



## SEVEN GOOD REASONS GIRLS & WOMEN NEED FEDERALLY PROTECTED, SEX-SEGREGATED SPORTS

### [The Women's Sports Policy Working Group](#)

is a think tank composed of champion athletes, advocates, attorneys, and coaches who have dedicated much of their careers to promoting sex equity in sport.

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- 1) Since the passage of Title IX in 1972, the federal government has recognized the need for sex segregation in sport, a practice grounded in science and common sense.
- 2) Competitive sports are not just games, they are educational. Female athletes are more likely to succeed in academic and career pursuits later in life.<sup>1</sup>
- 3) The promise of Title IX has not been realized. Each year, high school boys receive one million more sports opportunities than girls; college men receive one billion dollars more in athletic scholarships.
- 4) *In sport, sex differences matter.* Men have greater strength, size, speed, and muscle mass. Men have larger hearts, lungs, hands, feet, and skulls. Women have more body fat. These sex differences result in performance advantages for men in almost every sport, ranging from 8 to 50%, depending on the sport. *This is why the female sports category exists.*
- 5) *"Transwomen" (trans-identified males)<sup>2</sup> are men.* At least 84% have not had any surgery. About 69% have not suppressed testosterone.<sup>3</sup> Regardless, surgery and testosterone suppression do not remove the male advantage.<sup>4</sup> Men retain greater size, strength, lungs, etc.
- 6) Taking drugs to influence performance or eligibility is considered doping.
- 7) Trans swimmer Lia Thomas' winning an NCAA women's championship was not an anomaly. To date, at least 23 trans-identified males have won national or international championships in 17 sports. They are winning in almost every sport, from golf to cycling to volleyball to weightlifting – in high school, college, Paralympics, and elite levels.

### **THE CONFLICT MANY PROGRESSIVE PEOPLE FEEL**

We want to be inclusive. We know transgender people are a targeted minority. Yet we also know that sports matter, and it's unfair to ask girls and women to compete against boys and men. We believe females have a right to safety, privacy, and dignity in locker rooms. No parent wants their daughter disrobing in front of males.

### **THE SOLUTION**

- Clarify that "sex" and "gender identity" must be differentiated in competitive sports and women's spaces.
- Support clear federal legislation and regulations to ensure separate, equal, competitive sports for female athletes at all ages and levels.
- Support accommodations for trans-identified males (separate scoring, new categories, etc.) *so long as there is no competition with females and no reduction of female athletes' rights to sports benefits.*

[WomensSportsPolicy.org](http://WomensSportsPolicy.org)

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<sup>1</sup> [Women's Sports Foundation.](#)

<sup>2</sup> We mean no disrespect by using "trans-identified males" to include transwomen, gender-fluid, and nonbinary athletes. Our goal is to clarify: Unlike gender identity, sex is immutable. Males cannot transform into females, regardless of gender identity.

<sup>3</sup> The [Washington Post and the Kaiser Family Foundation.](#)

<sup>4</sup> Emma Hilton and Tommy Lundberg, ["Transgender Women in The Female Category of Sport: Perspectives on testosterone suppression and performance advantage."](#) Sports Medicine. 2021;51.