REGULATIONS FOR THE APPLICATION AND IMPLEMENTATION OF ELIGIBILITY RULE 3.5 (MALE AND FEMALE CATEGORIES)

(Approved by Council on 02 December 2025, effective immediately)

General Information

In the case of general queries regarding Eligibility Rule 3.5 or these Regulations, please contact:

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1. INTRODUCTION

1.1 Eligibility Rule 3.5 (Male and Female Categories) states:

3.5.1 In these Rules, 'biological male' means someone with a Y chromosome and 'biological female' means someone with no Y chromosome, irrespective of their legal sex and/or gender identity.

3.5.2 Only the following Athletes may compete in the female category:

a. Biological females.

b. Biological females who have used testosterone as part of male gender-affirming treatment further to a Therapeutic Use Exemption granted in accordance with World Athletics' Anti-Doping Rules may not compete in the female category until the passing of a period of time after their last use of testosterone (the period of time will be not shorter than four years and will be determined by World Athletics on a case-by-case basis taking into consideration all relevant factors including the timing, duration, dosages, and effects of the male gender-affirming treatment).[1]

c. Biological males who have Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development) and therefore have not gone through male sexual development including any type of male puberty.

d. Biological males with a difference of sex development who satisfy the transitional provisions issued by World Athletics.

3.5.3 Only the following Athletes may compete in the male category:

a. Biological males.

b. Biological females who have used testosterone as part of male gender-affirming treatment further to a Therapeutic Use Exemption granted in accordance with World Athletics' Anti-Doping Rules.[2]

3.5.4 An Athlete must demonstrate their eligibility to compete in the female category by means of SRY testing (sex-determining region Y gene analysis) of an Athlete's buccal cells (i.e., cheek swab testing) or blood sample.

a. If the SRY test is negative, the Athlete will be permitted to compete in the female category.

b. If the SRY test is positive, the Athlete will not be permitted to compete in the female category pending further medical assessment by World Athletics.

c. An Athlete who fails to undergo SRY testing as requested by World Athletics will not be eligible to compete in the female category.

[1] See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org.
[2] See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org.

3.5.5 Where the applicable rules permit biological males to compete in the female category at a competition that is not a World Rankings Competition, their results will not be recognised for the purposes of World Records and World Rankings, and will be listed separately by World Athletics.

3.5.6 World Athletics may issue further regulations and/or guidance on the practical implementation of this Rule 3.5.

1.2 These Regulations for the Application and Implementation of Eligibility Rule 3.5 (Male and Female Categories) are issued in accordance with Eligibility Rule 3.5.6.

2. GENERAL

2.1 These Regulations came into force on 1 September 2025 (and were updated on 02 December 2025), replacing the Eligibility Regulations for the Female Classification (Athletes with Differences in Sex Development) and the Eligibility Regulations for Transgender Athletes in force prior to 1 September 2025, and will apply in full and with immediate effect in all cases save only as set out in Regulation 7. They will be subject to periodic review, and may be amended following such review to take account of any new evidence and/or relevant scientific or medical developments.

2.2 Eligibility Rule 3.5 and these Regulations are in no way intended as any kind of judgment on or disputing of the legal sex or the gender identity of any Athlete. All forms of abuse and/or harassment are prohibited. In particular (but without limitation):

2.2.1 Any person or entity that provides information to the Medical Manager for consideration under these Regulations must (a) ensure that the information is accurate and complete; and (b) not provide any information in bad faith, to harass, stigmatise or otherwise injure an Athlete, or for any other improper purpose.

2.2.2 No stigmatisation or improper discrimination will be tolerated. In particular, persecution of or campaigns against an Athlete simply on the basis that their appearance does not conform to gender stereotypes are unacceptable. Any such conduct will be considered a serious breach of the Integrity Code of Conduct.

2.2.3 All cases arising under Eligibility Rule 3.5, and in particular all information relating to an Athlete that is provided to World Athletics under these Regulations, and all results of assessments conducted under these Regulations, must be maintained in strict confidence by all parties at all times. All medical information and data relating to an Athlete will be treated as sensitive personal information, and the Medical Manager will ensure that it is processed by World Athletics as such in accordance with applicable data protection and privacy laws. Such information and data must not be used for any purpose that is not contemplated in these Regulations, and must not be disclosed to any third party save (a) as is strictly necessary for the effective application and enforcement of Eligibility Rule 3.5 and these Regulations; or (b) as is required by law. World Athletics will not comment publicly on the specific facts of a case arising under Eligibility Rule 3.5 (as opposed to general descriptions

of the process and science involved) except in response to public comments made by the Athlete or the Athlete's Athlete Support Personnel or Member Federation.

2.3 The eligibility conditions set out in Eligibility Rule 3.5 operate without prejudice to the other eligibility requirements that are applicable to all Athletes under the Rules and Regulations of World Athletics. Those other eligibility requirements must also be satisfied at all relevant times. In particular, nothing in Eligibility Rule 3.5 or these Regulations permits, excuses, or justifies non-compliance with any of the requirements of the World Anti-Doping Code, of the WADA International Standards (including the International Standard for Therapeutic Use Exemptions), or of the World Athletics Anti-Doping Rules, including in particular the requirement for an Athlete to obtain a therapeutic use exemption for the use of substances on the WADA Prohibited List.[3]

2.4 In Eligibility Rule 3.5 and/or these Regulations, (1) the phrase 'Medical Manager' means a medically qualified person who is authorised by World Athletics to act on its behalf in matters arising under these Regulations, (2) the phrase 'SRY testing' and 'SRY test' means genetic analysis of a buccal smear (i.e., a cheek swab) or blood sample provided by the Athlete to identify the presence or absence of the SRY gene (or such other testing for the SRY gene as World Athletics specifies), and (3) the phrase 'Complete Androgen Insensitivity Syndrome' means the genetic condition (ORPHA99429; ICD10-E34.5) that renders the subject's androgen receptors completely unresponsive to androgens. The other words and phrases that are used in these Regulations as defined terms (denoted by initial capital letters) have the meaning given to them in the Generally Applicable Definitions section of the World Athletics Book of Rules, or elsewhere in the Rules or Regulations.

2.5 All cases arising under Eligibility Rule 3.5 will be dealt with by the Medical Manager with the support of the World Athletics Health and Science Department. The Member Federation of the Athlete concerned (or by any other body), may be asked for their assistance in relation to a particular case by the Medical Manager pursuant to Regulation 3.8.1, cooperate with the Medical Manager's request for assistance.

2.6 In the event that an issue arises that is not foreseen in Eligibility Rule 3.5 or in these Regulations, it will be addressed by World Athletics, acting by its Chief Executive Officer (or their nominee), in a manner that safeguards and promotes its objectives as the international governing body of the sport of Athletics.

3. SCOPE OF APPLICATION

3.1 Any Athlete who wishes to compete in the female category at a World Rankings Competition, or who wishes to have a performance in the female category at a competition other than a World Rankings Competition recognised as a World Record must, on request by World Athletics, demonstrate their eligibility to compete in the female category. The Athlete must submit on demand to and must cooperate in full with SRY testing conducted by or on behalf of World Athletics or recognised by World Athletics. This includes providing a buccal smear (i.e., a cheek swab) or a blood sample at the time and place and in the manner required by World Athletics, and/or satisfying any other requirements of World Athletics in respect of that testing. It also includes consenting to the reporting of the results of that testing directly by the testing laboratory or indirectly by the Athlete herself (and/or the Athlete's Member Federation) to the Medical Manager. Any Athlete who fails to cooperate in full with such testing will not be eligible to compete in the female category at a World Rankings Competition,

[3] See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org.

or to have a performance in the female category at a competition other than a World Rankings Competition recognised as a World Record.

3.2 If an SRY test is negative for the presence of a Y chromosome, the Athlete (a) may compete in the female category at a World Rankings Competition, and (b) may have their performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record.

3.3 If an SRY test is positive for the presence of a Y chromosome, the Medical Manager will notify the Athlete and, if the Medical Manager deems it appropriate in all the circumstances, the Athlete's Member Federation. In such circumstances, it will be for the Athlete to demonstrate to the satisfaction of the Medical Manager that the Athlete has Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development that prevents any type of male puberty) and therefore is eligible to compete in the female category at World Rankings Competitions. Unless and until the Medical Manager is so satisfied, the Athlete must not compete in the female category at any World Rankings Competition. As part of the assessment, the Athlete must provide a comprehensive medical history to the Medical Manager. The Medical Manager will communicate with the Athlete and/or the Athlete's physicians to remedy any obvious deficiencies in the file. The Medical Manager may make such enquiries or investigations as they consider necessary to determine accurately and effectively whether or not the Athlete has Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development that prevents any type of male puberty), including requesting further information from the Athlete and/or the Athlete's physician and/or obtaining additional expert opinion(s).

3.4 The Medical Manager may investigate any other case by such means as they deem necessary, including (without limitation) commissioning an SRY test for an Athlete if such a test has not already been reliably performed.

3.5 An Athlete who wishes to be eligible to compete in the female category at a World Rankings Competition, and/or to have any performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record, agrees:

3.5.1 to cooperate promptly and in good faith with the Medical Manager in the implementation of Eligibility Rule 3.5 and these Regulations, including:

3.5.1.1 providing all of the information and evidence requested by the Medical Manager to determine whether they satisfy the eligibility conditions;

3.5.1.2 ensuring that all information and evidence provided by them or on their behalf to the Medical Manager is accurate and complete, and that nothing relevant is withheld; and

3.5.1.3 consenting to and ensuring the disclosure by their physician(s) to the Medical Manager of any information or evidence that the Medical Manager deems necessary for the assessment of their case;

3.5.2 (to the fullest extent permitted and not contrary to applicable laws) to the collection, processing, disclosure and use of information (including their sensitive personal information) as required to implement and apply Eligibility Rule 3.5 and these Regulations effectively and efficiently;

3.5.3 to provide written confirmation of their agreement with Regulations 3.5.1 and 3.5.2 upon request by World Athletics. However, their agreement to these Regulations will be assumed as an automatic consequence of their participation in Athletics and is effective and binding upon them whether or not confirmed in writing.

3.6 At the request of an Athlete whose case is being assessed under these Regulations:

3.6.1 World Athletics will propose and appoint an independent advisor, who is acceptable to the Athlete, to help the Athlete to understand and address the requirements of Eligibility Rule 3.5 and the Regulations, and will pay the costs charged by the independent advisor for providing such assistance.

3.6.2 World Athletics will offer professional counselling or such other support services as the Medical Manager deems appropriate in the circumstances, and will pay the costs charged by the counsellor or other service provider for providing such assistance.

3.7 An Athlete may revoke at any time, without having to give reasons, the consent that they have granted further to Regulation 3.5. In that case, the Athlete will be deemed to have withdrawn any claim to be eligible to compete in the female category at a World Rankings Competition, and/or to be eligible to have any performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record.

3.8 A Member Federation:

3.8.1 must cooperate promptly and in good faith with World Athletics promptly and fully in the application and enforcement of Eligibility Rule 3.5 and these Regulations (including assisting upon request in respect of SRY testing and assessments conducted under these Regulations);

3.8.2 must observe strictly the obligations set out in Regulation 2.2 above;

3.8.3 may adopt its own regulations to determine the eligibility of athletes to compete in the female category in competitions taking place under its own jurisdiction that are not World Rankings Competitions, provided that nothing in those regulations will affect the eligibility of Athletes under Eligibility Rule 3.5 and these Regulations**.**

4. PHASED IMPLEMENTATION OF PRE-COMPETITION SRY TESTING

4.1 While Eligibility Rule 3.5 and these Regulations came into force on 1 September 2025 and applied in full (i.e., to all World Rankings Competitions) and with immediate effect from that date, Athletes must only demonstrate compliance with the eligibility criteria if and when requested to do so by World Athletics (see Regulations 2.1 and 3.1, above).

4.2 Given the size of the Athlete population, the SRY testing required, and the associated administrative challenges, World Athletics will formally request that Athletes demonstrate their eligibility to compete in the female category on a phased basis, starting with the most elite athletics competitions. Accordingly, as set out in Appendix 1, in the forthcoming years World Athletics will formally request that the Athletes who intend to compete in specified World Rankings Competitions demonstrate their eligibility to compete in the female category

before competing in those competitions. World Athletics will coordinate with Member Federations and Athletes to facilitate the necessary SRY testing.

4.3 For the avoidance of doubt, nothing in this Regulation 4: (a) permits, excuses, or justifies non-compliance with the eligibility criteria in Eligibility Rule 3.5, or (b) restricts the ability of World Athletics to request at any time that an Athlete demonstrates their eligibility to compete in the female category and/or to investigate at any time any case in accordance with Regulations 3.1 and 3.4.

5. ENFORCEMENT AND DISPUTES

5.1 Any breach of Eligibility Rule 3.5 and/or these Regulations (including where an Athlete competes in a World Rankings Competition in a sex category for which they have not satisfied the eligibility conditions set out in these Regulations) may amount to a breach of the Integrity Code of Conduct and may accordingly be subject to investigation by the Athletics Integrity Unit under the Athletics Integrity Unit Reporting, Investigation and Prosecution Rules (Non-Doping) and possible prosecution before the World Athletics Disciplinary Tribunal in accordance with the Disciplinary and Appeals Tribunal Rules. The consequences imposed for competing while ineligible shall include disqualification of any of the results achieved by an Athlete while ineligible, with all resulting consequences, including forfeiture of any medals, ranking points, prize money, records (including World Records) and/or other items awarded to the Athlete based on those results. Athletes acknowledge that a consequence of disqualification of results in such circumstances may be that the reason for disqualification becomes public knowledge (or may be the subject of public speculation).

5.2 The validity, legality, and/or proper interpretation and application of Eligibility Rule 3.5 and/or these Regulations may only be challenged by an Athlete who but for Eligibility Rule 3.5 would have met all of the requirements for and would have been entered into a World Rankings Competition, or would have had a performance in a competition that is not a World Rankings Competition recognised as a World Record. Any decision made further to Eligibility Rule 3.5 and/or these Regulations (other than a disciplinary decision made as set out in Regulation 5.1) may only be challenged by the Athlete who is the subject of that decision. In each case, the Athlete's Member Federation may support the Athlete's challenge, including being named as co-claimant if it so wishes. The CAS has sole and exclusive jurisdiction to hear and resolve such a challenge. The Request for Arbitration must be filed with the CAS and with World Athletics (as the respondent) within thirty days of the date of the Athlete's receipt of the written reasons for the decision. The CAS proceedings will be conducted in the English language and will be governed by the Constitution, Eligibility Rule 3.5 and these Regulations, and the other applicable rules and regulations of World Athletics, with the laws of Monaco applying subsidiarily. The CAS will hear and determine the challenge definitively in accordance with the CAS Code of Sports-Related Arbitration, save that in the event of any conflict between the aforementioned governing instruments and laws on the one hand and the CAS Code of Sports-Related Arbitration on the other hand, the governing instruments and laws will take precedence. Decisions made by the CAS in the proceedings may not be challenged in any

forum or on any ground except as set out in Chapter 12 of Switzerland's Federal Code on Private International Law.

6. LIMITATION OF LIABILITY

6.1 In no circumstances will World Athletics or any of World Athletics' employees, officers, agents, representatives, or experts be liable in any way to any person in relation to acts done (or omitted to be done) in good faith in connection with Eligibility Rule 3.5 and these Regulations.

6.2 Each case will be addressed as quickly as is reasonably practicable in all of the circumstances. However, in no circumstance will World Athletics or the Medical Manager be liable for any detriment allegedly suffered by the Athlete in question or anyone else as a result of the length of time taken to complete the investigation and/or assessment of their case.

7. TRANSITIONAL PROVISIONS FOR CERTAIN BIOLOGICAL MALE ATHLETES WITH A DIFFERENCE OF SEX DEVELOPMENT

7.1 If under the Eligibility Regulations for the Female Classification (Athletes with Differences of Sex Development) ('DSD Regulations') that were in force until 1 September 2025, an Athlete was declared eligible to compete in the female category at World Rankings Competitions (and to have any performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record), the Athlete may continue to compete in the female category at World Rankings Competitions (and to have any performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record) for so long as she (1) continues to maintain the concentration of testosterone in their serum below 2.5 nmol/L at all times (i.e., whether the Athlete is in or out of competition), and (2) cooperates fully with World Athletics' efforts to monitor the concentration of testosterone in her serum.

7.1.1 Under these transitional provisions:

7.1.1.1 an Athlete who has maintained the concentration of testosterone in their serum below 2.5 nmol/L at all times for a continuous period of between six and 24 months will be eligible to compete in the female category in Previously Unrestricted Events (as defined in the DSD Regulations); and

7.1.1.2 an Athlete who has maintained the concentration of testosterone in their serum below 2.5 nmol/L at all times for a continuous period of at least 24 months will be eligible to compete in the female category in all events.

7.1.2 Such Athlete will be solely responsible for maintaining the concentration of testosterone in their serum below 2.5 nmol/L for as long as the Athlete wishes to remain eligible to compete in the female category at World Rankings Competitions and/or to have any performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record.

7.1.3 The Athlete must produce, on request, evidence satisfactory to the Medical Manager of such continuing compliance. In particular, except where the Athlete can prove to the satisfaction of the Medical Manager that the Athlete has had a procedure that will have necessarily and permanently suppressed her testosterone below 2.5 nmol/L, the Medical Manager:

7.1.3.1 may require the Athlete to provide ongoing evidence of the concentration of testosterone in their serum, such as laboratory reports obtained by their personal physician of the results of analysis of samples collected periodically from the Athlete; and

7.1.3.2 may monitor the concentration of testosterone in the Athlete's system, including by having samples collected from the Athlete and analysed for relevant evidence.

7.1.4 To facilitate the Medical Manager's monitoring of compliance, the Athlete:

7.1.4.1 must give the Medical Manager advance notice of their whereabouts, in the manner and by the means specified by the Medical Manager (which may involve, for example, providing the Medical Manager with the same whereabouts information as the Athlete files under applicable anti-doping rules), so that the Medical Manager is able to locate the Athlete for purposes of sample collection at any time without having to give advance notice;

7.1.4.2 must submit to collection of samples of their serum and/or urine on demand by a service provider engaged by the Medical Manager, in accordance with sample collection procedures prescribed by the Medical Manager to safeguard the identity and integrity of the samples;

7.1.4.3 consents to the Medical Manager having those samples analysed to assess the Athlete's compliance with the requirements of these transitional provisions (all measurements of serum testosterone must be conducted by means of liquid chromatography coupled with mass spectrometry); and

7.1.4.4 agrees to advise the Medical Manager of the results of analysis of samples collected from the Athlete under applicable anti-doping rules (or, if the Athlete does not have that information, agrees to do everything in their power to ensure that the person holding that information provides it to the Medical Manager) for purposes of assessing their compliance with the requirements of these transitional provisions.

7.1.5 If an Athlete refuses or fails without compelling justification to comply with any of the requirements of Regulation 7.1, or is found (whether by sample analysis or otherwise) to have failed to maintain the concentration of testosterone in their serum below 2.5 nmol/L:

7.1.5.1 The Athlete will no longer be eligible to compete in the female category at World Rankings Competitions or to have any performance in the female category in a competition that is not a World Rankings Competition recognised as a World Record.

7.1.5.2 Where World Athletics' Chief Executive Officer (or their nominee) considers it necessary to do so to maintain the integrity of competition results, they may disqualify the individual results obtained by the

Athlete in the female category at World Rankings Competitions and/or other competitions, with all resulting consequences, including forfeiture of any medals, ranking points, prize money, records (including World Records), and other items awarded to the Athlete based on those results.

APPENDIX 1

WORLD RANKINGS COMPETITIONS: TIMETABLE OF PHASED IMPLEMENTATION OF PRE-COMPETITION SRY TESTING

The competitions encompassed by the definition of World Rankings Competitions are categorised by level in accordance with the World Rankings criteria and definitions (see here).

The timetable in Table 1, below, explains when World Athletics will formally request that Athletes demonstrate via pre-competition SRY testing their eligibility to compete in the female category for particular categories of World Rankings Competitions.

This phased implementation of pre-competition SRY testing will ensure compliance with the eligibility criteria, starting with the most elite athletics competitions. Publication of this timetable is intended to assist Member Federations and Athletes, and World Athletics reserves the right to amend this timetable at any time. For the avoidance of doubt, subject to Regulation 3.4, an Athlete who has already undergone SRY testing in one year will not need to do so in subsequent years.

Table 1 - Timetable of phased implementation of pre-competition SRY testing which is subject to an annual review.

Phase	Year	Categories of World Rankings Competition that pre-competition SRY testing will be implemented for (the additional categories for that year are underlined)
1	2025	OW
2	2026	OW, DF, GW
3	2027*	OW, DF, GW, GL, A
4	2028*	OW, DF, GW, GL, A, B
5	2029*	OW, DF, GW, GL, A, B, C, D
6	2030*	OW, DF, GW, GL, A, B, C, D, E

*** The World Ranking Categories for 2027, 2028, 2029 and 2030 are indicative only and will be finalised by the World Athletics Council and published on 01 November in the preceding year after the annual review has been conducted.**

The World Ranking Category definitions can be found here