



**Women's Sports Policy
Working Group**

FREQUENTLY ASKED QUESTIONS – ABOUT SCIENCE AND SEX

WomensSportsPolicy.org

Q20. Does transgender inclusion have anything to do with doping or performance enhancing drugs (PEDs), and if so, what's the connection?

A20. Doping is the exogenous use – the taking – of prohibited performance enhancing drugs (PEDs), including testosterone and other body building androgens. These are among the substances that propelled the East German women to victory in the Olympic Games and World Championships in the 1970s and 1980s, costing clean American women and Team USA to lose out on medals they would otherwise have won. Some American athletes have also doped with androgens, but not in the systematic and state-sponsored way as the East Germans, and more recently the Russians. Trans girls/women who want to be included in girls'/women's events are not doping; that is, they aren't taking PEDs to compete. But their natural testosterone levels build strength, speed, and power in the same way that doping does; and because their natural levels are much higher than even those of doped female athletes, the effect on competition is the same or more overwhelming for the clean females in the field.