



PSL Gender Rules for Game Play

In an effort to increase inclusivity within social sports the PSL is changing the format in which we communicate and enforce our gender policies. Our goal is to create a welcoming gender policy that uplifts and supports each player where they are at, while at the same time ensuring that each player has equal opportunity to be included in game play.

As per our [inclusivity statement](#), all players in all league options are encouraged to participate as their authentic self and should play as they identify. During registration players will be able to select their gender identity for that season.

Moving forward the PSL will offer the following types of leagues:

Open-Gender Leagues – There are no gender inclusion requirements in game play.

- Bar Sports – Cornhole, Darts
- Bowling
- Pickleball
- Tennis

Closed-Gender Leagues – The league is based around a specific gender for play. Anyone who identifies as that gender is invited to play. *If you are unsure where the best place for you to participate is please contact us; we will work to ensure everyone has a safe and comfortable place to play.*

- Men's Basketball
- Women's Basketball

Mixed-Gender Leagues (Previously known as Coed) – These leagues will utilize a gender majority/minority system to ensure everyone has a fair chance of playing. All participants should register and play as they identify.

For the 2021 season, the PSL's demographics were as follows:

- **58% Man/Male (MAJORITY for '22)**
- 41% Woman/Female
- <1% Nonbinary, transgender, genderqueer, prefer not to say.

Mixed-Gender requirements by sport:

| SPORT | Number of Players on Field/Court | Maximum Number of Gender Majority (Men) | Minimum Number of Gender Minority (Women, Nonbinary, Trans, etc.) | Roster Minimum/Maximum |
|--------------------------------|----------------------------------|---|---|------------------------|
| Mixed-Gender Basketball | 5 | 3 | 2 | 5/12 |
| Dodgeball | 6 | 4 | 2 | 6/12 |
| Flag Football | 8 | 5 | 3 | 8/20 |
| Kickball | 10 | 6 | 4 | 10/20 |
| 4x4 Sand Volleyball | 4 | 3 | 1 | 4/7 |
| 6v6 Sand Volleyball | 6 | 4 | 2 | 6/12 |
| Softball | 10 | 6 | 4 | 10/20 |
| Volleyball | 6 | 4 | 2 | 6/12 |

- Gender majority/minority is determined by the demographics of the previous year’s players: i.e., the majority of players in 2021 were men, therefore the gender majority in 2022 is men.
- Belonging to a gender-minority is defined as any individuals whose gender does not match the most represented gender in the league. In 2022, that means gender minorities can be filled by women, nonbinary, transgender, genderqueer or any other gender minority.
- Transgender players are invited to play either as man/woman or they can take a gender minority spot. All players are encouraged to play in each league as they most authentically identify and feel comfortable.
- The gender identity that each player selects while registering for that season will be used to determine how they are included on the roster. Players should register and play as they identify.
- Anyone who is not comfortable disclosing their gender-identity should select ‘prefer not to say’.
- Any team or player caught abusing this policy will be subject to our [PSL Sportsmanship Policy](#).

PSL looks forward to continuing to learn, listen and accept feedback on our policies so we can continue to grow and serve all players. Questions related to our policy can be directed to [Jaime Filipek](#) (She/Her - PSL Program Development Manager) and/or [Greg Mitrik](#) (He/Him – PSL Director).