



**Women's Sports Policy
Working Group**

FREQUENTLY ASKED QUESTIONS – ABOUT SCIENCE AND SEX

WomensSportsPolicy.org

Q24. Why do some sports organizations and governing bodies – including the NCAA – require that trans girls/women reduce their testosterone levels for a year before they can compete in girls'/women's events?

A24. The NCAA, the IOC, and many international federations (IFs) and national governing bodies (NGBs), require trans girls/women to reduce their testosterone levels for at least a year before they can compete in girls'/women's events. This accommodation is a policy compromise, based in the [tenuous hypothesis](#) that if a trans girls/woman reduces her testosterone levels into the female range and keeps her levels consistently within that range for at least a year, her male-linked advantages will decline to the point that it is fair to include her in girls'/women's competition. The hypothesis itself is based in the fact that trans girls/women are biologically male and that testosterone is the primary driver of the performance gap between male and female athletes. Just how much gender affirming hormones reduces her male sex-linked advantages and what "legacy advantages" remain is the subject of ongoing investigation.