

# INTERNATIONAL FUNCTIONAL FITNESS FEDERATION (IF3) POLICY FOR TRANSGENDER INCLUSION

The International Functional Fitness Federation (iF3) supports diversity and inclusion in the sport of functional fitness.

The goal of this policy is to provide transgender athletes with an avenue to participate in competitive functional fitness, and to do so in a fair manner. This policy

- will respect the privacy of affected individuals,
- is based on medical facts,
- will remain consistent with applicable anti-discrimination laws, and
- aligns with the transgender athlete policy adopted by the International Olympic Committee (IOC).

## **(1) WHO IS COVERED BY THIS POLICY?**

- (a) This policy is applicable to transgender individuals who desire to compete in an iF3 sanctioned competition.
- (b) Eligibility for transgender athlete participation at the international level will be governed by all applicable policies and criteria required by the following governing bodies: the iF3, and when applicable the IOC.

## **(2) APPLICATION AND REVIEW PROCESS**

- (a) Upon written request from a concerned athlete (or parent/guardian if the athlete is a minor), iF3 will evaluate participation in its activities for a transgender athlete. Requests will be confidentially evaluated in compliance with the Health Insurance Portability and Accountability Act of 1996 and such other medical privacy laws as may apply throughout the world and will be specific to the athlete's personal circumstances.
- (b) iF3's Gender Equality Committee will evaluate all requests for participation by transgender individuals.
- (c) The Gender Equality Committee has the right to request information relevant to the evaluation, including, but not limited to:
- An interview with the athlete and/or the athlete's parent/guardian
  - Relevant medical records
  - Relevant legal records
  - An interview with the individual's iF3 coach
- (d) Utilizing the criteria defined below, the Gender Equality Committee will render a decision regarding the applicant's eligibility to participate. The Committee has the right to limit participation and may impose other guidelines or restrictions, which may include, but are not limited to restriction of the eligibility period, follow-up

requirements, discipline-specific attire guidelines, and the like.

### **(3) ELIGIBILITY CONSIDERATIONS**

#### **(a) Requirements**

- Applicant must submit a formal letter with a request to participate in iF3 events, which must include a statement affirming the gender identity of the athlete. If the athlete is a minor, the request must be submitted by a parent/guardian. If under age 18, the athlete may also submit a personal statement in support of the request.
- Applicant must provide a confirmation of gender identity from a medical professional, and if applicable, must provide any information related to an athlete's transition/intent to transition status.
- Applicants must agree to comply with all aspects of the eligibility determination.

The Gender Equality Committee will research applicable state anti-discrimination laws and nondiscrimination policies.

#### **(b) Pre-Pubescent Athletes**

Pre-Pubescent Athletes may be granted eligibility to participate in their affirmed gender. Some of the evaluative criteria include, but are not limited to:

- Age
- Functional Fitness experience
- Evaluation of competitive advantage

#### **(c) Post-Pubescent Athletes**

A post-pubescent athlete will be eligible for participation after completing his/her transition, provided the following conditions are met:

##### **MTF Individual (Male-to-Female)**

- The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years from the first date on which the athlete applies for recognition under this policy statement.
- 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 10nmol/L throughout the period of desired eligibility to compete in the female category.
- Compliance with these conditions may be monitored by In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.

#### FTM Individual (Female-to-Male)

- If gender confirmation surgery is desired, the surgery has been completed, the athlete is in good health, and has been cleared by his surgeon to participate in competition.
- The athlete has declared that his gender identity is male. The declaration cannot be changed, for sporting purposes, for a minimum of four years from the first date on which the athlete applies for recognition under this policy statement.
- If hormone therapy is desired, it is being monitored by a medical doctor and is not being used to enhance athletic advantage.

#### **(4) ATHLETES' RIGHTS AND OBLIGATIONS**

(a) Athletes must comply with all aspects of the eligibility determination process, or they will not be permitted to participate in iF3 events.

(b) In the event an athlete is granted the right to participate in iF3 sanctioned competition, whether for a designated period of time or for as long as he/she remains active in the sport, that athlete must represent only his/her affirmed gender. While iF3 respects the right of any athlete to transition back to a previous gender, iF3 will not permit an athlete who has re-transitioned to compete in iF3 sanctioned competition.

(c) Should an athlete be declared ineligible to compete, the Gender Equality Committee will inform the athlete of the specific reasons, and what steps, if any, are needed to regain eligibility.