Gender-exclusive language involves expressions and phrases that unnecessarily differentiate between women and men. The use of female genders in rubrics and codes involves using masculine gendered language such as "he," "his," and "him" and referring to "basketball players" and "lady basketball players" when speaking of male and female basketball players (Schutz 1990; Kramaric and Tschirks 1998). Gender-exclusion is particularly evident in the rubrics of several IFs. For example, the International University Sports Federation stipulates when, how, and why the Olympic Charter acknowledges the use of the masculine gender throughout the rules and by-laws contained therein:

- "The masculine gender used in relation to any physical person (for example, names such as president, vice-president, chairman, member, leader, official, chief of mission, participant, competitor, referee, member of a jury, attaché, candidate or person, or pronouns such as his, their or they) shall, unless there is a specific provision to the contrary, be understood as including the feminine gender." (IOC, 2015).

Similar statements appear in many IF's rules. Exclusive and biased language is problematic because it can trivialize women and treat female athletes as "others" (treating a male person in a different way than an autonomous adult). This is because the author enforces that the sex of the person is the most important aspect of the person, while in reality, it may not be the case. Therefore, the language used in the rules and by-laws is problematic.

Gender-exclusive language alone is not sufficient because non-gendered language is often used as a synonym for "genderless" language. This means that gender-neutral language is not automatically excluded from the rules and by-laws. Therefore, we need to focus on eliminating gender-exclusive language that reinforces men's events as superior to women's events.

Eliminating outdated and unjust rules and language that unnecessarily discriminates against female athletes is not only important for fairness but also for promoting gender equality. By eliminating gender-exclusive language, we can help to create a more inclusive and equitable environment for all athletes, regardless of their gender.