

Transgender Athletes and Anti-Doping

Questions and answers

April 2021

This document has been developed to provide guidance and information in relation to DFSNZ's processes regarding transgender athletes.

The language around these different expressions is subject to continuous change. For the purpose of this document, the terms transgender male and transgender female athletes are used.

What is DFSNZ's role?

DFSNZ treats all athletes the same, irrespective of gender identification. We are available to support transgender athletes, National Sports Organisations and support personnel where possible, and can provide specific or individualised education to ensure athletes are informed and protected.

Does DFSNZ determine whether a transgender athlete can compete?

The rules that state who is permitted to compete in a competition and the criteria for doing so are determined by the National Sports Organisations, International Federation or event organiser.

We believe that all athletes should be supported and protected and whatever the circumstances, are able to compete in a safe and fair environment.



Does DFSNZ think it is fair that transgender athletes are allowed to compete?

Our mandate is to support clean athletes and clean sport. We treat all athletes the same, irrespective of gender identification.

Does DFSNZ test transgender athletes?

Yes, the selection of athletes for testing is the same for all athletes and is determined by a number of factors such as intelligence, science, performance and testing history.

We test for prohibited substances. We don't test to see if an athlete is transitioning.

Can you take testosterone and compete?

As for all athletes, testosterone is a prohibited substance. If you need to take testosterone on medical advice, you will require a Therapeutic Use Exemption (TUE).

Do transgender athletes have a different TUE application process?

No.

The TUE process is the same for all athletes who need to take a prohibited substance. We will advise any athlete who contacts us about whether they require a TUE, and how they go about getting one.

You can find more information about our TUE process [here](#).

If DFSNZ tests a transgender female or transgender male athlete, would you pick up varying testosterone levels?

If we test **any** athlete the lab will identify levels of prohibited substances, irrespective of type, or of an athlete's particular circumstances. We then check if there's a TUE.

If there isn't a TUE, and the athlete does not meet the retroactive application criteria, then we follow the same results management processes as with any athlete with an adverse analytical finding (AAF).



What gender Chaperone do you use?

We match the gender of the witnessing chaperones to that of the competition the athlete competes in.

Can you report suspicions of transgender athletes?

Our vision is **Clean Athletes. Clean Sport** and we look to find athletes taking prohibited substances and breaching the spirit of sport.

If you believe an athlete is taking a prohibited substance, we want to hear about it. Use our Speak Out line and call us on 0800 DRUG FREE (378 437).

How can we work with National Sports Organisations?

- › If you have a transgender athlete and you would like some individual support, please call us, we are happy to help.
- › TUEs are part of our standard education, and we are always ready to educate when called upon.
- › We encourage National Sports Organisations to talk to the athlete if they know they are transitioning and remind them of the anti-doping rules.
- › Tell us in advance if an athlete is transitioning.
- › Call us if you want more information, help or support.