

1. Purpose

The purpose of this Policy is to define the competition eligibility for Transgender and Differences in Sex Development (DSD) Athletes participating in WFDF Sanctioned Events, ensuring their right to participate as the gender they identify with while balancing fairness.

2. Scope and Application

This Policy applies to all Athletes participating in WFDF Sanctioned Events.

Other events that WFDF and Flying Disc Sports may be involved in (i.e., Multi-Sport Games such as the Olympic Games, the Paralympic Games, The World Games, the Commonwealth Games, etc.) may have specific rules and/or policies that supersede WFDF's.

Member National Federations may have their own Policy and are not required to adopt this WFDF Policy.

Terms capitalized throughout this document are defined terms in Appendix 1.

3. Background

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 and DSD Athletes are not excluded from the opportunity to participate in Flying Disc 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 Transgender Athletes' rights to participate as the gender that they identify with at WFDF Sanctioned Events.

It is important to adopt policies that are inclusive of 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 WFDF Policy is designed to help protect our DSD Athletes' rights.

The World Flying Disc Federation is a signatory to the World Anti-Doping Agency's World Anti-Doping Code, committing to ensuring the integrity of sport; as such anti-doping education, testing and other compliance requirements are mandated to be met by all signatories. Due to these requirements, Athletes using hormonal medical treatments on the WADA List of Prohibited Substances and Methods (Prohibited List) must submit a Therapeutic Use Exemption (TUE) Application before any WFDF Sanctioned Event. This must also be submitted for other Substances on the WADA Prohibited List that are considered medical treatments for various medical issues. Medical testing, including blood, saliva and urine tests, is routinely required with TUE Applications for any Substances on the WADA Prohibited List. DSD Athletes should not be asked to submit a TUE unless they are taking a Substance on the WADA Prohibited List.

The World Flying Disc Federation strives to protect DSD and Transgender Athletes by creating clear guidelines with minimally invasive requirements for Applications. These guidelines were developed by the Medical and Anti-Doping Commission, which includes an endocrinologist

with experience managing Transgender hormone therapy as well as persons with DSD. The Policy uses common international standards for hormone level testing. Multiple organizations' policies in determining competition eligibility for Athletes in-transition. The Policy aims 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 medical and psychological therapy while they are still developing in their teenage years. Hormone therapy gives them the best chance to develop the phenotype of the gender they identify with. For this reason, the Policy reflects different timelines for Transgender Athletes under age twenty (20) than for Transgender Athletes age twenty (20) and older.

In addition to protecting Transgender Athletes' and DSD Athletes' rights to participate, WFDF has adopted an Anti-Discrimination Policy. Any reported discriminatory actions based on gender identity or DSD identity will be investigated by WFDF and sanctions imposed when appropriate.

4. Transgender Athletes' Eligibility

The WFDF Policy for when determining the eligibility of Transgender Athletes to compete in Open, Women's, and Mixed Divisions shall be listed in 5 and 6.

5. Female to Male/Non-Binary Transition

5.1. ***In the age group of twenty (20) years and older at the time of the WFDF Sanctioned Event:***

5.1.1. ***Before an Athlete begins hormone therapy***, the Athlete may compete in the Women's Division, Open Division, and as either Female-Matching or Male-Matching Player in the Mixed Division without restriction.

5.1.2. ***Once an Athlete begins hormone therapy***, the Athlete is only eligible to compete in the Open Division and as Male-Matching Player in the Mixed Division.

- A. The Athlete must demonstrate that their testosterone levels are not in excess of the normal range associated with the gender identity. A blood test must be shown to demonstrate testosterone levels at two (2) time points:
 - Twelve (12) months or more before the WFDF Sanctioned Event, and
 - Within six (6) months of the WFDF Sanctioned Event.
- B. They must submit documentation of their hormone therapy and testosterone levels to the WFDF MADC for evaluation at least one (1) month prior to the first WFDF Sanctioned Event they participate in. An evaluation by the MADC approving the Athlete's eligibility remains applicable as long as the requirement in 5.1.2 continues to be met.
- C. Compliance with these conditions may be monitored by testing. If the Athlete's testosterone levels are found to be in excess of the normal range associated with the gender identity, the Athlete's eligibility for the Sanctioned Event may be suspended until testosterone levels are found to be within the normal range associated with the gender identity for at least twelve (12) months.

- 5.2. ***In the age group younger than twenty (20) years and older than age fifteen (15) at the time of the WFDF Sanctioned Event:***
- 5.2.1. ***Before an Athlete begins hormone therapy,*** the Athlete may compete in the Women's Division, Open Division, and as either a Female Matching Player or Male Matching Player in the Mixed Division without restriction.
- 5.2.2. ***Once an Athlete begins hormone therapy,*** the Athlete is only eligible to compete in the Open Division and as a Male Matching Player in the Mixed Division.
- A. The Athlete must demonstrate that their testosterone levels are not in excess of the normal range associated with the gender identity. A blood test must be shown to demonstrate testosterone level at two (2) time points:
- Six (6) months or more before the WFDF Sanctioned Event, and
 - Within six (6) months of the WFDF Sanctioned Event.
- B. They must submit documentation of their hormone therapy and testosterone level to the WFDF MADC for evaluation at least one (1) month prior to the first WFDF Sanctioned Event they participate in. An evaluation by the MADC approving the Athlete's eligibility remains applicable as long as the requirement in 5.2.2 continues to be met.
- C. Compliance with these conditions may be monitored by testing. If the Athlete's testosterone levels are found to be in excess of the normal range associated with the gender identity, the Athlete's eligibility for the Sanctioned Event may be suspended until testosterone levels are found to be within the normal range associated with the gender identity for at least six (6) months.
- 5.3. ***In the age group fifteen (15) years and younger at the time of the WFDF Sanctioned Event:*** All Athletes, regardless of whether they are undergoing hormone therapy or not are eligible to compete in the Women's Division, Open Division, and as either Female Matching Player or Male Matching Player in the Mixed Division at any time and without any restrictions.

6. For Male to Female/Non-Binary Transition

- 6.1. ***In the age group of twenty (20) years and older at the time of the WFDF Sanctioned Event:***
- 6.1.1. ***Before an athlete begins hormone therapy,*** the athlete may compete in the Open Division and as Male Matching Player in the Mixed Division without restriction.
- 6.1.2. ***Once an athlete begins hormone therapy,*** the athlete must demonstrate that their testosterone levels in serum has been in the normal range associated with the gender identity for at least twelve (12) months prior to their first competition in the Women's Division and as a Female Matching Player in the Mixed Division. A blood test must be shown to demonstrate that level at two (2) time points:
- Twelve (12) months or more before the WFDF Sanctioned Event, and
 - Within six (6) months of the WFDF Sanctioned Event.

- A. The Athlete's total testosterone levels in serum must remain in the normal range associated with the gender identity throughout the period of desired eligibility to compete in the Women's Division and as a Female Matching Player in the Mixed Division.
- B. The Athlete must submit documentation above to the WFDF MADC for evaluation at least one (1) month prior to the first WFDF Sanctioned Event they participate in for competition in the Women's Division and as a Female Matching Player in the Mixed Division. An evaluation by the MADC approving the Athlete's eligibility for competition in the Women's Division and as a Female Matching Player in the Mixed Division remains applicable as long as the requirement in 6.1.2 continues to be met.
- C. Compliance with these conditions may be monitored by testing. If the Athlete's testosterone levels are found to be in excess of the normal range associated with the gender identity, the Athlete's eligibility for the Sanctioned Event may be suspended until testosterone levels are found to be within the normal range associated with the gender identity for at least twelve (12) months.

6.2. ***In the age group younger than twenty (20) years and older than age fifteen (15) at the time of the WFDF Sanctioned Event:***

6.2.1. ***Before an athlete begins hormone therapy,*** the athlete may compete in the Open Division and as a Male Matching Player in the Mixed Division without restriction.

6.2.2. ***Once an athlete begins hormone therapy,*** the athlete must demonstrate that their testosterone level was within the normal range associated with the gender identity for at least six (6) months prior to their first competition in the Women's Division and as a Female Matching Player in the Mixed Division. A blood test must be shown to demonstrate that level at two (2) time points:

- Six (6) months or more before the Event, and
 - Within six (6) months of the Event.
- A. The Athlete's testosterone level in serum must remain within the normal range associated with the gender identity throughout the period of desired eligibility to compete in the Women's Division and as a Female Matching Player in the Mixed Division.
 - B. The Athlete must submit documentation above to the WFDF MADC for evaluation at least one (1) month prior to the first (1st) WFDF Sanctioned Event they participate in for competition in the Women's Division and as a Female Matching Player in the Mixed Division. An evaluation by the MADC approving the Athlete's eligibility to compete in the Women's Division and as a Female Matching Player in the Mixed Division remains applicable as long as the requirement in 6.2.2 continues to be met.
 - C. Compliance with these conditions may be monitored by testing. If the Athlete's testosterone levels are found to be in excess of the normal range associated with the gender identity, the Athlete's eligibility for

the Sanctioned Event may be suspended until testosterone levels are found to be within the normal range associated with the gender identity for at least six (6) months.

- 6.3. ***In the age group fifteen (15) years and younger at the time of the WFDF Sanctioned Event:*** All Athletes, regardless of whether they are undergoing hormone therapy or not, are eligible to compete in the Women's Division, Open Division, and as either a Female Matching Player or Male Matching Player in the Mixed Division at any time and without any restrictions.

7. Differences in Sex Development Athletes' Eligibility

The WFDF Policy for DSD Athletes to compete in Open, Women's, and Mixed Divisions shall be the following:

- 7.1. As of this date, there is no definitive scientific or medical evidence that DSD Athletes have any athletic advantage over non-DSD Athlete.
- 7.2. Only DSD Athletes taking a Substance on the Prohibited List must submit a TUE.
- 7.3. Female Athletes with DSD may participate in the Women's Division, Open Division, and as a Female Matching Player in the Mixed Division.
- 7.4. Male Athletes with DSD may participate in the Open Division and as a Male Matching Player in the Mixed Division.
- 7.5. Non-binary DSD Athletes may participate:
 - A. In the Women's Division or as a Female Matching Player in the Mixed Division, or
 - B. In the Open Division or as a Male Matching Player in the Mixed Division.
- 7.6. Once the Athlete has selected their gender division for the WFDF Sanctioned Events as option A. or B., they must wait at least twelve (12) months before changing their selection for gender division for the WFDF Sanctioned Events.

8. Process

- 8.1. Athletes should submit the Application Form with mandatory medical documentation at least thirty (30) days before the start date of the Sanctioned Event.
- 8.2. If the Athlete is taking a gender-affirming hormone that contains a Substance on the World Anti-Doping Agency's Prohibited List, they should apply directly for a Therapeutic Use Exemption in addition to completing the Form. Common Prohibited Substances include testosterone, antiandrogen, diuretic spironolactone and gonadotropin-releasing hormone analogues.
- 8.3. A completed Application Form with supporting documentation does not guarantee approval and additional information and documentation may be required.

9. Reporting

- 9.1. Upon formal written request from a concerned Athlete (or their parent/guardian if the Athlete is a minor), Athlete Support Personnel or organizer about an Athlete on an opposing team, the WFDF MADC will evaluate the situation on a case-by-case basis.

- 9.2. Reported discriminatory actions based on gender identity will be investigated and sanctions imposed according to the relevant Policy.

10. Confidentiality

All cases arising under this Policy, and in particular, all Athlete information provided to WFDF under this Policy and process and all results of examinations and assessments conducted under this Policy, will be dealt with in strict confidence at all times. All medical information and data relating to an Athlete will be treated as sensitive personal information and will at all times be processed as such in accordance with applicable data protection and privacy laws. Such information will not be used for any purpose not contemplated in this Policy and will not be disclosed to any third party save:

- as is strictly necessary for the effective application and enforcement of this Policy; or
- as is required by law.

11. Review and Updates

This Policy will be reviewed and updated periodically as new research and guidelines become available.

12. Limitation of Liability

In no circumstances will WFDF, any Member of the MADC and TUEC, or any of WFDF Staff, Officers, Directors, Representatives and other persons involved in the administration of this Policy be liable in any way in relation to acts done or omitted to be done in good faith in connection with the administration of this Policy.

13. Costs

The costs of any medical assessment, examination, treatment, monitoring, reporting, and any other costs involved in complying with the Policy and respective requirements will be borne by the relevant Athlete.

14. Resources

Submission and Questions Contact: Transgender Athlete, TUE Applications and/or questions should be submitted to: antidoping@wfdf.sport

WFDF Resources:

- [Anti-Doping Rules](#)
- [TUE Process and Application Form](#)
- [Transgender and DSD Athlete Eligibility Application Form](#)

WADA Resources:

- [WADA Prohibited List](#)
- [Transgender Athlete TUE Checklist](#)
- [Transgender Athlete TUE Physician Guidelines](#)
- [International Standard for TUEs](#)

Version Control

Version	Date	Approval	Notes
1.0	2016-06-12	Board	Initial Policy creation by the Medical and Anti-Doping Commission; effective January 1, 2017.
1.1	2018-01-21	Board	Addition of the age-related categories.
1.2	2022-06-19	Board	Revision based on WADA Guidelines; effective January 1, 2023.
1.3	2026-06-20	Executive Committee	Grammatical and formatting corrections. Addition of details to provide further clarity.

Appendix 1: Definitions

The following terms have these meanings in this Policy:

Term (Acronym)	Definition
Athlete/ Player	For the purposes of this Policy, any person who participates in a Sanctioned Event.
Athlete Support Personnel	Any coach, trainer, manager, agent, federation/team staff, official, medical or paramedical personnel, parent or any other person working with, treating or assisting an Athlete participating in, or preparing for, a Sanctioned Event.
Disc Discipline/ Game/ Sport	A Disc Discipline/ Game/ Sport that is recognized according to the Bylaws in which typically there is a set of Technical Rules and a World Championship.
Differences in Sex Development (DSD)	Congenital variations in the development of chromosomal, gonadal, or anatomical sex.
Female Matching Player (FMP)	The term used to define a Player who matches the gender requirement in the respective division.
List of Prohibited Substances and Methods (Prohibited List)	The list identifying the Prohibited Substances and Prohibited Methods updated by WADA each year.
Male Matching Player (MMP)	The term used to define a Player who matches the gender requirement in the respective division.
Mixed Division	A playing division outlined in the Technical Rules of each Disc Sport, where Female Matching Players and Male Matching Players are eligible to play with designated ratios.
Non-Binary	Any gender identity that is not exclusively female or male.
Open Division	A playing division outlined in the Technical Rules of each Disc Discipline, where both Female Matching and Male Matching Players are eligible to play.
Medical and Anti-Doping Commission (MADC)	The Commission outlined in the Bylaws responsible for recommendations and support on medical and anti-doping related topics.
Member National Federation (MNF)	The national member of WFDF is the Member National Federation; typically a country, state, territory or part of a territory that, in its absolute discretion, is accepted by WFDF as constituting the area of jurisdiction of a recognized WFDF Member National Federation.

Term (Acronym)	Definition
Sanctioned Event	Competitions/ tournaments that are defined as per the Bylaws, including but not limited to World Championships, Regional Championships and other Age Restricted Championships.
Therapeutic Use Exemption (TUE)	An anti-doping-related process that allows an Athlete with a medical condition to use a Prohibited Substance or Prohibited Method, but only if the conditions set out in the International Standard for Therapeutic Use Exemptions are met.
Therapeutic Use Exemption Commission (TUEC)	The Commission outlined in the Bylaws and Anti-Doping Rules responsible for the evaluation of Therapeutic Use Exemption Applications.
Transgender	Transgender women, transgender men and non-binary people.
Women's Division	A playing division, outlined in the Technical Rules of the Disc Discipline, where Female Matching Players are eligible to play.
World Anti-Doping Code (WADC)	The document by the World Anti-Doping Agency (WADA) provides the framework for anti-doping policies, rules and regulations within sports organizations around the world. WFDF is a signatory to the WADC and applies its Anti-Doping Rules to ensure clean sport and the fight against doping in sport.
World Flying Disc Federation (WFDF)	The International Federation for Flying Disc Sports that governs and oversees Flying Disc Sports and their disciplines.