

## Policy on the participation of Transgender and Non-Binary People in Football

### Introduction

- 1.1 The FA's Rules (see Rule J3 (Mixed Football) of [our Rules of the Association](#)) permit male and female players to play with and against each other in: (a) Matches and Competitions in the Under 7 to Under 18 (inclusive) age groups,<sup>1</sup> or (b) [mixed adult football Matches and Competitions authorised by The Association](#). The terms "Matches" and "Competitions" are defined in these Rules and have the same meaning in this Policy.
- 1.2 This Policy sets out when male and female players may play in Matches and Competitions that are: (a) open to older age groups, and (b) reserved for women only, or reserved for men only. This policy is effective from Sunday 1 June 2025 and replaces The FA's previous Transgender Inclusion Policy (dated March 2025). It applies both to individuals who started to play in relevant Matches prior to that date and to individuals who start to play in relevant Matches after that date.

### 2. Eligibility conditions

- 2.1 Only biological females (i.e. those born with ovaries) may play in open age Matches and Competitions that are reserved for women.
  - 2.1.1 Notwithstanding paragraph 2.1, a biological female who has begun the use of or has used testosterone as part of gender-related treatment may not compete in open age Matches and Competitions that are reserved for women until four years have passed since their last such use.
- 2.2 Only biological males (i.e. those born with testes) may play in open age Matches and Competitions that are reserved for men.
  - 2.2.1 As the sole exception to paragraph 2.2, a biological female whose gender identity is male or non-binary may compete in open age Matches and Competitions that are reserved for men if:
    - (a) they provide a Confirmation Statement in the form available here [Confirmation Statement in the form available here](#)
    - (b) signed by both the individual player and their **GP** or another qualified medical practitioner confirming (following appropriate consultation and examination) that:
      - (i) their treatment has increased their level of circulating testosterone up to the normal adult male range (7.7 to 29.4 nmol/L); and
      - (ii) there is no medical reason to prevent them from playing competitive football with and against adult biological males.

### 3. Further provisions

- 3.1 This Policy addresses only eligibility. The Match, Competition or activity organiser remains responsible for taking appropriate steps to protect the safety and dignity of all participants in Matches and in associated activities (e.g. training sessions) that it organises, including by taking reasonable steps to provide appropriate changing facilities for all players.
- 3.2 Players agree to:
  - 3.2.1 comply in full with this Policy;
  - 3.2.2 cooperate promptly and in good faith with The Association's Equality, Diversity and Inclusion Team in the application of this Policy; and

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<sup>1</sup> FA Rule J3 allows the provision of girls only competitions in youth football.

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- 3.2.3 The Association's lawful collection, processing, disclosure and use of information relating to them (including their sensitive personal data) as required to implement and apply this Policy effectively and efficiently.
- 3.3 The Association will keep the Policy under review in light of any relevant legal, scientific, or other developments.
- 3.4 If a case arises that is not addressed in paragraph 2 (e.g., a case of anorchia or of ova-testicular syndrome), The Association will deal with the case as it sees fit, taking into account its desire to promote inclusion to the greatest extent possible without compromising fair competition or the safety of competitors.
- 3.5 Where a dispute or difference arises under or in relation to this Policy, the affected individual, the County Association, and The Association shall seek to resolve it by good faith dialogue. Any dispute relating to this Policy that is not resolved in this manner, including any dispute as to the lawfulness/validity of this Policy and/or of any decision made by The Association pursuant to this Policy (e.g. a decision that an individual is ineligible under this Policy to participate in their desired category of Competition), shall be final and binding, and may only be challenged by the affected individual by way of arbitration in accordance with Rule K of the Rules of the Association.

**August 2026**