

Irish Rugby Football Union (IRFU) wishes to ensure that as many people as is safe and practicable get an opportunity to play the game. IRFU seeks to provide an environment that accommodates requests to play the game irrespective of gender identity. Accordingly, there are a range of considerations that should be taken into account when transgendered people are playing the game.

IRFU has a responsibility to regulate the participation of all players in both training and competition and to provide a safe and equitable environment. As the game is physical where strength, stamina and physique can affect the outcome of a person's safety, the inclusion of transgender players requires guidance to ensure that, whatever a player's declared gender, this is balanced with the safety of all players in training and competition.

The guidance is necessary to ensure insofar as possible that trans athletes are not excluded from the opportunity to participate in rugby. The overriding objective is and remains the guarantee of fair competition. Restrictions on participation are appropriate to the extent that they are necessary and proportionate to the achievement of that objective.

As a result, the inclusion of transgendered players in training or competition is permitted when the relevant requirements as set out below have been declared by the player to the IRFU:

- Those who transition from female to male are eligible to compete in the male category subject to standard IRFU player registration consents and acknowledgments.
- Those who transition from male to female are eligible to compete in the female category under the following conditions:
 - 2.1. The player has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
 - 2.2. The player 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).
 - 2.3 The player's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.
 - 2.4. Compliance with these conditions may be monitored by testing. In the event of non-compliance, the player's eligibility for female competition will be suspended for 12 months.
 - Players will be eligible in the female category when they supply IRFU HQ will above medical information stated in 2.2 and 2.3 from their GP and completes the declaration form in Appendix 1

There may be exceptional circumstances that do not fall within the above parameters. An IRFU panel made up of rugby, medical and legal professionals will review such cases on an individual basis and will present their recommendations to the Rugby/Management Committees as necessary. Applications should include supporting documentation which may comprise of a letter from a doctor/specialist confirming the applicant's current health status, any hormone treatment to date, any surgical procedures undertaken, consent by parents (where applicable) and, ideally a supporting position from the club/school.

If not eligible for female competition and to avoid discrimination the player should be eligible to compete in male competitions.

All information will be held confidentially. Any discussions or disclosures shall be to relevant persons on a need to know basis and handled sensitively.

Any decisions will be made with consideration of the safety of all players during training and competition. Disputed cases will be heard on a case-by-case basis to satisfy medical personnel of the safe inclusion of all players.

Nothing in these guidelines is intended to undermine in any way the requirement to comply with the World Anti-Doping Code and the WADA International Standards.

These guidelines are a living document and will be subject to review in light of any scientific, medical, legislative and/or other related developments in sport.

The above guidelines relate to those playing domestic, contact rugby over 18-years.

Those under 18-years should follow the below guidance (and when completing the disclosure form overleaf where appropriate):

- Those Under 12 years of age may compete in the gender category of rugby to which they identify and must be accepted in the gender s/he presents, verification will be no more than that asked of other players in this age category
- Female to male players over 12 years of age and playing contact youth rugby may compete in the gender category of rugby to which they identify subject to competition rules.
- Male to female players over 12 years of age and playing contact youth rugby may compete in the gender category of rugby to which they identify subject to providing the disclosure form overleaf and with parental permission

[This policy is subject to change pending guidance from World Rugby.](#)

Appendix One: IRFU Transgender Disclosure Form

Player Name: _____

Player Date of Birth: _____

Request Date: _____

Club: _____ (if known)

Transgender Disclosure Statement (for those transgenering from male to female)

- I declare that my gender identity is female. **Yes/No**
- I understand that in order to be eligible to train and compete in female rugby I must provide medical evidence of total testosterone levels and that the total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category. **Yes/No**
- I understand that these conditions may be monitored by testing and in the event of non-compliance eligibility to compete will be suspended for 12-months. **Yes/No**

Signature of player / parent/guardian (if under 18-years of age):

Date:

To be completed by IRFU:

	Yes / No	Comment
Player Declaration of female identity for a 4-year period		
GP/Consultant's written confirmation the player's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first training session or competition		
Player's declaration to remain within agreed testosterone level		
Player's agreement to comply with conditions through testing if necessary		
Approval given		