

Strongman Corporation

2480 Executive Drive
Suite 120
St. Charles, MO 63303
636-317-6116

The pursuit of sport is one of the purest and healthiest endeavors that humans have enjoyed since the dawn of time. As the premier Strongman sporting organization, Strongman Corporation is committed to the inclusion, pursuit, and excellence of fair sport for all gender athletes.

Strongman Corporation wants to ensure that all athletes, no matter what their gender circumstances are able to compete in their perspective gender categories fairly and evenly. The transgender policy of Strongman Corporation mirrors that of the International Olympic IOC committee medical guidelines with respect to transgender athlete competition, and must be adhered to for fair competition. Those who transition from female to male are eligible to compete in the male category without restriction. Those who transition from male to female are eligible to compete in the female category under the following conditions:

1. The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
2. The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).
3. The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the entire period of desired eligibility to compete in the female category.
4. Compliance with these conditions must be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.
 - a. Athletes must provide documentation of all continuous medical testing over the course of the year showing approved levels.
 - b. Athletes are responsible for their own medical costs and testing.

Any individual may appeal a decision made by Strongman Corporation about their status. This must be made in writing to Strongman Corporation with the grounds for the appeal. Appeals will be examined on a case-by-case status, and Strongman Corporation holds the final authority and discretion as applied to the aforementioned guidelines and policy.