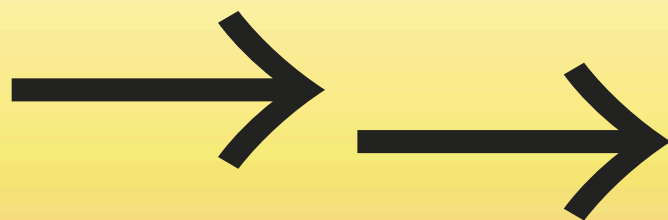
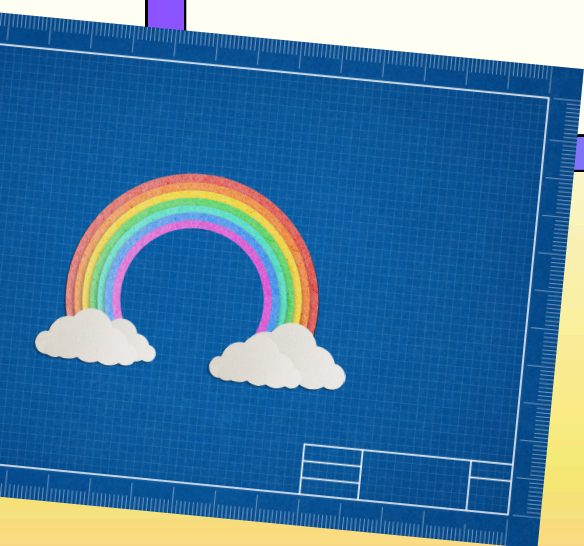


#QueerThePlayingField



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People



With the support of



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Don't blame yourself.
Because your identity
isn't the barrier
— the system is.

Participant (22, Türkiye).
self-identifying as a trans man, bisexual & queer



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

1

Integrate LGBTQI youth inclusion explicitly into national and EU sport, equality and youth strategies

... with measurable targets (e.g. share of federations with inclusive policies, % of schools with inclusive PE guidelines)



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

② Guarantee protection for trans & intersex youth by reforming eligibility and administrative rules

... in line with IOC (2021) and Council of Europe standards on fairness and non-discrimination.



Promising Practices: Australian Rules Football (AFLW)'s Gender Diversity Policy



In Australia, the national women's league of Australian Rules Football (AFLW) has adopted a Gender Diversity Policy that regulates eligibility for trans and non-binary players.

Although still highly medicalised and demanding, the AFLW policy demonstrates elements of promising practice. In contrast to blanket bans, it offers a structured, transparent process with safeguards, explicitly recognises that community football requires a stronger emphasis on inclusion and signals the importance of privacy protections.



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

③ Distinguish grassroots and elite contexts when designing sport rules

| ... so that community and youth sport are not restricted by elite-level policies.



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

④ Engage LGBTQI youth directly in policymaking

... through partnerships with civil society organisations or advisory mechanisms, ensuring their experiences inform governance.



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We haven't had any reports of people getting kicked out of gyms or being attacked while practising sports outside. But a lot of people don't report hate crimes or hate speech. They're ashamed... They don't want to let it out. [...]
There's a lot of mistrust towards the authorities, be it the police or any other institutions. That's a problem.

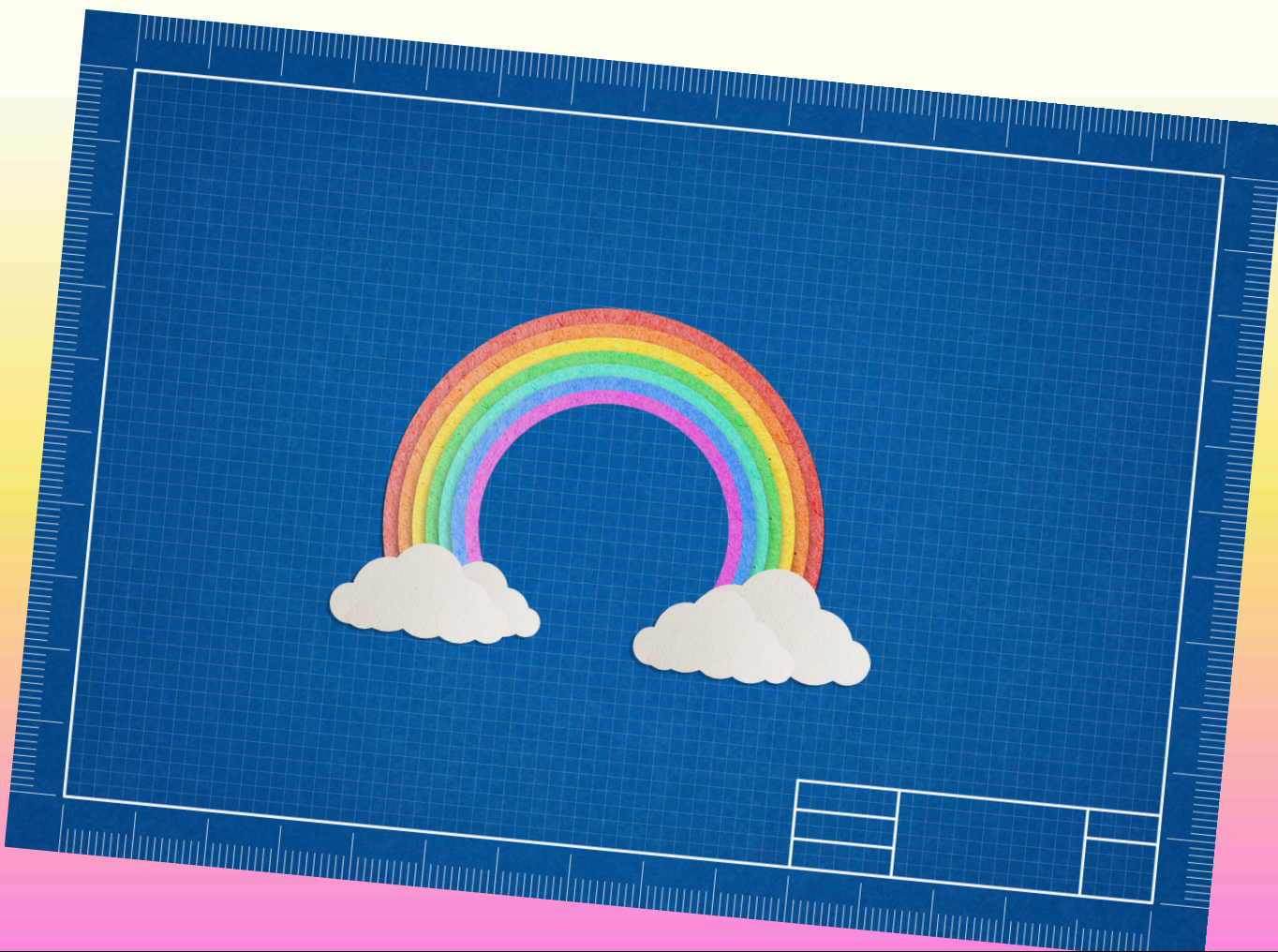
Participant (23, Croatia),
self-identifying as male adjacent, queer & gay



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

⑤ Mandate inclusive design for new and renovated sport facilities and infrastructures

... prioritising safe, gender-neutral and accessible changing areas in guidance to schools, clubs, and municipalities.



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

⑥ Provide stable, long-term funding for grassroots and LGBTQI-led sport initiatives

┃ ...beyond short-term cycles (e.g. through CERV or Erasmus+).



Promising Practices: Breaking Down Financial Barriers



Free or subsidised activities (e.g. charity-supported weightlifting sessions, non-profit yoga groups, etc.) reduce financial barriers for young people with limited access to sport.

Targeted support schemes, like university grants for trans students in the UK, were also seen as models that could be adapted to sporting costs.

Community-led efforts also play a role, from solidarity funds covering entry fees to policies of free access for trans people of colour.



7 Recommendations for Policymakers to Improve Access to Sports for LGBTQI Young People

7

Strengthen data collection & monitoring on LGBTQI youth participation & experiences in sport

... ensuring intersectional disaggregation by gender identity, sexual orientation, sex characteristics, socio-economic background, migrant status and disability.



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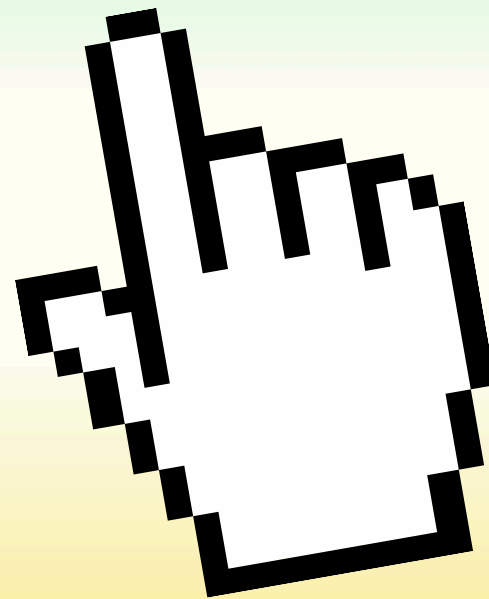
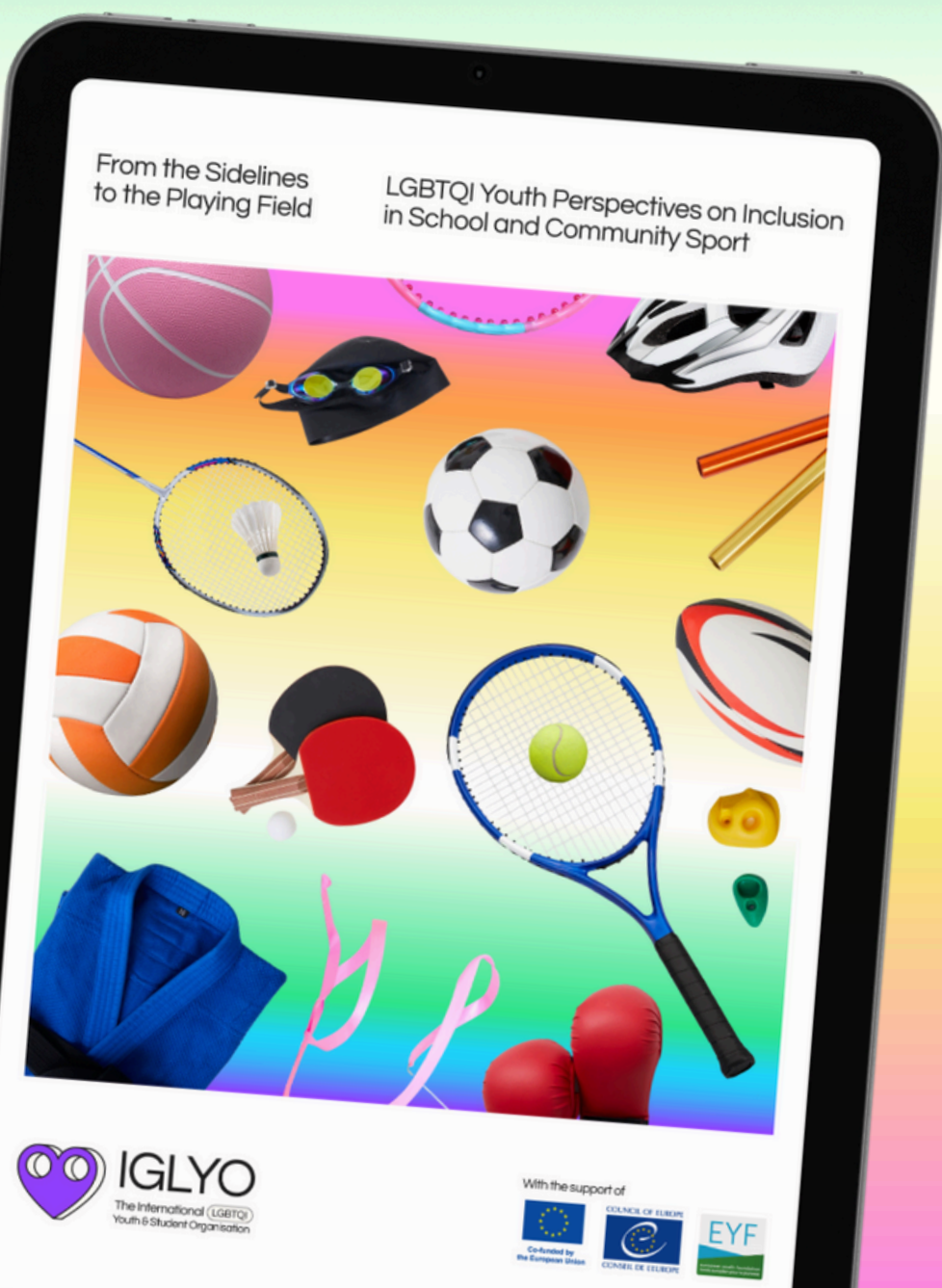
If we keep excluding trans people from sport, then how are we ever going to collect the data we need to understand what inclusion looks like?



#QueerThePlayingField

Find More Stories & Recommendations in our IGLYO Publication “From the Sidelines to the Playing Field: LGBTQI Youth Perspectives on Inclusion in School and Community Sport”

iglyo.org/sports



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