



## FAQ: School Sports Participation

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Maine schools may not discriminate against a student wishing to participate in athletics based on the student's disability, race, ethnicity, religion, gender, gender identity, or sexual orientation.

### **I need to wear a different uniform from the rest of the team because of my religious practice or medical needs. Can I be kept off the team for this reason?**

No. If you need a religious accommodation for your uniform, such as a hijab or tights, or an accommodation because of a medical condition or disability, your school should help you request a waiver from the state's standard uniform rules. Go here for a draft waiver request that you can fill out:

[http://www.mpa.cc/images/pdfs/forms\\_and\\_dates/form\\_uniform\\_waiver.pdf](http://www.mpa.cc/images/pdfs/forms_and_dates/form_uniform_waiver.pdf)

Then ask your school's athletic director to help you submit it to the Maine Principals' Association. If you cannot get your school's athletic director to help you, you should ask someone in the administration, such as your school principal, to help you.

If you are told you cannot participate in athletics because of your disability, race, ethnicity, religion, gender, gender identity, or sexual orientation, that is illegal discrimination. For steps you can take to address illegal school discrimination, go here: [https://www.aclumaine.org/sites/default/files/how\\_to\\_file\\_hrc\\_complaint.pdf](https://www.aclumaine.org/sites/default/files/how_to_file_hrc_complaint.pdf)

### **What if I am told that I cannot play on a single-sex sports team that matches my gender identity, because the team's designated gender does not match the gender marker on my birth certificate?**

In Maine, schools are not permitted to discriminate against students on the basis of gender identity or expression. Transgender student athletes are almost always eligible for single-sex sports teams that match their gender identity.

There is, however, a process to go through before you can be officially approved to play on the team that most closely matches your gender identity. Your school's athletic director should be able to help with this process. If you cannot get your school's athletic director to help you, you should ask someone in the administration, such as your school principal, to help you with this. You can always call the ACLU of Maine if those steps do not work.