



# IOC

International Olympic Committee



**Committee:** The International Olympic Committee

**Topic:** Legality in Sports Towards Transgender People's Participation

**Written by:** Valentina Gonzalez Peña

Welcome Delegates to SPISMUN del Paseo 2025! It is an honor to have you here, we hope you have a wonderful experience, while showing off your skills.

Remember, MUN is not just about winning resolutions; it's about learning, growth, and forging friendships that transcend borders. Let us embrace our roles as global citizens and approach each session with curiosity and empathy.

Please feel comfortable to let us know if you have any questions, suggestions or commentaries that you might have. These are your Chairs: Yván Girón, your Moderator, María Fernanda Gzz. your Secretary and I, Valentina Gzz Peña, your Director.

We wish you to have fun during this conference, acquire skills about this global problem and develop your debating skills.

If you have any question feel free to contact us:

[08 González Peña Valentina 8D](#)

[spismun paseo](#)

Sincerely, Valentina González

## I. COMMITTEE BACKGROUND

The United Nations or more known as the UN was founded on October 24 in 1945, San Francisco, California, United States with the goal of helping the world with 6 main committees. The International Olympic Committee (IOC) was founded on June 23 1894 by Pierre de Coubertin, a man who enjoyed sports, especially boxing, fencing, horse-riding and rowing. He devoted his life to education, history and sociology.

He also became a leader of French education reform by the age of 25 in Paris, France. Pierre de Coubertin is also known for his famous phrase *“The important thing in life is not the triumph but the fight; the essential thing is not to have won, but to have fought well.”* with the objective of bringing back to life the Olympic Games from the ancient games made in Olympia Greece.

The IOC has 105 active members and 45 honorary members, they are responsible for all of the countries that participate, to join in with fairness, integrity and justice, and impede actions like cheating with illegal substances, age fraud, doping, etc by testing monitoring and penalties. The IOC is a democratic debate where delegates from a lot of parts of the world unite in a team and discuss global problems. Beyond that the IOC expects that sports grow all over the world and use them for educational purposes like treating equality and giving safety.



Over the years the IOC has increased dramatically as being the one who is responsible for planning Summer and Winter Olympic games and choosing the location to host the Olympic Games making certain that all of the countries that participate, play with integrity and justice.

## II. HISTORY OF THE TOPIC

Before beginning talking about the legal aspects towards transgender people in the Olympic Games it's important to know what makes a transgender person different from the rest of the community. First of all, a transgender person is a free and autonomous person capable of making their own decisions like any human being regarding their body, appearance and sexuality, while being respectful of others. A transgender person is someone who is not feeling comfortable with his gender which one they were born in and they feel internally a sense of being a male, female, or other terms of genders, this can be manifested with different behaviors, preferences, clothes, and etc. In the LGBTQ+ community there are a lot of sexualities and more than just one or two genders there are other categories of transgender people which include androgynous, multi-gendered, nonbinary, and etc. Many transgender people have transitioned from a male to a female or female to male while other transgender individuals would continue just using different pronouns and having different appearances.

It is acknowledged that transgender people have been often discriminated against and treated differently because of the fact that they are transgender or just because of them using different pronouns, however acceptance and awareness has been growing in Olympics since the beginning of transgender people in 2003 when the IOC changed the guidelines. During this period of time a New Zealand weightlifter Laurel Hubbard, she was the first transgender woman to compete in the Olympics openly in 2004 although she did not win his visibility and inclusion was a big step for transgender people.



In the world it is very difficult to know how many people are from the LGBTQ+ community. In America at least 31% of the citizens have friends, relatives, or coworkers who have told them personally that they are transgender but it is estimated that fewer than 1% of the worldwide population are transgender. According to UCSF it is estimated that transwomen are 1 in every 30,000 people. Transmen are estimated at 1 in every 100,000 people. Transgender woman that has transitioned since they are 12 years old can be accepted in the Olympics games



this rule was established because of the fact that transgender woman have more physical strength and ability for sports because of their hormones, but for transgender men the rules apply differently by not having obligatory to be transitioned since the age of 12 years old because in this type of cases the ones with more physical strength are the males.

The first transgender person to make history in the Olympics was Dr. Renè Richards from New York; he is known as the first transgender in tennis player in history. In 2004 the weightlifter Laurel Hubbard from New Zealand became the first weightlifter transwomen to participate in weightlifting, although she didn't win she helped for the future of transgender women. In 2012, Chris Mosier was selected for the Olympics games and gained more inclusion for transgender people, in 2016 Sarah Rose Summers was the first transgender swimmer in the



history of swimming. After all of these people made history, the IOC updated their rules and guidelines and allowed transgender people to compete without having surgery, making the Olympics even more inclusive. This year the Paris Olympics had transgender women such as Tiffany Abreu, a volleyball player from Brazil and Nia DaCosta a track and field athlete.

Even though there is inclusion from part of the world there has been conflicts and disputable situations between athletes and viewers of the Olympics games and outside of the games in other championships, and have controversial debates, for example Lia Thomas a swimmer how went to the Word aquatics and her victories made her the center of attention during the games because of her decision on May 2019, to not put off hormone replacement which gave her more physical strength, in fact Lia became one of the best at the N.C.A.A. Championships, and swam faster than any female college swimmer in history of the N.C.A.A.

In light of these arguments, it can be concluded that transgender people have been a remarkable influence in the Olympics games, they have grown the community of the LGBT+ significantly since the beginning of the first transgender person to participate to the day of today.

It's known and understood that it is important to include, respect and keep talking about this community so we are inclusive and included everyone.

### **III. CURRENT ISSUES**

Some countries have rules that allow transgender people to change their pronouns, sex, surgery or psychiatric diagnoses. In Argentina the gender identity rule in 2012, was allowing transgender people change their identity legally, without need of surgery or interventions like juridical approval, in Norway, Denmark, and Malta have done the same. In other nations this legal process is not adapted like in other countries for example Uganda, Iran, or Saudi Arabia, where people criminalize homosexuality, or "immoral behavior" like it is called in those countries. Transgender people are not legal, people can be arrested, have a severe punishment, persecuted, or arrested. In Russia it is not criminalized for any person that is homosexual individuals.

Homosexual people can face challenges such as looking for a job where they are not discriminated against, many jobs do not hire them just because of their identity or sexuality and it is estimated that transgender people are the ones who get jobs the least.

Another issue is that different sports and countries have different policies. While the International Olympic Committee (IOC) provides general guidelines, each sport has its own rules. This can cause confusion and problems for athletes, as they may face different requirements depending on the sport they compete in.

Transgender athletes also deal with special challenges related to how the public and media view them. The attention can sometimes be negative or unfair, focusing more on their gender identity rather than their athletic skills. This can affect their mental health and performance, and create a difficult environment for them.

The participation of transgender individuals had garnered viewers with jaw-dropping performances and compelling storylines but one important situation that happened there was the ban of transgender athletes on track and field from high-level women's events including the

Olympics. The International Governing Body over track and field announced a ban that prevents transgender athletes from participating in females events after going through male puberty, the world athletics council said that “many believe there is insufficient evidence that transgender women do not retain advantage over biological women and more evidence”

The council also tightening its testosterone threshold for athletes with differences of sexual development or DSD (Differences in Sex Development) the new requirements affecting about a dozen of athletes including South African Olympic champion Caster semanya who had need to complete six months of hormone suppressing to compete in the race of the 2024 Paris Olympics track and field.

The latest ban coming less than a year after swimming adopted similar rules effectively banning transgender athletes like NCAA (National Collegiate Athletic Association) title winner Leah Thomas from competing in female events at the highest level overnight Leah telling ABC news “this ruling is devastating and only detrimental to women's sports. It only serves to exclude any women who are not deemed woman enough. Trans women are women. Intersex women are women”. Transgender athlete advocates like Schuler Baylor says education is paramount to ensure proper fairness and inclusion “Most cannot define the words transgender and yet so many people are talking about where we belong and why and the solution to that is not too exclude us or to fear the difference but rather invite education about our experiences and humanize us”. Athletics president Lord Sebastian Co told BBC Radio “there is a very fundamental principle in our sport and that is the Primacy the protection of the female category”. These rules did go into effect on March 31st, 2024.

#### **IV. UN ACTIONS AND RESOLUTION**

During the Olympics of winter 2022 the IOC was already more inclusive than previous games as the International Olympic Committee announce a policy 2 years ago that once made transgender and intersex undergo medical procedures they released the framework on fairness inclusion and non-discrimination on the basis of gender identity and sex variations replacing a

2015 document that allowed those who transitioned from male to female to compete only if their testosterone was under a certain level prior to 2015 those athletes had to undergo genital surgery.

The IOC has implement something called the framework on Fairness, Inclusion, and Non-discrimination on Basis of Gender Identity and Sex Variations, this rule or policy where it said that transgender people is able to compete and these rules have been increasing with intersex individuals, and to not have a necessary surgery.



## **V. ESSENTIAL QUESTIONS**

1. How can the Olympics be more balanced in competitions?
2. What scientific solution could be to balance hormone levels?
3. How does media affect public perception, and how can it change?
4. How can transgender voices be incorporated into policy-making to ensure their needs are met?
5. What systems can be put in place to monitor hormone levels and ensure the security of every athlete?
6. What best practices from other organizations can be applied to improve policies for transgender athletes?
7. What can be done to secure that transgender youth have equitable access to sport and competition at the same level as other athletes?
8. What health and safety protocols could be implemented for the well-being of athletes?
9. How can countries collaborate to create uniform guidelines for transgender athletes in international competitions?
10. How can sports organizations prepare to address potential controversies or backlash related to transgender participation ?



## VI. CONCLUSION

The journey toward full inclusion of transgender athletes continues and even though individuals and people like Quinn, Leah Thomphson, and etc. have made a change in history the organization remains responsive to the voice of transgender athletes, ensuring their future in olympics and promote respect and culture in noy only olympics but in the world.

However the topic remains controversial responding to other people's perspective and mentality the IOC expects to reflect good values and integrity of the athletic events, and listening to transgender athletes is essential in this topic to help and create a respectful and supportive environment.

The history toward a more or less inclusive policies toward transgender individuals is still unfolding as the IOC is working to reflect new changes and that this committee not only enhances the integrity of the games but also sets powerful examples for sports organizations worldwide. This ongoing dialogue is important and vital for finding solutions that respect everyone's rights and cultures.

Being able to engage in sport is about the quality of their life, and it is crucial to talk not just about transgender people but intersex people who are born with identity and gender characteristics as they pave the way for the IOC ruling. It will certainly impact transgender women significantly but it is worth highlighting that.



## References:

| Aristegui Noticias. (2000, January 1). *Aristegui Noticias*.

<https://aristeguinoticias.com/1206/deportes/lia-thomas-nadadora-transgenero-pierde-apelacion-ante-el-tas/>

United Nations. (n.d.). *LGBTIQ+ people*. United Nations. Retrieved December 3, 2024, from

<https://www.un.org/en/lgbtiq-people>

GLAAD. (n.d.). *Transgender*. Retrieved December 3, 2024, from

<https://glaad.org/reference/transgender/>

Office of the High Commissioner for Human Rights (OHCHR). (n.d.). *\*Transgender people\**.

Retrieved December 3, 2024, from:

<https://www.ohchr.org/en/sexual-orientation-and-gender-identity/transgender-people>(<https://www.ohchr.org/en/sexual-orientation-and-gender-identity/transgender-people>)

*While women's soccer boasts LGBTQ advocates, FIFA reviews trans rules*. (2023, July 18). NBC

News.

<https://www.nbcnews.com/nbc-out/out-news/womens-soccer-boasts-lgbtq-advocates-fifa-reviews-trans-rules-rcna94616>

*Inclusive Sport design.* (n.d.). Retrieved December 3, 2024, from:

<https://www.inclusivesportdesign.com/blog-posts/finas-transgender-policy-and-the-battle-of-fairness-vs-inclusion-in-elite-sport#:~:text=When%20are%20Trans%20Women%20%E2%80%9CWomen,FINA%20events%20as%20a%20woman.>

Onishi, N. (2024, April 23). \*Paris Olympics confronts inclusion of transgender athletes\*. The New York Times. Retrieved December 3, 2024, from:

<https://www.nytimes.com/2024/04/23/world/europe/paris-olympics-transgender-athletes.html>](<https://www.nytimes.com/2024/04/23/world/europe/paris-olympics-transgender-athletes.html>)

The New York Times. (2022, June 19). \*Transgender women in sports\*. The New York Times. Retrieved December 3, 2024, from:

<https://www.nytimes.com/2022/06/19/opinion/letters/transgender-women-sports.html>](<https://www.nytimes.com/2022/06/19/opinion/letters/transgender-women-sports.html>)

BBC Sport. (2023, July 6). \*Transgender women banned from female world chess events\*.

Retrieved December 3, 2024, from:

<https://www.bbc.com/sport/68825896>](<https://www.bbc.com/sport/68825896>)

*Definición de identidad de género I Ejemplos de identidad de género I Planned Parenthood.*

(n.d.). Planned Parenthood. Retrieved December 3, 2024, from:

<https://www.plannedparenthood.org/es/temas-de-salud/identidad-de-genero/trans-e-identidades-d-e-genero-no-conforme>

Ec, R. A. /. (2024, June 12). Lia Thomas, nadadora transgénero, pierde apelación ante el TAS. *Aristegui Noticias*. Retrieved December 3, 2024, from: <https://aristeguinoticias.com/1206/deportes/lia-thomas-nadadora-transgenero-pierde-apelacion-ante-el-tas/>

Washington Blade. (2024, January 29). *Lia Thomas challenges trans swimming ban*. Retrieved December 4, 2024, from: <https://www.washingtonblade.com/2024/01/29/lia-thomas-challenges-trans-swimming-ban/>

IOC - International Olympic Committee | *Olympics.com*. (n.d.). Retrieved December 4, 2024, from: <https://olympics.com/ioc/organisation>

Dye, N. (2023, July 26). Canada midfielder Quinn becomes first out transgender athlete to play in a FIFA World Cup. *People.com*. Retrieved December 4, 2024, from: <https://people.com/canada-midfielder-quinn-becomes-first-out-transgender-player-at-fifa-world-cup-7565836>

BBC News. (2021, June 21). *Laurel Hubbard: First transgender athlete to compete at Olympics*. <https://www.bbc.com/news/world-asia-57549653>

Understanding transgender people, gender identity and gender expression. (2024, July 8). Retrieved December 4, 2024, from: <https://www.apa.org/topics/lgbtq/transgender-people-gender-identity-gender-expression>