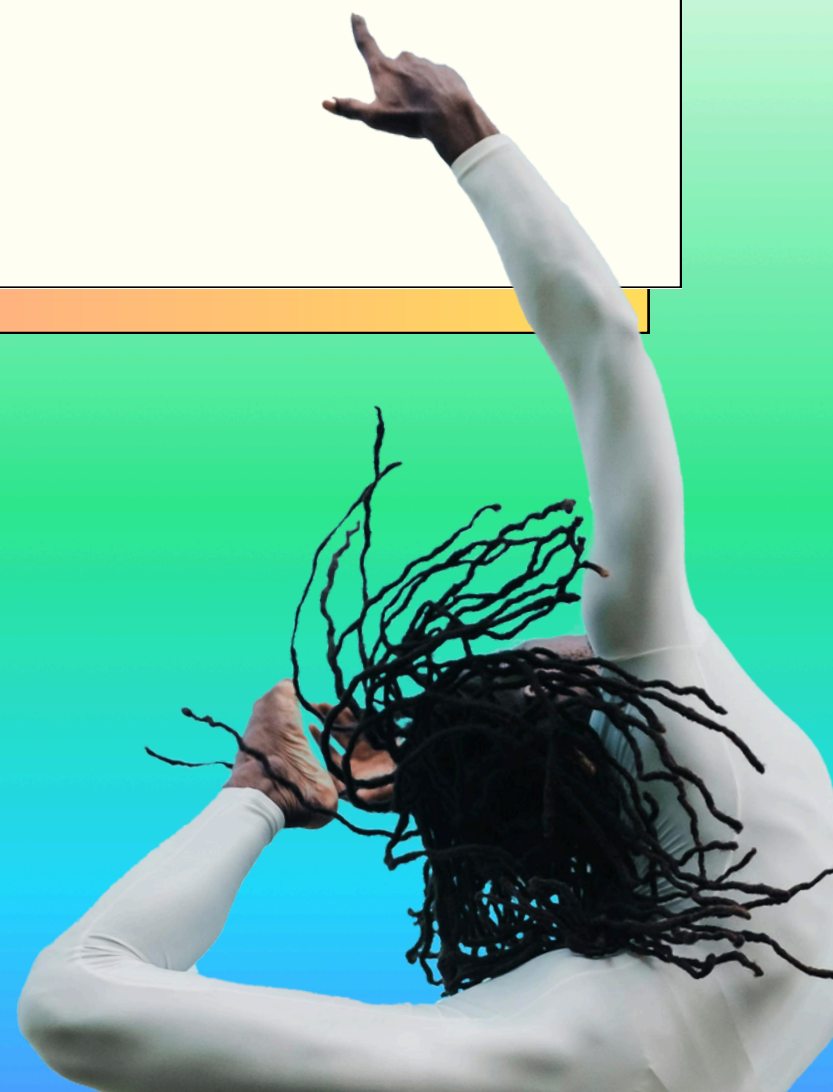


#QueerThePlayingField



11 Ways in Which Sports Institutions (Federations, Clubs, etc.) Can Make Sports Spaces More Inclusive for LGBTQI Youth



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11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

① Mainstream LGBTQI youth inclusion

... across federation governance, safeguarding and competition rules, moving from voluntary charters to binding requirements that ensure accountability.



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

② Adopt fair & transparent eligibility rules for trans & intersex youth

... based on self-identification and rights-based principles.



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They didn't know where to place me... On my ID card, it says F, so I had to be in the girls' team, but I wasn't feminine enough to be accepted with the girls, and I wasn't considered a guy either. I was kind of nowhere.

Participant (30, France),
self-identifying as intersex, fluid, trans & queer



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

③ Enforce anti-discrimination policies

| ... with clear reporting systems, sanctions and follow-up procedures



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There was an anti-trans protest group that showed up at our training location. They shared photos of us online and made comments about us on Twitter. [...] But the league took action. I'm pretty sure they banned the protest group from protesting on the property, and all the teams in the league put out a joint statement in support of trans players. That made a huge difference.

Participant (27, UK),
self-identifying as a trans woman,
homoromantic & bisexual



Promising Practices: Putting Trans Inclusion in Sport intro Practice



In France, the Fédération Sportive LGBT+ partnered with Acceptess-T and Outrans to draft the 'Charte Sport and Trans,' a ten-point guide on welcoming trans people and promoting inclusive practices for all members. The charter addresses issues such as inclusive language, access to facilities, respect for self-determined gender identity and the creation of safer spaces where trans participants feel recognised.

Freely available online, it can be signed by any sports club, not only LGBTQI clubs, provided they meet a few basic requirements to ensure proper implementation. By signing, clubs commit to adopting these practices, while the federation supports them with training and resources, and highlights local initiatives across its network.



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

④ Create structured participation channels for LGBTQI youth

... such as advisory boards,
youth councils or collaboration with
inclusive grassroots organisations



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

5 Guarantee access to safe & inclusive facilities

... including gender-inclusive changing spaces and flexible arrangements for privacy and comfort



Promising Practices: Queer Sports Clubs



In Slovenia, Out in Slovenija provides spaces where LGBTQIA+ people can participate in a wide range of sports and recreational activities, from hiking and social events to self-defence, dance, badminton and more. Its mission is to foster physical well-being, social connection and a sense of belonging

Hungary's Atlasz Sport is the country's only LGBTQIA+ multi-sport club and has been running for more than 20 years in Budapest. Entirely community-driven, the club organises activities ranging from volleyball to swimming and running, as well as community events such as karaoke nights and beach outings, making it as much a social hub as a sports club



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

⑥ Reduce financial barriers

| ... through sliding-scale fees,
equipment-sharing or solidarity funds



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We didn't have much money, so I couldn't afford to try other sports or pay for something else... In my city, there weren't any places that were both queer-friendly and affordable. And when something is free, it's always football. And it's only guys. I'm poor, I'm a migrant, and I'm trans. I couldn't keep doing sports.

Participant (21, Italy),
self-identifying as transfemme & queer



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

⑦ Provide mandatory training on LGBTQI inclusion for coaches, referees and staff

| ... within licensing and continuing education frameworks



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Because [the competition] was local and not professional, they could bend the rules. But if it were international, I wouldn't have been allowed to compete with men because my documents still say female... My coach talked to the judges, who agreed to let me compete in the male category even though my documents are still not officially changed.

Participant (27, Malta),
self-identifying as a trans man



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

8 Integrate mental health support

... by connecting clubs to counselling services and training staff to identify and respond to distress



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

⑨ Expand provisions of FLINTA- and trans-specific activities

... alongside inclusive mainstream teams to ensure safe and affirming participation options



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Men have cups and women have chest protectors. I didn't have a cup, but I would have needed one, except I never would have dared to ask for it. And I think it wouldn't have fit anyway.

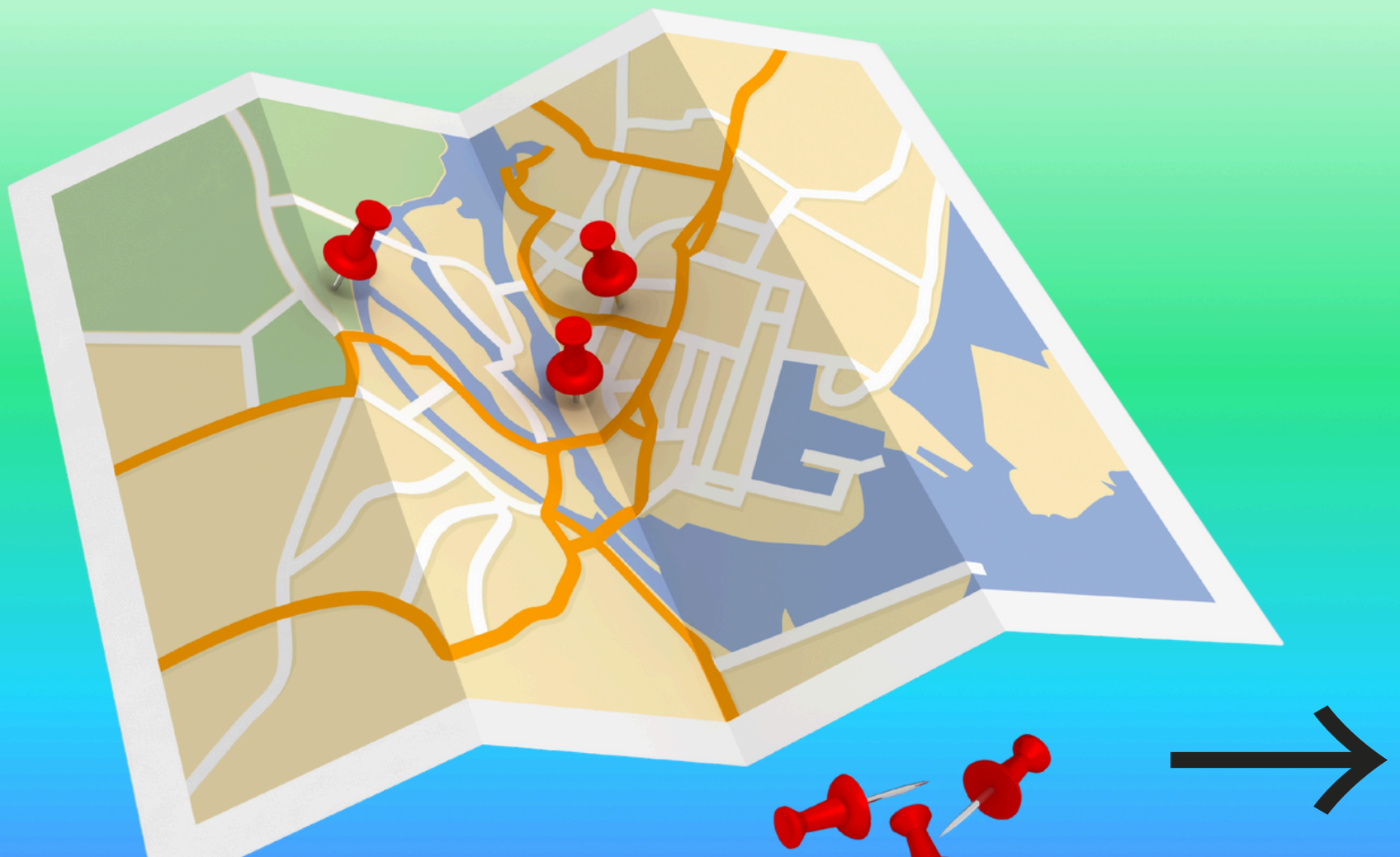
Participant (30, France),
self-identifying as intersex, non-binary & lesbian



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

10 Increase outreach beyond capital and urban hubs

... ensuring queer people in rural areas have access to inclusive sports opportunities



11 Ways in Which Sports Institutions Can Make Sports Spaces More Inclusive for LGBTQI Youth

11 Promote positive visibility by featuring LGBTQI athletes

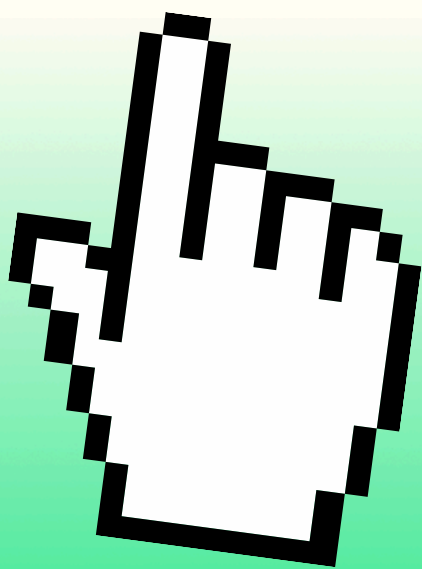
... and allies in communications and public campaigns



#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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