



**Women's Sports Policy
Working Group**

FREQUENTLY ASKED QUESTIONS – ABOUT SCIENCE AND SEX

WomensSportsPolicy.org

Q26. Is the NCAA's testosterone rule for trans women athletes sufficient to ensure fairness to and the safety of the biological females in the field?

A26. No, not as currently administered. The NCAA rule is superficially similar to that of the IOC and other sports governing bodies in that it focuses on testosterone levels; however, as administered it currently lacks their rigor and detail. It provides only that trans women athletes need to be on gender affirming hormones for at least a year. It does not specify that they need to bring their testosterone levels into the female range; it does not require them to keep their levels consistently within that range; and it does not monitor their compliance. The hypothesis that reducing testosterone levels winds down the male performance advantage sufficient to ensure fairness to and safety for the female athletes in the field depends not only on getting those levels into the female range, but also maintaining them consistently within that range throughout the operative period. The NCAA rule has been properly criticized, including by trans women athletes and their coaches, for its lack of monitoring and guidance in these respects.