

Iceland's Gender Autonomy Act (2019) — Self-Determined Legal Gender Recognition, With an Acknowledged Intersex-Protection Gap

Gender Equality · Good practice · Iceland

Quality score: 85/100

Evidence strength: Descriptive / self-reported

Summary

Iceland's Act on Gender Autonomy (No. 80/2019) let people change their legally registered gender by self-declaration, without diagnosis or treatment, and added a neutral 'X' marker. A parallel ban on non-consensual infant intersex surgery was dropped from the final law.

Key dimensions

Dimension	Score
Transferability / replicability	2/3
Impact on gender equality	1/1
Effectiveness	1/1
Efficiency	0/1
Evaluated outcomes	1/1
Sustainability	1/1
Achievement / evidence	1/1
Gender-mainstreaming embedding	1/1
Curator validation	1/1

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-09-23

[Government of Iceland – Ministry of Justice, enacted by Althingi \(the Icelandic Parliament\)](#) — accessed 2026-09-23

[Government of Iceland – Gender Autonomy legislation](#) — accessed 2026-09-23

[SSRN – Alaattinoglu \(2020\), Intersex Rights in the Icelandic Gender Autonomy Act](#) — accessed 2026-09-23

[Iceland Review – Iceland's Gender Autonomy Act is a Step Forward for Trans and Intersex Rights](#) — accessed 2026-09-23

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