



**Women's Sports Policy  
Working Group**

## **FREQUENTLY ASKED QUESTIONS – ABOUT SCIENCE AND SEX**

*WomensSportsPolicy.org*

**Q11. Don't elite female athletes have high testosterone levels—isn't this what makes them good athletes?**

A11. No. Elite female athletes generally have testosterone levels within the normal female range, i.e., below 1.68 nmol/L. If they have the condition known as polycystic ovary syndrome (PCOS), they may have testosterone levels up to 3 nmol/L, or, in rare instances, up to 4.8 nmol/L. This is why some sports organizations, wishing to be inclusive of all possible healthy biological females, set their maximum testosterone level at 5 nmol/L.