

World Triathlon Transgender Policy Triathlon Ireland Implementation FAQ

The following FAQ is based on the Triathlon Ireland Implementation Guidance for the [World Triathlon Transgender Policy](#). This FAQ does not replace the need to read the Implementation Guidance and the World Triathlon Transgender Policy in full, linked below.

Please read the [World Triathlon Transgender Policy here](#).

Please read the [Triathlon Ireland Implementation Guidance here](#).

Implementation Guidance FAQs

[Please read the Implementation Guidance here as a starting point.](#)

1. What is the purpose of the Implementation Guidance Document?

Triathlon Ireland created this guide to ensure the effective and consistent implementation of the World Triathlon Transgender Policy from 1 January 2026, supporting a safe, inclusive, and welcoming environment across swim, bike, and run.

2. Who does the policy apply to?

The policy applies to:

- All Triathlon Ireland activities involving adults aged 18+.
- Domestic events, clubs, coaches, technical officials, and community programmes.
- Irish athletes competing internationally.
Different rules may apply for events run by other governing bodies such as Challenge, Ironman or British Triathlon events.

3. Are transgender people welcome in triathlon?

Yes. Triathlon Ireland emphasises that transgender individuals are welcomed across all levels of participation, from recreation to international competition.

4. What are the categories for age-group multisport competition under the policy?

From 1 January 2026, all Competitive Age Group Activity in Ireland must use:

- Female Category - for athletes who are female sex at birth.
- Open Category - for all other athletes, including athletes who are male sex at birth, and all transgender participants.

5. What is the difference between Recreational and Competitive Activity?

- Recreational Activity: Non-competitive, no timing/results/prizes. Transgender participants take part in alignment with their gender identity.
- Competitive Activity: Includes timing, results, rankings, or qualification. Must follow the Female/Open category structure described above.

6. How do transgender women and men participate in Competitive Age Group Activity?

Transgender Women (assigned male at birth):

- Eligible only for the Open category. They cannot compete in the Female category.

Transgender Men (assigned female at birth):

- May compete in the Open category, including those using hormone treatment, provided they have a valid Therapeutic Use Exemption (TUE). They are not eligible for the Female category in Competitive Activity.

7. Under this policy, what are the categories for Under-18 multisport age group competition?

The transgender policy applies only to athletes aged 18+.

Exceptions where the World Triathlon Transgender Policy is applied:

- Junior National Series (age 16–19)
- Under-18 athletes racing in Sprint or Standard distance age-group events. Male athletes under 18 in these events must be placed in the Open category. All other youth events follow separate safeguarding guidelines.

8. What are the categories for elite competition under the policy?

As per the World Triathlon Transgender Policy - elite athletes and paratriathletes will compete in male and female categories in international competition. Transgender athletes are eligible to compete once the criteria outlined in the World Triathlon Transgender Policy are met.

9. How is confidentiality handled?

All gender-related information must be treated with the highest level of confidentiality. Event organisers and clubs must never share a participant's gender history without their explicit consent.

10. Where can I get help or more information?

Topic	Contact
Events	events@triathlonireland.com
Safeguarding	safeguarding@triathlonireland.com
Concerns	concerns@triathlonireland.com