



Rope Skipping  
International Jump Rope Union (IJRU)  
Gender Eligibility Policy v1.0

2019 -2023

Approved at the International Jump Rope Union (IJRU)  
General Assembly, OsloFjord, 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

## **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>

**Research and input provided by Chris Brown, Carly Simpson, and Rebecca Simpson**

Date 10 June 2019

## **ENQUIRIES REGARDING OUR POLICY:**

CONTACT

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