

Sports participation policies for transgender- A Short Review

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Abstract-*This review scrutinizes gender uniqueness disputes in competitive sports, centering the evolution of policies relating to female and male gender confirmation and transgender participation in sport. The issues are complex and remain to contest sport governing bodies, including the International Olympic Committee, as they struggle to offer a safe environment in which transgender athletes may compete fairly and equitably.*

Keywords-transgender, women, men, sports performance, gender, athletes

I. INTRODUCTION

Everyone has a gender identity, which can be described as our own internal understanding as male, female, both, or neither. We also have gender expressions through the way we dress, style of hair, and even the pronoun which prefixes the name we choose to be called. “Transgender” is used as an umbrella term for anyone who transgresses or blurs traditional gender categories, inclusive of female-to-male and male-to-female transsexuals, cross dressers, drag queens and kings, genderqueers, gender blenders, two-spirit people, androgyny, and other self-identified gender non-conforming people. A male-to-female (MTF) transgender person is someone who was assigned male at birth, but who identifies as a female or a woman. A female-to-male (FTM) transgender person is someone who was assigned female at birth, but who identifies as a male or a man. The term “cisgender” is used to describe a person whose self-identity confirms with the gender that corresponds to their biological sex [1-3].

In sport gender has always been observed in a men and women contradiction. Competitors are habitually enforced into a dichotomy of either participating in a men’ or women’ division. Conversely, there have been convinced cases in sports where in transgendered athletes engaged in sporting events against cis-gender athletes, those whose self-perception of their gender matches the sex they were given at birth. A major objective of this paper is to examine arguments both for and against allowing transgendered athletes to compete against women and men athletes [4-6].

This paper also targets to claim for the addition of transgendered athletes in sport. In quarrelling for this position, ideas surrounding equivalent opportunity in sports for Transgender athlete will be deliberated as well. The paper will also reflect the view of which denies the entry of transgendered athletes into sport such as the retention of physiological advantage of men and women.

II. TRANSEXUAL ATHLETES

Whether transgender people should compete in sport in accordance with their gender identity is a widely contested question within the literature and among sport organizations, fellow competitors and spectators. Owing to concerns surrounding transgender community (especially transgender female individuals) having an athletic advantage, several sport organizations place restrictions on transgender competitors (e.g. must have undergone gender-confirmatory surgery). In addition, some transgender people who engage in sport, both competitively and for leisure, report discrimination and victimization. Objective to the authors’ knowledge, there has been no systematic review of the literature pertaining to sport participation or competitive sport policies in transgender people. Therefore, this review aimed to address this gap in the literature.

Sex-segregated sports require governing bodies too clearly and accurately place athletes in two categories, one labeled “men” and the other labeled “women.” Sports governing bodies such as the International Olympic Committee (IOC) and International Association of Athletic Federations (IAAF) used sex testing procedures to attempt to verify the sex of athletes competing in women’s events. In 2004, the IOC introduced the Stockholm Consensus to regulate the inclusion of, primarily, male-to-female transsexual athletes, to compete at the Olympic Games. These governing bodies, and others, are dealing with society’s basic categorization of humans and thus are entangled in attempts to scientifically and medically define sex [7-10].

III. SPORTS POLICIES FOR THE TRANSGENDER

To know about the transgender sports strategies, available international policies on competitive sport were selected, reviewed presented in the Table 1

Table 1. Sports policies for the inclusion of transgender in sports

Organization	New policies
IOC (2004) ^[11]	<ul style="list-style-type: none"> ➤ To offer legal recognition who has undergone GRS or ➤ Been on CSHT for at least 2 years ➤ Lived in their newly assigned gender for at least 2 years
IOC (2016) ^[12]	<ul style="list-style-type: none"> ➤ There is no restrictions for transgender male individuals ➤ For transgender female have testosterone levels lower than 10 nmol/L for at least 12 months prior to competition ➤ Lived in their newly assigned gender for at least 4 years
Ladies Professional Golf Association (USA; 2010) ^[13]	<ul style="list-style-type: none"> ➤ A transgender female individual who done a GRS may compete as a female ➤ A transgender female who is completed treated for 1 year with testosterone suppression can compete as a man.
The Football Association (UK; 2014) ^[14]	<ul style="list-style-type: none"> ➤ Transgender male possess hormone results equal to the cisgender male ➤ Undergone CSHT for a sufficient amount of time ➤ Transgender female individuals: undergone CSHT or gonadectomy ➤ Blood results must be within a cisgender female range ➤ Also, both the male and female transgender individuals have their Legal recognition of gender
International Gay and Lesbian Football Association (2014) ^[15]	<ul style="list-style-type: none"> ➤ To provide proof for their gender recognition ➤ Must Undergone uninterrupted hormone treatment for at least 1 year earlier to competition
US Soccer Federation (2013) ^[16] World Outgames (USA; 2015) ^[17] US Rowing (2015) ^[18] International Quid ditch Association (2015) ^[19]	<ul style="list-style-type: none"> ➤ Both the male and female transgender individuals asked to provide legal documentation
Association of Boxing Commissions (2012) ^[20]	<ul style="list-style-type: none"> ➤ Transsexual female and male individuals must provide legal
	<p>evidence, comply with the IOC and prescribed CSHT</p> <ul style="list-style-type: none"> ➤ 2 years of medical treatment has been prescribed for transgender female individuals taking a testosterone suppressant
USA Swimming (2013) ^[21]	Discrimination against any member or participant on the basis of gender, sexual orientation and gender expression is prohibited
British Rowing (UK; 2013) ^[22]	<ul style="list-style-type: none"> ➤ A transgender male individual may compete in both individual or in mixed competition. ➤ Transgender female characters can contest as female individuals or in mixed competitions with the normal testosterone range or done a gonadectomy
British Universities and Colleges Sport 2012 ^[23]	<ul style="list-style-type: none"> ➤ Advised that while transgender issues arise, then the policy of each national governing body for that sport can be adopted
Disability Sport Australia (2014) ^[24]	<ul style="list-style-type: none"> ➤ If necessary participants must complete TUE form if necessary
International Association of Athletics Federations (2011) [25]	<ul style="list-style-type: none"> ➤ Endocrine assessment ➤ Evidence of GRS and post-surgery treatment and review to date
Lawn Tennis Association (UK; n.d.) ^[26]	<ul style="list-style-type: none"> ➤ Surgical anatomical changes have been completed, including external genitalia changes and gonadectomy. ➤ Legal recognition of their assigned sex has been conferred by the appropriate official authorities ➤ CSHT has been administered for a sufficient length of time to minimize gender-related advantages in sport competitions ➤ Eligibility should begin no sooner than 2 years after gonadectomy
USA Triathlon (n.d.) ^[27]	<ul style="list-style-type: none"> ➤ According to the US Anti-Doping Agency rules the use of testosterone is a banned substance and thus requires a therapeutic use exemption to evade violating policy
Women's Flat Track Derby Association (UK; n.d.) ^[28]	<ul style="list-style-type: none"> ➤ Transgender women own hormone levels within a typical female range are

	<p>allowed to compete as a woman</p> <p>➤ Transgender male individuals not allowed to participate</p>
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(IOC) International Olympic, (GRS) gender reassignment surgery, (CSHT) cross-sex hormone therapy, Committee, therapeutic use exemption (GRS)

Apart from the above, Amateur Swimming Association [29], Badminton England (UK; 2013) International Tennis Federation (n.d.) [30] Rugby Football Union (UK; n.d.) [31] Scottish Football Association (UK; 2008) USA Gymnastics (2015) [32] USA Senior Softball (2014) [33], USA Boxing (2013) [34] USA Sailing (2013) [35] and USA Track and Field (2005) [36] adopted the IOC 2004 policy.

IV. CONCLUSION

Many trans athletes have a negative experience of competitive sport and sport related physical activities. Accessibility to sport-related physical activity of trans, needs to be improved. Transgender community undergo many surgeries to complete the process of gender shift. There exist a difference in their physical capabilities which can be determined by their hormonal levels.

Sports participation is a right and privilege. Play gives utmost pleasure and de-stress the mind. No one shall be denied from sports participation. A policy, law or a statute should facilitate the suffers to takeover a task breaking barriers and enjoy equitable, bias free, criticism free opportunity, the above policies do not hold a uniform clause.

There are several areas for future research required to significantly improve knowledge of transgender experiences in sport, Transgender athletes should have equal opportunity to participate in sports. On the whole, transgender who engage in sport at a competitive level or people who engage in sport related physical activity also appear to experience a range of different barriers. The self-identified transgender participants engaged in less physical activity than cisgender participants. In this connection, more awareness should be created among the transgender community about sport policies, more social support to encourage physical activity and most importantly, their life style has to be enhanced both physically and psychosocially.

Provision of transgender ID card with details about surgeries underwent can facilitate classification and participation in sports. Along with that pre competition

hormone testing with which testosterone levels can be used as a gender grouping marker.

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