



**Women's Sports Policy  
Working Group**

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

*WomensSportsPolicy.org*

**Q12. Why have many sports organizations adopted a testosterone test for their eligibility standard for inclusion in women's sport?**

A12. Testosterone is an excellent proxy for biological sex and a valid basis for an eligibility rule for the women's category for the following reasons:

- Testosterone is [the primary driver of the sex differences in athletic performance](#);
- Sport already [tests](#) for and [monitors](#) testosterone levels as part of the normal anti-doping process; and
- Different sex testing protocols are more intrusive and, in some cases, less accurate.

No other single criterion so comprehensively addresses sport's and society's concerns about the testing protocol.