

There are good reasons to keep boys and girls sports separate, unless of course you allow all sports to be “co-ed”. But if you make girls compete with boys from the very start girls may never see themselves as different than boys. Eventually when due to physiological differences that they can’t control, the boys will outperform them at the same levels. At that point girls might come to believe it’s their own fault for not trying harder, and that they are somehow Inadequate or deficient as a human being.

According to Billie Jean King, the great female tennis star, “the impact of Title IX on women’s sports is significant. The law opened doors and removed barriers for girls and women, and while female athletes and their sports programs still have fewer teams, fewer scholarships, and lower budgets than their male counterparts, since Title IX’s passage, female participation **at the high school level has grown by 1057 percent and by 614 percent at the college level.**”

According to an article from September 29, 2023, The American College of Sports Medicine (ACSM) published an expert consensus statement in its Translational Journal which stated “Biological sex is a determinant of athletic performance. Adult males are faster, stronger, more powerful than females because of fundamental sex differences in anatomy and physiology dictated by sex chromosomes.”

They further reported “Post-puberty males are typically stronger, more powerful, and faster than females of similar age and training status. Thus, for athletic events and sports relying on endurance, muscle strength, speed, and power, males typically outperform females by 10%-30% depending on the requirements of the event. These sex differences in performance emerge with the onset of puberty and coincide with the increase in endogenous sex steroid hormones, in particular testosterone in males, which increases 30-fold by adulthood, but remains low in females.”

Put a female athlete side by side with a male athlete of the same age, height and weight. Because of sex differences, the male will almost always have a larger heart, greater lung capacity, greater muscle mass, more red blood cells, and less body fat, all of which give males performance advantages over females.

Records from USA Track & Field show in the eight-and-under age group and the nine-to-ten-year-old age group, boys run faster, jump longer, and throw farther than similarly aged girls in every event. Evaluations of fitness testing from around the world in children as young as three years old show that boys perform better than girls of the same age on tests of throwing, muscular strength, muscular endurance, and aerobic fitness. Prepubertal sex-based differences are smaller than the differences after puberty but are still meaningful in competition.

Even after a male has undergone hormone therapy, research shows that, while those biological advantages decrease, they are still far more prominent than similarly aged and trained women. Men have 30–60 percent higher muscle strength than women, and undergoing testosterone suppression decreases that strength by only 0–9 percent — a far cry from an even playing field for even the strongest female athletes.

If we are blind to the biological differences between males and females in the pursuit of “equity” then why should any sports be limited to just one sex? Just get rid of the distinction between male and female sports altogether.

For these, and many other reasons, please give your support to passing HB156, the ‘Fairness in Girls’ Sports’ bill.

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