



Rope Skipping
International Jump Rope Union (IJRU)
Gender Eligibility Policy
Version 1.0
2019 - 2023

Approved at the International Jump Rope Union (IJRU)
General Congress, Oslo Fjorde, Norway, 10 July 2019

Preface

There is a need to recognise that both men and women should be able to participate in sporting endeavors and contribute to sporting organisations with their knowledge, skills, expertise and ideas.

The international sporting arena is witnessing more and more athletes participating in sport activities, and there is more remaining to be done in the sphere of gender equality.

The importance of sport in our daily life cannot be overstated. It contributes significantly to fitness, health, the economy and self-development, teaching us values and skills like discipline, teamwork, respect and perseverance.

It is all the more regrettable, therefore, that the sport world should still be plagued by inequalities between women and men. IJRU is determined to promote gender equality in sport and also to use the potential of sport for equality in its broadest sense.

A gender-friendly climate should become a standard feature of sport institutions and IJRU has no doubt that the sport world will be the first to reap the benefits.



Shaun Hamilton
President
IJRU
10 July 2019

IJRU Gender Eligibility Policy

This policy outlines athlete eligibility for gender categories at IJRU competitions, including World Championships, national qualifying events and IJRU Youth and Open Championships.

World Championships and National Qualifying Events Policy

IJRU has adopted the use of the current International Olympic Committee (IOC) transgender and hyperandrogenism guidelines (April 2019; recommended November 2015) for eligibility in the male, female, and mixed gender categories at IJRU World Championships and national qualifying events. A mixed team must have at least one (1) competitor eligible in the male gender category and at least one (1) competitor eligible in the female gender category.

Rules have been adopted for the protection of women in sport and the promotion of the principles of fair competition. To avoid discrimination, if not eligible for female competition the athlete should be eligible to compete in male competition.

If an athlete desires to transition from male to female, they will need to submit healthcare professional documentation that demonstrates their total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to their national qualifying event. This documentation will be submitted to the IJRU Medical Committee, who will then communicate to the National Governing Body (NGB) the gender category in which the athlete is eligible to compete. The athlete may be subject to testing at the IJRU World Championships, following the World Anti-Doping Agency (WADA) protocols.

If an athlete and/or their team has been found to be ineligible for the gender category in which they competed at the IJRU World Championships or national qualifying event, IJRU will take the following steps:

- Their place will be taken by the athlete(s) having the next highest score and subsequent rankings will be adjusted.
- Scores will be considered and ranked in the gender category for which they are eligible.

The particular athlete, who was ineligible in the gender category in which they competed:

- Will be ineligible to compete in the gender category for a period of 12 months from the date on which they are found to have been ineligible.
- Will be eligible to compete in the alternate gender during that period of time, in accordance with the IOC guidelines.
- If the same athlete competes in a gender category for which they are ineligible again, they will be ineligible for the gender category for an additional 12 month time period for each occurrence.

IJRU Youth and Open Championships

Athletes competing in the IJRU Youth and Open Championships are able to compete in their preferred gender category, regardless of whether or not they have undergone hormone therapy. In addition, they must compete in the same gender category in which they qualified.

Additional Considerations

This policy and its effects will continue to be monitored, reviewed and updated with new developments in sports and science as information is gathered and as more data within Jump Rope/Rope Skipping is collected.

For athletes with known elevated testosterone levels and/or hyperandrogenism, or if they have questions about these topics, it is recommended the athlete consults a healthcare professional when possible.

Educational Materials

For more information regarding gender policies in sport, transgender athletes, and background medical information, review IJRU gender policy research materials available on the IJRU Website <http://www.ijru.sport>

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Date 10 June 2019

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IJRU Gender Eligibility Policy Accompanying Statement

Updated Accompanying Statement

10 December 2019 – IJRU Board of Directors Meeting

The IJRU Gender Eligibility Policy was approved at the July 2019 IJRU General Congress.

Since that event, in the course of general administration the IJRU Board of Directors (BOD) have made several amendments to Competition Rules governing the sport, and those changes have necessitated minor amendments to the Policy to keep it accurate, relevant and appropriate. The original approved Policy states that amendments to the document *'will continue to be monitored, reviewed and updated with new developments in sports and science as information is gathered and as more data within Jump Rope/Rope Skipping is collected.'*

Changes to the Policy can only be approved at either a General Congress or Extraordinary General Congress so the Board of Directors has taken the necessary step to issue further guidance to be presented for approval at the next General Congress in 2020. The IJRU Constitution permits changes to Rules outside of those timings, where it is in the best interests of the sport.

Accordingly, the following two clarifications are added to aid the IJRU sporting community in better management and adherence to its Policies. This guidance is to be appended to the existing Policy to provide greater clarification as required until it can be presented to the IJRU General Congress for proper voting;

1. **Changes to Competition Names** - The Gender Policy did not appropriately name the full schedule of events and needs to include the following events for which adherence to the Policy applies.
 - **Remove** - IJRU Youth Championships
 - **Remove** - IJRU Open Championships
 - **Insert** - IJRU World Championship (WC)
 - **Insert** - IJRU Junior World Championship (JWC)
 - **Insert** - IJRU International Open Tournament (IOT)
 - **Insert** – National Qualifying events

Junior World Championships policy should follow the same adherence as the World Championship policy to remain consistent across the sport.

2. **Inconsistency between Championships.** An inconsistency exists between the IOT and the JWC and WC. In the IOT, a male or female can register in any gender category without any stipulations other than it having to be the same gender they qualified. The challenge is the IOT may or may not have a qualifier from the NGB, and may or may not require National Governing Body (NGB) approval. Therefore, the NGB could have an athlete who could qualify in one gender via the WC policy, then in other events (IOT) could compete under a different gender.

Currently the IOT policy states the following:

“Athletes competing in the IJRU Youth and Open Championships are able to compete in their preferred gender category, regardless of whether or not they have undergone hormone therapy. In addition, they must compete in the same gender category in which they qualified.”

The clarifying language to be read in conjunction with approved Policy is;

Athletes competing in the IJRU IOT and JWC are able to compete in their preferred gender category under the following stipulations,

- **14 years and under athletes who self-identify as a gender different to their birth gender, must produce the following;**
 - **A written and signed declaration, recommended by their NGB, notifying IJRU of their preferred gender.**
 - **The declaration cannot be changed, for sporting purposes, for a minimum of two years.**
- **15 years and above athletes in the IOT will follow the policy outlined in the WC policy.**