



IDF Transgender Athlete and Differences in Sex Development (DSD) Athlete Policy

Future updates

- This policy will be reviewed and updated periodically as new research and guidelines become available

Terms used in this policy

- “Transgender” refers to transgender women, transgender men, and non-binary people
- “Differences in Sex Development (DSD)” refers to people born with reproductive anatomy or genes that differ from typical definitions of male or female. Recently, the medical term intersex was updated to DSD to use more sensitive and inclusive language.
- “Non-Binary” refers to any gender identity that is not exclusively female or male
- Therapeutic Use Exemption (TUE) refers to paperwork submitted by athletes that are taking any substance or method prohibited by the World Anti-Doping Agency (WADA)

Background and Explanation of IDF Transgender athlete and Differences in Sex Development (DSD) athlete Policy

There has been a growing recognition of the importance of autonomy of gender identity in society worldwide. It is necessary to ensure insofar as possible that transgender athletes are not excluded from the opportunity to participate in soft darts sports competition. Although many governments have moved to protect gender identity, there are still many jurisdictions where autonomy of gender identity is not protected. This policy is designed to help protect our transgender athletes’ rights to participate as the gender that they identify with at IDF events.

It is important to adopt policies that are inclusive of Differences in Sex Development (DSD) athletes. DSD athletes have been subjected to controversial medical testing in the past. As of this date, there is no definitive scientific or medical evidence that DSD athletes have any athletic advantage over non-DSD athletes. This IDF policy is designed to help protect our DSD athletes’ rights.

Anti-Doping education and testing are required of all International Federations participating in the Olympic movement. Due to this requirement, athletes using any hormonal medical treatments must complete a document called a TUE before any IDF event. This must also be completed for many other WADA Prohibited Substances that are considered medical treatments for various medical issues. Medical testing, including blood tests, are routinely required with TUE submissions for any WADA Prohibited Substance.

Differences in Sex Development (DSD) athletes should not be asked to submit a TUE unless they are taking a WADA Prohibited Substance.

We strive to protect our transgender athletes by creating clear guidelines with minimally invasive requirements for TUE submission. These guidelines were developed by our Medical and Anti-Doping Committee which includes an endocrinologist with experience managing transgender hormone therapy as well as members of the Lesbian, Gay, Bisexual, Transgender, and Differences in Sex Development (DSD) community. Our policy uses common international standards for hormone level testing. We reviewed multiple organizations' policies in determining competition eligibility for athletes in-transition. With our policy detailed below we aim to balance the transgender athlete's rights with fairness towards competitors.

Transgender youth sometimes have to make a rapid change in their gender in order to start hormone therapy while they are still developing in the teenage years. This gives them the best chance to develop the phenotype of the gender with which they identify. For this reason, our policies reflect different timelines for transgender athletes under age 20 than for transgender athletes age 20 or older.

In addition to protecting transgender athletes' and DSD athletes' rights to participate, we have adopted an anti-discrimination policy. Any reported discriminatory actions based on gender identity or DSD identity will be investigated by IDF and sanctions imposed when appropriate.

National Governing Bodies that participate in IDF may have their own policies and are not required to adopt this IDF policy.

IDF Policy for Evaluating Therapeutic Use Exemptions for Transgender Athletes

IDF Competition and Anti-Doping Therapeutic Use Exemption (TUE) policy when determining eligibility of transgender athletes to compete in male, female, and mixed gender competition shall be:

For female to male/non-binary transition:

1. In the age group 20 years and older at the time of the IDF event: Athletes who have identified as transgender but have not started hormone therapy, are currently transitioning, or have completed transition from female to male/non-binary are eligible to compete under the following conditions:

1.1. Before an athlete begins hormone therapy, the athlete may compete in the women's division, open division, and as either female-matched or male-matched in the mixed division without restriction.

1.2. Once an athlete begins hormone therapy, the athlete is only eligible to compete in the open division and as male-matched in the mixed division.

1.3. Once an athlete begins hormone therapy, the athlete must demonstrate that his/their serum androgenic hormone treatments are not in excess of the most current WADA standards for transgender treatment. A blood test must be shown to demonstrate hormone levels at two time points: (1) 12 months or more before the event, and (2) within 6 months of the event.

1.4. Once an athlete begins hormone therapy, he/they must submit documentation of his/their hormone therapy and hormone levels to the IDF Medical and Anti-Doping

Committee (MADC) for evaluation at least 1 month prior to the first IDF-sanctioned event he/they participates in. An evaluation by the MADC approving the athlete's eligibility remains applicable as long as the requirement in 1.3 continues to be met.

1.5. Compliance with these conditions may be monitored by testing. If his/their androgenic hormone levels are found to be in excess of the most current internationally accepted standard for transgender treatment, the athlete's eligibility for competition may be suspended until androgenic hormone levels are found to be within accepted limits of the most current internationally accepted standard for transgender treatment for at least 12 months.

2. In the age group younger than 20 years and older than age 15 at the time of the IDF event: Athletes who have identified as transgender but have not started hormone therapy, are currently transitioning, or have completed transition from female to male/non-binary are eligible to compete under the following conditions:

2.1. Before an athlete begins hormone therapy, the athlete may compete in the women's division, open division, and as either female-matched or male-matched in the mixed division without restriction.

2.2. Once an athlete begins hormone therapy, the athlete is only eligible to compete in the open division and as male-matched in the mixed division.

2.3. Once an athlete begins hormone therapy, the athlete must demonstrate that his/their serum androgenic hormone treatments are not in excess of the most current WADA standards for transgender treatment. A blood test must be shown to demonstrate hormone levels at two time points: (1) 6 months or more before the event, and (2) within 6 months of the event.

2.4. Once an athlete begins hormone therapy, he/they must submit documentation of his/their hormone therapy and testosterone level to the IDF Medical and Anti-Doping Committee (MADC) for evaluation at least 1 month prior to the first IDF-sanctioned event he/they participates in. An evaluation by the MADC approving the athlete's eligibility remains applicable as long as the requirement in 2.3 continues to be met.

2.5. Compliance with these conditions may be monitored by testing. If his/their androgenic hormone levels are found to be in excess of the most current internationally accepted standard for transgender treatment, the athlete's eligibility for competition may be suspended until androgenic hormone levels are found to be within accepted limits of the most current internationally accepted standard for transgender treatment for at least 6 months.

3. In the age group younger than age 15 at the time of the IDF event: Athletes who have identified as transgender but have not started hormone therapy, are currently transitioning, or have completed transition from female to male/non-binary are eligible to compete in the women's division, open division, and as either female-matched or male-matched in the mixed division at any time and without any restrictions.

For male to female/non-binary transition:

4. In the age group 20 years and older at the time of the IDF event: Athletes who have identified as transgender but have not started hormone therapy, are currently transitioning,

or have completed transition from male to female/non-binary are eligible to compete under the following conditions:

4.1. Before an athlete begins hormone therapy, the athlete may compete in the open division and as male-matched in the mixed division without restriction.

4.2. Once an athlete begins hormone therapy, the athlete must demonstrate that her/their total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her/their first competition in the women's division and as female-matched in the mixed division. A blood test must be shown to demonstrate that level at two time points: (1) 12 months or more before the event, and (2) within 6 months of the event.

4.3. Once an athlete begins hormone therapy, the athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the women's division and as female-matched in the mixed division.

4.4. Once an athlete begins hormone therapy, the athlete must submit documentation of 4.2 and 4.3 above to the IDF Medical and Anti-Doping Committee (MADC) for evaluation at least 1 month prior to the first IDF-sanctioned event she/they participates in for competition in the women's division and as female-matched in the mixed division. An evaluation by the MADDC approving the athlete's eligibility for competition in the women's division and as female-matched in the mixed division remains applicable as long as the requirement in 4.3 continues to be met.

4.5. Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for competition in the women's division and as female-matched in the mixed division will be suspended until the requirements in 4.2. have been attained.

5. In the age group younger than 20 years and older than age 15 at the time of the IDF event: Athletes who have identified as transgender but have not started hormone therapy, are currently transitioning, or have completed transition from male to female/non-binary are eligible to compete under the following conditions:

5.1. Before an athlete begins hormone therapy, the athlete may compete in the open division and as male-matched in the mixed division without restriction.

5.2. Once an athlete begins hormone therapy, the athlete must demonstrate that her/their total testosterone level in serum has been below 10 nmol/L for at least 6 months prior to her/their first competition in the women's division and as female-matched in the mixed division. A blood test must be shown to demonstrate that level at two time points: (1) 6 months or more before the event, and (2) within 6 months of the event.

5.3. Once an athlete begins hormone therapy, the athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the women's division and as female-matched in the mixed division.

5.4. The athlete must submit documentation of 5.2 and 5.3 above to the IDF Medical and Anti-Doping Committee (MADC) for evaluation at least 1 month prior to the first IDF-sanctioned event she/they participates in for competition in the women's division and as female-matched in the mixed division. An evaluation by the MADDC approving the athlete's eligibility to compete in the women's division and as female-matched in the mixed division remains applicable as long as the requirement in 5.3 continues to be met.

5.5. Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for competition in the women's division and as female-matched in the mixed division will be suspended until the requirements in 5.2 have been attained.

6. In the age group younger than age 15 at the time of the IDF event: Athletes who have identified as transgender but have not started hormone therapy, are currently transitioning, or have completed transition from female to male/non-binary are eligible to compete in the women's division, open division, and as either female-matched or male-matched in the mixed division at any time and without any restrictions.

For all transgender athletes

7. Upon formal written request from a concerned athlete (or their parent/guardian if the athlete is a minor), coach, or organizer about an athlete on an opposing team, IDF MADC will evaluate the situation on a case-by-case basis.

8. Any reported discriminatory actions based on gender identity will be investigated by IDF and sanctions imposed when appropriate.

IDF Policy for Differences in Sex Development (DSD) Athletes

IDF Competition and Anti-Doping policy for Differences in Sex Development (DSD) athletes to compete in male, female, and mixed gender competition shall be:

1. Female DSD, male DSD, and non-binary DSD athletes do not require any TUE submission. DSD athletes should not be asked to submit a TUE unless they are taking a WADA-prohibited substance. As of this date, there is no definitive scientific or medical evidence that DSD athletes have any athletic advantage over non-DSD athletes.

2. Female DSD athletes may participate in the women's division, open division, and female-matched or male-matched in the mixed gender division.

3. Male DSD athletes may participate as in the open division and as male-matched in the mixed gender division.

4. Non-binary DSD athletes may participate as either (1) women's division or female-matched in the mixed gender division or (2) open division or male-matched in the mixed gender division. Once the athlete has selected their gender division for competition as option (1) or (2) above, they must wait at least 12 months before changing their selection for gender division for competition.

5. Any reported discriminatory actions based on DSD identity will be investigated by IDF and sanctions imposed when appropriate.