A close-up of a candy bar

Description automatically generated with low confidence**Gender and PE**

***Within school lessons***

All children and young people have the right to take part in sports and physical education in education settings. Trans children and young people (who fit the gender reassignment protected characteristic under Equality Act and have taken ‘steps to live in the opposite gender’) should be able to take part in lessons or teams in accordance with their gender identity as appropriate to their age, stage of development and guidance from sporting bodies. Schools and educational settings should avoid stereotyping sports as being for one sex or the other. PE teachers, as part of their usual practice, should take account of the range of size, build and ability of individuals in the class and differentiate accordingly to keep all pupils and students safe. Some activities may be segregated for example providing opportunities for girls to develop their football skills.

A conversation should be had with the student with regards to contact sport and as with any other student, should be placed with a student of similar weight/ size within their affirmed gender **if they wish.**

*(Trans Inclusion Toolkit 2021)*

***Tournaments etc.***

Often in PE there will be sports teams involved in local and national competitions, which may require specific NGB guidance to be followed. Below is an outline of some of the key sports statements on the inclusion of trans\* in teams and competitions, however if you have any questions please contact the relevant governing body directly.

***Football***

* The FA allows mixed gendered teams to be involved in competitive football up to the age of 16. Thereafter, teams should be of the same gender; however, an application can be made to the FA who will make a decision on a case by case basis as set out within their Policy.

***Netball***

Netball England (NE) state in their [Trans inclusion Guidance](https://www.englandnetball.co.uk/app/uploads/2016/03/Trans-Guidance-March-2017.docx) that;

* **Pre puberty** - may compete in her affirmed gender in any female or mixed-sex domestic competition subject to confirmation of her stage of pubertal development.
* **Under 16 and post-puberty -** she may compete in her affirmed gender in any female or mixed-sex domestic competitions, subject to an individual case-by-case review by NE.
* **16+ -** may compete in her affirmed gender in female or mixed-sex domestic competition by providing evidence that her hormone therapy has brought her blood- measured testosterone levels within the range of her affirmed gender or that she has had a gonadectomy.

***Rugby***

The RFU has [guidance](https://www.englandrugby.com/about-the-rfu/rfu-inclusion-programmes/gender/) which should be referred to:

* **Under 11’s -** Up to and including the U11 age range, girls and boys are permitted to play together in training and matches.  In this age range, players can therefore play in their gender of choice without any approval from the RFU.
* **12+** girls and boys are no longer permitted to play together; however, a player may be eligible to participate in their chosen gender subject to approval from the RFU on a case by case basis. If a player would like to play and train with their chosen gender, the RFU would require the following: parental consent and supporting statement; players DOB, weight and height; supporting statement from the school or club; any supporting medical note that may be relevant in considering the application

***Hockey***

Hockey is a non-contact sport and England Hockey sanctions men’s, mixed and women’s hockey competitions. As such, there are no safety concerns for any trans male or female wishing to take part in sanctioned hockey competitions, in training or friendly/recreational hockey.  For more information refer to the [England Hockey Policy](http://www.englandhockey.co.uk/core/core_picker/download.asp?id=16231)

***Tennis***

As a non-contact sport, British Tennis sanction men’s, mixed and women’s forms of the game. As such, there are no safety concerns for any trans male or female wishing to take part in sanctioned tennis competitions or in training or friendly/ recreational tennis. Further information refer to [LTA policy and guidance on trans people playing tennis](https://www.lta.org.uk/globalassets/about-lta/equality--diversity/lta-transgender-inclusion-policy.pdf)

***Rounders***

When it comes to competitive rounders i.e. playing for a league, county or country Rounders England has adopted the guidelines from the International Olympic Committee (IOC).  Therefore, a transitioned female to male participant is eligible to compete in the male category without restriction. Male to female can compete under the following conditions: declared her gender is female, her level of testosterone is below 10nmol/L for at least 12 months prior to competing and throughout the time they are competing. For further information contact [Rounders England](https://www.roundersengland.co.uk/)

***Athletics***

The [UKA Guidance for athletic clubs and competition providers](https://www.uka.org.uk/EasysiteWeb/getresource.axd?AssetID=146122&type...)  states;

* A trans man or boy is permitted to participate fully (including in training) and may compete in his affirmed gender in any male or mixed sex domestic athletics competition.
* Trans females may participate in training or open meetings
* If a trans female wishes to compete in female or mixed sex athletic competitions (as defined in the UKA Policy) it will be necessary to ensure that there is no unfair advantage over opposing athletes. You would need to contact the UKA for further information.