



## Information and FAQ's – Sex reassignment in Sport

**This information fact sheet is for athletes who wish to compete and have undergone or are considering gender reassignment. It also covers facts for athletes who do not live in accordance to the sex on their birth certificate but are not considering sex reassignment.**

The IPSF have adopted the guidelines, recommendations, rules and regulations of the IOC Medical Commission - Sex Reassignment in Sport 2003

1. Any “individuals undergoing sex reassignment of male to female **before puberty** should be regarded as girls and women” (female). This applies as well for female to male reassignment, who should be regarded as boys and men (male).
2. Individuals undergoing sex reassignment from male to female **after puberty** (and the converse) be eligible for participation in female or male competitions, respectively, under the following conditions:
  - i. Surgical anatomical changes have been completed, including external genitalia changes and gonadectomy.
  - ii. Legal recognition of their assigned sex has been conferred by the appropriate official authorities.
  - iii. Hormonal therapy appropriate for the assigned sex has been administered in a verifiable manner and for a sufficient length of time to minimise gender-related advantages in sport competitions.
  - iv. In the opinion of the group, eligibility should begin no sooner than two years after gonadectomy.

It is understood that a confidential case-by-case evaluation will occur.

In the event that the gender of a competing athlete is questioned, the medical delegate (or equivalent) of the relevant sporting body shall have the authority to take all appropriate measures for the determination of the gender of a competitor.

## Questions

### **1. What is the policy for athletes who wish to compete in a category other than that which they were born with but have NOT had surgery?**

Athletes whom are considering gender reassignment but have not yet had surgery must provide evidence of their transition stage to include medical and legal information (birth certificate change/identity card/social security papers/passport/drivers license) while completing a TUE before competing to ensure that they are not breaking WADA Anti Doping Code rules by finishing their verified treatment programme to ensure compliance, clearance; eligibility for competing are 2 years after complete transition.

Advice is **NOT** to compete until 2 years **AFTER** the complete reassignment process has taken place.

### **2. Can athletes who are living with a new gender but NOT considering surgery and not on any medication compete as an athlete in the category of their new gender?**

There are no provisions for athletes in these circumstances. Categories are in accordance to the physical abilities and potential physical abilities of each sex. Consideration and equality is given to athletes undertaking sex reassignment due to the hormone treatment changing the physical aspects of the body. Athletes who are not undergoing reassignment will have to compete in the category which they were born into.

### **3. How does any medication that athletes may be taking affect anti-doping regulations?**

If you are taking prescriptions that modify or enhance the body unnaturally this puts other athletes at an unfair disadvantage, it will affect your body's abilities to compete, prolonging stamina and its recovery time, making the body more or less prone to injury/disease. It will also affect the way your body stores/burns energy.

If you suspected of being a transgendered athlete the relevant medically trained staff has the authority to carryout targeted testing based upon the current Anti-Doping Policy rules. If a positive result is found then the athlete would be subject to the same sanctions as any positive result not limited to lifetime bans, disqualifications, or stripped of accolades and medals.

**4. Does WADA have a policy or guidelines about this type of medication, if so what is it?**

All gender reassignment medications belong to the following classifications of medications currently mentioned on the WADA's Anti Doping Code under the following **Prohibited At All Times** sections of code:

- S0: Non Approved Substances\*\*
- S1: Anabolic Agents\*\*
- S2: Peptide Hormones\*\*
- S3: Beta2 Antagonists\*\*
- S4: Hormone and Metabolic Modulators\*\*
- S5: Diuretics & Masking Agents

Medications prescribed for the transgender transition will cause the body to react in an "unnatural way", this will cause the body to either hyper/hypo excrete Hormones from the Pituitary & Adrenal Gland, this process will affect changes to the whole; body and organs, causing the body to have male or female change to the body; which will also include muscle growth/depletions.

**5. Would athletes just have to check their medication in the same way as any other medication or is it already registered somewhere if it is prohibited?**

Athletes need to approach their G.P. in order for them to advise that they are subject to strict Anti Doping Regulations, and are not to be prescribed certain medications, except for approved medical conditions where TUE (Therapeutic Use Exception's) apply.

In the case of gender transition treatment these medications are prohibited at all times, and guidelines state that an athlete cannot compete until 2 years post operation.

The prohibited list is a list of all known substances; it does not include definitive product lists that are known to have banned ingredients/substances/non approved pharmaceuticals in them that an athlete should avoid.

It is always advisable that an Athlete checks every medication against their sports RADO's DRO anti doping prohibited list of medications. When an Athlete becomes a signatory of the code they are responsible for their own results.