



**Women's Sports Policy
Working Group**

FREQUENTLY ASKED QUESTIONS – ABOUT SCIENCE AND SEX

WomensSportsPolicy.org

Q3. Why do we have separate sex sport?

A3. We have separate sex sport and eligibility criteria based on biological sex because this is the only way we can assure that female athletes have the same opportunities as male athletes not only to participate but also to win in competitive sport. We also separate males and females in contact sports for reasons related to on-the-field playing-safety. From the onset of male puberty, male bodies develop such that they are as a group faster, stronger, and more powerful than female bodies as a group. The performance gap between male and female athletes that emerges from that point typically ranges from 8-20%, but up to 50% depending on the sport and event. If we did not separate athletes on the basis of biological sex - if we used any other physical criteria - we would never see females in finals and on podiums.

