines defined by the current World Anti-Doping Agency, provide the following framework accepted by WORLD SKATE for their competitions.

General Concepts

- a. It is necessary to ensure insofar as possible that trans athletes are not excluded from the opportunity to participate in sporting competition.
- b. The overriding sporting objective is and remains the guarantee of fair competition. Restrictions on participation are appropriate to the extent that they are necessary and proportionate to the achievement of that objective.
- c. To require surgical anatomical changes as a pre-condition to participation is not necessary to preserve fair competition and may be inconsistent with developing legislation and notions of human rights.
- d. Nothing in these guidelines is intended to undermine in any way the requirement to comply with the World Anti-Doping Code and the WADA International Standards.
- e. These guidelines are a living document and will be subject to review in light of any scientific or medical developments.

Female to Male (FtM) Transgender Athletes

Some substances administered to female to male transgender athletes, such as androgens, are considered forbidden in sports given their proven influence in performance measures.

Those who transition from female to male are eligible to compete in the male category under the following conditions:

- a. The athlete has declared that his gender is male. The declaration cannot be changed, for sporting purposes, for a minimum of four (4) years.
- b. The athlete does not take androgens or has obtained a therapeutic use exemption (TUE) to use androgens. The criteria for granting the TUE is that the athlete has physiological androgen exposure comparable with, but no more than the usual range for a normal male. (see TUE physician's guidelines World Anti-Doping Program v1.3 March 2016)
- c. Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for male competition will be suspended for 12 months.

Male to Female (MtF) Transgender Athletes

Hormones administered to male to female transgender athletes, such as estrogen and anti-androgens are not prohibited in sports.

Male to female athletes are eligible to compete in the female category under the following conditions:

- a. The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four (4) years.
- b. The athlete must demonstrate that her total testosterone level in serum has been below 5 nmol/L for at least 12 months prior to her first competition (any longer period shall be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimise any advantage in women's competition).
- c. The athlete's total testosterone level in serum must remain below 5 nmol/L throughout the period of desired eligibility to compete in the female category.



- d. 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.

IOC Consensus Meeting on Sex Reassignment and Hyperandrogenism - November 2015

www.olympic.org/medical-and-scientific-commission#ancre13

Medical Information to support the decisions of TUECs - Female to Male Transsexual Athletes - March 2016

<http://www.wada-ama.org/en/resources/science-medicine/medical-information-to-support-the-decisions-of-tuecs-female-to-male>

