

WOMEN'S SPORT AND TRANSGENDER INCLUSION

APPENDIX

HELEN E PARKER, BETH HANDS
AND ELIZABETH ROSE



Women's Sport and Transgender Inclusion. Appendix
First published in 2024
as part of the Sport & Society Book Imprint
doi: 10.18848/978-1-957792-73-6/CGP (Full Book)

Common Ground Research Networks
2001 South First St, Suite 201 L
University of Illinois Research Park
Champaign, IL
61820

Copyright © Helen E. Parker, Beth Hands and Elizabeth Rose 2024

All rights reserved. Apart from fair dealing for the purposes of study, research, criticism or review as permitted under the applicable copyright legislation, no part of this book may be reproduced by any process without written permission from the publisher.

TABLE OF CONTENTS

Appendix A: Transgender Policies of Sporting Bodies.....	5
Appendix B: Transwomen Athletes in Women's Sport.....	27

APPENDIX A

Transgender Policies of Sporting
Bodies (Testosterone Regulation)
as at July 2023

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
International Olympic Committee	2015		<p>1. Those who transition from female to male are eligible to compete in the male category without restriction.</p> <p>2. Those who transition from male to female are eligible to compete in the female category under the following conditions:</p> <p>2.1. The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.</p> <p>2.2. 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).</p> <p>2.3. 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.</p> <p>2.4. 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.</p> <p>www.olympics.com/ioc</p>	< 10 nmol/L for at least 12 months prior to first competition.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
International Olympic Committee	2021		<p>Abandoned previous approach – offered no specific guidelines.</p> <p>Issued a Framework of Principles of Inclusion, Prevention of harm, Non-discrimination, Fairness, No presumption of trans advantage, Evidence-based approach, Primacy of health and bodily autonomy, Stakeholder-centred approach, Right to privacy, and Periodic Reviews.</p> <p>Sporting bodies to determine their own regulations and undertake their own research to provide evidence.</p> <p>www.olympics.com/ioc</p>	No longer specified.
Australian Sports Commission	2023		<p>Developed by the Australian Human Rights Commission in partnership with Sport Australia and a coalition of sporting bodies – AFL, Cricket, Football Federation, Rugby league, Netball, rugby, tennis. Sports can set own thresholds. Community sports must remain fully inclusive.</p> <p>www.sportaus.gov.au</p>	Recommend < 2.5 nmol/L for 2 years prior to competition
World Archery	2016		<p>Complies with IOC 2015 policy.</p> <p>Has not updated policy</p> <p>www.olympics.com/ioc</p>	< 10 nmol/L for at least 12 months prior to first competition.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
IAAF / World Athletics	2023	Post puberty exclusions apply.	Male to female transgender athletes who have been through male puberty are excluded from female World Ranking events. Priority on fairness and integrity of female competition. Differences in Sex Development (DSD) athletes must reduce T levels to compete internationally in any event. Restriction on events removed. www.worldathletics.org	< 2.5 nmol/L for at least 24 months for DSD athletes.
Athletics Australia	2021	Policy applies post puberty. Pre-puberty can compete according to gender diversity.	Must provide a written and signed declaration that gender identity is female. Policy applies only to elite section of any event. www.athletics.com.au	< 5nmol/L for at least 12 months prior and maintained during competition.
USA Track and Field	2015		Complies with IOC 2015 guidelines – no requirement for surgery www.usatf.org	< 10 nmol/L for at least 12 months prior to her first competition.
Athletics UK	2016		Hormone therapy must be undertaken. Now considering reserving female category for natal females (March 2023)	Testosterone level within range of affirmed gender.
FIBA- International Basketball Federation			No published policy 2023 www.fiba.basketball	
Basketball Australia	2021		May participate according to gender identity in community basketball. Elite level on a case by case basis in accordance with IOC, FIBA or other applicable governing body criteria www.olympics.com/ioc	

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Basketball, Victoria (Aus)	2023	Under 15 yrs elite policy does not apply.	At community level, may play according to gender identity. At elite level determined case by case in accordance with IOC and FIBA.	
International Biathlon Union	w		No guidelines stated www.biathlonworld.com	
Biathlon Canada			Individuals are not be required to disclose their gender identity or history to the organization at any point. If wishing to compete beyond national level, International Biathlon Union guidelines apply. www.biathloncanada.ca	
World Boxing Council	2022		Boxing banned between males and females, regardless of current sexuality. Establishing a transgender league. T levels < 10 nmol considered inadequate. www.wbcboxing.com	
Association of Boxing Commissions	2012	Pre-puberty-regarded as female	Requires genital surgery and gonadectomy Hormone therapy for a minimum of 2 years www.abcbboxing.com	Testosterone level not specified.
Boxing New Zealand	2022		Transgender men and women not allowed to compete in corresponding gender category. Established an open category for transgender and non-binary boxers. Safety a priority. www.boxingnz.org.nz	
Boxing USA	2022	Under 18 yrs must compete in birth sex.	Requires genital surgery. Follows the IOC 2015 Consensus meeting.	<5nmol/L for 12 months before competing.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
International Cricket Council	2021		Must provide a written and signed declaration, in a form satisfactory to the Medical Manager, that gender identity is female www.icc-cricket.com	< 5 nmol/L continuously for a period of no less than 12 months.
Cricket Australia	2019	Policy not applicable to pre-puberty athletes. No restrictions.	Policies governing elite as well as community competitions. Elite cricketers must nominate gender identity to Cricket Australia and meet T level restrictions. At community level may play in accordance with gender identity www.cricketaustralia.com.au	< 10 nmol/L continuously for a period of no less than 12 months prior to nominating.
Crossfit	2023		No restrictions- may participate according to gender identity. Must complete Declaration Form. Gender cannot be changed for 4 years. www.crossfit.com	< 10 nmol/L continuously for a period of no less than 12 months prior to nominating.
Union Cycliste International (UCI)	2023		Transwoman must provide written and signed declaration that gender identity is female. Must demonstrate level of T to satisfaction of Expert Panel measured by liquid chromatography with mass spectrometry. www.uci.org	< 2.5 nmol/L for at least 24 months prior to the eligibility date.
AusCycling	2020		Complies with IOC guidelines for elite competition. At the club level a transgender athlete can self-declare their identity. www.auscycling.org.au	< 10nmol/L for at least 12 months before competition.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Cycling UK	2023		Transwomen now unable to compete at elite female events, Full Race Licenses unable to be processed for Transwomen. Can still compete in non-competitive activities. Open category created includes male cyclists. www.britishcycling.org.uk	5 nmol/L for at least 12 months threshold for testosterone prior to the member's first competition.
Cycling NZ	2020		Complies with IOC 2015 guidelines for national and international competition. Have not followed UCI new policy www.cyclingnewzealand.nz	< 10 nmol/L for at least 12 months prior to her first competition.
USA Cycling	2018		Non elite –riders are able to self-select and live as declared gender. Riders with gender identity change may be up- or down-graded to racing category based on their results.	< 2.5 nmol/L for at least 24 months prior to the eligibility date.
Cycling Time Trials (UK)	2023		Regulation 10 (amended 14 June 2023). Created a third Open division for riders who wish to ride in a division different to the gender other than was assigned at birth. Affirmed transmen (may ride in Open division), transwomen (MUST ride in Open) and non-binary gender identities (MUST ride in Open). Female division riders must meet three criteria i) Assigned sex of female at birth, ii) must not have gone through any part of male puberty, iii) Testosterone levels no greater than 2.5 nmol/L (concession for athletes with poly cystic ovarian syndrome PCOS, up to 3nmol/L) https://www.cyclingtimetrials.org.uk/	Transgender and non-binary riders are not eligible to ride in the female division

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
International Fencing Federation (FIE)	2015		Currently complying with IOC 2015 guidelines For transwoman fencer: Declared gender is female; meet T level threshold and time frame (or longer on case-by-case confidential basis if needed to minimize any advantage in women's competition); T level remains below threshold for duration of competing in female category; ongoing compliance testing. www.fie.org	IOC 2015 – < 10 nmol/L for at least 12 months prior to competition
British Fencing	2022	Pre-puberty can compete in category of choice	Reviewing policies based on IOC 2021 guidelines. transwoman may compete at international level if meet required guidelines set by FIE and meet T-levels www.britishfencing.com	< 10nmol/L for at least 12 months prior to competition
USA Fencing	2022	Youth Under 14 years and cadets can compete in gender with which they identify.	Transwoman may compete if evidence of hormone suppression. Level not stated. Complies with IOC guidelines and FIE policies. www.usafencing.org	Testosterone suppression for 12 months prior to competing and remain at that level.
Australian Football League	2020		Policy for participation in elite male or female competitions. For transwoman must provide medical records to demonstrate T-levels. Provide a number of physical assessment results. Provide TUE. Transmen able to compete if no unacceptable safety risks identified. www.resources.afl.com.au	<5 nmols/L for 24 months prior to competing.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
FIFA (Federation Internationale de Football Association)	2022		Draft framework allows trans athletes to compete as self-identified gender. Proposed that a transgender woman should not be allowed to compete in the female category if she has retained a competitive advantage as a result of male puberty. Not clear how determined. www.fifa.com	No testosterone thresholds.
Football Association UK	2014	Under 18 yrs may play in category of gender identity	Any transsexual or transgender person wishing to play in their affirmed gender can seek to do so by contacting the FA to obtain clearance. Require hormone therapy or gonadectomy. Medical information/records demonstrate hormone therapy administered in a verifiable manner and verified annually. www.thefa.com	Blood testosterone within natal female range for an appropriate length of time to minimise any potential advantage.
Football Association Scotland	2022	No restrictions under 16 years of age.	Signed LGBT Sports Charter- diversity and inclusion embedded. Policy under review to bring into line with FIFA. www.scottishfa.co.uk	Players over the age of 16 must disclose a 'blood measured testosterone level...within the acceptable range to participate in female domestic competition and that is in line with any anti-doping regulations'

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
National Women's Soccer League (NWSL) USA	2021		Policy for professional, college leagues and national competitions. Transwoman gender identity cannot be changed for sporting purposes for at least 4 years. www.nwslsoccer.com	Testosterone levels must be in typical limits of women athletes (stated as below 10 nmol/L, for at least 12 months before becoming eligible)
Golf LPGA	2005?		Complies with IOC 2015 guidelines a) if transwoman and surgical anatomical changes have been completed, including external genitalia changes and gonadectomy; or b) if transwoman treated with testosterone suppression medication for gender reassignment purposes. A transwoman may compete in a men's event and may compete in a women's event following one calendar year of testosterone suppression treatment. Transman in not eligible to compete in women's events! www.lpga.com	Testosterone level not stated.
Golf Canada	2020	Pre-puberty – if undergoing gender reassignment regarded as female.	Post puberty: must submit documentation from a medical practitioner that gender reassignment has been ongoing for at least one year to participate as a female or completed one calendar year of T suppressions. www.golfcanada.ca	
International Gymnastics Federation (FIG)			Does not have any rules in place www.gymnastics.sport	

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Gymnas-tics USA	2022		Complies with IOC 2015 and FIG guidelines for Junior or Senior National Teams. Below international level – may compete in gender category with which they identify. www.usagym.org	<10 nmol/L for at least 12 months prior to first competition.
International Hockey Federation (IHF)	2020		Decisions about participation taken on individual basis. Policy to be reviewed every 2 years. www.fih.hockey	
Hockey Australia	2019		At community level, players can participate in competition that reflects their gender identity. Elite level competition according to FIH regulations. www.hockey.org.au	Not required.
Hockey USA (Ice Hockey)	2019	Trans rules apply for Girls (12U, 14U, 19U) and Adult Female Hockey, for recreational and competitive leagues.	Recreational – Provide documents i) a letter from the athlete if an adult, or if a minor from the athlete's parent/guardian (which may also include the athlete's personal statement), confirming the athlete's gender identity; and (ii) written confirmation of gender identity from a health care provider, counselor, or other qualified professional not related to the athlete. Competitive Hockey – Documents and medical certification as above plus confirmation by a medical professional that the athlete has undergone at least one year of testosterone suppression therapy www.iihf.com	T suppression but level not stated.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
NCAA	2023	For college sports.	<p>Each sport to follow transgender participation policy of its national governing body. Transgender student-athletes will need to document sport-specific testosterone levels beginning four weeks before their sport's championship selections. Starting with the 2022-23 academic year, transgender student-athletes needed documented testosterone levels at the beginning of their season, prior to first competition in an NCAA championship event and any competition in the non-championship segment. Beginning August 2024 sport specific documentation provided annually – may include testosterone levels, mitigation timelines.</p> <p>www.ncaa.org</p>	<p>Testosterone level suppressed by cross hormone therapy for at least 12 months.</p> <p>Testosterone benchmark set by individual sport NGB</p> <p><10nmols/L for most sports.</p> <p><5 nmols/L Tennis and Rowing</p> <p><2.5 nmol/L water polo.</p>
International Mixed Martial Arts Federation	2022		<p>Transgender athletes not permitted to compete in IMMAF competitions on basis of safety and fairness. T suppression not sufficient.</p> <p>Considering the male category becomes Open or create additional category.</p> <p>www.immafa.org</p>	
USA MMA			<p>Required to undergo surgery necessary for anatomical change and hormone therapy appropriate to assigned sex.</p> <p>www.usamma.com</p>	<p>Hormone therapy for at least 2 years following a gonadectomy. Testosterone levels within acceptable range for females.</p>

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
International Netball Federation	2022		Considers netball a Female Category Sport. This refers any transgender athletes to its policy relating to participation by transgender persons. Currently reviewing policy www.netball.sport	
Netball Australia	2020	Pre-puberty-co-ed play permissible. can play according to one's gender identity. No restrictions.	Must notify Netball Australia's Head of Integrity if transwoman. Hormone therapy continuously for a period of no less than 24 months prior to notifying Head of Integrity they are transwoman. Must provide medical history of T levels for the prior 24 month period. www.netball.com.au	Testosterone level < 5nmol/L for prior 24 months. Must be conducted by Tandem Mass Spectrometry.
British Rowing	2022	Pre-puberty trans girl (and U16) may compete in affirmed gender competition. Over-16 and post-puberty T rules apply.	Pre-puberty trans girl (and U16) may compete in affirmed gender competition. Over-16 and post-puberty T rules apply.	Elite: <2.5nmol/L for 24 months prior to competing.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
US Rowing	2022		<p>Self-ID / gender identity for all rowers – youth, adult athletes not in college, and collegiate rowers. Testosterone restrictions only apply at collegiate and elite level.</p> <p>Men's event: If an athlete has begun transition with testosterone they should compete in the Men's category along with males at birth.</p> <p>Mixed eight events (masters only) must consist of 50% female at birth and 50% of any gender.</p> <p>Women's event: transwomen may compete with females at birth, providing they meet T level requirement.</p> <p>In 2025 will meet World Rowing guidelines for college athletes.</p> <p>www.usrowing.org https://www.usrowing.org/documents/2022/11/28/Gender_Identity_Policy_021323.pdf</p>	<p>5nmol/L for a minimum of 12 months.</p> <p>From 1 March 2025, college rowers must be 2.5 nmol/L for at least 24 months prior to competing.</p>
World Rowing (FISA)	2023		<p>Reviewed 2016 regulations and determined that transwomen can only compete in female category if meet lower T level. Formed a Gender Advisory Board</p> <p>www.worldrowing.com</p>	<p><2.5nmol/L for 24 months prior to competing.</p>
World Rugby	2020		<p>Transwoman may not participate in elite and international women's rugby. Safety Policy pre-eminent in all participation decisions.</p> <p>www.world.rugby</p>	<p>Not applicable.</p>

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Rugby Australia	2020		<p>Transwoman provide a completed Gender Identity Dispensation Consent Form. Safety Policy to be pre-eminent in deciding eligibility. Community level sport policy only. No trans policy at elite level</p> <p>www.australia.rugby</p>	
Rugby Canada	2019		<p>At both recreational and competitive levels, an individual may participate in their expressed and identified gender category. An individual will, at the time of registration, identify their gender category for the playing season and may request a change in gender category at any time during a playing season and such request will be considered by Rugby Canada. Eligibility guidelines of international federation or any major games will supersede these guidelines.</p> <p>www.rugby.ca</p>	
Rugby Football Union England	2022	No restrictions pre-puberty (U12 yrs).	<p>Transwomen banned from competing in all female rugby union. Transwomen banned from competing in all female rugby league games from U12s age group and above. Current or past supplementation of androgenising substances, including testosterone, is not permitted</p> <p>www.englandrugby.com</p>	

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Rugby Football League England	2022	No restrictions pre-puberty (U12 yrs).	Transwomen banned from competing in all female rugby league games from U12s age group and above. Non-contact rugby league remains mixed gender. www.rugby-league.com	
International Rugby League	2022		Transwomen banned from all female division matches. www.intrl.sport	
International Shooting Sport Federation (ISSF)			Complies with IOC 2015 guidelines. www.issf-sports.org	
International Surfing Association (ISA)	2022 Updated March 2023		Policy on transgender and gender diverse surfers for elite Women's competitions - following the 2021 IOC framework, to be re-evaluated annually. Once gender is declared no switch at the same competition permitted. Male and female competition divisions. https://isasurf.org/about-isa/isa-rulebook/	Testosterone <5 nmol/L for at least 12 months.
Surfing Australia (SA)	2021		Policy for elite Women's Surfing League following the 2021 IOC framework . For elite and sub elite competitions and representative selection to national teams that compete in ISA https://surfingaustralia.com/inclusion-in-sport/	Meet ISA rules and regulations for representative team selection events.
World Aquatics / FINA (Federation Internationale de Natation)	2023	Can only participate if transitioned before the age of 12 years and have not experienced male puberty	Transwomen can compete if they have not experienced male puberty beyond Tanner Stage 2 or they are androgen sensitive but had male puberty suppressed beginning at Tanner Stage 2 or before age 12., whichever is later. www.worldaquatics.com	Testosterone level below 2.5 nmol/L Must have suppressed male puberty beginning at Tanner Stage 2 or before age 12.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
USA Swimming	2023		Non-elite inclusion policy – may compete with category consistent with gender identity. Complies with FINA regulations for elite level competition. www.usaswimming.org	Testosterone level below 2.5 nmol/L Must have suppressed male puberty beginning at Tanner Stage 2 or before age 12.
Swim England	2023	Pre-puberty – no restriction	New Open category for athletes of birth sex male, trans or non-binary. Those of birth sex of female may compete in female category. Applies to Swim England competitions only. Policies vary for different sports. <u>Artistic Swimming</u> . Solo, Duet, Team and Combination: Competitors are permitted to self-ID. Mixed Duet: A duet must consist of one competitor from the 'Female' category and one from the 'Open' category. <u>Diving</u> . Swim England Competition: Competitors are permitted to self-ID. Talent Games: Competition will be divided into 'Female' and 'Open' categories. <u>Indoor Swimming</u> (Excluding Masters). Unlicensed Competition: Competitors are permitted to self-ID. Licensed Competition: Competition will be divided into 'Female' and 'Open' categories. <u>Masters Swimming</u> . Competition not for submission to rankings: Competitors are permitted to self-ID. Competition for submission to rankings: Competition will be divided into 'Female' and 'Open' categories. <u>Open Water Swimming</u> . Swim England Competition: Competition will be divided into 'Female' and 'Open' categories. <u>Water Polo</u> . U16 Competition: Competitors are permitted to self-ID. 16+ Competition: Competition will be divided into 'Female' and 'Open' categories. www.swimming.org	

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
International Tennis Federation	2018	ITF events - Elite.	Provide written and signed declaration that gender identity is female. May not switch back for 4 years. Case-by-case, confidential evaluation may increase time period for T suppression therapy before competing. Must satisfy WADA doping standards including International Standards for TUEs. www.itftennis.com	< 5 nmol/L for at least 12 months prior to first competition. Maintenance for duration of competing in female category.
British Triathlon	2022	No restriction pre-puberty	For athletes over 12 years, competitive women's events for natal females only. Replaces previous guidelines that allowed transwomen to compete if T suppressed. Established an Open (male, transgender, non-binary if male sex at birth) and female category. www.britishtriathlon.org	
World Triathlon	2022		The athlete must provide a written and signed declaration that her gender identity is Female and she wishes to participate in the female category and has not competed in male category in last 4 years. www.triathlon.org	<2.5 nmol/L for 24 months prior to competition
Volleyball Federation Internationale (FIVB)	2019	Play in category of birth sex.	Gender verification certificate (i.e., birth certificate of the player via national federation). Following IOC guidelines. Each national federation to set own rules. www.fivb.com	

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Volleyball USA	2019	Child: <12 years - no restriction.	<p>Must provide medical documentation demonstrating T-level below upper limit of normal reference range in desired gender for their age group.</p> <p>Adolescent: 13-18 years T levels must not exceed the upper limit of the normal female reference range for their age group for 6 months.</p> <p>Adult: 18+ years aligned with IOC 2015 guidelines www.usavolleyball.org</p>	< 10 nmol/L for at least 12 months prior to first competition.
Volleyball Canada	2018	Recreational / development levels.	<p>Provision 8. "Volleyball Canada prohibits discrimination on the basis of sexual orientation, gender identity, gender expression, which includes any individuals who identify as or are perceived as lesbian, gay, bisexual, transgender, transsexual, Transwomen-spirit, queer or questioning".</p> <p>Athletes play in category aligned to their gender identity.</p> <p>Follows FIVB standards for international tournaments. www.volleyball.ca</p>	Not specified.
International Weightlifting Federation	2017		<p>Complies with IOC 2015 guidelines www.iwf.sport</p>	10 nmol/L for at least 12 months prior to first competition.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Weightlifting USA	2021	Pre-puberty- may participate in gender with which identify. Subject to evaluation of competitive advantage.	<p>Eligibility governed by IOC guidelines, International Weightlifting Federation and US Olympic Committee.</p> <p>If gender confirmation surgery is desired, the surgery has been completed, the athlete is in good health, and has been cleared by their surgeon</p> <p>Legal recognition of assigned/identified gender has been received from one or more appropriate authorities.</p> <p>If hormone therapy is desired, it is being monitored by a medical doctor and is not being used as a way to enhance athletic advantage.</p> <p>www.teamusa.org</p>	2 years of hormone therapy.
International Powerlifting Federation	2023	A country may have a different policy for trans athletes' participation in national level events	<p>IOC guidelines. For Transwoman i) Valid passport with gender cited, ii) meet T serum level, iii) maintain the T benchmark for period of competing in female category, iv) regular testing for compliance as determined by the medical commission.</p> <p>www.powerlifting.sport</p>	2.4 nmol/L for at least 12 months prior to first competition.
Powerlifting USA	2023		<p>Transwoman not able to compete as a woman under any circumstances. The IPF Medical Committee states that use of testosterone and participation of male to female transgender athletes in the sport compromises fair play, and drug use codes.</p> <p>www.usapowerlifting.com</p>	Not applicable.

	Year	Pre/post puberty	Policy	Transwoman Testosterone Level
Canadian Powerlifting Union (CPU)	2023		An individual can participate in the gender with which they identify at both recreational and competitive level. No requirement for hormone therapy, surgery or disclosure of trans identity www.powerlifting.ca	Not applicable.
Wrestling USA	2017	Pre-puberty may participate in the gender with which they identify.	Complies with IOC 2015 guidelines Identify as female for 4 years www.themat.com	<10 nmol/L for at least 12 months prior to first competition
Royal Yachting Association (RYA) Britain	2020	Considers practicalities for under 18 youth, regarding youth squad applications, youth competition, and youth training camps.	RYA Guidance: Trans and Non-binary inclusion in sailing and boating, 2020 National - club, class association or national level. International – ‘World Sailing’ in event titles, world and continental championships of World Sailing classes Female gender declaration cannot be changed for sporting purposes for a minimum of 4 years. Testosterone level to be maintained throughout the period of competing as a female.	<10 nmol/L for at least 12 months prior to first competition

Transwomen Athletes in Women's Sport

Many allies of transgender athletes assert that because there are so few trans people in society, and their numbers in women's sport are tiny with few making it into the elite ranks, therefore their impact on women's sport is negligible and women's sport is not at risk by including transwomen athletes. However, over the past two decades there has been an increasing number of transwomen achieving success in a range of female representative sports although some, for example Renee Richards, emerged as early as 1970. In many cases, these podium athletes would not have qualified at an elite level in the men's competition, although many had competed as a male at a relatively high level prior to transitioning. This list is to indicate that trans athletes are not as rare in women's sport as trans advocates claim.

There are also cases where a nonbinary athlete has been permitted by sport administrators to compete according to the sex on their birth certificate. **Quinn**, a Canadian soccer player became the first openly non-binary player in women's soccer. Quinn uses their former surname and gender-neutral pronouns after coming out in 2020. They also won a Bronze medal as a member of the Canadian female soccer team at Rio in 2016, before openly identifying as nonbinary. In July 2021, Quinn became the first nonbinary athlete to compete and become an Olympic Champion at an Olympic Games This case is instructive because although Quinn has been celebrated as a transgender athlete, they identify

as non-binary. Their inclusion in the female team has not led to any claims of 'unfairness' because throughout their career this player always played in female teams. Quinn has not undergone cross-hormone testosterone treatment and maintains their female biology.

In December 2022, USA Cycling's first nonbinary division cyclocross national championship was held with a field of four riders. This new division enabled nonbinary trans riders **Summer Newlands** (1st place), **Kristin Sundquist** (2nd), **Hen Watts** (3rd) and **Sam Hansen** to compete. Sundquist had intended to ride in the women's division in 2023, until the changed UCI trans inclusion policy of 2.5 nmol/L for 24 months delayed those plans.

In July 2023, a transgender non-binary athlete **Nikki Hiltz** won the 1500m race by 0.23s at the USA Track and Field Championships in Eugene, Oregon. Being a biological female and not on hormone therapy, this athlete is perfectly eligible to compete in women's races. They claim their win was one for the LGBTQ community, inspired by a trans flag in the stands. But this win is nothing unusual, a female wins a female race. While the win is a credit to Hiltz, one would deduce that their gender identity is an irrelevant factor to success.

Many of the examples below do not necessarily win their chosen event, however their selection in a team or event with limited representative places inevitably displaces a natal female from a tournament, such as World Championships or Olympic Games. The cases below are those publicly notified either on the internet, social media or via mainstream media reports. The list is alphabetical by sport. Although this text has not focused on transmen in men's sport, we have nevertheless provided examples at the end of this Appendix.

Transwomen Athletes

Athletics

Nattaphon Wangyot is a transwoman who identified as a girl from the age of five. In 2016, she competed in Alaska's state track meet, winning third place in the 200 metre and fifth in the 100 metres. This resulted in some natal females missing the 16-competitor cut. She won Alaska's all-state honors for girls' track and field. The Alaska School Activities Association did not have a transgender sports policy, so Wangyot was allowed to compete without undergoing testosterone suppression.

Terri Miller and **Andraya Yearwood** were post-pubescent trans boys who identified female, attending Connecticut high schools and unmedicated (no hormonal therapy). Yearwood began competing with the girls when 14 years old in 2016, and Miller began later in 2018. When aged 16 to 17 years in 2018, they took first and second place in the 100m race State open for women's track and field. Miller set a girls' state indoor record for the 55-metre dash, completing the race in 6.95 seconds. Yearwood finished second with a time of 7.01 seconds, and the third-place getter finished in 7.23 seconds. Since beginning to compete as females, they have collectively taken 15 female state championship titles, all of which were previously held by females.

Some natal females argued their participation prevented them from qualifying in the New England Championships. Three of the displaced female high-school athletes, along with their parents, sought federal redress in a lawsuit against the Connecticut Interscholastic Athletic Conference (CIAC). In May 2019, the civil rights division of the United States Department of Education ruled that Connecticut's high school policy violated Title IX, the

federal law that prohibits discrimination on the basis of sex. "All the biological females know who is going to win before we even start, and it's sad to see that all our training just goes to waste," Smith, one of the plaintiffs said in an interview. The Connecticut high school association's position was that multiple federal courts and government agencies have acknowledged in reference to Title IX that the term "sex" is "ambiguous" and historical usage of the word "has not kept pace with contemporary science, advances in medical knowledge and societal norms." The case was dismissed in April 2021, after the Biden administration reversed its support for blocking the inclusion of transwomen athletes in women's sport. Neither Yearwood nor Miller have pursued athletic careers

CeCe Telfer became an NCAA women's track and field national champion in 2019. Prior to transitioning to female in 2017, Telfer failed to finish inside the top 300 in the men's Division III championships, his last year competing as a male. In two seasons for the Franklin Pierce men's team, Telfer did not qualify for the national collegiate championships, ranking no better than 200th in the hurdles event. As a transwoman athlete, she completed the 400-metre hurdles with a time of 57.53 seconds - more than a second faster than her nearest rival, and only slightly slower than before transitioning (57.34 secs). She earned All-America First Team honours in the 100-metre hurdles. It should be noted the hurdles are placed almost half a metre closer together in the women's hurdles than the men's event. She sought to compete in the 2020 Tokyo Olympics in the 400-metre hurdles and was initially accepted but was later ruled ineligible under the existing IOC guidelines for transgender athletes, which suggests she had not sufficiently lowered her testosterone level.

Juniper Eastwood of the University of Montana became the first known transgender woman to compete in an NCAA Division I women's cross-country race in August 2019. Before

transitioning, Eastwood had been a top runner for Montana's men's cross-country and track teams, placing seventh in the 1500 m final at the 2018 Big Sky Conference. Since transitioning, Eastwood has not finished below seventh in any of the University of Montana's races. She won the mile race by 4.5 seconds. Eastwood won the Montana Invitational and finished third at the Montana State Classic, finished second in a field of 204 runners at the Santa Clara Bronco Invitational and was named female athlete of the week in October 2019. But in women's cross-country, she finished 60th at a regional meet and did not qualify for the national championships against women in the Boston Marathon. In 2020, Eastwood won the mile at the Big Sky Conference indoor track championships, making her the first trans student athlete to win a conference title at the NCAA Division I level.

Kirsti Miller is an Australian who represented the state and nation in the modern pentathlon and duathlon World Championships in the 1980s as a male. She transitioned in 2000 at the age of 40 after being married for 15 years and a father of three. She has now undergone full sex reassignment surgery and plays at the community level in the Women's Australian Football League in regional New South Wales as a mature-age player. She is a vocal activist, and media commentator for transgender women's rights.

Baseball

Britney Stinson is a transwoman who played in the Women's Football Alliance and USA Baseball. Her athletic achievements include professional women's tackle football for the Orlando Anarchy of the WFA, women's baseball in Australia (2016), USA Baseball Women's National Team (2016), Women's World Football Games & USA Football Women's National Team Trials (2017).

Basketball

Rose Johnson is a member of the female high school team of Long Trail School Mountain Lions, Vermont. Her inclusion as a 6'1" trans identifying male on that team led to their opponents, the Mid Vermont Christian School Eagles, to forfeit their March 2023 play-off game. As a result, LTS was advanced directly to the quarterfinals. Johnson is a standout player at blocking the shots to basket. The Mid Vermont School Team has since been banned from participating in state competitions. Vermont state law includes both gender identity and sex as protected characteristics which cannot be discriminated against; for transgender students schools' policy permits students to participate in their chosen gender identity.

BMX Freestyle

Chelsea Wolfe competes internationally in BMX freestyle UCI (Union Cycliste Internationale) world cup events, representing the USA. In 2019, Chelsea ranked 5th in the world, and won third place in the US National and Pan-American championships. BMX freestyle made its Olympics debut Tokyo 2020, putting the women on equal footing with male riders. Chelsea was a reserve rider for Team USA.

Cricket

Maxine Blythin is an English transwoman cricketer who transitioned as a teenager. She won the title "Women's Cricketer of the Week." and was named 'Kent Women Club Player of the Year' in her first season at the county in 2019. She is more than 6 feet tall, has a batting average of 124 and has hit four centuries.

Blythin has a naturally low level of testosterone (1 nmol/L) and never went through male puberty, however transwomen players are only tested for testosterone levels if they are selected to play for England, in line with England and Wales Cricket Board (ECB) trans-inclusion policy.

Cate (Catherine) McGregor, AM is an Australian mature-age cricketer. She was a decorated member of the Australian Defence Force, a published writer, columnist, a TV social commentator, 2012 Member of the Order of Australia, 2015 Queenslander of the Year, and finalist for 2016 Australian of the Year. While identified as transgender at 29 years, she did not transition until 2012 at age 56 years (surgically and hormonally) while still serving in the military. She no longer produces testosterone. In 2016, Cate resumed league cricket for a women's team in Canberra and stated at that time she wished to play in the elite Women's Big Bash cricket League. In 2018, she was removed from the ABC cricket commentary team. Most recently in April 2022, she indicated a belief in sex-based biological advantage by stating in a newspaper opinion column that "There is no case for trans competitors at the elite level in women's sport. The difference in size and strength between biological women and trans women who have had the benefit of testosterone in puberty is too great".

Cycling

Emily Bridges is a 21 year old transwoman UK rider who transitioned in 2021. As a man she set a national junior men's record over 25 miles with a time of 47min 27sec, more than two minutes faster than the female senior record. In 2020 she won the points race in the British Universities' Championships, as well as bronze in the men's team pursuit. She planned to compete in the

female National Omnium Championships (a multi track cycling event) in April 2022, but was deemed ineligible by UCI. She was ruled ineligible to compete for Wales at the Commonwealth Games in Birmingham in 2022 and was not selected for Team GB at the Olympics in Paris in 2024.

Michelle Dumaresq is a Canadian TW mountain biker who has represented Canada in a number of World Championships. She began mountain biking in 2001, six years after transitioning aged 25 years. In 2002, she twice finished first and twice finished second in six races. She went on to win the 2002 Canada Cup series and joined the Canadian National team. In 2003, Dumaresq won the 2003 Canadian National Championships and again represented Canada in the 2003 World Championships. She repeated her Nationals win in 2004 and finished 17th at the 2004 World Mountain Bike Championships. She finished in first place at the 2006 Canadian National.

Veronica Ivy, Canadian cyclist formerly known as Rachel McKinnon transitioned in 2012 at 29 years of age. She won the 35–44 age bracket 200 metre sprint at the UCI (Union Cycliste Internationale) Masters Track Cycling World Championships two years in a row (2018 and 2019), setting a new world best time by two tenths of a second in qualifying. The second placed competitor was four tenths of a second (15 metres of the track) behind. She also placed second in the 500m time trial. She was the first trans-gender world champion in track cycling. Ivy argued that “the practice of sport is a human right”. Ivy’s inclusion in cycling is controversial despite meeting testosterone levels of the sport. Her physical size and muscle mass is pronounced among natal female riders. She is a professor researching in feminist philosophy, gender, and queer identities.

Austin Killips from the USA has been racing for 3 years and come first in 17 of her 57 races. In 2023 she won her first

professional cyclocross race at the Northampton International. She beat 43 women in the UCI Elite Women Race on Day 1 and third on the second day. The week before, she was third in the Women pro race at the Really Rad festival of Cyclocross. She features in the top ten of many US cyclocross events, finished 13th in the World Cup and recently won the Women's Tour of the Gila. Killips won US\$10,000 and a US\$1000 bonus as "Queen of the Mountains". Killips ran 3rd to winner, transwoman cyclist Jenna Lingwood.

Jenna Lingwood won the women's masters title in the 2022 USA Cycling Cyclocross National Championships, and 5th place in the elite Women's events.

Kate Weatherley is a New Zealand downhill mountain biker born in 1997. Her sudden arrival on the women's downhill scene has raised eyebrows. She began male hormone blockers at age 17 years before obvious puberty had set in, and oestrogen with transitioning at 19 years. Under the IOC 2015 protocol, Kate was eligible to compete as a female if her testosterone was reduced below 10 nmol/L for at least 12 months before her first competition. In 2017, aged 20 years of age her serum testosterone had reduced to 0.4 nmol/L. In 2018, Weatherley was cleared to race in the first elite women's event of the season with just a three-week gap between competing in male and female divisions. Her downhill time was 30 seconds faster than the next female rider in the second competition of that season, a huge margin in downhill. It was a small field as a number of girls didn't want to race as they felt it was unfair for Weatherley to be allowed to ride immediately. She went on to win the elite women's division at the national championships in her first season as a female rider beating the second placegetter by 13 seconds, and third placegetter by 47 seconds. She won a second National title in 2019 and placed third in her first UCI World Cup after qualifying in seventh place.

Weatherly was ranked 6th in world cup rankings but suffered a career threatening crash in 2019 which broke her C1 and C2 vertebrae. She recovered and returned to downhill racing as well as the Enduro World Series which involves longer bike sessions over more days. She is dominating the elite field. As a male she raced in the under 19 and open divisions, finishing mid-pack on downhill times. She stated “My thing is, I’m not gender neutral, I’m a girl. The whole idea of a third category [besides female, male] invalidates my sense of identity”.

Chelsea Wolfe competes internationally in BMX freestyle UCI world cup events, representing the USA. Wolfe started competing as a female in freestyle competitions in 2014. In 2019, Chelsea ranked 5th in the world, and won third place in the US National and Pan-American championships. BMX freestyle made its Olympics debut in Tokyo 2020, putting the women on equal footing with male riders. Chelsea was a reserve rider for Team USA.

Kristen Worley (aka. Chris Jackson) a Canadian champion cyclist who represented the nation both as a male and female rider. Born in 1966, she transitioned age 35 years in 2001. She was the first athlete in the world subject to the IOC’s 2003 Stockholm Consensus to compete as the other sex. She’s an activist who championed changes over ten years to the Consensus protocols around reducing testosterone and sex reassignment surgery. Her landmark human rights case made ongoing testosterone hormone requirements of transwomen athletes (also described as XY females, a biologically absurd label) as both a women’s health and human rights issue in sport. Following a gonadectomy in 2001, and she could no longer produce any testosterone and needed testosterone supplements. Under heavy training loads effectively went into ‘extreme menopausal state’, unable to trial for the 2004 Rio or 2008 Beijing Games. It took over three years to

obtain TUE (therapeutic use exemption) permission from World Anti-Doping Agency to take synthetic testosterone (otherwise a banned performance enhancing drug) but the permitted level was below that needed to restore her basic physical health. She won her case in the Human Rights Tribunal in Ontario, where she argued that sport's policies on gender infringed on human rights. In 2017 the IOC and sports cycling bodies agreed 'to promote inclusive sporting environments' in international sport and "adopt policies and guidelines based on objective scientific research and responsiveness to individualized needs of XY female athletes." Worley withdrew from competitive cycling in 2009.

Tiffany Thomas from the USA started cycling in 2018 aged 40 years and was immediately successful, going from beginner to the elite level in 5 years. She has been on the podium in numerous events and won the Randall's Island Criterium race in March 2023 at 46 years of age. After that win she posted on Instagram "I'm not going to lie, sometimes I feel like a superhero".

Dodgeball

Savannah Burton was the first transgender athlete to represent Canada in an international team as a man and then as a woman. Before transitioning she represented Canada in Malaysia 2012 as part of the men's Dodgeball team. As a female Savannah represented Canada internationally in a number of Dodgeball competitions including World Dodgeball Federation World Championships in 2015 and 2017.

Golf

Mianne Bagger from Denmark became the first openly

transitioned woman to play in a professional golf tournament, the 2004 Women's Australian Open. She started hormone replacement therapy in 1992 aged 26 years and sex reassignment surgery in 1995. She then returned to competitive golf as a female amateur and won a number of championships including the South Australian Ladies Amateur in 1999, 2001 and 2002. She represented South Australia in the state team 1999-2002 and achieved a top 10 national ranking. She is now a professional and has played in tours around the world with mixed success.

Bobbi Lancaster is a successful and well-regarded transwoman physician in Arizona, USA. Before transitioning in 2010 at the age of 60 years, Lancaster was a successful amateur golfer. As a transwoman, Bobbi won a number of Championships as an amateur before turning professional in 2013. Lancaster was the first transgender golfer to take part in the LPGA Symetra Tour, open to professional women golfers and qualified amateurs, with limited success.

Breanna Gill is a 42 year old Australian professional golfer. In 2023 she won the Australian's PGA Tour of Australasia.

Hailey Davidson is a Scottish professional golfer who won a mini tour in the USA in 2021. She began hormone treatment in 2015 after competing as a male in the US Open local qualifying competition in Florida.

Handball

Hannah Mouncey, born in 1989, was a member of the Australian men's handball team from 2013-2015. After transitioning in 2015, she applied to join the women's handball competition in 2016. Her request was refused as she had not met the IOC guidelines of 12 months of hormone therapy. She began to compete for a Melbourne team in 2018 and began training with the Australia women's

national handball team. She played in the 2018 Asian Women's Handball Championships in Japan but was not selected to play at the World Championships in 2019. Hannah also applied to play in Australian Football League's professional women's competition (AFLW) but was blocked on the grounds of her high testosterone levels, superior strength and physique considered a safety issue for female competitors (190cm, 100kg). In 2018, Hannah played in the Victorian AFLW community competition, and is currently cleared to play in the Second-grade competition in the ACT state league.

Ice Hockey

Jessica Platt was the first openly transwoman to play professional ice hockey in North America. She transitioned in 2012 at the age of 23 years and was drafted into the Canadian Women's Hockey League in 2016. She played fulltime hockey for 5 seasons. In 2019 she captained an all-transgender ice hockey team known as "Team trans" in the Friendship series in Cambridge, Massachusetts.

Martial Arts

Fallon Fox is a transgender American mixed martial arts fighter who transitioned in 2006 at the age of 31 after living as a heterosexual male and fathering a child. Fox is infamous for inflicting serious injury on her female opponents. In 2014, Fox ended the career of her opponent, Tamikka Brents, within the first three minutes of their fight when she shattered her eye socket, an injury requiring seven staples in her head. In another fight, Fox knocked Erika Newsome unconscious, face-first on the ground. Newsome did not know that Fox was a transwoman fighter. Fox has boasted that she enjoyed beating up her female opponents.

Alana McLaughlin, underwent gender reassignment surgery at 33 years of age. She was the second transwoman to compete in MMA in the USA. She won her debut women's fight in 2022 in USA aged 38 years. She used a rear-naked choke against her opponent to end the fight in 3 minutes. She has not fought since.

Rugby

Caroline Layt is an Australian transwoman rugby player who transitioned at 30 years of age. She went on to play women's rugby league and in 2004 was a finalist for the Women's Player of the Year Award. She won 4 golds, a silver, and a bronze in the Sydney Gay Games.

Kelly Morgan, a transwoman player nicknamed "Beast". As a male teenager Morgan played representative rugby for east Wales but was injured and stopped playing. After transitioning at the age of 30 she started to play rugby for the Porth Harlequins Ladies in Wales in 2019. The BBC reported that one teammate recalled Morgan folding an opponent "like a deckchair". Her coach also added "She's going to be a good, good player for the next few years, as long as we can stop her injuring players in training".

Soccer

In 2015, it was exposed that 8 players on the **Iranian Women's team** were actually males 'awaiting surgery'. The previous year in 2014, four men were discovered on the squad. Their bodies were disguised by using religious headscarves and long sleeves / pants. More recently in November 2021, the goalkeeper Zhreh Koudaei was accused of being a man. This allegation was made

after Iran beat Jordan to qualify for its first ever Women's Asia Cup. Koudaei saved two penalties in the 4-2 shootout victory.

Riley Dennis, transitioned aged 19 years. Formerly from the USA, she is now an Australian trans activist You Tuber, and soccer player in the 1st grade NSW women's league with Inter Lions FC. In 2023, now 30 years old, Dennis attracted adverse public and media attention after complaints from parents and players of her injuring opposition female soccer players. She also led the goal kickers table with 7 goals, but in an attempt to avoid further controversy Football New South Wales appear to have substituted the label 'Inter Player' for her name on the goal kicking table. Football NSW League One reportedly has 5 registered transwomen players. Dennis identifies as a transgender lesbian.

Running

Vantetina Petrillo is an Italian 50-year-old transwoman runner. Petrillo won her 8th woman championship title at the Italian Indoor Masters Championships in Ancona in March 2023. She has broken multiple women's running records in Italy but has failed to earn even a single title when competing as male.

Surfing

Sasha Jane Lowerson is a transwoman surfer who transitioned at the age of 40 years in 2020. International Surfing Association in 2022 and Surfing Australia in 2021 changed rules to permit trans athletes to compete in the category that corresponds to their gender identity, following IOC requirements, and for transwomen who have testosterone levels of less than 5 nmol/L for 12 months.

Aged 44 years, Lowerson is believed to be the first and only out transwoman surfer to compete in Women Surfing League longboard events. She has competed in a number of competitions most recently the May 2023 Manly Beach Classic longboard event. In response to the rule changes, Lowerson was quoted “I didn’t feel like there was a support network. And then to see that there actually were influential people that were supportive and there was a network of safety being created. For me, that was, subconsciously, the thing that made me say, yes, I would compete” (outsideonline.com, 4 May 2023). World champion male surfer Kelly Slater is highly critical of this approach to transgender inclusion, calling instead for a separate, ‘trans’ division in the sport as the fairest outcome.

Swimming

Lia Thomas, swam as Will Thomas on the University of Pennsylvania’s Quakers’ men’s team as a freshman, sophomore, and junior. Thomas was ranked nationally at 554 in the 200 freestyle, 65 in the 500 freestyle, and 32 in the 1650 yard freestyle, but unranked in the 200 yard freestyle. Lia transitioned in 2019 and began competing for the University of Pennsylvania as a transwoman in 2021. Thomas had taken testosterone suppressants for two years and met the testosterone threshold of 10 nmols/L set by the National Collegiate Athletic Association (NCAA) in order to compete as a female athlete. Thomas’s ranks improved to 2 in the 200 freestyle, 1 in the 500 freestyle and 8 in the 1650 yard freestyle. In November 2021 at a University meet, Thomas won gold in the 200 free and 100 free with margins of 5.4 seconds and 1.3 seconds, respectively; won the 200 freestyle (1:46.92), the 100 freestyle (50.35), contributed to the 200 medley relay

win (22.76 anchor), and second place for 200 free relay (22.74 anchor). These times were only 4 to 5% slower than Thomas's best pre-transition times. USA Swimming then set the testosterone threshold at 5 nmols/L and requires that transgender competitors suppress their testosterone for three years in 2021. While NCAA initially indicated it would abide by USA Swimming guidelines, it retreated from that stance and set its own standards allowing Thomas to continue to compete in their final year of college. In February 2022 she won the 500-yard freestyle finals at the Ivy League Championships, a Division 1 College competition. In March 2022 at the NCAA championships, Thomas became the first transwoman to win a NCAA Division 1 national championship, for the 500 yard freestyle event. A 2020 Olympic silver medallist, Emma Weyant placed second, 1.75 seconds behind. Thomas's plans to swim as a female at the 2024 Olympic trials have been thwarted by World Aquatics' new guidelines published in mid-2022. Thomas's performances have attracted significant publicity and triggered a strong scientific and legal debate about the participation of transwomen in female sports.

Tennis

Renée Richards is an American transwoman tennis player who competed on the professional circuit in the 1970s. Richards was a successful player in the male competitions playing in a number of international tournaments between 1953 and 1960. After transitioning, she became widely known when she fought to compete as a woman in the 1976 US Open. Richards reached the doubles final alongside Betty Ann Grubb Stuart losing to Martina Navratilova and Betty Stove. She twice advanced to the semi-finals of the US Open mixed doubles with Ilie Nastase and

reached a career high of No. 20 in the world in singles. She retired at the age of 47 and went on to coach Martina Navratilova to two Wimbledon wins. Richards has since expressed ambivalence about her legacy and came to believe her past as a man provided her with advantages over her competitors, saying “Having lived for the past 30 years, I know if I’d had surgery at the age of 22, and then at 24 went on the tour, no genetic woman in the world would have been able to come close to me. And so I’ve reconsidered my opinion.” (Wikipedia, Accessed 13/04/2022)

Volleyball

Tiffany Abreu- Brazil was the first tranwoman to play in the Brazilian Women’s Volleyball Superliga, the top professional volleyball competition. Before playing in women’s championships, she competed as a man for Brazil, Indonesia, Portugal, Spain, France, the Netherlands and Belgium 2008-2009. After transitioning in 2012 aged 28 years, she received permission from the International Volleyball Federation to compete in women’s leagues in 2017. However, in 2019, the São Paulo state government unsuccessfully tried to pass a law banning her from playing matches in the state, citing “fairness for women.” She did not make Brazil’s 2021 Tokyo Olympic team.

Weightlifting/Powerlifting

Mary Gregory in 2019, aged 44, broke four women’s world records in the US Raw Weightlifting Federation Competition: Masters world squat record, Open world bench record, Masters world deadlift record, and Masters world total record. She was

later stripped of those titles after drawing widespread criticism as the Powerlifting Federation was unaware she was in the process of transitioning to a transwoman until seeing the post competition urine tests. Mary had only started hormone replacement therapy 12 months earlier.

Laurel Hubbard a New Zealand weightlifter who competed in men's competition setting junior records in the M+105kg category before transitioning at the age of 35 years. She represented NZ in the 2018 Commonwealth Games and the Asian games, where she won the overall gold in the +90kg category. Hubbard took gold in two women's heavyweight categories at the 2019 Pacific Games. In her first competition against women, she was able to lift 7kg (15.4 lbs) more than her nearest competitor. At 43 years of age Hubbard qualified to represent NZ at the Tokyo 2020 Olympics in the +87 kg category when she won the gold medal in the women's +87 kg category at the Roma 2020 World Cup. Hubbard failed all three of her snatch lift attempts, including one at 120kg and two at 125kg, meaning she was no longer in contention to win a medal. She has now retired from the sport. In October 2021, she was named the sportswoman of the year by the University of Otago.

JayCee Cooper, now a powerlifter, was an American competitive curler and rower as a male. After transitioning, in 2019 she set records in women's bench press after only having powerlifted for a year. However, the USAPL then banned TW from competing in the women's categories, claiming that allowing a transgender woman to compete would constitute what a USAPL official termed a "direct competitive advantage." In 2021, Cooper filed a discrimination claim against USA Powerlifting, demanding a right to lift against women. In 2023, a Minnesota state court ruled that USA Powerlifting must permit transgender athletes to compete. She has twice won the women's raw 90+kg (against

one other competitor) and finished fourth of four in the USPA National Championships. The court decision is being appealed by USA Powerlifting.

Anne Andres, a Canadian transgender powerlifter held the Alberta Women's bench press in the 84+kg category and won a bronze medal in her weight category. She set the record when she pressed 125 kilograms (275.5 pounds) raw on Feb. 13, 2023, at the CPU Nationals. Andres has won 8 of 9 competitions entered in the last 4 years.

Transmen Athletes

There is not the same level of scrutiny or concern about trans men wishing to compete in the male category as they do not have the same physical advantages post-transitioning that are inherent in their biological male competitors.

Chris Mosier, born 1980, in 2015 became the first transman to join a national team different from his female biological sex with a number of significant successes. Mosier was a member of the U.S national men's duathlon team for the 2016 Duathlon World Championship and was awarded All-American honours. His case is considered the impetus behind the policy change at the Olympics which allows trans athletes to compete without requiring that they undergo gender reassignment surgery specifically. In 2020, he competed as a male in an Olympic trial.

Mack Beggs, a trans identifying natal female. Even though Mack took testosterone as part of his transition, and wanted to compete with males, his request was overruled by Texas' University Interscholastic League. This resulted in him winning for two consecutive years in the Texas state wrestling championships, in 2017 with 57-0 and in 2018 with 32-0 wins. In 2018, Mack was given an opportunity to wrestle at the collegiate level as a walk-

on in the men's division in a NAIA school. His participation was considered controversial, with some wrestlers protesting or even forfeiting matches against him. He did not compete in the 2018-19 collegiate wrestling season due to surgery. He is now training to compete as a male in MMA, jujitsu and Muay Thai.

Dawson Ovenden-Beaudry took up ringette at age nine, as a girl, playing for fun after school before moving to more competitive leagues in his early teens. Ringette is a winter sport for females to play rather than ice hockey. He transitioned to become a male aged 16 years. By 2019, he was statistically the best goalie in his league, however, was unable to keep playing in the competition. Ringette Quebec advised that he could play in the men's or a mixed-gender team but not the women's team. He is now helping to coach two teams but as yet has not returned to playing the game.

Iszac Henig, is a transman Yale University swimmer who gained international attention when he had socially declared himself as transgender male yet swam on the Yale University female team. Henig was eligible to swim in the female team because at he had not begun testosterone therapy although he had undergone a double mastectomy. Henig swam against and beat transwoman Lia Thomas in two races at a tri-college meet in January 2022 at the time that Thomas had emerged as a controversial inclusion in college female swimming competitions. There were unsubstantiated accusations reported in the media at that time of collusion between Thomas and Henig. A female team member of Thomas claimed that they had colluded so that Thomas would lose the short distance events to Henig. Henig won the 100-yd free with a time of 49.47s, against 5th placed Thomas at 52.84s; and the 400-yard freestyle relay leg time of 50.45s vs Thomas' 51.94s. Henig achieved All-America status at the NCAA Division 1 Championship. In 2022, he joined the men's swim team where his swim rankings plunged.

Schuyler Bailor, was recruited to the Harvard Women's Swimming team as a female in 2013, but after transitioning to a male in 2015, he became the first openly transgender athlete to compete in any sport on a NCAA Division 1 men's team. Prior to transitioning, Bailor was highly successful at high school and college level. In 2019, his final swim time for 100-yard breaststroke ranked him in the top 34% of all NCAA Division 1 swims for the season, and top 15% of all NCAA men's swims for the season. He is now an international motivational speaker and activist for LGBTQ rights and inclusion.

Kumi Yokoyama, played for Japan in the 2019 women's World Cup, then moved to the US. They came out as a transgender man in 2021 and now plays for the Washington Spirit in the National Women's Soccer League. Kumi plans to quit playing soccer and live as a man.